



# *Onze Rust*

*Primêre Skool/Primary School*



# *Jaarverslag*

**Grondslagfase, Intermediêre-  
&  
Senior Fase  
2024**

# *Annual Report*

**Foundation Phase, Intermediate  
&  
Senior Phase  
2024**



Ouers, familie, vriende, onderwysers en lede van die Beheerliggaam – Goeiemôre, good morning.

Thank you for your participation in our school and assisting in making it a success.

Die getal leerlinge in ons skool is 1128. Dit is met die graad R leerlinge wat bygetel is. Die meeste nog. Ons is in groot skool.

We are competing in the A-league - we are a school to be reckoned with.

Despite the economy – parents still want their child in a Quintile 5 school. Why should they be satisfied with second best. That's why the SMT and SGB urges you to pay your school fees.

Ons skool – almal – probeer lewe volgens waardes. Waardes soos respek, selfdissipline, eerlikheid, hardwerkenheid, samewerking en verantwoordelikheid moet by ons almal 'n inslag vind. Ek moet verklaar dat ons 'n uitstaande skool is met fantastiese leerlinge. Ongelukkig is daar 'n klein aantal leerlinge met uiters swak dissipline. In baie gevalle soek ouers die oorsprong by die skool en eintlik lê dit by die huis.

Discipline comes from home and therefore your children should bring their discipline with them to school. Our children are exposed to negative situations and influences. Social media is a huge danger to everyone. Parents, together we set the example for our children and prepare them for the future. Encouragement, motivation, determination and dedication is key in every situation, every day.

I would like to thank the excellent School Governing Body for a fantastic year.

Mr. Candice Ontong	-	Chairperson SGB
Me. Lydia Legaiwa	-	Chairperson Finance
Mr. Chebo Taunyane	-	Member – Health & Safety Committee
Me. Llirontso Molieleng	-	Member
Mr Thulani Shabalala	-	Member
Mr Zane Arends	-	Member
Mr. Jaco Richards	-	Acting Principal & Chairperson
Ms. Jo-Lene Greyling	-	Educator
Mr Werner van Aardt	-	Educator
Mr Ruan Lombard	-	Educator
Me. Bianca Swart	-	Secretary – member – non-educator
Me. Lynette Mac Kay	-	Finance – member

Thank you SGB members for your hard work and immense support to our whole school community.

Dankie aan ons “HERO’s” - die bestuurspan, onderwysers, ondersteuningspersoneel en terreinwerkers. Julle is die BESTE!

Everyone who is leaving our school at the end of the year – May God bless you.

**Jaco Richards**

Wnde Skoolhoof / Acting Principal



## AKADEMIE /ACADEMICS

The Academics at Onze-Rust is always placed first and is therefore non-negotiable. The staff is fully trained to successfully present the subjects assigned to them. The staff also receive regular training on the latest developments and they regularly attend courses, workshops and meetings. Academic standards are of the highest quality.

***A full-fledged Departmental educational program is followed with the Grade R pre-scholars, while the other preschoolers are systematically guided to playfully acquire certain skills according to the Early childhood development program curriculum. We have a very healthy relationship with our Pre-Primary Department (Gr RR and younger) and we are working so well together. They are functioning under the brilliant guidance of a manager. We want to thank them for their support and wisdom. Since 2023, Grade R's were officially integrated as part of our Foundation Phase under the guidance of our Departmental Head.***

We offer all subjects as prescribed by the Department of Education. Teaching takes place in accordance with National policy in all grades. Learners are assessed continuously and progress is monitored continuously. If deemed necessary, learners are involved in Didactic Assistance, Remedial Teaching, extra classes and even emotional support if necessary.

Didactic Assistance: Learners who experience problems with Literacy and Numeracy, receive Didactic assistance from our teachers. This is done in small groups on a weekly basis and/or during the school day.

Elke onderwyser bied hulp aan leerlinge met akademiese uitdagings in die klas. Leerlinge word gemonitor en verslae word elke semester aan opvoeders en ouers gestuur. Baie dankie aan die onderwysers wat tans ons leerlinge identifiseer en ondersteun, sowel as aan ons ouers vir hul begrip en samewerking.

Ondersteuningsonderwys / Remedial/Support Teaching: The Remedial class at Onze Rust Primary is managed by an experienced educated Remedial teacher, Mrs Durea Chetty. Learners Who experience learning problems are being facilitated in this class twice a week during the school day. These learners experience challenges in the Language of instruction which could be Afrikaans or English as well as Mathematics.

Die RO-opvoeder werk nou saam met die VSOD (Inklusiewe Onderwys) om die leerlinge te akkommodeer. Hul ondersteuning word opreg waardeer. Leerlinge wat sukkel om die mas op te kom, word deur die VSOD verwys na skole soos Böhmer Skool, Martie du Plessis en selfs Lettie Fouché.

Testing/Evaluation of learners usually take place during the second and third term. We want to thank our parents for their support and patience.

