



# NEWSLETTER

March 2019



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Athletes selected for **ASA Youth & Junior team** to compete in Paarl from the 28-30th March 2019:

Bandile Sifunda - High Jump (Men 18 yrs)

Banele Muwau—Long Jump (Men 18 yrs)

Nolwazi Mashaba Long jump & Triple jump (Women 18 yrs)

Well done to Nolwazi who will participate in the **SA Senior Champs in Germiston** from 25– 27 April. Nolwazi will compete in the Senior Women Long Jump and Triple jump.



## Mediclinic Interhigh Results:

- 1st Place - NHS - 1559.5 points
- 2nd Place - Rob Ferreira - 1423 points
- 3rd Place - Lydenburg - 1059 points
- 4th Place - Lowveld - 854.50 points
- 5th Place - Bergvlam - 782.50 points
- 6th Place - Barberton - 598 points
- 7th Penryn - 595.50 points

## Mpumalanga Champs - 9 March 2019

Well done to the following athletes:

Felicity Sibande: Received a Silver medal for girls u15 800m sprints.

Spesihle Mashele received a Gold for boys u17 in 400m hurdles.

Natasha Mahlatsi received a bronze medal for u15 triple jump.

Bandile Sifunda received Silver in the boys u17 high jump.

Sinethemba Mlambe won the girls u15 long jump with an excellent personal new best distance of 5.26m. She also placed second in the 200m sprint with a time of 26.16 seconds.

Banele Muwayi took part in the u17 long jump and came in second with a distance of 6.75m. Banele lost first place by 1cm!

Nolwazi Mashaba received a gold medal for the girls u17 triple jump and measured a distance of 12.59m. She also walked away with first place in the girls u17 long jump with a distance of 5.96m. Nolwazi took second place in the girls u17 100m sprint with a time of 11.97.

## Athletes Qualify for SA School Champs 20-23 March

Natasha Mahlatsi qualified for girls u15 triple jump .

Sinethemba Mhlambu - Girls u15 long jump and 200m sprints

Bandile Sifunda - Boys u17 long jump

Banele Muwayi - Boys u17 long jump



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Lowveld High School



Main Sponsor



Platinum Sponsors



Gold Sponsors



Silver Sponsors



Bronze Sponsors





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## January

- 01 - Mrs Zietsman
- 14 - Ms E Botha
- 23 - Mr Barnard
- 26 - Mrs Minny
- 26 - Mrs Kubaye
- 27 - Mrs J David
- 31 - Mrs S Botha

## February

- 01 - Mrs M Mavundla
- 09 - Mrs E Ngomane
- 11 - Mrs C Berlein
- 12 - Mrs Schutz
- 13 - Mr Joubert
- 26 - Mr D Monteiro

## March

- 09 - Mrs Mkhonza
- 10 - Mr Manganyana
- 12—Mr Blackburn
- 18 - Mrs Ngobeni
- 21 - Mr Van Blerk
- 23 - Mr Khoza

## Good Luck to Sbonelesihle Nkabinde (Gr11)!



Sbonelesihle Nkabinde has been selected as the **Ambassador of the Nelson Mandela Children's Parliament** and will present the Children's Manifesto to all political parties, the Human Rights Commission and all relevant political institutions on the 16th of March (Both in Gauteng and Cape Town). She is part of a team of 6 learners that were chosen throughout South Africa.

The Children's manifesto is the voice of South African Children and serves as a channel of children's priorities to be embedded into Parliament, Government Priorities and strategies of different organs of the State for the new 2019 - 2024 Medium Term strategic Framework period.

Sbonelesihle is using the school as a platform to develop her leadership skills and we wish her well in her prestigious events ahead!

## Winter Sport Results

### Rugby vs Uplands

- U 14 lost 27 - 10
- U15 lost 15 - 10
- U16 lost 12 - 0
- 2nds lost 22 - 19

### 1st Team Hockey vs Frans du Toit

The 1st team beat Frans du Toit 2-0.  
Well Done girls!



## CHESS

We played a tournament against Sybrand Van Niekerk High School last week. The Results are:

U15 boys lost to Sybrand 4-2; U17 boys drew 3 all and the Girls lost 4-1





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## Calendar Of Events

**15 March**

School Closes

**17 March**

Girls 1st team Hockey tour  
Boys 1st Team Rugby Tour

**21 March**

Human Rights Day

**23 March**

Athletics SA Champs in PE

**28 March—30 March**

ASA Youth & Junior Champs

**2 April**

School Opens

**4 April**

Parents Evening 5pm

**17 April**

Matric Farewell

**19 - 22 April**

Easter Weekend

**25-27 April**

SA Senior Athletic Champs

**24 April**

Cycle Tests Start

**27 April**

Freedom Day

Winter Sport vs Curro (A)

**1 May**

Workers Day

**2 May**

Careers Evening

The **Community Committee** handed out chocolates to spread some love for Valentines day!



## NETBALL



The following Netball girls will take part in the Sub-Regional Netball Trials on the 3rd of April 2019:

Yolanda Nkosi; Sindiswa Nkosi; Naledi Maloa; Thembela Mhlongo; Sanele Siwela; Refiloe Mthethwa; Lebogang Maunatlala; Glenda

Mhlongo; Gugu Lekhuleni; Luyanda Mhlongo. Well done and Good Luck!

## Maths Olympiad

24 Learners took part in the Maths Olympiad on Tuesday 12 March 2019-. Congratulations to the following learners who proceed to the second round: Victor Vilakazi; Ali Asgar Amin; Munammed Hira; Rohan Jameson.





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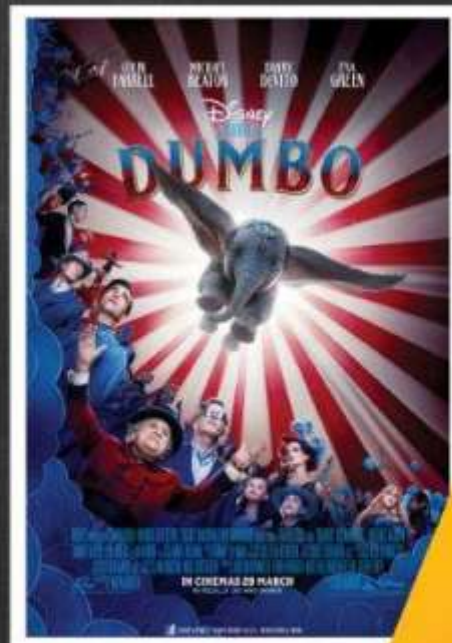
Lowveld High School



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