

Winnie-nuus

Algemene nuusbrieff: 6 Maart 2020

1. BEHOEFTIGE LEERDERS



Baie dankie aan Marlon Rossouw (Gr 11/1) en sy moeder wat vir al ons behoeftige leerders versorgingspakkies opgemaak het. Ons waardeer jul ondersteuning opreg.

2. SWEM INTERHOËR - UITSLAE

BRONS MEDALJES:

Dogters:

Elan v Zyl	}	O/14	50m Vlinderslag
		O/15	200m Individuele Medley
Anke Ludick		O/16	50m Borsslag
Leané Pretorius		O/19	50m Borsslag
Katherine Frier	}	O/14	200m Wisselslag-aflos
René v Emmenis			
Elan v Zyl			
Carike Jansen	}	O/19	200m Vryslag-aflos
Lize vd Merwe			
Anisha Oosthuizen			
Alecia Gouws			
Leané Pretorius			

SILWER-MEDALJES:

Seuns:

Hein Reiners	O/14	50m Borsslag
Johan Coetzee	O/15	50m Vryslag
Lehan	O/19	50m Vryslag
Langenhoven		
Xavier Prinsloo	}	200m Wisselslag-aflos
Divan Schmahl		O/15 200m Vryslag-aflos
Johan Coetzee	O/15	
Dané Cory		

GOUE MEDALJES:

Seuns:

Lehan Langenhoven	}	O/19	200m Vryslag-aflos
Heinrich Martignone			
Martin v Spaendonck			
Fernando Ferreira			

FINALE SPAN-UITSLAG:

Dogters:	5de plek
Seuns:	4de plek
Algeheel	4de plek

Seuns:

Marco Reiners	O/16	50m Borsslag
Ivan Ludick	}	O/17 100m Vryslag
		50m Rugslag
Fernando Ferreira	O/19	50m Vlinderslag



3. ATLETIEK INTERHOËR - UITSLAE

SEUNS:

BESTE SENIOR VELDATLEET: DAMIAN VAN DER MERWE

O/14

Tyron Jansen van Noordwyk

Kyle Mauer

O/15

Dawie Breet

Dyllan Hamman

Nardus Jansen

Tshepo Matokolo

Xavier Prinsloo

O/16

Tinus du Plessis

Justin Helena

Cristian Morris

Romeo Paulin

O/17

Wian Karsten

Damian vd Merwe

Aflosspan

O/19

JP Bekker

Nico Lottering

Xander de Kock

Spiesgooi – 2de

400m – 3de

Diskus – 2de

Diskus – 3de

Spiesgooi – 3de

400m – 3de

100m Hekkies – 3de

3000m – 3de

Spiesgooi 1ste – **NUWE REKORD – 52.47 M**

Diskus – 2de

400m – 3de

Diskus – 1ste

Diskus – 3de; Spiesgooi – 2de; Gewigstoot – 1ste

1ste

400m – 2de; 400m Hekkies – 2de

800m – 2de

Diskus – 1ste



MEISIES:

BESTE SPRONGE ATLEET: KAYLIE VAN WYNGAARDT

BESTE JUNIOR NAELOPE ATLEET: TSHEGO MAHALNGU

O/14

Tshego Mahlangu

Ninica v Heerden

Leane Pienaar

Kaylie v Wyngaard

Sunelle Kuhn

100m – 1ste; 200m – 1ste

800m – 2de; 300m Hekkies – 3de

800m – 3de; 1500m – 1ste; 3000m – 2de

Hoogspring – 1ste; Verspring – 2de

Spiesgooi – 1ste

O/15

Chané Schoeman

Donna Lewis

Mikhayla de Klerk

Kultwano Nkoana

Adri Pretorius

Aflosspan

200m – 2de

400m – 3de

1500m – 2de; 3000m – 1ste

100m Hekkies – 3de

Diskus – 3de

2de



O/16

Malebo Malebye

Michan Homan

Kay Maaga

Simone Swart

Katinka Strydom

Tanel de Reuck

Chanre Hooper

Aflosspan

100m – 3de, 200m – 1ste

400m – 2de

100m Hekkies – 2de; 400m Hekkies – 3de;

Verspring – 3de

Hoogspring – 2de; Spiesgooi – 1ste

Verspring – 1ste

Gewigstoot – 1ste

Diskus – 3de

2de



O/17

Nikkie Knoetze
Busi Nkabinde
Chante J v Rensburg
Clarissa Ritchie
Aflosspan

100m – 2de; 200m – 2de; 400m – 2de
800m – 2de
Hoogspring – 1ste
Driesprong – 3de
2de



O/19

Anisha Oosthuizen
Megan Fouche
Kyla van der Merwe
Camy van Niekerk
Phenyo Modise
Nicole Adendorff
Aflosspan

100m – 2de; 200m – 1ste; 400m – 1ste
1500m – 3de; 3000m – 3de
100m Hekkies – 1ste; 400m Hekkies – 1ste
Hoogspring – 1ste
Gewigstoot – 2de; Diskus – 3de
Spiesgooi – 1ste
1ste

Die Warriors eindig algeheel TWEEDE én die skool eindig algeheel TWEEDE.!

