



THE LOW-DOWN IN LOUWTJIE TOWN





Uit Mnr. Jacques se kantoor



Liewe Louwtjies

Wat 'n merkwaardige kwartaal was dit nie! Hierdie uitgawe van Low-Down in Louwtjie Town bring 'n kleurvolle terugblik op alles wat die afgelope twaalf weke aan Laerskool Hendrik Louw gebeur het — van eksamen tot sport, van kultuur tot klaskamerprestasies. Dit was 'n besige en bedrywige kwartaal, maar soos altyd het ons as 'n skoolgemeenskap saamgestaan en dit gemaak. Met dankbaarheid kyk ons terug en erken ons met nederigheid dat God ons deur alles gedra en beskerm het.

Ek wil graag 'n besonderse woord van dank aan Juf Leané van Deventer, wat met haar toegewydheid, kreatiwiteit en harde werk weer 'n uitstaande skoolkoerant saamgestel het, rig. Haar werk bring die stories van ons skool tot lewe en hou ons herinneringe vas.

To every Louwtjie: thank you for working so diligently, for always giving your best and for the pride you take in our school. You should thank your parents every single day for granting you the privilege of being part of Hendrik Louw, the BEST SCHOOL SOUTH OF THE NORTH POLE!

Do not forget to also thank your teachers, coaches and support staff. They have worked late into the night marking tests and preparing lessons, spent hours on the cold and wet sports fields and lovingly made every cultural opportunity possible. We are truly blessed with a team of people who give their all for our children.

Ek wens vir elkeen van julle 'n heerlike, veilige en geseënde vakansie toe. Rus lekker uit, geniet tyd saam met julle families, en kom gesond, uitgerus en vol moed vir die pad vorentoe, terug in kwartaal 3.

Met trots en dankbaarheid
Mnr. Jacques Horne

Catching up



Battle of the Minds

Die jaarlikse Battle of the Minds het aan die einde van Kwartaal 1 plaasgevind. Die spanne het behoorlik met die uitdagende vroe gestoei en het hulle baie goed van hul taak gekwyd. Daar was een span wat hulle glad nie deur die moeilike vroe onder laat kry het nie.

- Hierdie span was Lian Rall en sy ma, wat met 'n ongelooflike 24/25, die prys vir die algehele wenner verower het!
- Kayleigh Bosman en haar pa was eerste by die graad 7's, terwyl Makayla Nel en haar broer, Kyle, die tweede plek by die graad 7's verower het.
- Die eerste plek vir graad 6 is gesamentlik deur Kelienke Prinsloo en haar vernoot, Talita Cotzee asook Liam van Rooyen en Anita Uys verower.



isi-Xhosa week



Our school celebrated Isi-Xhosa Week, immersing learners in the rich traditions and culture of the Xhosa people. The week was filled with both enjoyment and education, with learners from Grades 1, 2 and 3 each having their own dedicated day to partake in various activities. They were treated to a traditional meal of *pap* and *hoenderpote*, a classic South African dish. Learners demonstrated their creativity by crafting their own beaded jewellery and constructing small huts from recyclable materials, while gaining insight into the significance of sustainability. They were also educated about Xhosa clothing and cultural customs, with everyone having the opportunity to dress in beautiful traditional attire. The week's highlight was the rhythmic beats of African drums, accompanied by dancing to the vibrant tunes of African music, allowing all learners to fully embrace the essence of Xhosa culture.



Meriete Klub

Kwartaal 1

Ons wens graag die volgende leerders geluk met hul uitstekende prestasies in kwartaal 1. Hierdie leerders het almal 'n gemiddeld bo 85% behaal. Baie geluk.

- ★Anke Theron
- ★Nia Swart
- ★Emma Erasmus
- ★Roo Swart
- ★Lian Rall
- ★Lalinka van der Merwe
- ★Makayla Nel
- ★Lika Coetzer
- ★Hannah Hopkins
- ★Kayleigh Bosman

- ★Avery Engelbrecht
- ★Mia Lötter
- ★Oluthando Qamata
- ★Nina Wiese
- ★Cornel Wiese
- ★Abri Chamberlain
- ★Ariana van Niekerk
- ★Lia Lombard
- ★Chidera Ibeh
- ★Kelienke Prinsloo

GIRAFFE HOUSE

Die leerders van die Meriete Klub is met groot trots beloon vir hul uitsonderlike prestasies en harde werk gedurende die eerste kwartaal, deur middel van 'n onvergeetlike uitstappie na die Giraffe House. Hierdie spesiale geleentheid het die leerders nie net verryk met waardevolle kennis oor ons land se unieke wildlewe en die belangrikheid van natuurbewaring nie, maar het ook hul deursettingsvermoë en toewyding op 'n betekenisvolle wyse gevier. Hulle het verskeie dierspesies van naby bekyk en aan leersame aanbiedings deelgeneem, wat hul liefde vir die natuur verder aangewakker het. Die uitstappie was 'n gepaste erkenning van hul harde werk en het 'n dag van trots, vreugde en nuwe insigte vir elkeen gebring.



