

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



Blitz News

6 February 2025

Newsletter 4



Verse of the Day
Psalms 31:24 ERV

Be strong and
brave, all of you
who are waiting
for the LORD's
help.

BLITZ PEN

We would like to congratulate the following learners on their success at last week's athletics meet. They will be advancing to the next zone athletics, which will take place on Saturday, 8 February. We wish them all the best.

Primary School:

Shani Singels, Cathrine Stone, Anika Smit, Kim Kuilders, Katryn Hough, Emily Olivier, Layla Maans, Elizabeth Smit, Kiara Lukas, Kaylin Cox, Callan Benjamin, Milan Henriksen, Luanru van Staden, Jay-R Lukas, Joshua Henriksen, Eli Zimri, Josias Tredoux, Dylan Skinner, Tyrone Hunter Nicholas Pienaar,

High School:

Franco Mostert, Nieke Ebersohn, Judy Frieslaar, Mercianoula Stergianos, R'aeesha Vercuiel, Layla Baadjies, Ilyaas Karriem, Kyle Skinner, Vaughan Mouers, Jamie Pienaar, Motheo Morake, Zandri Koen, Taira Greyvenstein, Qassim Vercuiel, Yul Siebritz

Next week, on the 14th of February, our HS learners will be participating in the Interschools Athletics meet.

Monday will be Day 6.

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.

IMPORTANT DATES

- Weskus Athletics Zone 8 February 2025
- Wes-Boland Athletics 15 February 2025
- Internal Orators 17 February 2025
- Parent, teacher and learner Braai 20 February
- Boland Athletics 22 February 2025

SPORTS PROGRAM

All learners who have qualified at Saldanha Zone athletics must attend practice.

	Mondays	Tuesday	Wednesday	Thursday
13:15 - 14:00				
14:15 - 14:45	Gr 3-7 Sprints Gr 8-12 Sprints Shot put HS Long Jump PS	DiskusPS Hurdles PS	Gr 3-7 Sprints Gr 8-12 Sprints Shot put HS Long Jump PS	DiskusPS Hurdles PS
14:45 - 15:15	Hurdles HS High Jump HS Shot Put PS Javelin PS	Long Jump HS High Jump PS HS Javelin	Hurdles HS High Jump HS Shot Put Javelin PS	Long Jump HS High Jump PS Javelin HS
15:15 - 15:45	HS long distance running	Long distance running PS	Long distance running HS	Long distance running PS
15:20 - 16:00	Diskus HS	Hammer Throw Diskus HS	DiskusHS	Hammer Throw

Minicricket matches:

12 February 2025

19 February 2025

26 February 2025

1 March 2025 - Home

5 March 2025

All learners participating in Mini-Cricket must wear their LO clothes and tekkies at each practice. Please pack their LO Clothes in a bag with an extra water bottle. They will get changed at school. Please ensure that all your child's clothes are marked.

Mini-Cricket Times:

Monday's & Wednesdays:

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

Gr. 3 - 14:15 - 15:00

RUGBY PRACTICE (FITNESS)

U/13 Rugby - Monday and Wednesday, 15:15 - 16:00

HS Rugby - Tuesdays and Thursdays, 15:00 - 16:00

CRICKET PRACTICE

☐ **U/11 AND U/13 CRICKET** - Tuesdays and Thursdays, 14:30 - 15:30

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

SCHOOL TERMS 2025

Term	Duration	Number of weeks
1	15 January - 28 March	11
2	08 April – 27 June	12
3	22 July – 03 October	11
4	13 October – (9) 10 December	09

Special School holiday dates

1 May
29 April
30 April

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

CULTURE



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

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.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: Lientjie Blok

082 878 0008 or

Lientjie@imagnet.co.za



HIKING CAMPS

Learners that have chosen to go on the hiking camp will receive a camping T-shirt.

- Gr 4 - 7 28 February – 2 March, Strandfontein @ R1200
- Gr 8 - 9 16 – 19 October, Travellersrest @ R1800
- Gr 4 - 7 24 – 26 October @ R1200
- Gr 10 - 12 Bundu Bash 1 - 5 October @ R2000

BLITZ CLOTHING BANK

The Blitz clothing bank is open at the following times:

- Every Tuesday – Thursday from 13:00 - 15:00
- First Wednesday of every month 13:00 – 18:00
- Only available if appointments have been made.

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 2 more years. **High School**

<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 gedragskode
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>
-	-

-	-
<u>Sponser</u>	<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 WIELETJIE TASSE; SLEGS GROEN SKOOLTAS

BOYS	<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

<u>PE</u>	Black sport short	Green school tracksuit (Complete) (Top zipped)
	Sport shirt	Sport shirt (No second skin/ long vest)
	White tekies (no sneakers)	White tekies (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)
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	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
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	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
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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	

Primary school

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>

ADVERTISEMENTS



**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

The flyer features a green and white color scheme. At the top, it says 'PSYCHOMETRIC ASSESSMENT SOLUTIONS' next to a brain icon with a lightbulb. Below this, there are two main sections: 'STUDY SKILLS WORKSHOP' and 'CAREER GUIDANCE', each with a list of bullet points. A photo of a woman writing in a notebook is placed between the two sections. At the bottom, there is contact information and a line that says 'Contact us for more information'.

3 MONTHS NOTICE

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

Kind regards,
Mr Edmund Barkhuysen
Principal
hoof@longacresps.co.za

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.



AFTER CARE

2025 LONGACRES AFTER CARE

GRADE 1 - Ellisia Steyn

GRADE 2 - Sorika Laubscher

GRADE 3&4 - Erika Theunissen

GRADE 5- 7 - Alida Kruger

HIGH SCHOOL - Lindie Stander

The foundation phase group will play on the left side of the rugby field and the senior phase group will play on the right side of the rugby field.

All learners must please bring along their pencil, ruler and eraser.

**Please pass on extracurricular activities to the homework centre staff.
Parents must pick up children from the homework centre class. No child is sent forward.**

HOMEWORK CENTRE RULES

- Homework centre students are picked up at Seeskulpie.
- If a learner from LAPS uses the homework centre, Samantha must be informed at the Seeskulpie office.
- The costs amount to R1,400 per month.
- One month's written notice must be given if a learner will no longer use the homework centre.

- All after-school activities, including sports, must be communicated to the homework centre teacher.
- No toys are allowed.
- Only sportswear or regular clothes are allowed for outdoor play. Please label all items.
- No cell phones are allowed at the homework centre.
- We follow Longacres policy of one sport per quarter.
- Bring your own writing supplies that should be clearly marked.
- For any further inquiries, contact the respective teacher or Erika Theunissen.
- Homework center closes at 17:15.