



RAND PREPARATORY and COLLEGE

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Newsletter no.: 8/2013

4 March 2013

NEWSLETTER NEWSLETTER NEWSLETTER

Dear Parents and Learners,

After a very busy four day week at Rand College, things will hopefully calm down and learners are being encouraged to start focussing on their academic studies with all earnest.

FESTIVAL OF FAME

We attended the Festival of Fame at the National School of the arts on Thursday the 28th February. Our students must be commended on their sterling behaviour. I was extremely proud to be associated with all our learners who were neatly turned out and who exhibited excellent manners throughout the day. Most students had the opportunity to see four excellent productions, some even saw five productions. The highlight of the excursion must have been when one of our grade 12 students was called up to the stage to participate in a production "Step it up". Mbali Mncube truly stepped it up with a voice that echoed through the auditorium that could not easily have been measured or repeated throughout the production. She was also joined by Sindy, Jael, Nobuhle and Mpumi who did a dance-follow the leader stint on stage. They definitely got the crowd's attention. Well done!

Thank you to Ms Eagar for arranging the excursion and for Ms McBride and Mr Gora who acted as chaperones.

We shall definitely place this event on the calendar for 2014. The aim is to then take all students to the Festival.

CANSA SPRAY-A-THON

The spray-a-thon hosted on Friday the 1st of March was a huge success. Thank you to the Preparatory school who also contributed a vast amount of money towards this very worthwhile cause. The prep and College together managed to raise R3200 for the Keurboom Interim Care Facility in Belgravia. Thank you to the grade 12 prefect girls who assisted throughout the day. Well done!

DRUG PREVENTION TALK

Although the Drug Prevention talk lasted for almost 2 hours in the hall on Friday it sadly did not have the desired impact on our learners. It became evident that our students have lots of questions regarding this very important life threatening issue that is eating away at the moral standing of our society in general. It is evident that there are still numerous misconceptions regarding substance abuse amongst our learners.

As an institution we shall endeavour to invite a speaker who will not be scared to pull out all the punches regarding drug abuse and its dire consequences.

Included in this newsletter is some information regarding the harmful effects of ochre pipe smoking.

CYCLE TESTS (8 MARCH)

Grade 8, 9 and 11 Life Orientation
Grade 10 & 12 Physical Sciences

IMPORTANT EVENTS SCHEDULED FOR THE REMAINDER OF THE TERM

15 March Cycle Test Gr 8 & 9 Natural Sciences; Gr 10 Accounting; Gr 11 IT/CAT; Gr 12 Visual Art / Geog
16 March Scholarship Day (All new grade 8 students for 2014)
20 March Swimming Gala(Compulsory Attendance)
Cycle Test Gr 8 & 9 English; Gr 10, 11 & 12 Maths / Maths Lit
21 March Human Rights Day
22 March School Holiday
28 March Cycle Test: Mathematics Grade 8 & 9
English Grade 10, 11 and 12.



*"Where the extra turns the ordinary
into extra-ordinary"*

Executive Directors: J Lubbe, WM Harris, AJ Lubbe, BA Harris



- 29 March Religious Holiday
 1 April Family Day
 5 April Cycle Test: Grade 8 & 9 Technology
 Grade 10 Business Studies/ Life Sciences.
 Grade 11 Business Studies/ Physical Sciences
 11 April Parents Evening (17:30-19:30)
 Book exhibition in the hall- The Book People.
 12 April Cycle Test: Grade 8 & 9 EMS, Grade 10, 11 and 12 IT/ CAT.
 Civvies Day (R6,00 will be added to all school fee accounts for Civvies)
School Closes at 11:00.

SCHOOL DIARIES

Concern is being expressed that not all students are using the school diary to write down their homework. Teachers will ensure that homework is written on the writing board in classes so that it can be copied down by learners. A request is being made that parents will please check the diaries at home to assist us in insuring that homework is indeed written down and those tasks are indeed completed.