4. DANS



Die volgende dansleerders presteer pragtig by die World Lyrical Dance Federation se kompetisie in Roodepoort:

- Mia Lundt – 4de plek (Jazz solo), 1ste plekke (Kontemporêre groep en Jazz groep);
- Heinrich v Staden – 4de plek (Lyrical solo);
- Charlize Vorster – 2de plek (Kontemporêre solo) en 1ste plek (Lyrical solo);
- Lynn-Lee Breytenbach – 3de plek (Lyrical solo) en 1ste plekke (Kontemporêre solo en Lyrical duet)

5. WINTERSPORT

RUGBY vs Hoërskool Linden
UITSLAE:

O/15 – wen 14-5

O/16 – wen 18-3

1ste Span – wen 18-15

HOKKIE vs Hoërskool Linden

UITSLAE:

2des wen 1-0



NETBAL vs Hoërskool Linden: Die netbal het uitgereën en vind op 6 Maart plaas.

6. DISSIPLINE

Dissipline in enige skool is uiters belangrik; dit lei tot georganiseerde leer en onderrig. Tans word klasdissipline in die skool deur die voog- en klaspersoneel hanteer en enige ander ernstige dissiplinêre probleme, word deur die bestuur van die skool hanteer. Daar is reeds vier Topbestuur-Tugverhore en twee Beheerliggaam Tugverhore gehou, waar die aanbeveling was vir uitsetting vanaf die Departement van Onderwys.

Graag wil ons u egter vra om dan ook die lynstruktuur te volg indien u 'n probleem ervaar:

Graad 8: Me M Bouwer (wiskunde@wonnies.co.za)

Graad 9: Me R Engelbrecht (rene.e@wonnies.co.za)

Graad 10: Mnr J Janse van Rensburg (janjvr@wonnies.co.za)

Graad 11: Mnr B Deyssel (seuns) (barend.deysel@wonnies.co.za)

Graad 11: Me N Strydom (dogters) (registrateurs@wonnies.co.za)

Graad 12: Me S Venter (engels@wonnies.co.za)

Akademie: Me T Mc Geer (mcgeert@wonnies.co.za)

Sport: Mnr C Schmahl (carl@wonnies.co.za)

Kultuur: Me J Minnaar (minnaar.j@wonnies.co.za)

Geboue, Terrein en Instandhouding: Mnr C Schmahl (carl@wonnies.co.za)

Administrasie en afwesighede: Me L Brits (admin@wonnies.co.za)

Algemene navrae: Me A Nell (hswb@wonnies.co.za) en Me I Oberholser (ontvangs@wonnies.co.za)

Finansies: Me E Ellis (finansies@wonnies.co.za)

9. SKOOLGELDE

Ons doen ook weer 'n beroep op ons ouers om hul skoolgelde op datum te hou. Die uiteensetting van die betalings vir die jaar is soos volg:

- Eerste leerder: **R17 500.00** (Aanvangspaaielement: Jan R2500,00, vanaf Feb R1500.00 X 10 maande)
- Tweede leerder: **R16 500.00** (Aanvangspaaielement: Jan R2500.00, vanaf Feb R1400.00 X 10 maande)
- Derde leerder: **R15 500.00** (Aanvangspaaielement: Jan R2500.00, vanaf Feb R1300.00 X 10 maande)

Bankbesonderhede:

ABSA-Bank

Tjekrekening Reknr: 090390120

Takkode: 632005

Gebruik asb u kind se skoolgeld-rekeningnommer as verwysing.

10. ONDERSTEUNING VAN LEERDERS

Die wintersport is voluit aan die gang. Baie dankie aan elke ouer vir u teenwoordigheid en ondersteuning tydens dié byeenkomste. Dit is egter baie belangrik dat ons ondersteuners se gedrag, aksies en taalgebruik langs die veld 'n weerspieëling bly van ons skool se waardesisteem. Daarom vra ons u om positief u kind en hul span te ondersteun en u te weerhou van kru-taal, opmerkings en beledigings teenoor spelers, skole en skeidsregters.



M LEZAR
SKOOLHOOF

ABOUT

EverSmile® OrthoFoam™ is a patent pending cleaning formulation designed to clean and whiten teeth for adults and children undergoing orthodontic treatment with metal and ceramic braces.

