

*June 2019*

# ST MATTHEWS HIGH SCHOOL



Special points of interest:

- ⇒ Netball National
- ⇒ Writing competition
- ⇒ Sifunda Kunye Sportday

Visit our schools  
website:

[www.stmatthews-highschool.com](http://www.stmatthews-highschool.com)



Presented by:

Ziyanda Thompson

Saint Matthews

Newspaper club

Edited by: Jolande Swartz



# Sifunda Kunye Sportsday

## 18 May 2019



On the 18th of May 2019 we took part in the Sifunda Kunye sports tournament. The sporting codes played were soccer and rugby. All our Sifunda Kunye partner schools played very well, and we enjoyed the day with all the learners, parents and teachers. Congratulations to Toise SSS for winning the rugby and Richard Varha for winning the girls soccer.

The final results for this tournament were as follows:

Rugby:

1st place Toise SSS

2nd place St Matthews High School

3rd place Xolani SSS

4th place Richard Varha High School

Soccer: (Girls)

1st place Richard Varha

2nd place Xolani SSS

3rd place St Matthews High School

4th place Toise Senior Secondary School



***Thank you to Sifunda Kunye for organising this event, we had a great day.***





# Sport News

Saint Matthews High School Versus Mthwaku Junior Secondary School

On the 10<sup>TH</sup> Of April St Matthews High School hosted a few sport matches against Mthwaku Junior Secondary School for all codes in soccer, rugby and netball. First to play was the Netball teams and our girls made us proud in a truly spectacular and professional manner we won all 3 netball matches. Next to follow were the soccer matches now those were a little tough due to the fact that our boys kept getting injuries during the course of the matches. But they showed resilience and played through their pain, and managed to impress all who were watching by winning.

Last but not least to play was the beloved rugby teams and what an amazing show of skill and power by both teams. The first match went well but the second one was almost disrupted when Saints fans started arguing with Mthwaku fans but luckily that was quickly sorted. Even though our rugby boys played well Mthwaku managed to win and we congratulate them on an amazing game.

Written by Asemahle Plaatjie

## Netball Provisional trials

On the 13<sup>th</sup> of April 2019, it is with proud and joy to write that five of our young netball players were selected to participate on the Provincial Trails in East London. Even though only one out the five was picked to play for the National team, we are still proud you girls for participating in the trails. Congratulations to our netball team keep representing us and making us proud .

Written by Ayakha Maliti



She made the Squad!!!



## Drama

This term we had an event hosted by drama learners of ST Matthews High School. The event did not only showcase the talent of our learners but also showcasing what they have been learning at the drama club, this was an opportunity for learners who are not members of drama to experience the new talent and spectacular even of seeing a live performance being performed by their peers. These learners performed poetry, drama, contemporary dance and 'pantsula' dance. Back up performers assisted with back ground sound and props.





# Sifunda Kunye Writing club

Sifunda kunye learners entered a writing competition with schools from King William's Town, schools were Hector Petersen, Eric Mntonga and Sikhulule HS. This competition was hosted by Maki Foundation, some of our learners managed to win the competition, they were writing short stories, plays, song writing, poems, set of jokes and drawings. The school with most entries submitted was ST Matthews Highs School. These learners were under the supervision of their Sifunda kunye facilitator Sanga Mabulu.

Short stories : Khanyisa Suswana got 2<sup>nd</sup> place

Nthasha Mpondo got 3<sup>rd</sup> place

Xhosa poetry : Mbali Nikita 1<sup>st</sup> place

Drawing category : Noble Sibulele



From the left we have got Khanyisa Suswana, in the middle we have got Noble Sibulele and on the right we have got Mbali Nikita



# Sifunda Kunye Reading club term 2 2019

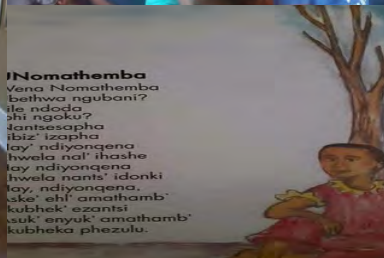
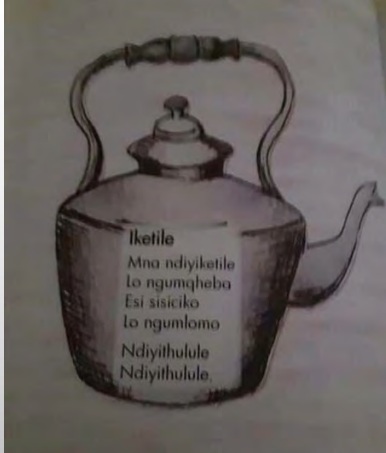
## Reading club

We still have our reading club which take place every Saturday at ST Matthew's high school. We believe that reading and sharing stories can help a child get to know sound, words and language and develop early literacy skill, help child's brain, social skills and communication skills development.

Our Sifunda Kunye Reading club is very well supported by our local community with a large and steady group of eager readers attendance.

One highlight during the term was our Easter competition and hunt.

Our reader are supported by our Sifunda Kunye grade 11 facilitators and guided by Sanga Mabulu from Sifunda Kunye.





You totally don't want to think about it right now, but finals are just

around the corner. That means you can add studying for them to your already vast to-do list. Here are some helpful hints on how to prepare for your exams and get everything else done.



### **Tip 1: Start early**

Preparation for exams should begin earlier than the day before the test. You can't cram an entire unit of information into an all-nighter. Get started at least a week before the exam.

### **Tip 2: Organize**

Begin by making yourself a calendar outlining a daily schedule of topics for review. Cover a small amount of material for each class each day. Every time you complete a topic, give yourself a mini review.

### **Tip 3: Outline**

Once you have decided what you need to study and how much time you need to spend studying, it is time to actually study. One of the best ways is to make succinct outlines. As you read over your textbook and class notes, write a brief summary for each topic. Highlight the areas in your outline that were most troublesome. When you have finished with all the material, you will have an outline you can review.

### **Tip 4: Make flashcards**

Similar to outlining, making flashcards is a really helpful technique for studying. By writing down the information from your outline, you are already doing half the studying. Once the flashcards are complete, you will have a portable study packet to look over.

### **Tip 5: Get help**

If you are having trouble memorizing something or a particular concept is just not sinking in, get help before it's too late. Ask your teacher to go over a glitch you might be having. Or if memorizing 200 vocabulary words seems like too much to do, recruit your family members to quiz you with index cards.

### **Tip 6: Sleep**

You need at least seven hours of sleep a night to function. Tests are designed to make you think. If you are sleep-deprived, you won't be able to remember any of the information you worked so hard to cram into your brain.

### **Tip 7: Stay calm**

Do not panic at the exam! Even if at first glance the test is overwhelming, remember to breathe. If a question seems too hard, answer all the questions you know, then return to the ones you left blank. Remind yourself that you are prepared.

### **Tip 8: Don't rush**

You have spent at least two weeks studying, so what's another couple of minutes? Work through the exam slowly and read all the questions before answering them. If you are done before the time is up, look over your answers.