Extra classes / Ekstra klasse: Ekstra klasse word deur ons onderwysers aangebied teen 'n minimale fooi. Leerlinge en ouers besluit self om gebruik te maak van hierdie geleentheid.



Onderwysers beveel dit ook aan waar nodig. Hierdie klasse is beskikbaar in Afrikaans, Engels en Wiskunde.

We are fortunate to have 15 fully equipped classes in our Foundation Phase. EGRA (Early Grade Reading Assessment) was implemented since 2021. This year, our grade 2 and 3 learners, who were interested to participate, took part in the National Conquesta Maths Competition. We had good results and are proud of our children. For the first time the grade 3's also took part in the annual Mental Mathematics competition. In Motheo we came first and second. In the district, we received first and third place. We went through to the provincial competition

Sesotho is still our Second Additional Language and every learner in grades 1, 2 and 3 are fortunate to experience this twice a week.

As motivation, we announce our top 5 academic achievers in each class at the end of every term. Die hoeveelheid Akademiese toekennings wat gedurende die jaarlikse prysuitdeling aan die leerlinge toegeken word, is 'n bewys van Onze Rust se hoë Akademiese standaard wat gehandhaaf word. Hierdie prestasies is alles te danke aan leerlinge, ouers en onderwysers se harde en toegewyde werk.

Last, but definitely not least, all the glory to our Heavenly Father for the privilege to work with talented children and giving us the strengths to always do our best!

## **KULTUUR / CULTURE**

### **1. Koor / Choir**

#### **Foundation Phase Choir**

This year, we are incredibly proud to celebrate a major achievement by the Foundation Choir at the Free State Eisteddfod. Our choir, made up of 64 talented and dedicated singers, gave a performance that was nothing short of spectacular. Their hard work, passion, and unity were rewarded with an exceptional **A++** rating—a testament to the countless hours of rehearsals, dedication, and shared love for music.



The Eisteddfod is known for showcasing the best talent across the region, and this year was no different. Competing against top-tier choirs, our members brought their A-game, leaving the audience and judges captivated by their harmonious blend and commanding stage presence. Their voices echoed the essence of teamwork, and their effort culminated in this prestigious recognition.

#### **Senior Choir**

This year has been an outstanding one for our Senior Choir, which consists of 72 talented members. We are proud to highlight the exceptional dedication and hard work they have shown throughout the year, participating in a wide range of events and earning recognition that reflect their commitment to excellence.



A special congratulations goes out to two of our choir members who have been selected to be part of the prestigious Bloemfontein Children's Choir (BCC). Their achievement in being chosen for such an esteemed group is a testament to their exceptional talent and dedication.

Our choir's year has been filled with exciting performances and learning experiences. They participated in events such as the Pellissier Family Day, the Free State Choral Celebration Festival, Grandparents Day at Onze Rust Church, and the University of the Free State Graduation. The Udumo Choral Festival was another key highlight, where our choir members spent two days under the guidance of professional conductors, gaining invaluable knowledge and experience. The festival culminated in a powerful performance that truly showcased their growth and unity as a choir.

Of all the accomplishments this year, our most significant achievement was at the Free State Eisteddfod, where the choir received an impressive A++ rating. We are incredibly proud to announce that we were also awarded the prestigious Corné van Pletzen trophy for being the best senior school choir at the Eisteddfod. This recognition underscores the hard work, passion, and talent of every member of the choir.

We extend our heartfelt congratulations to the Senior Choir for all they have achieved this year. Their success is not only a source of pride for our school but also a testament to the power of dedication and teamwork.

## 2. Revue en Ritme

Musiek, ligte, adrenalien, alles vorm deel van Revue, en dit bly 'n baie gewilde aktiwiteit in Onze Rust. Ons het alte saam 120 deelnemers gehad wat in vier groepe verdeel is van Graad R tot Graad 7. Daar was egter baie meer leeders wat kom audisies aflê het. Ons is baie trots op die deelnemers sowel as die afrigters vir al hul harde werk en kreatiewe denke ten opsigte van die bewegings.

Our theme for this year was Back in time. Each phase was given a time period to portray through dance and music choice. I thoroughly believe we achieved that goal and was able to take the audience back into time and relive some great musical memories. The participants had lots of energy and were proud to be able to live out their passion for dancing. All their performances were excellent.



Die groepe het by die volgende geleenthede opgetree:

1. Sand du Plessis - Revue en trompoppiefees by Sand du Plessis Hoërskool.
2. Fichardtpark Laerskool se opelug konsert.
3. Rivista Kompetisie

Preprimêr	85 %	Gold
GSF	72%	Silver
Juniors	83%	Gold
Seniors	91%	Double Gold

Thank you to the coaches who put in all the time and effort to make our learners stand out. To every participant, thank you for your commitment.



