

*Together we stand, better nation we build
Saamstaan ons, beter nasie bou ons*



Blitz News



16 October 2025

HIGH SCHOOL

IMPORTANT DATES

**MONDAY, 20 OCTOBER
WILL BE DAY 6.**

SCHOOL TERMS 2025

TERM 1
15 JANUARY – 28 MARCH

TERM 2
8 APRIL – 27 JUNE

TERM 3
22 JULY – 3 OCTOBER

TERM 4
13 OCTOBER – 9 DECEMBER

AFTER CARE 2025

GRADE 1 - Ellisia Steyn

GRADE 2 - Sorika Loubser

**GRADE 3&4 - Erika
Theunissen**

GRADE 5- 7 - Alida Kruger

**HIGH SCHOOL – Vanessa
Alves**



Thank you to all parents, teachers, learners and the PTA for their guidance and support to make the Gr 12 Valedictory a very special event for all the Grade 12 learners.

Please follow our Facebook page to see all the pictures of the matric farewell and the valedictory.

We kindly ask all parents and visitors to our school to respect our learners by not smoking or using vulgar language near them.

Please arrange doctors' appointments and other meetings outside of school hours.

The constant calling of learners out of class is causing significant disruption and is unfair to those remaining in class. Any emergency or necessary appointments must be communicated at least 24 hours in advance; otherwise, those learners will not be called out of class.



The poster features a collage of four action shots from rugby matches at the top. Below this is a large green shield-shaped graphic containing the text 'RUGBY Legends Evening'. The word 'RUGBY' is in large white letters with a black outline, while 'Legends Evening' is in a stylized orange and yellow font. To the right of the main title is the Long Acres School crest, which is a green shield with a yellow wheat stalk and the motto 'SINE GROSSI PERICULO' at the bottom. Below the shield, the event details are listed: 'Saturday 8 Nov, 2025 16:00' and 'R5000 For a table of 10 people'. A QR code is located in the bottom left corner. To the right of the QR code, contact information is provided: 'For more information contact: Phone: 022 772 0302 Email: admin@longacresps.co.za'. At the bottom right, there is a circular inset photo of a man with a beard playing an acoustic guitar, with the text 'ENTERTAINMENT WOUTER VAN DE VENTER' below it. The background of the poster shows a blurred image of a rugby field.

RUGBY
Legends
Evening

LONG ACRES
SINE GROSSI PERICULO

Saturday
8 Nov, 2025
16:00

R5000
For a table of
10 people

For more information contact:
Phone: 022 772 0302
Email: admin@longacresps.co.za

Buy your table now!
Only 50 tables available

ENTERTAINMENT
WOUTER VAN DE VENTER

SCHOOL HOURS 2025

- Gr 1 - 12 learners school day starts at 07:45.
- Gr 1 - 2 learners will come out at 13:00 daily.
- Gr 3 Learners will come out at 14:00 from Monday - Thursday and at 13:00 on Fridays.
- Grade 4 - 12 learners will come out at 14:00 daily.

We would like to explain the bell system to everyone.

The **first bell** rings at **07:43** to signal that learners must start moving to their rows, and we close the school gate for the safety of our learners, as most are already at school. At **07:45**, the **second bell** rings, indicating that all learners must be in their rows by that time, or they will be considered late.

SPORT

All sport practices will start on the 14th of October. Athletics practices will start the week after on the 20th.

CRICKET PRACTICE

HS Cricket - Mondays and Wednesdays, 14:45 - 16:00

SCHOOL FUNDS

Important Notice: School Fund Payments

Starting from **1 July**, an **additional fee of R100** will be charged for any school funds deposited into the **incorrect account**. Please ensure that all payments are made to the correct account to avoid this charge.

PLEASE NOTE:

FROM 25 AUGUST THE OFFICE WILL BE CLOSING AT 15:00 DAILY.

RAFFLE

Thank you for everybody being part of the raffle fundraiser the draw will be done next week.

CULTURE

LA HS band practices will continue the 15th of October.

LA Advanced Band practice will continue 15th of October.

