

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



Blitz Nuus

13 Februarie 2025

Nuusbrief 5



BLITZ PEN

Ons wens die Hoërskoolleerders net die beste toe vir hulle Interskole atletiekbyeenkoms wat Vrydag die 14de Februarie plaasvind.

Ons wens ook die leerders wat die Weskus atletiekspan verteenwoordig sterkte toe vir die Wes-Boland atletiekbyeenkoms wat die naweek plaasvind. Doen net julle beste!



Maandag is Dag 1.

SKOOLURE 2025

- Gr 1-12 leerders: Skooldag begin om 07:45.
- Gr 1-2 leerders verdaag daaglik 13:00.
- Gr 3 leerders verdaag vanaf Maandae tot Donderdae om 14:00 en Vrydae om 13:00.
- Graad 4-12 leerders verdaag daaglik om 14:00.

BELANGRIKE DATUMS

- Wes-Boland Atletiek: 15 Februarie 2025
- Internal Orators: 17 Februarie 2025
- Ouer-onderwyser en leerder Braai: 20 Februarie
- Boland Atletiek: 22 Februarie 2025

SPORTPROGRAM

As gevolg van die Orators wat Maandag plaasvind, sal daar net krieketoefening wees.

Die leerders wat aan die Orators deelneem, word van die sportoefening verskoon. Alle ander sportoefeninge sal nie Maandag plaasvind nie.

Alle leerders wat by die Wes-Boland Sone gekwalifiseer het moet die oefeninge bywoon.

	Maandae	Dinsdae	Woensdae	Donderdae
13:15 - 14:00				
14:15 - 14:45	Diskus HS	Verspring HS	Diskus HS	Verspring HS
	Hekkies HS	Hekkies LS	Hekkies HS	Hekkies LS
14:45 – 15:15	Spiesgooi LS	Verspring HS	Spiesgooi LS	Verspring HS

MINI-KRIEKET WEDSTRYDE:

12 Februarie 2025

19 Februarie 2025

26 Februarie 2025

1 Maart 2025 - Tuis

5 Maart 2025

Alle leerders wat aan die mini-krieket deelneem, moet LO-klere en tekkies by elke oefening dra. Pak asseblief die leerders se LO-klere in 'n sak met 'n ekstra waterbottel by. Hulle sal by die skool hulle LO-klere aantrek. Maak asseblief seker dat al hulle klere gemerk is.

MINI-KRIEKET OEFENTYDE:

Maandae & Woensdae:

Gr.1 & 2- 13:15-14:00

Gr. 3 - 14:15 - 15:00

RUGBY OEFENING (FIKSHEID)

O/13 Rugby - Maandae en Woensdae, 15:15 - 16:00

HS Rugby - Dinsdae en Donderdae, 15:00 - 16:00

KRIEKETOEFENING

☐ **O/11 EN O/13 KRIEKET** - Dinsdae en Donderdae, 14:30 - 15:30

☐ **HS Krieket** - Maandae en Woensdae, 14:45 - 16:00

Grade 1, 2, 3

Netball

Pre-Season Training

Term 1: Wednesdays

Feb: 19, 26.
March: 5, 12, 19.

U/7 and U/8: 14h10 - 15h00.
U/9: 15h00 - 15h50.



Graad 1, 2, 3

Netbal

voorseisoen opleiding

Kwartaal 1: Woensdae

Feb: 19, 26.
Maart: 5, 12, 19.

O/7 en O/8: 14h10 - 15h00.
O/9: 15h00 - 15h50.



SKOOLKWARTALE 2025

Kwartaal	Duur	Aantal weke
1	15 Januarie - 28 Maart	11
2	08 April – 27 Junie	12
3	22 Julie – 03 Oktober	11
4	13 Oktober – (9) 10 Des.	09

Spesiale skoolvakansiedae

1 Mei
29 April
30 April

Publieke en Skoolvakansies 2025

01 Januarie Nuwejaarsdag
21 Maart Menseregte Dag
18 April Goeie Vrydag
21 April Familiedag
27 April Vryheidsdag
28 April Vryheidsdag waargeneem
01 Mei Werkersdag
16 Junie Jeugdag
09 Augustus Nasionale Vrouedag
24 September Erfenisdag
16 Desember Versoeningsdag
25 Desember Kersdag
26 Desember Welwillendheidsdag

KULTUUR

Baie geluk aan al die leerders wat aan die LAPS Wys-jou-talent deelgeneem het. Welgedaan aan almal!

