



PAUL ROOS  
GIMNASIUM – GYMNASIUM

OMSEND BRIEF 1 - CIRCULAR 1  
2023

# VANUIT DIE REKTORSKANTOOR

Dit was 'n uiters besige en suksesvolle eerste kwartaal. Our boys compete at the highest level and we are very proud of their achievements. Paul Roosers was hierdie kwartaal op verskeie vlakke uiters suksesvol.

## **VORDERINGSVERSLAE**

Paul Roosers het hul vorderingsverslae ontvang. Ons wens diegene wat goed presteer het of na die beste van hul vermoë presteer het, geluk. Ons vertrou dat die ander stappe sal neem om volgende kwartaal beter te presteer. Die punt in elke vak behaal, mag dalk hierdie kwartaal hoër wees as wat dit in Junie sal wees omdat slegs 'n klein gedeelte van die werk nou getoets is. The mark indicated in each subject is based on a number of tests and assignments that have been completed during the first term.

## **TOETS- EN EKSAMENROOSTERS**

Die bogenoemde roosters is op ons webtuiste beskikbaar. Neem asseblief die datums in ag wanneer u afsprake en vakansieplanne maak. Leerders wat nie formele assesserings aflê nie, moet 'n mediese sertifikaat, op die dag wat hy terugkeer na sy afwesigheid, indien. Indien daar geen mediese sertifikaat is nie, sal die leerder nul vir die betrokke assessering ontvang. Ons vra ouers se samewerking in hierdie verband.

## **TEST TIMETABLE - [Click here](#)**

As soon as this is finalised, it will be published on the website

## **MAY/JUNE EXAM TIMETABLE - [Click here](#)**

As soon as this is finalised, it will be published on the website.

## **CALENDER - [Click here](#)**

The calender is updated on a regular basis

**SEMPER SPLENDIDIOR**



# VANUIT DIE REKTORSKANTOOR

## OUERAANDE

18 April      Grade 8 en 9              vanaf 17:00

20 April      Grade 10 – 12              vanaf 17:00

Parents are reminded of the parents' evenings next term.

Parents need to make an appointment with the teacher/s they wish to see. Click on the link and follow the steps. Please use this platform to discuss your son's academic concerns.

Please note that you need to submit a new form for each appointment.

The form will be available for completion from 31 March 2023

Junior: <https://forms.gle/6Uh8AcX52ujTzsiM8>

Senior: <https://forms.gle/8YfpwBB8WjEsBXgM6>

Please complete the Google form by 14 April 2023 to book appointments with your son(s)'s class teachers. The form will close at 17:00 on 14 April.

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# VANUIT DIE REKTORSKANTOOR

## **GRADE 11 SUBJECT CHANGES**

Any grade 11 learner who wishes to change subjects, must complete a subject change form and return it to Mrs Annami van Rooyen by 31 March. This is the last opportunity for grade 11 learners to change a subject. Forms are available on our website.

## **GRAAD 11-VAKVERANDERINGE**

Enige graad 11-leerder wat vakke wil verander, moet die vakveranderingsvorms voltooi en by me. Annami van Rooyen teen 31 Maart indien. Hierdie is die laaste geleentheid vir 'n vakverandering vir graad 11-leerders. Die vorms is op ons webwerf beskikbaar.

**SEMPER SPLENDIDIOR**



# FROM THE RECTOR'S DESK

## **ABSENTEEISM**

Parents must please respect formal assessment dates as those marks are recorded on the WCED mark sheets. If a learner is absent on a formal assessment day, he must submit a medical certificate in order not to receive zero for the assessment.

Ek wil ouers vir hul ondersteuning gedurende die somersportseisoen, veral diegene wat saam met spanne gereis het, bedank. Gedurende die Maart/Aprilvakansie sal baie van ons sportmanne aan wintersporttoernooie regoor Suid-Afrika deelneem. Dit is belangrik dat ons topspanne die blootstelling ter voorbereiding van die winterseisoen kry. Ek wens alle toerspanne voorspoed vir hul wedstryde en 'n veilige reis toe. Ons is bewus dat die toere ekstra finansiële druk op ons ouers plaas, maar ons is dankbaar dat ons ouers die opofferings maak om aan hul seuns die geleentheid te bied.

Die Europese Uitrustegroep vertrek op Donderdag, 23 Maart, na Collège de Marcq (Lille, Frankryk), Gabriel von Seidl Gymnasium, Bad Tölz (Duitsland) en St Canisius (Almelo, Nederland). The German exchange group departs 25 March to Poland and Austria.