BLITZ CLOTHING BANK

The following items have arrived from our supplier:

Tracksuits all Sizes, Boys and Girls school ties both HS and PS, Jerseys Boys and Pullovers, Black long pants for girls, School shirts, Girl school shirts and dresses, All school socks, All sport uniforms, Green golf t-shirts, Black sport shorts, Rugby and Hockey socks, Jackets and pants can be bought separately.

All supporters gear is available at the Blitz clothing bank. As of May 1st, all purchases at the clothing bank will be card payments only, we are going cashless.

The Blitz clothing bank operating hours:

- Every Tuesday AND Thursday from 13:00 - 15:00
- First Wednesday of every month 13:00 – 18:00
- Only available if appointments have been made, please contact Vanessa Alves 072 563 6155



LAPS will be on kykNet Ontbytsake coming Saturday, 25th October 2025, with repeats as shown:

Ontbytsake se Uitsaai Tye	Saterdag	7:30 - 9:00 op kykNET (144)
	Saterdag	08:30 – 10:00 op kykNET & Kie (145)
	Sondag	06:00 – 07:30 op kykNET & kie (145)
	Sondag	7:30 – 9:00 op kykNET (144)
	Dinsdag & Donderdag	13:00 – 14:30 op kykNET (144)
	Dinsdag & Donderdag	11:30 – 13:00 op kykNET & kie(145)

CLOTHING CODE OF CONDUCT

Please see the clothing code of conduct below. Learners will receive demerits if they are not dressed correctly. **NO WHITE SOCKS ARE PERMITTED ANYMORE**. Learners who still have the old school uniform may continue to wear it if it is still appropriate. The old uniform will still be permitted for 4 more years.

HIGH SCHOOL:

<u>BOYS</u>	<u>SUMMER CLOTHING</u>	<u>WINTER CLOTHING</u>
<u>FORMAL:</u>	Formal cap	Formal cap
	Wear for assembly/Formal functions	Wear for assembly/Formal functions
	No caps inside the building	No caps inside the building
	Short-sleeved white shirt with school badge	Short or long sleeved white shirt with school badge
	Shirt buttons to the top(Multi functional collar)	Shirt buttons to the top(Multi functional collar)
	Black tie	Black tie
	Grey shorts	Grey long trousers (Compulsory)
	Black belt (Compulsory)	Black belt (Compulsory)
	Grey long school socks with yellow stripe	Grey long school socks with yellow stripe
	Black school shoes	Black school shoes
	School jersey or pull-over (Optional)	School jersey or pull-over (Compulsory)
		Pullover compulsory over short sleeve shirt
	Blazer with a tie (Compulsory)	Blazer with a tie (Compulsory)
		SCARVES: BLACK with school badge
		NO BEANIES OR EAR MUFFS
<u>INFORMAL:</u>	Short-sleeved white shirt with school badge	Short or long sleeved white shirt with school badge
	Shirt buttons to the top(Multi functional collar)	Shirt buttons to the top(Multi functional collar)

	Black tie	Black tie
	Grey shorts	Grey trousers
	Black belt (Compulsory)	Black belt (Compulsory)
	Grey long school socks with yellow stripe	Grey long school socks with yellow stripe
	Black school shoes	Black school shoes
	School jersey or pull-over (Optional)	School jersey or pull-over (Compulsory)
		Pullover compulsory over short sleeve shirt
	Blazer with tie (Compulsory)	Blazer with tie (Compulsory)
	If Blazer is worn a tie is compulsory	If Blazer is worn a tie is compulsory
<u>PE:</u>	Black sport short	Green school tracksuit (Complete) (Top zipped)
	Sport shirt	Sport shirt (No second skin/ long vest)
	White tekkies (no sneakers)	White tekkies (no sneakers)
	Black sports socks (no secret socks)	Black sport socks (no secret socks)
	Tracksuit top (Zipped) Always	
<u>HAIR:</u>	SHORT AND NEAT.NO FRINGES MAY TOUCH THE EYEBROWS.NO LINES.CODE OF CONDUCT	
<u>JEWELLERY:</u>	NO FORM OF JEWELLERY ALLOWED.ONLY WRISTWATCH AND MEDICAL BRACELET/NECKLACE	
<u>BAGS:</u>	NO BAGS WITH WHEELS. GREEN SCHOOLBAG	

