

TALEX...



GOES DIGITAL!!!

TERM ONE 2023

MARIMBA BAND:

Earlier on in the year, for the very first time, a young lady went up onto the stage and performed an entire song for the very first time at the annual Junior Prize-Giving Ceremony. This came as a shock to all of us because, not only are we used to seeing our Alexandrian boys perform, but she is a junior at the school.

After having spoken to the managers of the marimba band, they later revealed that not only were they aiming to empower the young women in our school, but are working on distributing the talent between genders and age groups.

“If only seniors are playing, at the end of the year, they will leave with the talent. What legacy would they be leaving behind then?” said Mr Nxumalo.

This was an intentional move to diminish the stereotypes of marimba being associated with boys and to encourage more girls to join the marimba band.

In the previous year, the marimba band had the public raving over their talent when they performed at the Art in the Park Festival in April. Miss Bhengu assured us that they definitely will be delivering yet another one of their epic performances at the Art in the Park Festival this coming May. All Alexandrians and teachers are welcome to go to the festival as well as on that weekend, if not during school time.

“Arts in all its forms are not taken seriously in our country,” Miss Bhengu says. “Through exposing our children to these environments, we are allowing them to put themselves out there and explore their options while also showing that arts are not just a waste of time.”

ARTICLE: ANATHI NDLOVU GRADE 12A



OUR AWESOME MARIMBA BAND



SHOWCASING THEIR TALENT @ PRIZE-GIVING

ART CLUB

Highlight your notes often? Well we highlight classrooms!

In 2022, the Art Club beautifully designed the lockers in the EGD room to spark creativity and liven up the space. This created incredible interest among teachers and there are several of them waiting to have their classrooms revamped by the art club with murals.

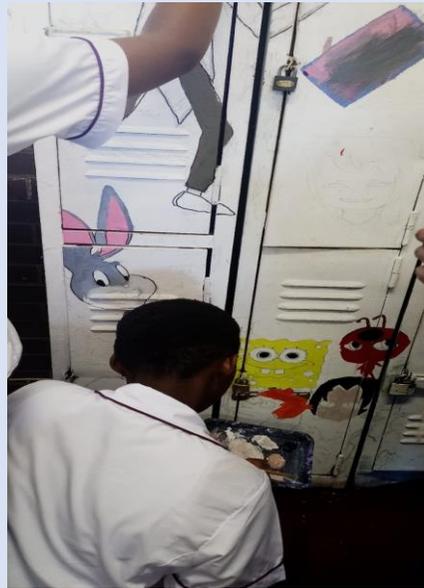
This was a very good initiative since a lot of the students described some of the classroom walls as *bland and uninspiring*. With the minds of her creative *Arties*, as she calls them, Ms Bhengu and her art club cleverly combated this problem with more than just printed posters.

“The motto for the Art Club is to add colour. Colour sparks something in the mind and you’d be very amazed at what it can do for learners,” she says.

She also encourages more students to join the art club as they will be needing plenty of help adding colour to the school one classroom at a time. All grades are welcome to join.

ARTICLE: ANATHI NDLOVU GRADE 12A





MARKET DAY RETURNS!

After three entire years of silence, on the 2nd of March 2023, Grade 11 Market Day to the school was reintroduced by Grade 11 business studies students and the Commerce Department.

“We’re quite relieved that it’s over now, but also glad that the grade 11s understand now what it’s really like to run a business behind the scenes,” Mr Sithole said.

The grade 11s were given the opportunity to understand all the concepts of the business environments, especially the market environment, through market day. They were able to put everything they’ve learnt in grade 10 into perspective, from their vision right up until the final product of the delicious food and beverages the entire school got to enjoy that day.

A lot of planning went into this project, from both the teachers and students, and they were quite happy with how it turned out. Mrs. Mlotshwa expressed her pride in all of the grade 11s and the hard work they put in, during the assembly on the 17th of March when she awarded the operators

of *Food Hub* (Malwande Gwala; Busisiwe Mazibuko, Zama Ndlovu, Sandile Makhaye, Fezeka Mhlungu, Avuyile Bhengu) gift vouchers for producing the largest profit among all the groups.