DIRECTIONS

Brushing: Dispense 1/2 to 1 full pump of foam inside the mouth or on your toothbrush. Brush teeth for up to 60 seconds. Spit out foam and rinse mouth with water. Can be used as a stand-alone cleaner/whitener or in combination with any fluoridated toothpaste. Add OrthoFoam to your toothbrush (with toothpaste) or pump directly into your mouth as you brush.

Rinsing: Dispense 1/2 to 1 full pump of foam inside mouth and swish for up to 60 seconds, then spit out foam and rinse mouth with water.

Trays (Custom or Disposable): Dispense 1 or 2 full pumps of foam into trays and apply to teeth for 3 minutes. Stand over sink during treatment spitting out excess foam. Do not swallow. After 3 minutes, rinse with water. Repeat once or twice daily. Trays available at eversmilewhite.com/trays.

INGREDIENTS

Water, hydrogen peroxide, glycerine, PVP, PEG, sodium lauryl sulfate, sucralose, sodium citrate, sodium benzoate, etidronic acid, bubblegum flavor.

COMPATIBILITY

- Metal Braces
- Ceramic Braces
- Plastic Braces
- All Fixed Appliances & Wires



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FAQ

Does EverSmile® OrthoFoam™ cause tooth sensitivity?
Tooth sensitivity has not been reported with the proper use of EverSmile® OrthoFoam™. If sensitivity does occur reduce usage to once per day and consult your orthodontist or dentist.

How many times per day can I use EverSmile® OrthoFoam™?
EverSmile® OrthoFoam™ can be used up to 4 times per day. We recommend once in the morning and evening and if using trays, before bedtime.

How long does one bottle of EverSmile® OrthoFoam™ last?
Each full size 50ml bottle will last approximately 30-60 days depending on how often it is used.

Does OrthoFoam™ whiten under the brackets and wires?
Yes. The hydrogen peroxide foam travels in many directions through the enamel.

Is OrthoFoam™ safe to use while pregnant?
As with all peroxide-containing products, EverSmile® OrthoFoam™ cannot be recommended while pregnant.

Is OrthoFoam™ safe on all orthodontics brackets/materials?
Yes! OrthoFoam™ is safe and works on all forms of brackets, wires and appliances without deteriorating bonding agents. (Please note that if you have colored elastics/ties it may lighten them).

EverSmilesa.co.za



Live Chat



Reviews



Videos

EverSmile South Africa
info@eversmilesa.co.za
082 306 4380

ORTHOFOAM™



**Orthodontic Appliance
Cleaning & Whitening**

Orthodontist Developed • Orthodontist Recommended

- ✓ Brush With
- ✓ Rinse With
- ✓ Use In Trays
- ✓ Fight Plaque

EverSmile®

THE PROBLEM

- Maintaining **proper oral hygiene** is the number one problem with children wearing fixed orthodontic appliances such as braces.
- Kids either do not brush well enough, or they brush **too infrequently**.
- Kids that do brush miss areas where **plaque builds up**, such as underneath wires and around brackets.
- Bacteria/plaque biofilm begins adhering to teeth and braces causing permanent damage such as white spot lesions.

THE SOLUTION

- OrthoFoam™ uses **hydrogen peroxide** based, anionic cleaning technology that breaks down bacteria and plaque.
- **99.999% of common oral bacteria** are killed within 60 seconds of exposure to EverSmile® OrthoFoam™ in laboratory testing*.
- Hydrogen peroxide cleaves (destroys) odor and color molecules **cleaning/lightening** metal, ceramic, and plastic braces and teeth.
- Most parents are looking for a solution to their children's poor brushing habits, and OrthoFoam™ is that solution!

The foam makes it
Fun!



SAY GOODBYE ORTHO GUNK™

**KILLS 99.999%
of unwanted oral
bacteria***



Over 51 million school hours are lost every year because of dental related illnesses². Boost your child's dental routine with OrthoFoam™, the fun path to oral hygiene.

*In laboratory testing. Study results available at eversmilesa.com/studies.

²2014, All Causes. Survey by LightSpeed® Pulse 12018. NCH. Oral Health in Africa

3 WAYS TO CLEAN

OrthoFoam's™ unique formulation allows patients 3 different ways to receive benefits.

Using OrthoFoam™ in conjunction with regular **brushing** adds an additional punch to patients' brush strokes.

Rinsing with OrthoFoam™ is an added benefit for those who like brushing with toothpaste alone. Simply pump, swish, and spit.

For the most effective method using OrthoFoam™, we recommend using the product in either foam **trays** or boil and bite EVA trays. (available separately at eversmilewhite.com/trays).

BRUSH WITH

Brush with EverSmile OrthoFoam for 60 seconds.



RINSE WITH

Rinse with EverSmile OrthoFoam for 60 seconds.



USE IN TRAYS

Pump EverSmile OrthoFoam into trays* & apply for 3 minutes.