<u>GIRLS</u>	<u>SUMMER CLOTHING</u>	<u>WINTER CLOTHING</u>
<u>FORMAL:</u>	Formal cap	Formal cap
	Wear for assembly/Formal functions	Wear for assembly/Formal functions
	No caps inside the building	No caps inside the building
	Short-sleeved white shirt with school badge	Short/long sleeved white shirt with school badge
	Shirt buttons to the top - Multi-functional collar	Shirt buttons to the top - Multi-functional collar
	Black cross-over tie	Black cross-over tie
	Green dress - wear with black ski pants (not visible)	Green dress with black stockings(no pattern or stripes) or
	Black Bobbi socks	Black pants with black stockings or black school socks
	Black school shoes	Black school shoes
	School jersey or pull-over (optional)	School jersey or pull-over (Compulsory)
		Pullover compulsory over short sleeve shirt
	Blazer with tie (Compulsory)	Blazer with tie (Compulsory)
		SCARVES: BLACK with school badge
		NO BEANIES Or EAR MUFFS
<u>INFORMAL:</u>	Short-sleeved white shirt with school badge	Short/long sleeved white shirt with school badge
	Shirt buttons to the top(Multi functional collar)	Shirt buttons to the top(Multi functional collar)
	Black cross-over tie	Black cross-over tie
	Green dress - wear with black ski pants (not visible)	Green dress with black stockings(no pattern or stripes) or
	Black Bobbi socks	Black pants with black stockings or black school socks
	Black school shoes	Black school shoes

	School jersey or pull-over (Optional)	School jersey or pull-over (Compulsory)
		Pullover compulsory over short sleeve shirt
	Blazer with a tie (Compulsory)	Blazer with a tie (Compulsory)
<u>PE:</u>	Black sport short	Green school tracksuit (Complete) (Top zipped)
	School sport shirt	School sport shirt (No second skins/ long vest)
	White tekkies (no sneakers)	White tekkies (no sneakers)
	Black sport socks	Black sport socks
	Tracksuit top (Zipped) Always	
<u>HAIR:</u>	Only black/green hair elastics, clips or headbands. No hair in face or eyes. Always neat. Hair may not be coloured/high lighted. If hair touches the collar, it must be tied.	
<u>JEWELLERY:</u>	NO FORM OF JEWELLERY ALLOWED. ONLY WRISTWATCH AND MEDICAL BRACELET/NECKLACE. Only plain gold or silver thin earrings or small studs (One per ear)	
<u>BAGS:</u>	NO BAGS WITH WHEELS. GREEN SCHOOLBAG	

SPORT	
<u>Practice</u>	Sports practice - School sport shirt/School t-shirt and black sport shorts or netball dress
<u>Games</u>	Games - School sport shirt and black sport shorts
<u>Socks</u>	Netball - black sport socks
	Rugby, Cricket and Hockey - black sport socks
<u>Netball</u>	Dress
	Black sport socks
	Tekkies (No sneakers)
<u>Rugby</u>	Black sport shorts
	Practice jersey
	Black sport shorts
	Toks
<u>Cricket</u>	White sport shirt
	Black sport shorts
	Black sport socks
	Tekkies (No sneakers)
<u>Tennis</u>	White sport shirt
	Black sport shorts Boys
	School sport shirt Girls
	Black sport socks
	Tekkies (No sneakers)
<u>Athletics</u>	Athletic frock
	Black sport shorts

<u>Hockey</u>	School sport shirt
	Black sport shorts Boys
	Dress (Girls)
	Black sport socks
	Tekkies (No sneakers)
<u>Sponser</u>	Sponsored/Special jackets can be worn on a Friday only
	Provincial clothes can only be worn on a Friday

TUCK SHOP

MONDAY	Crumbed Chicken Burger	R 30.00
	Slap Chips	R 15.00
	Toasted Ham and Cheese	R 18.00
	Sausage Roll	R 10.00
	Samoosas	R 9.00
TUESDAY	Chicken and Salad Wrap	R 30.00
	Slap Chips	R 15.00
	Toasted Bacon and Egg	R 20.00
	Melkkos	R 20.00
	Samoosas	R 9.00
WEDNESDAY	Curry Mince Roti	R 25.00
	Fully Loaded Chips	R 25.00
	Toasted Chicken and Mayo	R 20.00
	Crumbed Chicken Strips	R 15.00
	Samoosas	R 9.00
THURSDAY	Chicken Mushroom Pie and Yellow Rice	R 25.00
	Slap Chips	R 15.00
	French Toast	R 6.00
	Toasted Ham and Cheese	R 18.00
	Samoosas	R 9.00
FRIDAY	Assorted Pizza Slices	R 12.00
	Slap Chips	R 15.00
	Corn Dogs	R 10.00
	Samoosas	R 9.00

