

ARTYFACTS

Realising dreams through excellence in Arts and Academics

The Official Newsletter of Africa's Leading Art School.

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Issue 7

EAT FOR SUCCESS !

Foods to boost brain power !

Most children find exams stressful, even when they are well prepared.

The exams are due to start soon, and parents will want to help their children stay physically and mentally healthy through this time.

There is a proven link between what we put into our mouths and how we think and feel.

The right foods protect children's health in body and mind. They also improve marks by boosting academic performance on the exam day.

Of course, parents should feed children well throughout life, but there are times when foods can make the difference between success and failure.

The best liquid to drink before an exam is **water**, because the brain is 30% water. Fluidity of memory comes literally from sufficient water in the brain. Water speeds up brain function. Too little water slows it down and dehydrates the brain.

The best snacks your children can eat during exam times are biltong, nuts (particularly cashews and almonds) and cheese.

The worst snacks are sweets and chocolates. Sugarless chewing gum is fine, as the chewing action stimulates brain activity.

Sleep is another essential for optimum exam results. It's the time when the brain consolidates, refreshes and primes memory stores. Too little sleep fades memory circuits.

Exercise is another essential during exam time - as long as the workout is not strenuous. Gentle walking, swimming, jogging, cycling and jumping on a trampoline support memory function and help to de-stress students.

JUNE EXAMS

An **amended** Grade 12 June examination schedule is attached to this newsletter. Learners need to prepare adequately for these examinations.

DRAMA DEPARTMENT

Compulsory extra lessons

The Grade 11 drama learners will have compulsory lessons every Tuesday from 14:30 - 15:15 and the grade 12's will have compulsory extra lessons on Thursday from 14:30 - 15:15.

Welcome!

The drama department would like to welcome Ms Alexander to the department. We know that she is going to be a great asset to the school and the drama department!

Drama Database

All drama parents are asked to either email or sms their email address in order to be put on the drama department database. Please email misstiffh@yahoo.co.uk or sms 082 694 4651.

EADS Festival

Shahzaad Khan directed **WHITE CRAVE** for the EADS play festival. The play starred Michael Da Silva and Lereko Mfono. The boys put on a great performance and the department is very proud of you all. Well done!

Drama Parents Committee Meeting

The next meeting will take place on 11 May at 17:30 in the Rehearsal Room down in the Drama department.

DANCE DEPARTMENT

A very big thank you to those parents who came to parents evening and for taking an interest in their children's well being and performance at school and in our department. Should there be any parents who could not attend and wish to enquire or comment on their child's progress, please contact the Dance Office to arrange an appointment with teachers.

A very urgent request to all Dance parents to please pay the Dance Levy (R500.00) which will assist with the Department's running expenses as well as with the budget for the excursion to The National Arts Festival in Grahamstown. This Festival is a great opportunity for all the learners, although not all learners will be able to participate, to showcase the versatility of our Department. The more money we raise the more learners we can take.

Thabang Mabaso –Kathryn Mc Cabe – Kamogelo Gwangwa – Demi van Heerden – Catherine McGeehan and Tshgefotso Tshepe are performing in the production of Sleeping Beauty with the Roodeport Youth Ballet. We wish them a wonderful run and all the success. Please support them by attending the show at the University of Johannesburg Arts Centre Theatre. The show is on 25, 26 and 27 May, and as we say in Dance "Break a leg" and show them what the learners of NSA are made of. TOI-TOI to all of you. Tickets are from R 45.00 to R 90.00, booking at Computicket.

The department will be performing at the State Theatre Opera during August for the Tshwane Youth Arts Festival; this is a wonderful opportunity to promote our school in Gauteng.

Grade 12 final practical exams are scheduled for the 1st and 2nd weeks of August. You need to up your game!

EMS DEPARTMENT

The following Grade 9 learners represented the school in the Senior Phase Olympiad on Economic and Financial Literacy: Colby du Preez, Welni Duminy, Phindulo Muzhambi, Duncan Lewis, Motheo Lengoasa . They did very well. Well done guys for working so hard.