Dankie aan elke ouer vir julle ondersteuning en aanmoediging. En laaste dankie vir die personeel wat toesig hou en busse aanry.

Let's do it again next year. Well done Onze Rust!

### **3. Rissies for Jesus**

Onze Rust se Rissies vir Jesus word verryk deur die getroue onderwyser span en jeugwerkers van TREE (Transforming Educational Environments) wat weekliks ons leerders se geesteslewe bemoedig en versterk deur kreatiewe lesse, lofprys en gebede. Ons innige dank aan hierdie span wat almal 'n rol speel om ons leerders goeie lewenswaardes aan te leer.



Hierdie belewenis het gegroei van 40 leerders na 'n gemiddeld van 270 leerders per week! Ons het 'n kamp gehou vir ons graad 4-7 leerders en ons grondslagfase het 'n pret dag by die skool gehad waar hulle oor gebed geleer het. Ons graad 2-5 leerders het 'n produksie bygewoon wat hulle meer geleer oor hoe om ons laste vir God te gee en nie toe te laat dat leuens hul definieer nie. Moedig asb u kind aan om Donderdae oggende van 07:00-07:40 hierdie groeigeleentheid te kom geniet en dan kom kamp hulle saam in 2025. Ouers word ook genooi om vir ons skool en leerders te kom bid in daardie tyd. Dit vind plaas voor die graad 2 klasse, langs die saal. Daar is ook Rissies for Jesus hempies bestelbaar op die Karri App vir leerders en ouers!

Onze Rust's Rissies for Jesus team of 14 teachers is supported by the faithful service of the TREE (Transforming Educational Environments) team who teaches our learners about God. This team enriches our learner's lives with creative lessons, worship moments, friendliness and love towards their fellowmen. These morning meetings grew from 40 learners to an average of 270 learners per week. We had a Rissies for Jesus camp in March and our younger learners attended a fun day at school that taught them about prayer. Three grade 2-5 learners also attended a production which focussed on giving our concerns to God and not allowing the lies of life to define us. Our sincere thanks towards this team who invests their time into building these learner's lives on God's truth. Please encourage your child to attend this growth opportunity every Thursday between 07:00-07:40 and join our parents who pray for our school next to the hall. We also have our very own Rissies for Jesus shirts that you can order on the Karri App.



### **4. Rekenaarsentrum / Computer Centre**

Die kinders geniet die opvoedkundige programme baie. Nuwe sagteware wat vir die sentrum aangekoop is word ten volle benut en is 'n groot aanwinst vir ons leerders. Hulle doen Wiskunde, Engels en Afrikaans. Uitkomstes van die opvoedkundige programme is beskikbaar om probleem areas aan opvoeders uit te wys vir verdere aandag.



A great thanks to all our donors and support from the SGB to ensure that our school network and Wi-Fi connections are maintained to comply to a high standard.



## 5. GSF Praatjetyd / Foundation Phase debate

Daar word in die eerste en tweede kwartaal (14de Maart en 12de Junie) 'n debat gehou waar leerlinge vanaf Gr 1 tot 3 'n kans gegee word om op die verhoog te praat. Dis 'n goeie geleentheid vir die leerlinge om van kleinsaf hul standpunt te stel.



There are different and interesting subjects to talk about. The learners are being judged and (a boy and a girl) are announced in the third term when we have our grand final debate (13<sup>th</sup> September). The winners receive trophies at the end of the year at the Prize Giving.

Die debat is van hoë standaard en die leerlinge se toesprake spreek daarvan. Baie dankie aan die GSF dames en ouers vir hul insette deur die jaar.

## 6. REDENAARS/ ORATORS

Die Engelse Redenaarskompetisie is op 06 Augustus 2024 gehou. Die gehalte van die kinders se toesprake was baie goed.



The Bilingual Orators Competition was held on 06 August 2024. Needless to say, all competitors did a very good job with their speeches. A total number of 22 learners took part in this competition.

Na die samevoeging van die punte, sal die trofeës op die prysuitdeling aan die wenners uitgedeel word.

Thanks to all participants, parents and teachers for your help and enthusiasm. To the adjudicators also a big – thank you!

Always remember: **Speak in such a way that others love to listen to you. Listen in such a way that others love to speak to you..** - Anonymous

## 7. GSF-leiers/FP-leaders

Elke jaar bied ons aan ons graad 3 leeders van ons skool die geleentheid om hul leiereienskappe op die proef te stel.

They are really doing a great job together with our grade 7 leaders. We give each learner that's been chosen by their class teacher this opportunity for a term.

Every term there are 16 Foundation Phase Leaders on duty and they help us with our discipline.



Julle maak voorwaar ons hande sterk en daarom is julle ware wenners! Ons is baie trots op julle.