HOT BEVERAGES	Hot Chocolate	R 20.00
	Cappuccino Sachet	R 25.00
	Nescafe Coffee	R 20.00
	Tea (Five Roses / Rooibos)	R 15.00
COLD BEVEREDGES	Sodas	R 18.00
	Still Water	R 15.00
	Slush Puppy	R 20.00
	Soft Serve Tub	R 10.00
SWEET TREATS	Brownies	
	Coconut Squares	
	Bran Muffins	
	Koeksisters	
	Sweet Biscuits	





Sunset Reservations: 022 783 2673

BEACHFRONT ACCOMMODATION & RESTAURANT

1 Garnaal Straat, Laaiplek



Zeezicht Reservations: 061 607 5782

In collaboration with
 Droogtehulp SA

R75 per sak
R75 per bag

WINTER IS HERE

ROOI KAMEELDORING

COME AND BUY IT FROM THE ADMINISTRATIVE OFFICE BETWEEN 08:00 - 15:00 DAILY

15 KG



DEBT COUNSELLORS YOU CAN TRUST!

**WhatsApp/ Call us for a
FREE consultation
with one of our Debt
Counsellors!**



072 344 3336

PSYCHOMETRIC ASSESSMENT SOLUTIONS



STUDY SKILLS WORKSHOP

- Discover techniques to study smarter, not harder
- Learn how to create summaries and study notes
- Explore memory techniques
- Fun, engaging workshops with practical tips you can use right away



CAREER GUIDANCE

- Psychometric assessment and interactive workshop
- Discover a career that aligns to your interests, values and abilities
- Explore your post-school options
- Guidance on subject selection
- Learn about careers of the future

Contact us for more information

info@psyas.co.za 072 850 2535 www.psyas.co.za

TG Private Cricket Coaching



About

I have more than 10 years cricket coaching experience. I have been coaching the u/13 Wes-Boland Cricket team for the past 6 years and I know the industry very well.

*One-on-one & group sessions
available*

Core Focus:

Batting Techniques
Bowling
Fielding



**Please contact Tiaan Genade for more
information**

076 269 9837

tiaangenade123@gmail.com

Sponsors:





READERS ARE LEADERS

For struggles with :

- Reading / Reading pace
- Vocabulary / Language
- Comprehension / Grammar

HOME LANGUAGE / FIRST ADDITIONAL LANGUAGE

**English and Afrikaans
30 min lessons**

AVAILABILITY:

**Mon + Wed- 14:30 - 3 Spaces
15:00 - 4 Spaces
15:30 - 4 Spaces**

**For more information :
Iza Marais 072 605 4645**

PARENT TEACHER ASSOCIATION

PTA management 2025:

- **Chairperson:** Anene Loubser
- **Treasurer:** Welmarie Coetzee
- **Secretary:** Ester Marais
- **Operations:** Juné van Coller and Michelle Marais

PUBLIC AND SCHOOL HOLIDAYS 2025

01 January New Year's Day
21 March Human Rights Day
18 April Good Friday
21 April Family Day
27 April Freedom Day
28 April Freedom Day' observed
01 May Workers' Day
16 June Youth Day
09 August National Women's Day
24 September Heritage Day

16 December Day of Reconciliation
25 December Christmas Day
26 December Day of Goodwill

Special School holiday dates
2 May
29 April
30 April

3 MONTHS NOTICE

All parents need to provide 3 months' written notice if learners are to leave the school. I have an open-door policy and ask that parents please arrange a meeting before any formal notice is made.

CCTV NOTICE

Longacres is under 24h CCTV surveillance for the safety of learners and educators. This surveillance will be done by applicable National Legislation and requirements to protect the privacy and integrity of learners, employees and the general public who enter Longacres premises.