LAPS TALENT SHOW 6 FEBRUARY 2025



ORATORS

INTERNAL ORATORS

The **Internal Orators** competition will take place on the 17 February 2025. We encourage all learners to take part in this opportunity to develop their public speaking skills and confidence. The themes for this year are as follows:

Grade 1 -3 (2 - 4 mins) • Clay • Voice • Move	Grade 8 & 9 (5 - 7 mins) • Fool's Gold • Compare • A Mixed bag
Grade 4 & 5 (3 - 5 mins) • Stripe • Recipe • Swear	Grade 10 - 12 (5 - 7 mins) • Debacle • Agenda • Orbit
Grade 6 & 7 (4 - 6 mins) • Instant • Spiral • Rhythm	

Further instructions on how to prepare your speech (what the structure of an Orators Speech should include) will be given to those learners who wish to enter. Please speak to your English Teacher.

Art tour to Greece + Turkey 2026

Presented by Lientjie Blok Art Centre: 082 878 0008 or email: Lientjie@imagnet.co.za

ONLY 3 PLACES LEFT

INCLUDED in the tour price:

Schengen visa + agent fee

Airline tickets to Athens, Greece and back from Istanbul, Turkey.

Hostel accommodation in Athens and Istanbul. Dormitories in some cases.

Bus/train to and from Hostels.

Breakfast at hostels.

City taxes

2 day Greece city pass including public transport on tram and trains.

Bus transport from Athens to Istanbul

Entrance fees to attractions.

Tour price; R46 000

Savings plan: Payments from 31/1/2025 to 31/5/2026. (17 Installments of R2 710)

Contact Lientjie Blok if interested.

5 days in Istanbul, Turkey

Topkapi Palace

Spice market

Haga Sophia

Blue Mosque

Boat trip to Princess islands (full day)

Grand Bazaar



4 days in Athens, Greece

Hop On Hop Off sightseeing tour

Acropolis ruins/ Parthenon

Ancient Agora + Roman agora

Hellenic Motor museum

Museum of Illusions

Hydra Island tour (full day)



BUNDU BASH



22 SPACES AVAILABLE

R1800

16 - 19 OCT 2025

Pay @ office or EFT

022 772 0302

ADMIN@LONGACRES.PS.CO.ZA

Bullshoekdam Bundu Bash Senior Camp 2025

Gr10 - 12 (1 - 4 Oct 2025)

**Only places
left!**

6 girls + 5 boys.

Price: R2 000

Cash deposit of R400
by 31 January 2025

Contact Teacher : Ewanda
White

admin@longacresps.co.za



STAPKAMPE

Die leerders wat gekies het om op die stapkampe te gaan sal 'n T-hemp vir die kampe ontvang.

- Gr 4 – 7: 28 Februarie – 2 Maart, Strandfontein @ R1200
- Gr 8 – 9: 16 – 19 Oktober, Travellersrest @ R1800
- Gr 4 – 7: 24 – 26 Oktober @ R1200
- Gr 10 –12: Bundu Bash 1 - 5 Oktober @ R2000

LESERS IS LEIERS



If your child is struggling with any of the following:

- Reading speed
- Reading with comprehension
- Spelling, grammar or vocabulary

in **English Home Language** or **Afrikaans First Additional Language**, this program will be able to help him/her on their individual reading level.

Only few spaces left.

Contact Teacher Celia on 082 876 5541



Sukkel u kind met:

- Leesspoed
- Leesbegrip
- Spelling, Taal en woordeskat

Afrikaans Huistaal of **English First Additional Language**? Hierdie leesprogram sal hom/haar help om 'n verbetering te toon op hul individuele leesvlak.

Net 'n paar spasies oop.

Kontak vir Juffrou Celia 082 876 5541

BLITZ KLREBANK

Die Blitz klerebank sal op die volgende tye oop wees:

- Elke Dinsdag – Donderdag vanaf 13:00 - 15:00
- Eerste Woensdag van elke maand 13:00 – 18:00
- Alleenlik beskikbaar as afspraak gemaak is.