The winter season is one that calls for great commitment and all involved must consider the interests of the school and the team. Let asseblief daarop dat wedstryde elke naweek gedurende die wintersportseisoen gespeel word. Ons vra dus dat ouers asseblief nie reëlings tref om vir naweke weg te gaan nie. Parents must please consult the PRG year planner.

## **SPORTBYWONING**

We strongly encourage the entire school's involvement at our Derby Days, even those that are played at other schools. This will further strengthen the Paul Roos school spirit and foster a feeling of unity among all Paul Roosers. Die winterseisoen is die ideale geleentheid vir die hele gesin om Saterdagoggend saam om die sportveld te verkeer. Ons verwag dal alle Paul Roosers alle tuiswedstryde sal bywoon.

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# VANUIT DIE REKTORSKANTOOR

## NETHEID EN VOORKOMS

Ons het die ondersteuning van ALLE ouers nodig om die netheid en Paul Roos-trots te alle tye te verseker. Op Woensdag, 12 April, sal daar 'n netheidsinspeksie, wat skoolsakke sal insluit, wees. Leerders se hare moet ook op die eerste dag van die nuwe kwartaal volgens haarreëls gesny wees. PRG Sports bags are available for Splendidior.

## PT CLOTHING

Please take note that when learners have PT they need to have their PT clothes with white socks.

Ons sê aan die einde van die kwartaal totsiens aan die volgende personeellid:

- mnr. Lucas Roothman

## 2023-BEHEERLIGGAAM

Voorsitter  
Ondervoorsitter  
Tesourier  
Sekretaris  
Ouerlede

Walter Andrag  
Malan Erasmus  
Tertius Bruwer  
Gwen Olivier  
Roelou Slabbert  
Dirk Coetsee  
Conrad Moolman  
Johan van der Merwe

Onderwyslede  
Nie-onderwyslede  
Gekoöpteerde lede  
  
Oudskoliere-verteenwoordiger

Frans van Niekerk  
Sandra Pienaar  
Edwin Swanepoel  
Kobus Badenhorst  
AC Blume  
Nils Flaatten

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# FROM THE RECTOR'S DESK

As part of the pastoral care plan the school discussed two themes this term with the learners. Academic acceleration and building a positive “brotherhood” were unpacked and discussed at grade assemblies. Anti-bullying workshops were also held with the grade 8 and 10 learners. The focus was on building others up rather than breaking them down. We are excited about the “Engage” programme. After having been very successful in grade 8 it has been extended to other grades and will add significant value in the lives of the learners and their parents.

The school has set out to educate around the dangers of “vaping” and also other relevant topics at the phase head assembly. Furthermore, a clear stance against “vaping” and being in possession of a “vape” has been taken and communicated to the learners.

As deel van die pastorale sorgplan het die skool hierdie kwartaal twee temas bespreek. Die skool het gedurende graadsale akademiese versnelling bespreek en ook hoe om positiewe "broederskap" te bou. Daar is ook anti-boeliewerkswinkels vir die graad 8- en 10-leerders gehou, en daar is gefokus om ander eerder op te bou as om hulle af te breek. As gevolg van die suksesvolle graad 8 “Engage” program is ons opgewonde dat dit nou ook vir ander grade aangebied sal word. Ons glo die program sal van baie waarde vir beide ouers en leerders wees.

Die skool beplan om oor die gevare van "vaping" en ander relevante onderwerpe by die fasehoofsaal te gesels. Verder is daar duidelike standpunt teen “vaping” en die besit daarvan ingeneem. Dit is ook aan die leerders gekommunikeer.

**SEMPER SPLENDIDIOR**



# FROM THE RECTOR'S DESK

## MY SCHOOL CARD

Every year, Paul Roos raises a substantial amount from parents swiping their "My School Card ". We thank all of you and encourage you to continue helping the school in this way. Every swipe counts.



Ek wens PRG-gesinne 'n aangename vakansie vol rus en 'n veilige terugkeer toe. May this holiday be a special time with your family and friends.

Thank you for all the support this term.

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# VOERTUIG EN MOTORFIETSE

Ons is bewus daarvan dat sommige ouers hul kinders toelaat om per motor of motorfiets skool toe te ry. Neem asseblief kennis van die volgende reëlings:

Indien hulle met 'n motorvoertuig skool toe ry, het hulle skriftelike toestemming van hul graadhoof nodig om op die skoolterrein te mag ry en op spesifieke areas te parkeer. Toestemming sal nie gegee word as hy nie 'n geldige bestuurderslisensie het nie.