Fellow Alexandrians definitely enjoyed what market day had to offer, and look forward to many more Market Days from future Grade 11 learners.

ARTICLE: ANATHI NDLOVU GRADE 12A

FOOD HUB: THE WINNING BUSINESS!!





BLOOD BANK

Every term, the school hosts a blood drive giving learners over the age of 16 an opportunity to donate blood with the SANBS. This year, the school's newest counsellor- Mrs. Hutchinson - introduced peer promoters amongst grade 10 and 11. This was done upon the request of the SANBS to identify six peer promoters.

These are students that would assist Mrs. Hutchinson in encouraging students to donate as well as keeping her organized on the day of the donations. They would also collect information from donors as well as inform the potential donors on the blood-donating process.

A total of 84 people donated blood were made during this term and, as always, more are encouraged to participate.

The SANBS will be back again next term between the months of April and May.

Remember: One person's donation of blood can save up to three lives.
Surely in a school of a thousand or more learners, we can do our part in saving more lives.

ARTICLE: ANATHI NDLOVU GRADE 12A



USING NEWSPAPERS IN THE CLASSROOM!!

“THE WITNESS”

The grade 8 English lessons were abuzz with activity, thanks to THE WITNESS.

The learners were involved in their ‘READING ALOUD’ oral activity. They had to choose a newspaper article and read it out aloud.

The newspapers were given to the school by THE WITNESS and the learners were very excited to receive their copies.

Reading is an essential skill that must be developed.

ARTICLE BY JORDYN MCINTOSH 12A









Alex Library – A hub of information!!

At the heart of Alexandra High School, on the third floor, is a wonderful peaceful place simply known as; the library.

Open to all students, the library is an ideal spot to do homework or study. Whether you wish to enter before school, at break or even after school, the library's doors are usually open.

Not only are there a wide array of books to help with completion of schoolwork, there are also computers available for your studious needs.

If you get tired of staring at your work, the library's decorations allow your eyes to rest as you can look at mobiles, worldwide architectural models and motivational posters with hidden messages.

Of course, you do not only have to stick to simply studying in the library. The library is a treasure trove of books.

If you find it hard to find time to read, do not fret as the library is allowing holiday loans! Now you can read over the holidays.

Do not be discouraged if you struggle with reading, with thanks to some amazing staff members, the second term will introduce two clubs aimed at helping students to improve their reading skills. There will be a Junior Readers Book Club, as well as a Senior Readers Book Club. These clubs will discuss books they have read. This is with the aim of encouraging learners to read.

Reading is a critical skill, it can help a person learn new words, expand their knowledge and cultivate their creativity. Ignite or reignite your love for books and reading, and join the book club next term. **Article**

written by: Jordyn McIntosh 12A



Enjoying working during the break!!

PSSSTTT!! The library is no longer open in the mornings before school, but you can access it during the breaks and after school 😊😊



Enjoying the library during break!! An escape from the heat?? ☺



Books, Books, Books galore!! You never know what is in store!!
A magical journey? A flight somewhere? A discovery? An invention?
READ... to find out more.



NETBALL



Our Netball Girls' took part in a tournament in Eshowe and came out second. The girls' said that the experience was amazing and they loved playing as a team. They believe that they are not just building a team to play in tournaments, but to develop their skills and prowess in the game. This tournament assisted them in identifying their weaknesses, as well as their strengths when playing against other stronger teams. They have come back to work on these and are striving to be even better. They played seven games in one day, thus highlighting their strength as a team. Thokozile Mtshali, a 1st team member, said, "The more you play, the greater the opportunity becomes to teach the younger players in the team to become stronger in the game." We, as Alex High, are very proud of our girls. Well done ladies!!

ARTICLE BY: INGIPHILE ZUMA, 12A



SHOOTING TOWARDS THE STARS!!!



SWIMMING



Our swimming team made us very proud this year by winning all of their galas. Being crowned champions last year, motivated them to stay consistent this year. Hours of practice resulted in victory at the very last gala held at school on 16 March 2023.