REELS VIR SKOOLDRAG

Sien asseblief die reëls van die skool se kleredrag hieronder. Die leerders sal debiete ontvang as hulle nie korrek geklee is nie. **GEEN WIT KOUSE MAG MEER GEDRA WORD NIE!** Die leerders wat nog steeds die ou skooldrag dra mag aanhou om dit te dra tensy dit toepaslik is. Die ou skooldrag sal toegelaat word om nog vir 2 jaar te dra. **Hoërskool**

<u>SEUNS</u>	<u>SOMERSDRAG</u>	<u>WINTERSDRAG</u>
<u>FORMEEL:</u>	Formele hoed	Formele hoed
-	(Word vir saalbyeenkoms/ Formele geleenthede gedra)	(Word vir saalbyeenkoms/ Formele geleenthede gedra)
-	Hoed word nie binne in gebou gedra nie	Hoed word nie binne in gebou gedra nie
-		
	Kortmou, wit hemp met skool wapen.	Lang/kortmou, wit skoolhemp met skoolwapen
	Hemp moet toeknoop tot bo.(Veeldoelige kraag)	Hemp moet toeknoop tot bo.(Veeldoelige kraag)
	Swart das met wapen.	Swart das met wapen.
	Grys kortbroek	Grys langbroek (Verpligtend)
	Swart belt	Swart belt
	Lang grys skoolsokkies met geel streep	Lang grys skoolsokkies met geel streep
	Swart skoolskoene.	Swart skoolskoene (Verpligtend)
	Skooltrui of pull-over (Opsioneel)	Skooltrui of pull-over (Verpligtend)
		Met kortmouhemp mag Pullover nie uitgetrek word nie
	Groen kleurbaadjie met 'n das (Verpligtend)	Groen kleurbaadjie met 'n das (Verpligtend)
		SERPE: Swart met skoolwapen
		<u>GEEN MUSSIES OF OORMOWWE</u>
<u>INFORMEEL:</u>	Kortmou, wit hemp met skool wapen.	Lang/kortmou, wit skoolhemp met skoolwapen
	Swart das met wapen.	Swart das met wapen.
	Grys kortbroek	Grys langbroek (Verpligtend)
	Swart belt	Swart belt (Verpligtend)
	Lang grys skoolsokkies met geel streep	Lang grys skoolsokkies met geel streep
	Swart skoolskoene	Swart skoolskoene
	Skooltrui of pull-over (Opsioneel)	Skooltrui of pull-over (Verpligtend)
		Met kortmouhemp mag Pullover nie uitgetrek word nie
	Groen kleurbaadjie met 'n das (Verpligtend)	Groen kleurbaadjie met 'n das (Verpligtend)
<u>LO:</u>	Kort swart sportbroek (Geen Ski-pants)	Volledige skoolsweetpak(Baadjie toegerits)
	Sporthemp of Skool T-hemp	Sporthemp (Geen langmou vessies of "second skins")
	Oorwegend wit tekkies (Geen sneakers)	Oorwegend wit tekkies (Geen sneakers)
	Swart sport sokkies (Geen "secret socks" nie)	Swart sport sokkies (Geen "secret socks" nie)
	Sweetpakbaadjie - toegerits	

HARE: Kort en netjies. Geen kuiwe wat aan wenkbroue raak nie. Geen lyne. Slegs volgens gedragkode

JUWELIERSWARE: SLEGS GEWONE HORLOSIES OF ALLERGIE BANDJIES OF HANGERTJIE. Geen ander juwele.

TASSE: GEEN WIELETJIE TASSE. SLEGS GROEN SKOOLTAS

HS SPORT

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

-	-
-	-
Sponser	<u>Sponsered/Special jackets can be worn on a Friday only</u>
-	<u>Provincial clothes can only be worn on a Friday</u>

