



# Frances Vorweg School

*For cerebral palsied and learning disabled children*

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“Friendship improves happiness, and abates misery, by doubling our joys and dividing our grief”

Marcus Cicero

## **THINGS TEENAGERS SHOULD KNOW ABOUT FRIENDSHIP**

1. Not everyone is going to like you. It's okay.
2. Not everyone is going to invite you. That's okay too.
3. You'll never regret kindness. (Never ever).
4. If you constantly have to tiptoe around them, they're not your friend.
5. You get to choose them, so choose the ones who are choosing you back.
6. Have high standards when it comes to friends, but don't be unrealistic. They're going to mess up, so are you. Grace is essential.
7. Be yourself. Let other people be themselves right back.
8. You can't have friends if you don't know how to be a friend. Focus on being the best friend you possibly can.
9. Don't wait. You're allowed to do the inviting and the reaching out too.
10. Don't knowingly leave people out. It doesn't feel good.
11. Gossip is garbage.
12. Drama is too. Stay above the fray, and feel free to walk away.
13. You can't be best friends with everyone. But you can notice everyone. You can smile at everyone. You can say hello to everyone. You can be good to everyone and make sure people feel seen.
14. Your worth will never come from others. You have to learn to accept yourself if you want others to accept you.
15. Your friends should be good to you, but they should also be good to other people. If they're nice to you and then turn around and talk nasty about others, they're not nice.

## **REMEDIAL DEPARTMENT PROJECT FOR THE INTERMEDIATE PHASE**

A team consisting of six learners from Grade 4 and 5 will be selected to take part in the "Story Skirmish Reading Development Programme."



The selected six Grade 6 learners will be participating in the "Battle of the Books Reading Development Programme". All three grades will be competing against mainstream schools.



## **NETBALL RESULTS**

We are extremely proud of our netball teams who played exceptionally well and obtained good results against our sister schools.

### 25 April against Deltapark School

U/14 Frances Vorweg won 6-4

U/17 Frances Vorweg lost 7-8

### 4 May against School of Achievement

U/14 A Frances Vorweg won 10-4

U/14 B Frances Vorweg won 5-2

U/17 Frances Vorweg won 9-7

### 10 May against Lantern School

U/14 Lantern won 10-8

U/17 Frances Vorweg won 18-7



Congratulations to the girls as well as to the netball coaches.

## **BOCCIA RESULTS**

The Boccia Inter-school competition took place at Frances Vorweg School on 9 May. Our athletes achieved excellent results.

- Palesa Mohlala and Sphiwe Mudau: 2<sup>nd</sup> place for BC4 pairs.
- Happiness Motha and Khanyisa Mthethwa 2<sup>nd</sup> place for BC3 pairs.
- Boitumelo Ngwenya 3<sup>rd</sup> place for BC2 individuals.



<b>13 May:</b>	CP Soccer (Ezibeleni School)
<b>14 May:</b>	Mother's Day
<b>27 May:</b>	Classification for para-athletes (Muriel Brand School) CP Soccer
<b>31 May:</b>	Sports Day (The Gateway School)
<b>10 June:</b>	Barnyard Theatre Fundraiser (Emperor's Palace)
<b>14 June:</b>	Photo Day

## **PHOTO DAY 2023**

We will have our annual photo day at Frances Vorweg School on Wednesday 14 June 2023. Please place all orders no later than 12 June 2023 by sending the payment to your child's register class, clearly stating what you would like to order.

### INDIVIDUAL PHOTOS:

- 1 X 15 X 20cm (A5)
  - 1 X 10 X 15cm (Jumbo)
  - 2 X 4 X 6cm photos
  - 1 X bookmark
- Price: R130,00



### CLASS PHOTO:

- 1 X 15 X 20cm
- Price: R70,00

### PLEASE NOTE:

Children will only be photographed for the individual photos if payment has been received by 12 June 2023.

## **BARNYARD THEATRE FUNDRAISER**

The school is the beneficiary of a Barnyard show to be held at Barnyard Emperor's Palace on 10 June at 13:00. This promises to be a fun evening out and it's also for a good cause.

Tickets (at R195 per person) are available from your child's class teacher.

Please support this initiative.



## **FIND US ON INSTAGRAM**



Frances Vorweg School has expanded our social media presence to Instagram to share noteworthy happenings and events within the school.

You can now find us on Instagram at **frances\_vorweg\_school**

**Ms. Susan Viljoen**  
**Principal**