It is also pleasing to see that many new swimmers have joined the team and are making quite a splash!! They have excelled as juniors, making record times and gaining first position in their races. Coach Gavin, as he is affectionately known, keeps the swimmers motivated by instilling strict discipline but also begins and ends his sessions with motivational quotes. This helps to put them at ease and assists in them remaining positive no matter the outcome of a race. During morning and afternoon practise sessions he teaches them new techniques on how to improve their strokes. He encourages all swimmers and improves the overall team spirit.

The manager always ensures that all the paper work and organization of galas are completed timeously. This includes letters to parents, meetings with

swimmers, transport arrangements and making sure that the events run smoothly.

Mellisa Ngcobo has been a swimming member since Grade 8 and says, “The practise sessions help develop their skills and this is what makes them winners. The team spirit is infectious and we have grown into a little family.”

ARTICLE WRITTEN BY INGIPHILE ZUMA 12A





TAKING THE RELAY WIN @ ST. NICHOLAS



OUR WINNING TRIO!!



SHE MOVES

The young and powerful young ladies of Alex are making a statement this year! Under the guidance of a group of female teachers, these young women are given the platform to engage in meaningful talks as they address issues that affect ALL women in society today. This platform affords our ladies an opportunity to engage in issues that they are often afraid to speak about. They have different programmes that assist them with real life stories and the powerful progress they can make if they take a stand against abuse etc. It is also a platform that seeks to EMPOWER them to make their mark in this world and for them to become the LEGENDS we know they can be.

ARTICLE WRITTEN BY INGIPHILE ZUMA 12A



There is no tool for development more effective than the empowerment of women.

-Kofi Annan







MAN UP!!

Just like their sister group, the young gentlemen are taking a stand! Together with Mr Hlongwane, the young men of Alex aim to educate each other about their roles and responsibilities they will have to take up in the future.

The young men involved in driving this project are: Akabongwe Mkhize, Bishop Eke, Ashley Hlatshwayo, Lungelo Hlatshwayo, Ntandoyenkosi Zondi and Sphamandla Sibisi together with Mr Zhanda. They decide on different topics that will be discussed such as respect, discipline, confidence, dignity, personal hygiene and integrity.

They would like MAN UP to be a platform where young men can speak freely and openly about themselves and address issues that affect them. They want to change negative mind-sets and adopt positive attitudes.

It is time for all young Alexandrian males to MAN UP and take up their roles within the school community.

ARTICLE WRITTEN BY INGIPHILE ZUMA 12A



CLUB

“Poetry is when an emotion has found its thought and the thought has found words.”

Robert Frost

The Poetry Club is growing in numbers and it is very exciting to see our rising stars write and perform their poems. The learners meet every week to showcase their talent.



Commented [BJ1]:

Commented [BJ2R1]:



I Have a Right
By: Langa Nxumalo 11A

This is phrase that we all take for granted these days.
Not appreciating those before us who fought for the system's
cruel ways with all their might.

This is for all those who had to fight
For us to have a right to be treated right,
Regardless of race, if you're black or white...

You were on a mission
Looking to the future with 20/20 vision.
A vision to stop wishin' but for it to happen
That more doors would open
And that would be the creation of the revolution
That would grant us restitution of our humanity.

We are treated like humans, no longer like animals
And regular victims of police brutality.

Sacrifices, blood, sweat and tears
These were the things done and shed for us to be here
For people like me to be treated with respect, dignity and
equality
For us to be in school's where education is of high quality

Words were chosen like the weapons of war
Like Nelson Mandela once said:
"To deny people their human rights is to challenge their very
humanity."



ECO -CLUB “ECO- WARRIORS”

Our Eco Club learners’ have really been hard at work this term. They have spent many hours after school preparing the grounds to plant their seeds.

They were sponsored by Sunshine Seeds with 800 seedlings and they are eagerly awaiting to see their hard work come to fruition.

Recycling also forms part of the Eco –Club and we were introduced to these awesome Alexandrians during assembly. These brave Alexandrians demonstrated to the school the concept of recycling. They organized a game which saw two participants receiving chocolates for their efforts. It was a smart and fun-filled way of actively involving the learners and a great means of highlighting the importance of recycling and protecting the planet.