THE DANGERS OF HUBBLY BUBBLY

SMOKING a hubbly bubbly or tobacco water pipe for one hour is as harmful as smoking up to 200 cigarettes, health experts have warned. (INFO@TOUGHLOVE.ORG.ZA)

HUBBLY BUBBLES: FREQUENTLY ASKED QUESTIONS

Q: What is a hubbly bubbly?

A: A hubbly bubbly (also called a hubb / hookah / water pipe) is an instrument for smoking tobacco, which is often flavoured. It consists of a base container, usually made of glass, attached to one or many smoking tubes. The tobacco smoke is cooled by passing it through water in the hookah's base,

Q: Isn't hookah smoke better than cigarette smoke because it passes through water?

A: No, the water doesn't clean the smoke. Hookah and cigarette smoke both contain poisons, including nicotine, tar, carbon monoxide, arsenic and lead, among many others. Arsenic is used as a rat poison, and carbon monoxide is a deadly gas also found in motor car exhaust. Lead is a neurotoxin (i.e. even in small amounts, it can damage the nervous system.)

Q: Do you get less nicotine from a hookah than a cigarette?

A: The water does absorb some of the nicotine, but hookah smokers can nonetheless be exposed to sufficient amounts to cause addiction. A hookah smoker takes about 100 puffs in a single (approximately 45 minute-long) session, while a cigarette smoker takes about 10 puffs per cigarette. In other words, you can take in as much nicotine by smoking one hookah pipe as you can by smoking 10 cigarettes. Nicotine is the addictive agent in tobacco, but it's not too directly damaging to your health. It's the "tar" in tobacco smoke that causes cancer. The smoke produced in a typical hookah smoking session can contain about 36 times more tar, and about 8 times more carbon monoxide, than the smoke from a single cigarette.

Q: Are hookahs addictive?

A: The hookah can be as addictive as cigarette, because, as explained above, users are exposed to addictive quantities of the drug nicotine. Some hookah smokers show the signs of addiction i.e. they crave a smoke; they struggle to quit the habit, experience withdrawal symptoms when they stop, etc.

Q: Why are hookahs so appealing to young people?

A: The sweet flavour and pleasant smell makes it easier to inhale the smoke without coughing. Also, smoking hookahs is a social, satisfyingly ritualistic activity for many, further encouraged by the prevailing myth that it's harmless and doesn't involve "proper drugs".

Q: What are the long-term health effects of hookah smoking?

A: Scientists are just starting to investigate all the negative impacts associated with the hookah, but, given its similarity to cigarette smoke, it is likely that many tobacco-related diseases will be linked to hookah use. This includes damage your lungs, making it painful or difficult to breathe. It can cause cancer of the mouth, lungs and bladder, or a heart attack. Sharing a hookah also means you can get germs from other people: the bacteria that cause TB, and the virus that causes herpes, can be passed on to you by sharing a hookah.

Q: Even if I don't do it myself, is it bad to be in a room where people are smoking a hookah?

A: Yes; breathing the air in a room where people are smoking a hookah exposes non-smokers to many deadly chemicals. Children whose parents smoke hookahs are more likely to have lung infections than children whose parents do not smoke hookahs.

Q: If a pregnant woman smokes a hookah can she harm her baby?

A: Yes. The carbon monoxide and other poisons will pass from the mother's blood to the unborn baby, and can stunt its growth.

Q: Is there a safe level of smoking a hookah?

A: There is no level of tobacco use, however low and in any form, that can be considered safe. And the more you use, the greater the risks.

- Olivia Rose-Innes, EnviroHealth Editor, Health24, June 2011

References:

CANSA (2010). Frequently Asked Questions: Hubbly Bubbly

CANSA (2008). Fact Sheet: Hookahs are deadly

Kind Regards,



MR W. J. DE BEER
 Principal - College

**Thank you -
 Blood donation -
 23 units donated.
 Excellent!**

REPLY SLIP:

I/ We _____ parents of _____ in grade 8/ 9/ 10/ 11/ 12 acknowledge receipt of Newsletter no. 8 of 2013.

_____ Parent Signature