<u>DOGTERS</u>	<u>SOMERSDRAG</u>	<u>WINTERSDRAG</u>
<u>FORMEEL:</u>	Formele hoed	Formele hoed
-	(Word vir saalbyeenkoms/ Formele geleenthede gedra)	(Word vir saalbyeenkoms/ Formele geleenthede gedra)
-	Hoed word nie binne in gebou gedra nie	Hoed word nie binne in gebou gedra nie
-		
	Kortmou, wit hemp met skool wapen.	Lang/kortmou, wit skoolhemp met skoolwapen
	Hemp moet toeknoop tot bo.(Veeldoelige kraag)	Hemp moet toeknoop tot bo..(Veeldoelige kraag)
	Swart oorvou das met wapen.	Swart oorvou das met wapen.
	Groen rok met kort swart ski-pants (nie sigbaar)	Groen rok met swart sykouse of
	Swart lang sokkies	Swart langbroek met swart sykouse of swart lang sokkies
		Sykouse het geen patrone of strepe op nie
	Swart skoolskoene.	Swart skoolskoene
	Skooltrui of pull-over (Opsioneel)	Skooltrui of pull-over. (Verpligtend)
		Met kortmouhemp mag Pullover nie uitgetrek word nie
	Groen kleurbaadjie met 'n das (Verpligtend)	Groen kleurbaadjie met 'n das (Verpligtend)
		SERPE: Swart met skoolwapen
		<u>GEEN MUSSIES OF OORMOWWE</u>
<u>INFORMEEL:</u>	Kortmou, wit hemp met skool wapen.	Lang/kortmou, wit skoolhemp met skoolwapen
	Swart oorvou das met wapen.	Swart oorvou das met wapen.
	Groen rok met kort swart ski-pants (nie sigbaar)	Groen rok met swart sy kouse of
	Swart lang sokkies	Swart langbroek met swart sykouse of swart lang sokkies
	Swart skoolskoene.	Sykouse het geen patrone of strepe op nie
		Swart skoolskoene
	Skooltrui of pull-over (Opsioneel)	Skooltrui of pull-over (Verpligtend)
		Met kortmouhemp mag Pullover nie uitgetrek word nie
	Groen kleurbaadjie met 'n das (Verpligtend)	Groen kleurbaadjie met 'n das (Verpligtend)
<u>LO:</u>	Kort, swart sportbroek (Geen ski-pants)	Volledige skoolsweetpak (Baadjie toegerits)
	Sporthemp of Skool T-Hemp	Sporthemp (Geen langmou vessies of "second skins")
	Oorwegend wit tekkies (Geen sneakers)	Oorwegend wit tekkies (Geen sneakers)
	Swart sport sokkies (Geen "secret socks" nie)	Swart sport sokkies (Geen "secret socks" nie)
	Sweetpakbaadjie - toegerits (Altyd)	

HARE:

Geen kuiwe wat aan wenkbroue raak nie. Netjies uit oë en gesig.

Hare mag nie gekleur word of sonstrepe hê nie

As hare die kraag raak, moet dit vasgebind word.

Slegs swart of donkergroen rekkies en kopbande/knippies/linte mag gedra word.

JUWELIERSWARE: SLEGS GEWONE HORLOSIES OF MEDIESE BANDJIES OF HANGERTJIE

Slegs gewone goue of silwer dun ringetjies of "plain studs" mag gedra word.(Een per oor) (1ste gaatjie op die onderste lel)

TASSE:

GEEN WIELETJIETASSE; SLEGS GROEN SKOOLTAS

<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 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 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

PE	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	
HAIR:	SHORT AND NEAT.NO FRINGES MAY TOUCH THE EYEBROWS.NO LINES.CODE OF CONDUCT	
JEWELLERY:	NO FORM OF JEWELLERY ALLOWED.ONLY WRISTWATCH AND MEDICAL BRACELET/NECKLACE	
BAGS:	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 tie (Compulsory)	Blazer with 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. CODE OF CONDUCT	
<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	

<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 tie (Compulsory)	Blazer with tie (Compulsory)
PE	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	
HAIR:	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.CODE OF CONDUCT	
JEWELLERY:	NO FORM OF JEWELLERY ALLOWED.ONLY WRISTWATCH AND MEDICAL BRACELET/NECKLACE	
	Only plain gold or silver thin earrings or small studs (One per ear)	
BAGS:	NO BAGS WITH WHEELS. GREEN SCHOOLBAG	