Two of our Eco-warriors, Oluhle Ngubane and Samantha Warinda in Grade 9a, attended the Johnny Lowe Memorial Trust for a 4 day excursion to the

Nyandu Bush Camp. They learnt about sustainable horticulture and conversation. What an exciting opportunity for these young Alexandrians indeed!

Do you fancy yourself as an eco-warrior? Do you want to do your bit to save the planet? Maybe recycling is your thing? Look no further, Alexandrians. Eco-Club is waiting for you!!

Article written by: Unathi Ndlovu 12A



ECO WARRIORS IN ACTION





During the Assembly

TRU – LIFE

On 23 March 2023, we hosted Tru-life. Tru-life is an organisation that works to improve the lives of young people through educational and creative content. Alexandrians were empowered on a range of issues, including substance abuse and mental health. The program included workshops, productions, digital presentations and dancing. Alexandrians experienced the true meaning of empowerment through creativity.

Article written by Jordyn McIntosh 12A





ALEX COMMUNITY CLUB

Alexandra High School Community Club is involved in many activities that form part of our social outreach to those less fortunate. They are also involved in many other initiatives that provide learners' with the opportunity of assisting in various activities, such as the covering of our textbooks. This is done to ensure that our books remain in good condition for years to come. The team also sell various items such as roses and chocolates to raise funds. They also embark on an Easter egg drive every year. Easter eggs are collected and then distributed to various Children's' Homes within Pietermaritzburg. This year our learners donated Easter eggs to Ekujabuleni Children's Home, The Salvation Army and SOS Children's Village.

This year, our Grade 9 learners' had the opportunity to assist the "Rise Up Against Hunger" campaign by packing meals for the less fortunate. It was a wonderful experience and the learners' were very grateful for this opportunity. We look forward to the many more exciting opportunities that our Alexandrians will be involved in.

Article written by Unathi Ndlovu 12A



FEELS SO GOOD TO GIVE UNTO OTHERS!





EXCITED TO RECEIVE THEIR EASTER EGGS







RISE UP AGAINST HUNGER!



PACKING MEALS!!





THE GRADE 9'S

OTHELLO TRIP TO HILTON COLLEGE!!

“Villainy, villainy, villainy”

“I have’t. It is engendered. Hell and night must bring this monstrous birth to the world’s light”



After three long years of waiting, our matric class of 2023, finally had the opportunity to attend the Hilton College Theatre once again to watch their Drama, *Othello*. It was an exhilarating experience for them. The cast of the production brought their Drama set work to life.





So Smart!!

MATRIC COUNCIL 2023

We are very proud to introduce our matric council for 2023. These awesome Alexandrians are a group of dynamic young people who are working effectively in their different roles to support the staff and learners. We wish them all the best as they endeavour to take our school to greater heights.



Athletics Day 31/03/2023

The school was abuzz with the sound of drums and cheers. The learners and their teachers took to the quads to sing their war cries and display their flags. The air was filled with such excitement as they ventured onto the field to partake in the days activities. It was a much needed day of mingling with the learners as they battled it out in their races. Their true Alex spirit shone through when they cheered home those runners who were left behind. This is what sport is all about. Yes, we want to win but we never forget to cheer others on!! Well done Alexandrians.

All of you are WINNERS!!!

1.BOYDS 2.ALLISONS 3.DOWNES

4.SHEPSTONES 5.TROLLIPS









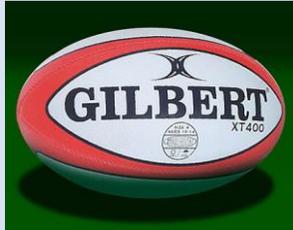












RUGBY

Our Rugby boys have been practising really hard, winning some of their matches. Their coach is very proud of their achievements thus far. So much so that TEN of our boys have been selected to play for the UHURU Rugby Festival invitational tour in Italy in December.

Coach Lindo Hadebe has also been chosen as an assistant coach that will travel with the team. Well done!!!!