Kind regards

Mr Edmund Barkhuysen

High School Principal (hoof@longacresps.co.za)

Kind regards

Mr Rouxan Engelbrecht

Primary School Principal (hoof@longacresps.co.za)

GENERAL INFORMATION

SUPPORTERS JACKETS AVAILABLE AT BLITZ CLOTHING BANK



SUPPORTER GEAR



Mens Golf Shirt

R385



Ladies Golf Shirt

R385



Peak Cap

R120

PLEASE CONTACT THE PTA
TO GET YOURS !

082 338 7321

LAPS GPS BANDS

Succeed + LA

**BIG SALE R25
EACH**

Sold at MRS Blok
AND Mrs White

Only permitted to wear
one at a time

Die
winter is
hier!

Kry jou eie, unieke kombesie om
warm te bly.

R120

Winter
is here!

Dit is die enigste kombesie wat
ons by die skool mag gebruik



buy your
own special
school
blanket to
keep warm.

Bestel en betaal asb by Ester
Order and pay at
the school office.

THANK YOU TO OUR CALENDAR SPONSORS

Self-More
Trauma
Recovery & Life
Coaching

Mariëne Nunes
082 606 1246
nunes@selfandmore.co.za



Sunny Park

CONTACT ALBIE: 082 379 0450
E: SUNNYPARKLANGEBAAN@GMAIL.COM | WWW.SUNNYPARK.CO.ZA



BAY SOLAR

Your renewable energy
partner on the West Coast.

gotpower@baysolar.energy
022 495 0016



Nolans
Flooring & Blinds

BLINDS • SHUTTERS • AWNINGS
SECURITY • FLOORING

022 772 2298
120 Oostwal St, Langebaan
WWW.NOLANSSA.CO.ZA



We've Got Gas!

SELL •
REFILL •
DELIVER •
EXCHANGE •

063 642 6026



Searching for your
dream home?

No matter if possible
Call us today for
all your property needs!
022 707 9100

Harcourts West Coast



PRINTTEQ
WE PRINT IT ALL

DIGITAL PRINTING,
SIGNAGE, LASER CUTTING
& ENGRAVING SOLUTIONS

022 065 0067 • orders@printteq.co.za
Shop 123 & 7 • 8440 Oostwal Centre • Oostwal Road • Langebaan



GERIMED
Personal Emergency • Private Elderly Care

Sub-akut
Bystandorgwoonstelle
Tengensorg
Tehuis vir bejaardes

Step down facility
Assisted Living
Frail Care
Home for the aged

Langebaan: 022 772 2365 | Kleinmond: 022 271 3994 | info@gerimed.co.za | www.gerimed.co.za



Magie Services @WORK

FIX, PAINT, BUILD & CLEAN

- Bathroom Renovations
- Building & Renovations
- Waterproofing
- Fitting Garage Doors
- Paving
- Tiling
- Carports
- And much more...

Registered Contractor on all Major Estates
Contact Sean on 061 514 9582
for a FREE quote now!



WEST COAST
Detailing

OUR SERVICES:

- FULL EXTERIOR WASH & DRY
- POLISHING
- FULL INTERIOR CLEAN
- DETAILING
- PAINT CORRECTION
- CERAMIC COATING
- VINYL

MOBILE CARWASH
SERVICES ON REQUEST

BROADWIN VIGO
YOUR PERFECT ORIGINAL DETAILER
078 939 2328 | BROADWIN@WCDetailing.CO.ZA



MICA
Let us show you how

Winkel 1
Nautica Mall
Langebaan

LANGEBAAAN MICA
NAUTICA MALL

BESIGHEIDSURE:

Maandag - Vrydag:	08:00 - 18:00
Saterdag:	08:00 - 17:00
Sondae en Vakansiedae:	09:00 - 14:00

Tel no.: 022 125 0026
BESOEK ONS GERUS VIR AL JOU
HARDEWARE EN VERBENODIGHEDE



FEONSTER
Professional Cleaning Services

- Window Cleaning
- Interior & Exterior Cleaning
- Carpet Cleaning
- High Pressure Cleaning
- Roof (Gutter) Cleaning

060 985 5047
clean@feonster.co.za | feonster.co.za



JUST PROPERTY

BUY | RENT | SELL | LET

LANGEBAAAN: 022 772 0325



HABBY GALORE

YARN
HABBY SUPPLIES
BAKING SUPPLIES
ALTERATIONS

HABBYGALORE@GMAIL.COM
076 211 1902



THE Booth

COFFEE
FOOD
FUNCTIONS
BALLOONS
HELIUM
and
YARN

19 Loop Street
Langebaan

theboothw@gmail.com 072 271 6814



BrandInsight

GRAPHIC DESIGN, WEBSITE DESIGN AND BRANDING



ATLANTIC
CAR SERVICE

From minor to major services, we do it all.