## 8. Positiewe gedrag / Positive Behaviour

Alle leerlinge van Gr 1 tot Gr 7 word aangemoedig om gedurende die week 'n positiewe bydrae te lewer. Hulle word ook aangemoedig om iets prysenswaardig te doen en goeie maniere en dissipline te openbaar. Sulke leerlinge se name word op 'n lys aangeteken en word dan Vrydae in die saal erkenning gegee. Leerlinge ontvang sertifikate vir hul positiewe gedrag volgens Class Dojo (Gr 4-7).



By accentuating positive behaviour, we develop every child's self-esteem and make them believe in themselves again. We believe that every person has something that he or she can do well, so we encourage all good aspects of children.

## 9. Skoukuns / Show Art

Leerders kry verskeie erkennings by die Skoukuns.

Thanks to all participants and teachers for your help.

Various acknowledgments were obtained.



## 10. Conquesta 2024

The grade two learners and grade three learners again had the opportunity to participate in this National Mathematics Examination. We do it for fun, but also to compare our Mathematics knowledge with the rest of South Africa's Grade 2 and 3 level in this subject. We get beautiful certificates and the children love taking part and testing their knowledge.



Deelname aan hierdie Wiskunde-uitdaging is nie verpligtend nie en almal hoef nie daaraan deel te neem nie. Dit is 'n oefening vir die kinders. Dit is 'n nasionale eksamen en word hoogs aanbeveel. Die kinders geniet dit om die pragtige sertifikate te ontvang by die prysuitdeling.

Ons hoop ons gaan weer kan spog met 'n goeie graad-gemiddeld.



## SPORT

### 1. **Atletiek / Athletics**

Die jaarlikse Kleursportbyeenkoms is op 26 Januarie 2024 op Onze Rust se sportgronde gehou. Dit was 'n suksesvolle dag met uitstekende tye en afstande.

The Zonal A Meeting took place on 6 February 2024 and 78 athletes took part in the age group 8-13 years. 27 athletes qualified to take part in the Motheo / Xhariep Championships on 23 February 2024.

The next qualifying meeting was the Motheo / Xhariep Championships and 7 athletes qualified to take part at the Free State Championships.

Gedurende die Vrystaat Kampioenskappe het 7 atlete, op 2 Maart 2024 in Sasolburg (DP de Villiers Stadium), deelgeneem. Die 7 atlete was Emmanualla Ngeleka, Lathitha Nxabela, Samokelo Ramosebi, Bakang Kgwane, Wayne Djiogo, Ramallane Lephuthi and Landon Ontong.

Emmanualla Ngeleka qualified to take part at the SA Primary Schools Championships on 24-26 March 2024 in Polokwane (Peter Mokaba Stadium).

Ons is trots op elke atleet wat die jaar hul beste gegee het. Baie dankie ook aan al die afrigters wat hul naweke opgeoffer het om as beampte of spanbestuurder op te tree.

*Winning isn't everything, but wanting to win is. – Vince Lombardi –*

### 2. **Netbal/Netball**

“Sport has the power to change the world.” – Nelson Mandela

Netball has always been a powerful asset to Onze Rust.

Ons oefeninge het in Februarie reeds begin, ter voorbereiding vir 'n baie besige netbalseisoen wat voorlê.

On the 28th of February our u/12 and u/13 teams went to Willem Postma to play Night League. They played excellent netball. On the 6<sup>th</sup> of March the u/10 and u/11 teams also played Night League. This was a great opportunity for the coaches to finalise their teams and start building on their teamwork.





Once again, we participated in the A-league, which is a great honour to be considered a part of the top Netball schools in Bloemfontein. And a TOP Netball school we are! On 8 and 9 March a lot of our umpires attended an umpiring course at Willem Postma Primary. It was presented our own Annette Brewer. Our umpires are very keen to learn and improve annually.

Die o/10 - o/13 spanne het vanaf die 18de Maart tot die 21ste Maart aan 'n toernooi deelgeneem by Laerskool Bloemfontein. Ons is ongelooflik trots op ons o/10- en o/11-spanne wat die toernooi in hulle onderskeie ouderdomsgroepe gewen het.

On the 6th of April and on the 26<sup>th</sup> of May (PEP) Onze Rust hosted our own Mini-Netball festivals. Over a 1 000 players, coaches and spectators visited our school on these specific days. Teams played 4 or more matches and enjoyed their Netball to the fullest. These 2 days were a huge success! Thank you to STANDARD BANK and PEP for being a proud sponsor of Onze Rust's netball.

The u/12 and u/13 players participated at Motheo trials on the 19th and 20th of April. The Free State trials were on the 30<sup>th</sup> of April in Welkom.

We are very proud of the following girls who were chosen to represent Free State at the All Ages National tournament in Boksburg. They are as follows:

u/12 – Asanda Methu and Boitshepo Nkone .

u/13 - Chika Okere, Warona Matshane and Emmanuella Ngeleka.

These girls had an excellent All Ages tournament and kept Onze Rust's name high.

Congratulations to Mrs. Marlize Swiegers who was also elected to be one of the Free State team's coaches.