Indien hy met 'n motorfiets ry, is skriftelike toestemming nie nodig nie, maar die leerders moet nog steeds 'n geldige bestuurderslisensie hê om op die skoolterrein te bestuur en te parkeer.

Ons versoek u om die volgende met u seun te bespreek en te beklemtoon:

Alle verkeerswette moet te alle tye op die skoolterrein nagekom word.

Roekelose bestuur, ry sonder 'n valhelm, vir iemand "'n geleentheid" gee sonder dat hulle 'n valhelm dra, bestuur aan die verkeerde kant van die pad of op sypaadjies, is onwettig en uiters gevaarlik.

Onthou asseblief dat alle motorvoertuie en motorfietse op eie risiko by die skool parkeer word.

Ons vertrou dat ons op u ondersteuning in hierdie verband, kan staatmaak.

**SEMPER SPLENDIDIOR**



# MOTOR VEHICLES AND MOTOR CYCLES

We are aware that some parents allow their children to drive to school by car or motorcycle. Please take note of the following arrangements:

If they drive their own motor vehicle to school, they need written permission from their grade head to drive onto the school grounds and park in the designated areas. Permission will not be granted if he does not have a valid driver's licence. If they drive a motor cycle to school, written permission from the grade head is not needed, but they do need a valid driver's licence to drive and park it on the school's property.

We urge you to emphasise the following points with your son:

All traffic laws need to be adhered to on the school grounds, at all times.

Reckless driving, driving without a helmet, giving someone "a lift" without them wearing a helmet, driving on the wrong side of the road or on curbs are all illegal and extremely dangerous.

Please remember that all motor vehicles and motor cycles are parked at the school at your own risk.

We trust we can count on your support in this matter.

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# OPVOEDKUNDIGE PRAKTYK

Lelani Cloete het 'n privaat opvoedkundige sielkundepraktyk op PRG se perseel opgerig.

Haar dienste sluit die volgende in:

Individuele terapie

Psigo-opvoedkundige assesserings om hindernisse tot leer te identifiseer en ondersteuning te verskaf

Beroepsvoorligting (vakkeuses en tersiêre studies)

Assessering vir konsessies/assessering vir akkommodasies, byvoorbeeld ekstra skryftyd

Akademiese optimalisering insluitend tydsbestuur, studie-, geheue- en opsommingstegnieke

Lelani se dienste is beskikbaar vir Paul Roosers, leerders van ander skole en studente.

Betalings vir dienste kan van mediese fondse verhaal word, sou die mediese plan sielkundige dienste dek.

Navrae kan gerig word aan [lelani.cloete@gmail.com](mailto:lelani.cloete@gmail.com) of 082 320 9477

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# AKADEMIESE GALA-AAND

Ons akademiese gala-aand het op 27 Februarie 2023 plaasgevind.

Congratulations to all our achievers.

It is with great pleasure that we would like to welcome [C2M Chartered Accountants](#) to the PRG family.

C2M is our official academic sponsor from 2023 onwards. Thank you for enabling PRG to provide excellent education to our boys.



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# EXPO

The Paul Roos learners continue to excel after the events of the 2022 Eskom Expo. After the Regional competition that was held in August 2022, five learners were selected to represent the Western Cape at the International Science Fair (ISF). The event took place from 7 - 9 December 2022 at the Birchwood Hotel and Conference Centre in Gauteng.

Felix Frei was awarded a gold medal. Enzo Blignaut and Tiaan Marx both received a silver medal. Matthew Crouch was awarded a gold medal and won the *Environmental Sciences* category for his project on how UV light can delay ripening and prevent the decay of fruit. Altus Scholtz's project on the stabilisation of soil with geo-cells, made from recycled milk bottles, also received gold and won the *Earth Sciences* category.

Enzo Blignaut is invited to represent South Africa at the Regeneron International Science and Engineering Fair (ISEF) in Dallas, Texas, USA from 13 - 19 May 2023.

Matthew Crouch is invited to represent South Africa at the International Science and Technology Engineering Competition that will take place from 11 - 16 May in Bali, Indonesia.

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# SPORTS THERAPY HUB

STH, in partnership with Paul Roos Gymnasium, offers physiotherapy services at Hanekom & Van der Merwe Physiotherapists. The practice is on PRG's school grounds. The gym-based and out-patient practice focuses on:

- Assessments, treatment and rehabilitation of orthopaedic conditions (pre- and post-surgery).
- Sports-related injuries and neuromuscular conditions.
- Strapping and taping.