HOCKEY FIRST TEAM



Our first team hockey capping ceremony was a memorable and meaningful occasion, marking an important milestone in our hockey team's journey. The teams got their brand new uniforms, proudly sponsored by McDonald's Strand. The event was a powerful reminder of the strength of our team spirit and the shared goals that unite us. It set a proud tone for the season ahead and left everyone feeling excited and motivated.



STEVEN KITSHOFF RUGBY DAY



Hendrik Louw was privileged to receive a visit from Steven Kitshoff during our Steven Kitshoff Mini Rugby Day. A total of 60 teams participated, with 110 matches played throughout the day. Teams had the opportunity to have their photograph taken with Steven Kitshoff, a true rugby legend. It was a tremendous honor for these young players to be in the presence of such an esteemed old Louwtjie and above all, the day was thoroughly enjoyed by all.



WE CAN'T HELP BUT BRAG!

NETBAL:

Ons is ongelooflik trots op Linja Erasmus en Sufia Gabier wat hierdie jaar gaan deelneem aan die Interdistriktoernooi. Linja is vir die o.11 Disas-span gekies en Sufia vir die Doves-span. Ons is saam met hulle baie opgewonde en wens hulle 'n geseënde toernooi.

Juffrou Rouvé Bergmann is as afrigter van die o.12 Dolphins-span aangestel. Dit is 'n besondere erkenning vir haar passie en toewyding aan die sport.

Ons o.12A netbalspan het aan die Cape Town Schools Netball Championships deelgeneem, waar hulle 8ste in Kaapstad geëindig het.

Baie geluk aan Juffrou Chantél Storm en Juffrou Mariska Henning, afrigters van hierdie talentvolle span.

Our U.10, U.11 and U.12 netball teams all finished 2nd in the Helderberg League. Your hard work and teamwork have secured you top positions on the log – an outstanding achievement!

Our U.13 team finished 3rd in the Helderberg League. They won 3 of their 4 pool matches, but unfortunately did not qualify for the Cape Town play-offs, as only the top 2 teams in each age group advance. We are proud of your resilience and continued determination!

To every player, coach and supporter: thank you for your hard work, commitment and the pride with which you represent Hendrik Louw!



RUGBY:

We are also extremely proud of Hafeez Gabier and Jayden Trentelman who were included in the WP Craven Week Team.

U13A Statistics:

22 matches played
2 lost - 1 draw
561 points for us
103 points against us

Average score:

HL 25,5 Opponents 4,6



Our last 5 matches:

213 points for us
14 points against us

Average score:

HL 42,6 Opponents: 2,8



Ons seuns verdien 'n ruskans.

Ons wens ook vir Jayden en Hafeez alles wat mooi is.

What's more! Two of our sports assistance, coach Ashton Samuals and coach Neo van der Plank, have been selected to be part of the Men's Open squad representing South Africa at the Tag World Cup 2026 in Australia! What an incredible honor it is for these young men. Congratulations!



WE CAN'T HELP BUT BRAG!

GAMING:

David Venter, ons onderhoofseun, is deel van die Paul Roos eSport Junior Akademie en is gekies om hulle te verteenwoordig by die RGB Gaming Minecraft Rookie Rumble tydens Comic Con Cape Town.

As span kaptein het hy nie net sy span gelei nie, maar hulle het ook die hele toernooi gewen! Ons is baie trots om David as deel van ons Hendrik Louw familie te he. Baie geluk met die besondere prestasie!



TOUTREK:

Andria van Huyssteen het deelgeneem aan die Helderberg Tou Trek Klub se kompetisie in die 320kg afdeling by Bellville Suid Skool en sy het 3de plek behaal. Sy het ook aan die WP Kampioenskappe deelgeneem en 4de plek behaal. Sy het verder deelgeneem aan die SA Kampioenskappe in Mosselbaai. Haar span het 7de in Suid-Afrika geëindig tussen 24 spanne. Baie geluk Andria. Jy hou Hendrik Louw se naam hoog en ons is trots om jou deel van ons Louwtjie-familie te kan he.



SKAAK:

We are immensely proud to announce that Chardonay Adolf and Alyssa Bolton have successfully represented our school at the Western Cape Schools Chess Trials. This remarkable achievement marks a historic milestone, as it is the very first time that two female learners from our institution have qualified to compete at this esteemed and highly competitive event. Their dedication, strategic thinking, and unwavering determination have not only earned them well-deserved recognition but have also paved the way for future generations of young girls in chess. We congratulate them wholeheartedly and celebrate this inspiring moment in our school's history.

HOCKEY:

We are thrilled to announce that Victor Guyo, Image Madoli and Aimee Hearn have been selected to represent Western Province at the regional U13 tournament at Paarl Gimnasium during the July holiday. This is an incredible achievement. We also have a few achievements on the Indoor Hockey side. Kelienke Prinsloo and Reece Barry have been selected to represent the U12 Boland Indoor hockey teams and Amelia-Grace Davies and Hlumelo Pemba have been selected to represent the U11 Boland Indoor hockey teams at the upcoming National Tournament in July. Further more, 8 girls and 4 boys have been selected into the U12 Helderberg teams that will play in an inter-district tournament in August. We are incredibly proud of our hockey stars!