Laerskool

BOYS	SUMMER CLOTHING	WINTER CLOTHING
FORMAL	Formal cap	Formal cap
-	Wear for assembly/Formal functions	Wear for assembly/Formal functions
-	No caps inside the building	No caps inside the building
-	Sports caps compulsory for break time	Sports caps compulsory for break time
	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)
	Green tie	Green 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 (Optional)	Blazer (Optional)
	If Blazer is worn a tie is compulsory!	If Blazer is worn a tie is 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)
-	No tie	Green tie
	Grey shorts	Grey trousers
	Black belt (Compulsory)	Black belt (Compulsory)
	Grey long school socks with yellow stripe (Optional)	Grey long school socks with yellow stripe
	Black school shoes (Optional)	Black school shoes
	School jersey or pull-over (Optional)	School jersey or pull-over (Compulsory)
		Pullover compulsory over short sleeve shirt
	Blazer (Optional)	Blazer (Optional)
	If Blazer is worn a tie is compulsory!	If Blazer is worn a tie is compulsory!
	Sports caps compulsory for break time	Sports caps compulsory for break time
<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 sports socks (no "secret socks")
	Tracksuit top (Zipped) Always	
	Sports caps compulsory for break time	Sports caps compulsory for break time
<u>HAIR:</u>	SHORT AND NEAT.NO FRINGE MAY TOUCH THE EYEBROWS.NO LINES.AS PER THE 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
-	Sports caps compulsory for break time	Sports caps compulsory for break time
	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
	Green cross-over tie	Green cross-over tie
	Green dress - wear with black ski pants (not visible)	Green dress with black stockings 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 (Optional)	Blazer (Optional)
	If Blazer is worn a tie is compulsory!	If Blazer is worn a tie is 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
	No tie	Green cross-over tie
	Green dress - wear with black ski pants (not visible)	Green dress with black stockings
	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 (Optional)	Blazer (Optional)
	If Blazer is worn a tie is compulsory!	If Blazer is worn a tie is compulsory!
	Sports cap	Sports cap
<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	
	Sports caps compulsory for break time	Sports caps compulsory for break time
<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.CODE OF CONDUCT	
<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>Oefening</u>	<u>Oefening vind plaas in die sporthemp/ skool t-hemp en swart sportbroek</u>
-	-
<u>Wedstryde</u>	<u>Wedstryde vind plaas in die kraag sporthemp en swart sportbroek</u>
-	-
<u>Sokkies</u>	<u>Netbal - swart sokkies</u>
-	<u>Rugby, krieket en hokkie - swart sokkies</u>
-	-
<u>Netbal</u>	<u>Swart rompie</u>
-	<u>Sporthemp</u>
-	<u>Swart sokkies</u>
-	<u>Tekkies (Geen sneakers)</u>
-	-
<u>Rugby</u>	<u>Swart sportbroek.</u>
-	<u>Oefenhemp</u>
-	-
<u>Krieket</u>	<u>Wit sporthemp</u>
-	<u>Swart sportbroek</u>
-	<u>Swart sokkies</u>
-	<u>Tekkies (Geen sneakers)</u>
-	-
<u>Tennis</u>	<u>Wit sporthemp</u>
-	<u>Swart kortbroek Seuns</u>
-	<u>Swart rompie Dogters</u>
-	<u>Swart sokkies</u>
-	<u>Tekkies (Geen sneakers)</u>
-	-
<u>Atletiek</u>	<u>Atletiek frokkie</u>
-	<u>Swart sportbroek</u>
-	-
<u>Hokkie.</u>	<u>Sporthemp</u>
-	<u>Swart kortbroek Seuns</u>
-	<u>Swart rompie Dogters</u>
-	<u>Swart sokkies</u>
-	<u>Tekkies (Geen sneakers)</u>
-	-
-	-
<u>Borg</u>	<u>Geborgte/Spesiale baadjies - Slegs op Vrydae</u>
-	<u>Provinsiale klere slegs op Vrydae</u>