For more information: [Click here](#)



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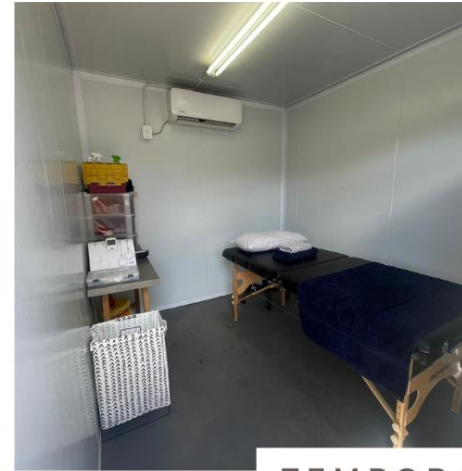
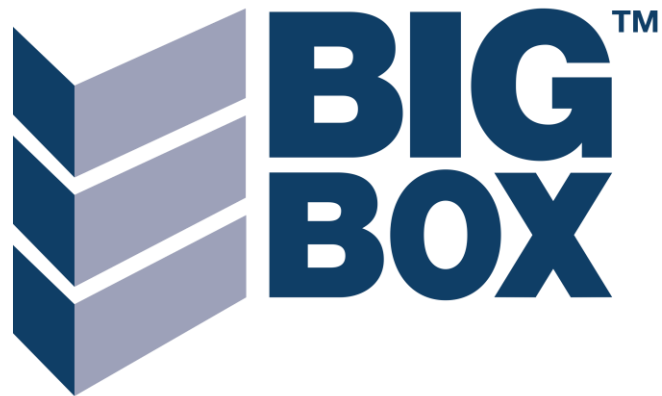


# STH TEMPORARY OFFICES

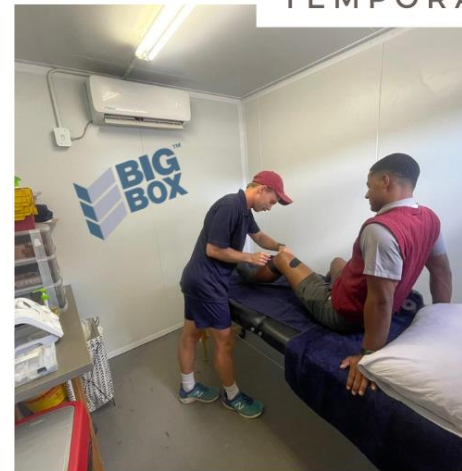
## Big Boxing While Building

Paul Roos is in the process of rebuilding the PRG gym – allowing our learners to enjoy state of the art facilities whilst staying fit and training for their respective sports. Big Box generously offered to provide our physiotherapists Nicola Hanekom and Lutz van der Merwe with temporary office space, so they can continue their important work at Paul Roos.

Thank you to [Big Box](#) for your continued support on and off the sports fields.



TEMPORARY ROOMS



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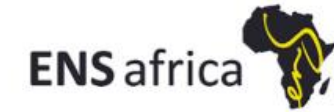


# MASITHEHE!



Photo: From left to right

Athenkosi Silo - Westerford High  
Phumla Sono - Groote Schuur High School  
Nonkosi Jikela - Rhenish Girls' High School  
Yonela Mayile - Calling Academy  
Tanweer Mohamed - University of Stellenbosch  
Christine Canaris - Paul Roos Gymnasium



The second annual Masithethe! isiXhosa Oratory Competition for high school learners is well underway.

The teacher's workshop was held on 31 January 2023 to discuss last year's competition and to standardise the judging process of the competition.

Dr AS Xeketwana and Dr ZP Sijadu from the University of Stellenbosch will be joining us as judges again this year. Entries are coming in and we are excited about the increased number of schools from the Western Cape who entered the competition this year.

We look forward to seeing a bigger and better Masithethe! on 22 April 2023.

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# DEBAT



Voorste ry: Altus de Villiers, Zach Geldenhuys, Dieter de Kock, Hermanus Schmidt.  
Tweede ry: Ben Schoeman, Rossouw van Niekerk, Damian de Lange, Johan Smuts, Ben van Niekerk.  
Derde ry: Christiaan van der Merwe, Dirk Guelpa, Altus du Plessis, Ian Lubbe.