Op 11 April het ons stadsliga begin. Die speelsters was baie opgewonde vir die seisoen! Almal was gereed en baie goed voorbereid! Met A – tot D-spanne by al die ouderdomme het ons kompeterende en wonderlike netbal gespeel dwarsdeur die seisoen.

#### Results for the league:

u/10 A – FIRST	u/11 A - FOURTH
u/10 B - FIRST	u/11 B – SECOND
u/10 C – THIRD	u/11 C – SECOND
u/10 D – THIRD	u/11 D – SECOND

u/12 A – SIXTH	u/13 A – THIRD
u/12 B – FOURTH	u/13 B – SECOND
u/12 C – FOURTH	u/13 C – THIRD
u/12 D – FIRST	u/13 D – SECOND

Baie geluk aan al Onze Rust se netbalspanne. Elke speelster het haarself altyd soos 'n ware Rissie gedra and met goeie sportmangees gespeel. Dit is 'n voorreg om met sulke uitnemende dogters te werk!



On the 23rd of August the u/12 and u/13 teams participated at the HOOPS tournament held at Fichardtpark. Once again, the girls stood out above all the other teams!

HOOPS: Our u/13 team played in the Motheo HOOPS tournament on 16 August and won the tournament. They then progressed to the Free State tournament which was held in Reitz. At Free State they ended THIRD in the Free State and progressed to the SA National tournament! In the September holiday they went to the National HOOPS tournament in Boksburg. This was a very exciting and wonderful tournament for the girls. With stiff competition from all over South Africa, the players played wonderful netball.

A big thank you to everyone who made 2024 such an exquisite year. Thank you to the workers who always made sure our courts and grounds are spotless and presentable to all the schools who visited us. We received countless compliments throughout the season.

A special thanks to Mrs Daphne Fölscher who helped us with preparing refreshments for our home games and for doing our stock-taking before and after every season.

All the glory and love to our Lord and Saviour for blessing us with the talent to be a part of this wonderful game, called Netball. Without Him none of this would have been possible.

### 3. Rugby

The rugby season started early this year.

The U/11 and U/13 teams took part in the night league held at Willem Postma at the end of February and the beginning of March. The U/11 and U/13 teams played two matches each, this was good preparation for the league that was to come in term 2.

Met die aanvang van die stadsliga was ons spanne goed voorbereid en reg vir die eerste wedstryde. Die jaar het ons weer deelgeneem in die A-liga. Die kompetisie in die A-liga is baie sterk, maar ons spanne het nie teruggestaan vir hierdie uitdaging nie, hulle het ons skool goed verteenwoordig en gewys dat ons in die A-liga goed kan meeding.



Ons het 9 wedstryde die jaar in die liga gespeel teen die volgende skole: Universitas, Saint Andrews, Jim Fouché, BFN laer, Willem Postma, Fichardtpark, Grey B, Brandwag en PBS.

After completion of the league the Free State teams were selected. The following learners were selected to represent the various Free State teams: Wayne Djiogo – u/13 A Free State team, Moemedi Mohokare – u/13 B Free State team, Zinwe Mavuso – u/13 C Free State team, Bakang Kgware (captain), Christian van der Westhuizen, Owethu Tshabalala – u/12 A Free State team and Noah Tsoku, Samukelo Ramosebi, Hlompho Mogorosi and Bogolo Rampai - u/12 B Free State team. They took part in the various tournaments during the June holidays and played very well and made us very proud.



Mr Sherwin Carelse also represented Free State rugby he was the team manager for the U/13B team.

Na afhandeling van die liga was daar ook 4 sewes-toernooie gehou. Die eerste twee toernooie was aangebied by PBS en Willem Postma onderskeidelik en het gedien as proewe vir die Vrystaat sewes. Die derde toernooi was by Laerskool Bloemfontein aangebied waar die O/13 span 3<sup>de</sup>ge-eindig het en die O/11 span 5<sup>de</sup>. Die vierde toernooi was aangebied by Fichardpark primêre skool. Die O/11 span het daar deelgeneem e nook 5<sup>de</sup> daar geeindig. Die O/13 span het Jeffreysbaai toe getoer om deel te neem aan die jaarlikse toernooi wat deur Nico Malan Hoërskool aangebied word. Die span het goed gespeel, maar het ongelukkig in die semi-finaal verloor en die toernooi 3<sup>de</sup> ge-eindig.

After completion of the 7's tournaments, a Free State 7's team was selected. Some of our players impressed the selectors with good all-round performances and was selected for the FS team(s). They are: Wayne Djiogo (u/13 A), Landon Ontong (u/13 A), Christian van der Westhuizen (u/12 A), Bakang Kgwane (u/12 A), Owethu Tsabalala (u/12 A), Bogolo Rampai (u/12 B) and Fiorano Ryan (u/12 B).

Mr Wian Pienaar was selected as the team manager for the u/12 A and B teams.