ADVERTENSIES

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LAPS GPS BANDS

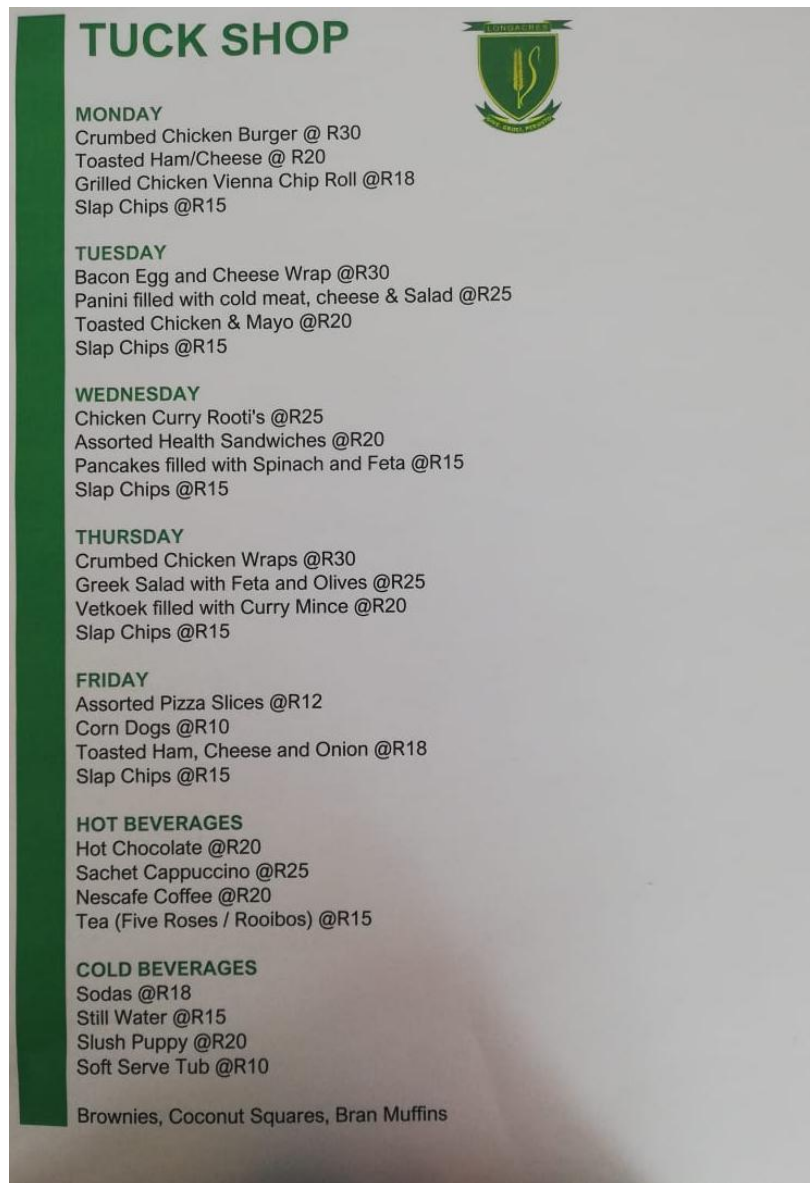
Succeed + LAP

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EACH**

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AND Mrs White**

Only permitted to wear
one at a time

SNOEPIE



3 MAANDE KENNISGEWING

Alle ouers moet 3 maande skriftelik kennis gee as die kinders die skool gaan verlaat. Ek het 'n oopdeur beleid en vra vriendelik dat ouers eers met my 'n vergadering reël, voordat u formeel kennis gee.

Vriendelike groete,

Mnr Edmund Barkhuysen

Skoolhoof

hoof@longacresps.co.za

CCTV KENNISGEWING

Longacres is onder 24h CCTV bewaking vir die veiligheid van die leerders en opvoeders. Hierdie toesig word gedoen in ooreenstemming met toepaslike Nasionale Wetgewing en vereistes om die privaatheid en integriteit van leerders, werknemers en algemene publiek, wat die Longacres perseel binnekom, te verseker.

NASORGSENTRUM

2025 LONGACRES NASORG

GRAAD 1 - Ellisia Steyn

GRAAD 2 - Sorika Laubscher

GRAAD 3&4 - Erika Theunissen

GRAAD 5- 7 - Alida Kruger

HOëRSKOOL - Lindie Stander

Ouers moet kinders by die huiswerksentrumklas kom haal. Geen kind word vorentoe gestuur nie.

Die grondslagfase sal aan die linkerkant van die rugbyveld speel en die Seniorfase sal aan die regterkant van die rugbyveld speel. Alle leerders moet asseblief 'n potlood, liniaal en uitveër saambring. Stuur asseblief ook enige ekstra-kurrikulêre aktiwiteite na die huiswerksentrum.

HUISWERKSENTRUMREËLS

- Huiswerksentrumkinders word by Seeskulpie afgehaal.
- Indien 'n leerling van LAPS van die huiswerksentrum gebruik maak, moet Samantha by die Seeskulpie kantoor in kennis gestel word.
- Die onkoste beloop R1 400 per maand.
- Daar moet een maand skriftelik kennis gegee word indien 'n leerder nie meer van die huiswerksentrum gebruik gaan maak nie.
- Alle naskool se aktiwiteite insluitend sport moet aan die juffrou by die huiswerksentrum deurgegee word.
- Geen speelgoed word toegelaat nie.
- Slegs sportdrag of gewone klere word toegelaat om buite te speel.
Merk alle items.
- Geen selfone word by die huiswerksentrum toegelaat nie.
- Ons volg Longacres se beleid van een sport per kwartaal.
- Bring jou eie skryfbehoeftes en dit moet duidelik gemerk wees.
- Vir verdere navrae kontak die betrokke onderwyser of Me Erika Theunissen.
- Die huiswerksentrum sluit teen 17:15

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

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u/5 to u/19

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U12 - U15 : 11:00-13:00

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REGISTRATION CLOSING DATE 25 APRIL 2024

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