## **PRG INTERSKOLE DEBAT**

Onvoorbereide debat vind twee keer per kwartaal plaas. 108 sprekers van regoor die Skiereiland het die eerste debat op 8 Februarie bygewoon. Paul Roos het twee senior- en drie juniorspanne ingeskryf.

Senior 1: Dirk Guelpa, Steffan Thielen, Altus du Plessis klop Bloemhof.

Senior 2: Christiaan van der Merwe, Ian Lubbe, Rossouw van Niekerk klop Parel Vallei.

Junior 1: Damian de Lange, Ben van Niekerk, Ben Schoeman klop Parel Vallei.

Junior 2, 3 verloor teen Durbanville.

Die tweede debat het op 18 Maart plaasgevind. Ons drie seniorspanne het uitstekend gevaar en wen teen Parel Vallei en Durbanville. Dirkie Aldrich en Steffan Thielen is as beste sprekers aangewys.

Die tweede juniorspan bestaande uit :

Altus de Villiers, Zach Geldenhuys en Johan Smuts wen ook hul debat oor: " Geloof in skole moet beoefen word", teen Parel Vallei. Altus is ook as beste spreker aangewys.



# FATHER-SON CAMP

The Grade 8 Father-Son Camp that took place 17-18 February 2023 at Simonsberg Campsite, was a resounding success. Over 300 fathers attended this event, making it a fantastic opportunity for fathers and sons to bond and create lasting memories.

The guest speakers at the event were simply phenomenal and had a significant impact on the fathers who attended. They shared valuable insights on parenting, offered practical advice on how to build strong relationships with their sons, and inspired the attendees with their personal stories. The guest speakers' presentations were engaging, informative, and thought-provoking - leaving the fathers feeling empowered and motivated.

It is encouraging to see how the Engage Programme has grown over the past few years. We are excited to see the impact of this programme throughout the school as a whole.



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# MENTORPROGRAM



Graad agts kom van heinde en ver na Paul Roos Gimnasium – sommige met afwagting, ander besorgd oor die onbekende. Die beste manier om die Paul Roos-kultuur, tradisie en waardes aan hulle oor te dra, is deur die mentorprogram: senior leerders ontferm hulle oor die nuwelinge en leer hulle hierdie dikwels ongeskrewe reëls en gebruike.

The purpose is to establish lifelong brotherhood relationships between new grade eight learners and their grade twelve mentors and instil the Paul Roos culture. The senior needs to make them feel at home, nurture a sense of belonging and support and inspire them.

Ons het die mentorskapprogram afgeskop met 'n mentorbraai op die sokkerveld en noue band is gesmee.

Later in the term, we had the “shoe-shining” event in Braid Avenue – an area that is usually off-limits to grade eights. As is tradition, they took the opportunity to shine their mentors’ shoes. This symbolises that they live out the PRG values instilled in them during their first week and is a sign of respect towards the mentors who helped them adjust to life in their new school.



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# PRG MEDIA

Life at Paul Roos is full of special occasions, historic occasions, academics, sport, culture and other highlights. A vast number of unbelievable moments are captured in any given week / term / year.

Paul Roos Gimnasium wil graag 'n platform bied waar ons ouers, leerders en die gemeenskap in spesiale herinneringe kan deel. Vir fotobestellings, besoek gerus ons webtuiste.

PRG Productions is a brand-new initiative. It is a learner-based entity that is responsible for content creation for Paul Roos. It includes photography, videography, streaming and design.

PRG Produksies se foto's word op die skool se [Photofrog-platvorm](#) vir aankope gelaai. Die opbrengs word teruggeploeg in PRG Produksies.

Income will be allocated towards training sessions for our learners and additional equipment or technology which will empower our learners to develop their skills even further.

Om foto's te bestel - [Klik hier](#). | To order photos, please visit our website - [Click here](#).

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# PRG PRODUKSIES



Van links na regs voor: Marnus van den Heever, Francois Louw, Noah Bakkes, Matthew Good

Van links na regs agter: Janco Saunders, Joshua Calmeyer, Xander Yntema, Dian Lategan, Benjamin Schoeman, Johan du Toit



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# FILMIT

2023 sees the 3<sup>rd</sup> annual Filmit Festival spread its wings. After working hard on the development of this wonderful initiative for 2 years, Filmit will now form part of the local arts festival, [Suidoosterfees](#).

*Filmit se Shop Talk Sessions* vorm deel van die Suidoosterfees se [ontwikkelingsprogram](#), wat op die jeug gemik is. Hierdie vennootskap maak dit vir Paul Roos moontlik om sy *Filmit Shop Talk Sessions* ten tyde van die fees by Kunstekaap in Kaapstad aan te bied.