- BATTERY TESTS
- ENGINE WORK
- SOFTWARE
- AMMON REGAS

022 772 0325



ATLANTIC
TYRE SERVICE CENTER

Get your car back on the road today.

SERVICES:

- TYRE FITTING
- TYRE ROTATION
- TYRE BALANCING
- TYRE REPAIR
- TYRE ALIGNMENT

022 772 0325



ATLANTIC
BOOST YOUR HORSEPOWER

Experience the Power of Precision Tuning

SERVICES:

- Headlight Alignment
- Brake Service
- Engine Tune-Up
- Oil Change
- Spark Plug Replacement
- Timing Belt Replacement

022 772 0325



ATLANTIC
GET YOUR BIKE ROAD-TRIP READY

Experience the Power of Precision Tuning

SERVICES:

- Brake Service
- Engine Tune-Up
- Oil Change
- Spark Plug Replacement
- Timing Belt Replacement
- Headlight Alignment

022 772 0325



LANCEHOUDT (PTY) LTD

Quality Braai & Firewood

Scan to order
or visit
lancehoudt.co.za

Secure Online Payments
through FACEBOOK

C.O. Oostwal & Padrao St
Langebaan

4 Asset Circle, Long Acres
Langebaan



WEST COAST
MEDICAL RESCUE

AMBULANCES
STATIONED IN
LANGEBAAAN &
VREDENBURG

081 829 3355

EMERGENCY MEDICAL SERVICES

- EMERGENCY MEDICAL CARE
- INTER-FACILITY TRANSFERS
- HOSPITAL TO HOME TRANSFER
- EVENT MEDICAL STANDBY
- FIRST AID TRAINING
- MEDICAL PANIC BUTTON



PAEDIATRICIAN

Suite 10,
Life West Coast Hospital
22 Voortrekker Rd
Vredenburg

DR. M.D. ATKINS

Contracts with most
medical aids.

022 719 1393
082 575 0587



LA NBBE

SCAN FOR THE LATEST SPECIALS



PREMIER
WATERPROOFING
Solutions cc

FREE QUOTES!
10% PENSIONERS
DISCOUNT

Gary:
074 353 7769
074 978 1867

FIND US ON
FACEBOOK



ANZA FLOORING & BLINDS
WEST COAST

Engineered Oak | Bamboo | Vinyl | Laminate | Carpets

info@anzaflooring.co.za
022 100 0998

Shop 2A, Nautica Centre
Laguna Street
Langebaan



HOME MAKERS HUB

DESIGN & EXTENSIVE
BUILT-IN KITCHEN



ARTISANS
BENEFIT: CABBING
SERVICES

Crafting bespoke kitchens
and custom-built cupboards
with precision and style.

021 437 4372
Benefits - P.O. Box 100
Vredenburg



We would like to thank the following businesses that have been part of our 2025 calendar:

Self and More - Coaching Alignment

Sunnypark Langebaan

Bay Solar

Nolans Flooring & Blinds (West Coast)

Langebaan Gas Company

Harcourts West Coast

Printteq: Digital Printing & Engraving Solutions. Langebaan

Magic Services

West Coast Detailing

BrandInsight

The Booth

Atlantic Auto Clinic

Lancehoudt - PTY LTD.

West Coast Revival

Dr Mark Atkins - Paediatrician

La Neige Fat Freezing And Laser Clinic

Premier Waterproofing Solutions

Anza Flooring West Coast

Home Makers Hub

Langebaan Mica Paint & Hardware

Gerimed Clinic

Just Property Langebaan

Habby Galore

Support these businesses – their information will appear in the school newsletter every week. Thank you for your support!

#Thank you #Community #SupportLocal #2025Calendar