Ons glo en vertrou dat die rugbyprestasie in 2025 nog verder verbeter sal word.

Thank you to everybody that made this year a success and a special word of thanks to the parents for supporting and helping where it was possible.

#### 4. **Krieket / Cricket**

Onze Rust het weereens 'n baie goeie jaar met die krieket beleef. Ons onderskeie spanne het baie goed gevaar in die liga. Ons het 'n mini-krieket span, O/9, O/11 en O/13-spanne wat tans in die liga speel

The boys practice very hard during the season and they enjoy their matches very much. We are looking forward to the next season.



Die werkers en terreinbestuurder by ons skool gee ook baie aandag aan ons velde en kolfblaaie. Ons is dankbaar vir hulle harde werk en toewyding deur baie goed om te sien na die fasiliteite.

We as staff would like to call on all parents to motivate their kids to start playing this wonderful sport and to join a cricket team. We would like to enroll more teams in the league next year.



#### 4. Hokkie / Hockey

##### RISSIE HOCKEY FEVER HITS HIGH

How our players play, with passion and desire, makes it evident with each game they approach. Hockey is one of our major winter sports, an exciting team sport and the anticipation is palpable. Taking pride to know that we are seizing our school's hockey to another level, with enthusiasm and commitment among players, teachers, learners and supportive parents. Our learners have so much potential, and we are fortunate to have excellent coaches who have been part of the Southern Free State Hockey.

This year we will be the state of the art with our own Astroturf. This will contribute to our players' development in numerous approaches. Over the years we have produced several national players, at both senior and junior level. This year, we had 17 Southern Free State Hockey players, where they represented their province at different tournaments. We are proud to input, that for this year two old scholars have been selected for the SA u/18 Hockey teams. So, we really started the year on a high note! We are participating with some of the top schools in Bloemfontein, being in the A- POOL League. Rissie Hockey will continue to be a driving force in promoting school hockey, providing a platform for talent to shine and inspire a new generation of aspiring hockey players at Onze Rust!

Die jaar het op 'n hoogtepunt begin met die totale leerders wat as Vrystaatspelers gekies was.

The following boys and girls were selected for the various Southern Free State Teams which took place in Pietermaritzburg, Maritzburg College and in Bloemfontein:

##### **u/12 A Boys:**

Tyler Adams  
Samukelo Ramosebi  
Bogolo Rampai  
Siyanda Mjika  
Olwethu Mandla  
Thabo Mofutsanyana



##### **u/12 B Boys:**

Caleb Greef  
Noah Tsoku  
Buhle Skhosana  
Grantham Martlouw

##### **u/12 B Girls:**

Tshireletso Mothibatsela



### **u/13 – IPT – TOURNAMENT (July 2024-Holiday)**

The following boys were selected for the Southern Free State Team which took place in Bloemfontein and in:

#### **u/13 A – Boys:**

Kgalalelo Legaiwa  
Reece De Koker

#### **u/13 B – Boys:**

Bonang Makoele  
Hlompho Sising  
Wayne Dijogo  
Landon Ontong  
Thoriso Mosia

#### **u/14 A – Boys:**

Caylipe Horing

The u/13 B – Boys ended second in the IPT- Tournament Pool.  
Congratulations to you all! Onze Rust is very proud of your achievements!

### **HOKKIE LIGAWEDSTRYDE / HOCKEY LEAGUE MATCHES:**

We had a total of 40 teams who participated in the Motheo Schools Hockey League during the third term.  
In this friendly league we competed against:

1. Saint Andrews
2. Saint Michaels School for Girls
3. Sand du Plessis
4. Brebner Primary School
5. Brandwag Primary School
6. Roseview
7. CBC Primary School
8. Fichardtpark Primary School
9. Universitas Primary School
10. Grey College
11. Jim Fouche
12. Credence Primary
13. Heide Primary



### **Saturday 27 July 2024:**

The u/7, u/8, u/10, u/12 and u/13 teams played at the Eunice Sports Day. During this tournament each team played six matches for the day.

### **Saturday 5 August 2024:**

The u/7, u/8, u/9, u/10, u/11 u/12 and u/13 teams played at the Tjokkies Festival, which took place at the University of the Free State. Each team played six matches for the day.

### **Saturday 24 August 2024:**

The u/7, u/8, u/9, u/10, u/11 u/12 and u/13 teams played at the Saint Michaels Festival, which took place at Saint Michaels School's Astro. Each team played six matches for the day.

### **ECHS-2024:**

A few learners were selected to participate in the ECHS HOCKEY CLINIC every Friday at Oranje Meisieskool Astro, to improve their skills. One of the learners, Landon Ontong that is part of the ECHS group, got the opportunity to tour to Netherland to participate in a hockey clinic. It was an implausible opportunity and acquaintance for our school.

Thank you to each coach for your hard work, dedication and for making the hockey season a success!