For more info visit the Filmit Festival [webpage](#).



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# MUSIEKKONSERTE

**SAVE THE DATE(S)**  
**PRG MUSIC EVENTS YOU SHOULD NOT MISS**

**BEKOOR**  
CHRISTMAS IN JULY: BAROQUE TO BIG BAND  
THE ADDAMS FAMILY: THE MUSICAL  
PRG MUSIC FESTIVAL  
**FOR MORE INFORMATION**

**3 MAY**  
**6 AUG**  
**22 AUG - 2 SEP**  
**25-26 OCT**  
**WWW.PAULROOS.CO.ZA**

Die PRG-musiekdepartement is hard aan die werk om uitmuntende produksies op die planke te bring.

Make sure you save these dates and support our talented learners who are rehearsing in earnest to bring top-class performances to you.

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# KULTUURBORGE

Paul Roos is opgewonde om die nuwe kultuurborge, [X-Chequer Fund Management](#) en FNB, by PRG Kultuur te verwelkom. Dankie ook aan [Atterbury Property](#) vir julle voortgesette ondersteuning aan PRG Kultuur.



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# STUDENTS' COUNCIL BALL

As has become tradition, Paul Roos hosted its annual School Council Ball. It was a wonderful evening for the leaders from schools from across the Western Cape to come together for one common goal – to connect.

The purpose of this prestigious evening is to allow the learners to share ideas, inspire each other and of course, dance the night away!



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# BIRTHDAY BALL

The grade 10 – 12 learners, with their dates, celebrated the school's birthday in style!

It was a fantastic evening of great food, much socialising and dancing until the very end!



# KASKARFONDSINSAMELING

Die doel van die eerste *Tiger Wheel & Tyre PRK Kaskar Fundracer* was om fondse vir die Borg-‘n-Paul-Rooser-fonds in te samel. Registerklasse het kragte saamgesnoer om self geld vir dié fonds in te samel deur in te skryf vir die kaskar-kompetisie en mekaar op die kaskarbaan uit te daag. Plaaslike motorhandelaars, Suzuki Stellenbosch, NTT Volkswagen Stellenbosch en Rothman’s Autos, het almal saam met Tiger Wheel & Tyre as borge van dié spesiale inisiatief opgetree. Plaaslike restaurante en besighede, Gino’s, Casa Cerveza, RocoMamas, Jack’s Bagels, BP Dorpstraat, Eerste Kafeeversameling en die Paul Roos Kwikspar, het as prysborge opgetree. Tussen die seuns, borge en ‘n goeiehartige donasie van die 1983-jaargroep, is R110 500 vir die Borg-‘n-Paul-Rooser-fonds ingevorder. Indien u tot die fonds wil bydra, kontak Luna Paige by [media@paulroos.co.za](mailto:media@paulroos.co.za). Lees meer [hier](#).