The Grade 9's will be having a market day on Thursday 6th and Friday 7th May selling all kinds of goodies. Way to go young entrepreneurs!! Good Luck with your market day.

VACANT EDUCATOR POSITIONS

The following positions have become vacant at the school:

1. **Mathematics Grade 10 and 11**
2. **English Home Language Grade 8 and 9**
3. **Head of Department - Contemporary Music**
4. **Co-ordinator - Contemporary Music**

MUSIC DEPARTMENT

THE EXPERIENCE OF VENEZUELA

Gugu Soko toured Venezuela for 10 ten days with a group of musicians.

He says:

Caracas is the place to be. It is the capital city and is full of vibrant people, gorgeous women and fantastic music. Venezuela has made a major impact on how I view life, especially when it comes to music. The life of a musician is not to be taken lightly and I feel it's a pity that South Africa is drifting far behind. If there was one thing I could do, it would be to share my musical experience with those who seek to be inspired by what seems to be an enchanting tale.

NATURAL SCIENCES DEPARTMENT



Collect-a-Can operates regional and national school competitions in South Africa. Schools can raise funds for themselves as well as stand a chance to win monthly and annual prizes, while environmental awareness is being created.

The learners in our department have the opportunity to enter these competitions. One of the competitions is for individual learners. It is called the “**Artistic Expression Competition**”.

They want to see your drawing or painting about "cans, in perfect harmony with nature". It's never too early to start getting creative. There are lots of prizes in store for all your creativity and rewards for caring for the environment.

1st prize – R1000, 2nd prize – R500, 3rd prize – R250

This is a national competition open to schools in South Africa only. Competition opens: 1 February 2010 and closes: 31 May 2010.

All learners who collected forms from me last term must make sure that their work gets to me, with the completed entry form,

by no later than the 21st May 2010. The reason for this is that they have to be posted to Collect-a-Can.

The second competition that we would like to enter would involve as many learners as possible.

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CAN CRAZE Competition: Be creative! Create your own Superman or Barbie doll using used beverage cans. Let your imagination run wild - you can create anything, a television set or your favourite cartoon character. The Eiffel tower was designed by Parktown High School for Girls, who won this competition in 2009. Collect-a-Can will reward your creativity with many exciting prizes. Competition opens: 1 June 2010 and closes: end September 2010.



We have sources that say that Parktown Girls has already started building theirs, so NSA has to get cracking!

In order for us to do this we need cans, and lots of them! So please collect as many as you can at home, school, wherever. Then bring them to school and hand them in to any one of the science or biology educators. In addition to the cans we need learners who are creative (Like duh! That's everyone at NSA!) to help us design and build a structure that would win us the competition.

ART DEPARTMENT

“Insanity is somebody doing the same thing over and over again and expecting a different outcome ...” so said Albert Einstein.

Please join us at 18:30 for 19:00 on 26 May in The Art Gallery at the NSA for an exhibition entitled “**THE HUNGRY YEARS**” presented by visiting artist **HANNES OLWAGE** ... avoid the insanity. The exhibition will be opened by Professor Willem Boshoff.

GRADE 12 PAST EXAMINATION PAPERS.

2008 and 2009 past papers and memos can be obtained from Ms Sauer in the Media Centre for a cost of R20 per cd. Please place your order asap.

FORTHCOMING ATTRACTIONS

May	14	Finance Committee meeting
	20	Governing Body meeting
	24	Mid Year Exams begin
June	9	School Closes
July	11	Italy wins SWC
	13	Term 3 begins



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They offer: Secondary and Additional Courses: English, Afrikaans, Mathematics and Study Skills.

To book an assessment call Maheem on 083 632 1011 because you care about your child's future. The assessment is free of charge and will help identify the specific areas in which your child is experiencing difficulty.

You can find us behind the Parklands Centre in Rosebank across the road from the Rosebank Library.

The NSA is the recognised and preferred leading School of the Arts in South Africa