Ons is baie opgewonde om die hokkieseisoen in 2025 met volle vaart aan te pak!

## **6. Skaak**

The skills that learners develop by playing chess have a major positive impact on their academic performance.

Beyond the challenges of intensive participation, the players are going to experience elements of joy, fulfillment, empathy, disappointment, moral lessons and intellectual stimulation which will serve as building blocks for maturity in their academic career.



Ouers u kan 'n groot rol speel om u kind aan te moedig om gereeld skaak te speel. Dit bevorder ook sy konsentrasievermoë.

It is a privilege for me to say that the chess at Onze Rust is back on track.

Two senior teams were entered for the league. The C team ended second in the league and the D team won the league. They also participated in multiple chess tournaments.



We are looking at extending the number of teams to the juniors (Grade 1-3) for next year.

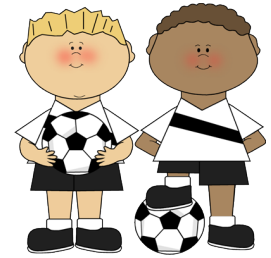
The enthusiasm and hard work put in by the chess players this year will be a reflection of the results they reap next year. It was heartwarming to see the positive attitudes that accompanied every chess match and practice session.

Here is to an even better 2025 season.

## 7. Soccer / Sokker

The soccer season started on a high with an exhilarating interleague between the age groups where all the boys took place in a tournament to see who had the best skills. The interleague was also used to pick the teams for the matches against the other schools. This year we played against Brandwag and St. Andrews with our first team winning all of their games.

We have big things planned for 2025 with a tournament against other schools being one of them. With all the talent of the boys, soccer will surely be just as big as our other sports next year.





## **ANDER AKTIWITEITE** **OTHER ACTIVITIES**

### **1. Skool gebasseerde ondersteuning span/ School Based Support Team (SBST)**

The Remedial Class at Onze Rust Primary is managed by Mrs Durea Chetty. Learners that experience learning problems and barriers to learning are being facilitated in this class twice a week, at no cost, during the school day. These learners experience challenges in the Language of instruction which could be Afrikaans, English as well as Mathematics.

Die RO-opvoeder werk nou saam met die Departement van Onderwys (Inklusiewe Onderwys) om die leerlinge te akkomodeer. Leerlinge wat sukkel om die mas op te kom, word ook deur hulle verwys na Böhmer Skool, Martie du Plessis asook Lettie Fouché. Die kinders se hindernis sal bepaal waar hy/sy dalk geplaas gaan word.

Testing of learners usually takes place during the second and third term. We want to thank all the stakeholders involved that play a role in this process. Last but not least, thank you parents for your continuous support.

Die SBST werk hard om leerders holisties te ondersteun. Hierdie span maak seker dat leerders akademiese, dissiplinêre asook Maatskaplike ondersteuning ontvang. Die span werk saam met ouers en voogde om hoë verwagtinge en hul volle potensiaal te bereik deur ondersteuning te bied.

The SBST works hard to support learners holistically through providing academic, discipline and social work services. They work in collaboration with families to ensure that learners thrive by providing various avenues of support.

### **2. Didaktiese hulpverlening / Didactics**

Learners who experience problems with Literacy and Numeracy receive Didactic assistance from our teachers. This is done in small groups on a weekly basis.

Daar is 20 onderwysers betrokke wat hulp bied aan die didaktiese onderrig.

Leerlinge word gemonitor en verslae word kwartaalliks aan vakhoofde en RO opvoeder, gelewer.

Baie dankie aan die onderwysers wat tans die leerlinge identifiseer en ondersteun, sowel aan ons ouers/voogde vir hul begrip en samewerking.



### **3. Nasorgklas / After care**

Nasorgklasse word teen 'n bekostigbare fooi aangebied. Ongeveer 385 leerders is by hierdie klasse ingeskakel.

The following staff are involved and responsible for organizing the classes during the year:  
Mr Ruan Lombard (Discipline) and Mrs Sharmaine van Wyk (Head of Study) and Mrs. René Fourie (Finances).

Ons opregte dank aan elkeen vir die onbaatsugtige bydrae wat hulle deur die jaar gelewer het, asook die personeel van die skool.

### **4. Prefekte 2024**

Ons 25 prefekte van 2024 was 'n sterk groep leiers met goeie maniere, dissipline en leierskapvaardighede. Hulle het baie hard gewerk en hulle goed van hul taak gekwyt. Dit is nie altyd maklik om 'n leier te wees nie, aangesien daar baie uitdagings en beproewings is. Dit was 'n verskriklike besige jaar met baie nuwe uitdagings en verwickelinge, maar hulle het nogsteeds hul werk met lof en passie aangepak.

The Prefect guardians organized a leadership camp at the beginning of the year. The leaders enjoyed it a lot and they also took part in various leadership activities. We took the prefects to

Zachietia Wildlife Resort and they enjoyed it very much. For their farewell excursion we went to Jumpers Lane where they had lots of fun.