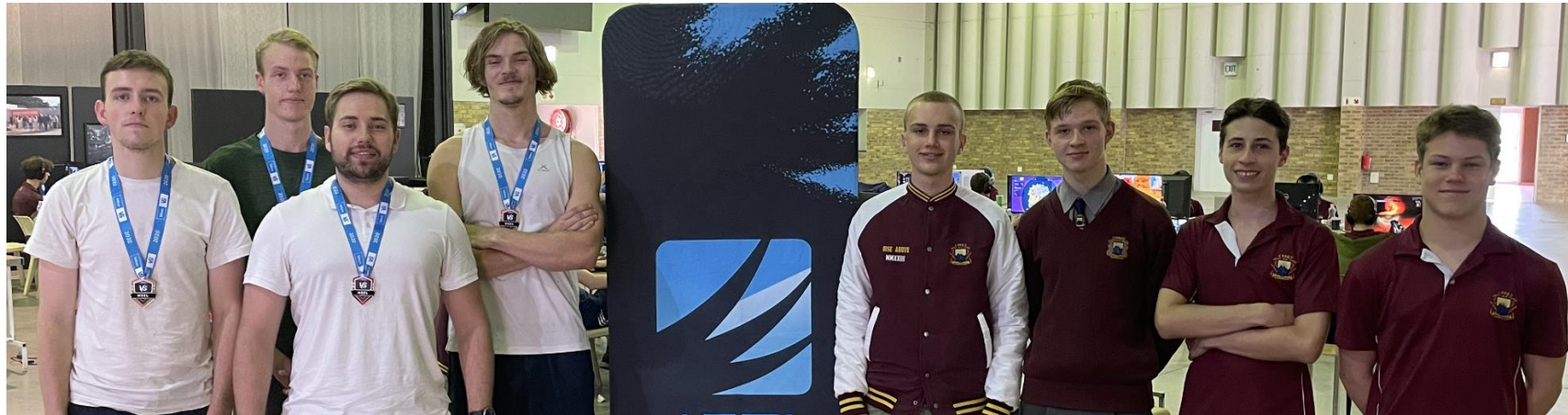


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# ESPORT

This year started with our own PRG trials and LAN day. We had over 50 boys competing to be added to the teams. This year we will have Rocket League, League of Legends, Valorant, Fortnite, FIFA 2023 and Overwatch 2. We are competing in two different leagues: HSEL (VS Gaming High School eSport League) and ASL (African Cyber Gaming Schools League). The Rocket League A-team are defending their title in both of these leagues.

On the PRG trials and LAN day, the PRG A team faced the PRG A team of 2020 who won the VS Gaming High School eSport League. The PRG A team played well in all three games and led the games early on but the Old Boy team managed to finish strong and won the series 2-1. With this valued experience, the PRG A team has since been unbeaten in ASL by winning all their pool games.



William Jardine , Brendan Anderson , Corné Calitz , Christian Hamman(2020 matrices), André du Plessis, Felix Frei, Kayden Smith, James Newton

**SEMPER SPLENDIDIOR**



# ESPORT

With ASL introducing Fortnite we had the most signups for a new title ever. The PRG teams won three out of the four victory royals (last team to survive). PRG are bragging with nine teams the most from all the schools. At this stage the league has just over 50 teams and is growing by the week. The PRG B team won the tournament, with the PRG E team placing 3rd and the PRG D team 6th.

The Rocket League team continued their dominance of 2021 and 2022 where they only lost in the 2021 VS Gaming HSEL final. With only two of the three players from the 2021/22 team, they have still kept a clean sheet in 2023 in both the VS Gaming HSEL and ASL.

With Valorant and Overwatch 2 both being new titles we are very happy with the progress. We now have two Valorant teams and one Overwatch 2 team. With the schools current reputation as one of the top eSport schools in South Africa, the Overwatch 2 team has been invited to play on the main stage at ComicCon Cape Town 2023 with RGB gaming hosting an invite-only tournament. We are looking forward to seeing them play.

We are looking forward to hosting Grey PE in the first ever inter-school LAN in South Africa. Look out on the school's social media pages for stream announcements or come and watch live as we take them on in Rocket League, League of Legends and Valorant.



Martin Odendaal, Zac Poley and John Jansen (C)

**SEMPER SPLENDIDIOR**



# GHOLF



v.l.n.r. Ethan Arlow, George Botha, Krisjan Potgieter, Christo Bruwer

Paul Roos het vanjaar weer 4 spanne van 6 lede per span in die Boland-somerliga ingeskryf. Ons eerstespan vaar baie goed en het sover al 3/4 van die ligawedstryde gewen en een gelykop teen HJS gespeel.

Verder het ons drie spelers in die Boland o.15-span naamlik Tynan Vermeulen, Nathan van den Berg en Christo Bruwer en twee spelers in die Boland o.17-span by name Zandr  Robberts en Rynhardt van Zyl. Hulle sal Boland die 29 en 30ste April by Robertson verteenwoordig. Ons wag nog om te hoor watter van ons spelers vir die WP-span gekies is.

Ons eerstespan gaan in die vakansie aan die Affies-gholftoernooi deelneem. Ons wens hulle alle sterkte toe.

Paul Roos sien uit na 'n opwindende tweede kwartaal wat voorl  in samewerking met ons nuwe gholfborg, 'Mercedes-Benz Stellenbosch'.



v.l.n.r. Tynan Vermeulen, Nicolas van der Vyver, Nathan van den Berg, Zandr  Robbertse, Andries van der Vyver.

**SEMPER SPLENDIDIOR**



# MOUNTAINBIKING

Paul Roos Gymnasium hosted an unforgettable weekend of world class mountain biking between 4-5 February 2023. Making use of the UCI World Cup XCO track at Coetzenburg, two days of thrilling racing was enjoyed by hundreds of riders. From 9-year-old Nippers to the 50+ Masters (and all the ages in between) - participants raced with skill, speed and courage around a course described by top professionals as “very hard”! Close to 250 riders from 17 countries participated in this race.