Baie dankie aan elke leier hierdie jaar vir julle deeglike en harde werk. Julle is volwaardige leiers. We wish you all a prosperous High School career and want to see you as leaders in the future again. Congratulations, you made the entire school proud.

### **6. Graad 7 besoek / grade 7 tour**

Since January 2024, the learners and teachers worked eagerly towards making this amazing tour a reality. Fundraisers, bookings, sleeping arrangements all kept us on our toes.

Sondag, 20 Oktober 2024 om middernag het 95 opgewonde leerlinge en 5 opgewonde onderwysers hulle tasse gelaai, en was daai tasse groot gewees, om die avontuur saam te begin.

We departed from Onze Rust via Harrismith on the N3 freeway to Durban. We arrived safely in Durban but could not attend Durban Mini Town due to the weather. Thereafter we were famished and headed to the harbour to eat some lunch at Harbour Spur.

With full tummies we booked into ATKV Natalia which would be our home for the next week. The learners were offered time to settle in and explore the resort.



We were at Splash Water World at the Amanzimtoti beach. The learners enjoyed endless water slides, super-tubes, lazy river rides and some swimming.

We spent the day at the Adventure Valley in Ballito. This is a high light on the trip as the learners get to take part in different obstacle courses in groups as chosen when they got off the busses. We had a nice lunch there as well. The learners could also slide down a 70m super-tube, the water was a bit cold, but that did not discourage the learners. What an amazing experience. After the prize-giving we headed back to Natalia, to spend some time in the heated pool, playing putt-putt or jumping on the trampolines. As if that was not enough excitement for one day, we ended the day off with ice skating at Galleria Mall.

Most of the learners were very determined to teach themselves how to skate. We had a lot of falls, even some of the teachers, but in the end most learners were able to skate successfully.

We spent a day at Ushaka Marine World. We kicked off the day at the outstanding Aquarium where very clever and friendly hosts taught us all about sea life, including the plants and animals. After we saw a lot of different sharks, fish and underwater plants we headed to Ushaka's famous dolphinarium for a dolphin show. Wow, what an experience. Dolphins playing with balls, dancing and the dolphins even taught us how to recycle.

Na al die opwinding is die kinders die geleentheid gegun om by Ushaka se eie pretpark "Wet and Wild" te spandeer, meeste het begin met die "Lazy river" en daarna die middag op en af gehardloop om al die "slides" te kon ry. Tussendeur het hul bietjie inkopies gaan doen en ander aktiwiteite wat beskikbaar was.

So het ons finale dag aangebreek. Met hartseer harte, pak die leerlinge en die onderwysers weer hulle tasse om terug te keer na Bloemfontein.

Ons het bietjie later die ATKV Natalia oord verlaat reguit oppad na Fun Land in Amanzimtoti, waar die leerling Ten Pin Bowling, stampkarretjies en allerhande speletjies gedoen het saam met 'n lekker middagete.

Ons groet finaal vir Durban by die Nu Metro in Galleria Mall. Na 'n lekker fliek pak ons die lang pad terug na Bloemfontein.

Thank you Grade 7 learners for your good behaviour and uplifting spirit during the tour. Thank you to Mrs Marlize Swiegers and Mrs Anzél Smit for all the organization, Mr Werner van Aardt, Mrs Jo-Lene Greyling, Mr Riaan Brink, Mrs Nicola Els and Mr Kobus Lombaard for the safety, education and fun that the grade 7's enjoyed.

Greetings Grade 7 tour group 2024.



### **Pre-Primary:**

Onze Rust Pre-Primary School works closely with the primary school as a cohesive unit. The Pre-Primary consists of six classes: three Grade R classes, two Pre-R classes, and one Pre-RR class. Each class is staffed by a qualified teacher and an assistant. Our team includes two male general workers, one female general worker, and a secretary.

We take pride in our academic approach, emphasizing learning through play. We ensure that our learners are exposed to diverse experiences by taking them on theme-related outings. We also participate in Rissies for Jesus on Thursday mornings within our own classes. Regular communication with parents is essential to ensure that the education fostered in the classroom continues at home.

We offer a variety of extra mural activities that come to our school weekly, including Rinico Computers, Monkeynastix, Beaux Arts, Beulah Mapp dancing, Pando Kids, Cheetah Rugby, and Hockey. Additionally, we introduce all our Grade R learners to seasonal sports such as hockey, soccer, netball, and rugby.

This year, we celebrated our annual concert with the theme "Stories from the Bible." We take pride in creating a unique concert experience each year, as we believe every child deserves an individual celebration. The Pre-Primary staff also participate in the primary school's events and special days. All our staff members are qualified and well-prepared to care for the learners and meet their needs.

Thank you to all the Pre-Primary parents for your cooperation in making 2024 another memorable year. It has been a privilege to be part of your child's educational journey, and we look forward to 2025!