The first day was the first round of the Cycling South Africa XCO Cup series and the second the opening round of the Western Cape XCO Cup series. Both events were UCI Category 2 and carry valuable UCI ranking points for top performers.

For more information on the Devmco PRG XCO SA Cup and feel free to visit our [MTB webpage](#).



Luca Wiese

**SEMPER SPLENDIDIOR**



# MTB SPONSOR

Paul Roos would like to welcome our new MTB sponsor [GraySwan](#). Thank you for your continued support of PRG. We also look forward to co-hosting our first PRG Women's Business Networking event with GraySwan on 8 August 2023.



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# ATHLETICS



Zak Hickman en  
mnr. Dorfling Terblanche

Reuben van der Merwe en  
afrigter Daniel Damon

The following PRG athletes were chosen to represent Boland at the Western Cape Athletics Championships at Dal Josaphat Stadium, Paarl on Friday 17 and Saturday 18 March 2023:

Jean Volschenk, Luc Botha, Canaan Eksteen, Thomas Coetsee, Jeandre Cilliers, Jarod Brown, Mark Lester, Zak Hickman, Reuben van der Merwe, Harrison Gibson, Barthelemie Bena-Ntumba, Luke van der Merwe, Oliver Reid, Christopher Steyn, Musahdiq Cornelson, Handré Nel, Simon Booysen, Joshua Acker.

Reuben van der Merwe, Harrison Gibson, Luke van der Merwe, Joshua Acker and Handré Nel were also selected for the Boland team for the 2023 ASA Championships being held at the Msunduzi Athletics Stadium in Pietermaritzburg from Thursday, 23 to Saturday, 25 March 2023.

Handré Nel was also selected for the Boland Senior Team for the ASA Senior Championships being held at the NWU McArthur Stadium in Potchefstroom between 30 March and 1 April 2023.



Afrigter Jacques van Rensburg en Christopher Steyn

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# TENNIS

Die tennisspanne het aan die volgende toernooie deelgeneem:

1. o.15 A : David Samaai Tennistoernooi by Paarl Boishaai: Wenner
2. o.15 A : Boland Landbou Tennistoernooi: Wenner
3. o.19 C : Tjaart Vorster Tennistoernooi in Cradock: 2de plek
4. o.19 B : Groot Vyf Tennistoernooi in Nelspruit: Wenner
5. o.19 A : Zest Fruit Gerrie Berner Tennistoernooi by Paul Roos: 2de plek

Al die Paul Roos-spanne wat aan die Boland Cavaliers Liga deelgeneem het, is onoorwonne.

Geluk aan die volgende spelers wat vir die Boland-/Cavaliers-spanne vir provinsiale verteenwoordiging gekies is:

o.19 : Xander Pienaar, Pieter Kotze, Christiaan Cronje, Louis Uys, Francois Dercksen, Charl Henning, Jaco Smith, Liam Davies en Herman Roux.

o.15 : Luke Verwey, Marcel Joubert, Hanno Bouwer, Simeon Roothman, Nicolas Lourens, Sebastian Oosthuizen, Juvan Weyers, Zack Jooste, Cornelius Visagie en Louis Kriel.



o.19C-span

Herman Roux, Jaco Smith, Raynard Kamffer, Charl Henning, Zach Parsadh, Henro Kruger, Liam Davies, Mej. A. Greyling

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# MULTISPORT

Benjamin van Onselen (o.19) het 'n goue medalje verwerf by die 2023 Wes-Kaap Provinsiale Moderne Vyfkamp Kampioenskappe.

Moderne Vyfkamp bestaan uit die volgende dissiplines:

Hindernis

Skerm

Swem

Gekombineerde

Laserpistoolskiet

Hardloop.

Benjamin het ook gekwalifiseer deur die vereiste aantal totale punte te behaal om die Wes-Kaap-span by die SA Nasionale Moderne Vyfkamp en Vierkamp Kampioenskappe vanaf 7 tot 8 April 2023 in Bloemfontein te verteenwoordig .



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# MULTISPORT

Adriaan de Waard (o.17) het 'n goue medalje by die Wes-Kaap Provinsiale Moderne Vyfkamp Kampioenskappe verwerf.

Adriaan het ook gekwalifiseer vir keuring tot toelating vir deelname aan die SA Nasionale Moderne Vyfkamp Kampioenskappe van 7 tot 8 April 2023 in Bloemfontein.



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# SLEUTELVENNOTE

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