WE CAN'T HELP BUT BRAG !



DANS:



Ons jong danssterre het aan Elements of Dance SA deelgeneem en is gekies om aan die Nasionale Kampioenskappe (SA's) deel te neem!

Dit sal in September, in Gauteng, plaasvind. Ons is trots op hierdie jong dansers wat hul unieke talent ten toon gestel het en selfs top-prestasies behaal het!

- Hannah McAughtrie (Graag R) - Ballet - 1^{ste} plek (6 jaar en jonger)
- Emma Oosthuizen (Graad 1) - Jazz - 3^{de} plek (7-9 jaar)
- Milan Boshoff (Graad 4) - Hip Hop & Musical Theatre
- Thalia Ruiters (Graad 5) - Ballet & Musical Theatre
- Gia Schiedekat (Graad 6) - Jazz & Musical Theatre - 2^{de} plek (10-12 jaar)
- Daniel Keyser (Graad 7) - Musical Theatre



RINGBAL:



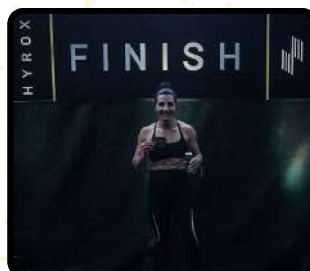
Ja, dis reg, Ringbal! Coach Johann van Deventer is gekies om die Kaapstad Mans-span by die Nasionale Kampioenskappe te verteenwoordig. Hy is ook aangewys om as SA skeidregter op te tree tydens die kampioenskappe. Dit is 'n ongelooflike presatasie! Dit sal plaasvind 7 - 12 Julie 2025. Baie geluk en baie sterkte.



HYROX:



Mrs. Tanya Nunn, our Head of Sport, will be taking on the HYROX global fitness challenge this July. She will be competing in the Pro Women's Division on 19 July, followed by the Mixed Doubles event on 20 July. HYROX is an international race that blends running with demanding functional workouts, pushing athletes to their limits in both strength and endurance. Mrs. Nunn shared her enthusiasm, saying, "I'm excited for the challenge ahead!" We wish her the very best.



CRICKET:



Last Man Stands, SA Cricket Championship Selection. We are very pleased to share the exciting news that two of our educators; Mr Paul Roux and Mr Gert Basson, were selected for the SA Champs. They are representing the Kamakazi Bumblebees cricket team. The Last Man Stands South African Championship will take place in Johannesburg this December. Congratulations!



WE CAN'T HELP BUT BRAG!

CYCLING:

Alex le Sueur is currently participating in the Western Cape School Cycling League. This term, he has competed in four races. His category comprises approximately 100 boys in the under-7 and under-8 age groups from schools across the Western Cape. He is currently placed second in this category. The final race is scheduled for September.



GIMNASTIEK:

Chanel-lee du Toit het aan die Medal Mania Gimnastiekkompetisie in die Paarl deelgeneem waar sy die Royals gimnastiekklub verteenwoordig het. Sy het 'n silwermedalje in haar ouderdomsgroep behaal. Sy het ook aan die Kaapstad Gimnastiek-vereniging se Distriksproewe deelgeneem. Sy het weer 'n silwermedalje in haar ouderdomsgroep behaal en kwalifiseer vir die Wes-Kaap Kampioenskappe wat in Saldanha sal plaasvind aan die einde van Junie 2025. Baie geluk en baie sterkte, Chanel-lee! Ons is trots op jou!



POWERLIFTING:

Coach Thean Harding has been fortunate enough to have been given the opportunity to compete in the SAPF Nationals that took part in Potchefstroom. He took part with an injury and still managed to secure a total of 590kg, placing him in 3rd place in the u/120 junior class (U23). Congratulations to Coach Thean. We are very proud of you!



SURF:

Baie geluk aan Sebastian Walser wat 1ste plek behaal het in die Onder-16 Natural Energy surfkompetisie! Ons is ongelooflik trots op sy prestasie en sien uit na alles wat hy nog gaan bereik.



TENNIS:

Tennissterre, Linja Erasmus en Liam Marais het uitstekend gevaar tydens die Eden Technifibre Grand Prix-toernooi in George. Linja wen die o.12-enkels en dubbels! Liam wen die o.14-seuns enkels! Baie geluk julle twee. Ons sien uit na wat julle nog in die toekoms gaan bereik!

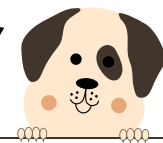
Baie geluk ook aan Noah Marais wat aangewys is as die wenner van die Winelands/Hugo Prokennex Rainbow Kidz 10+U Mini 2. Ons is trots op jou, Noah!



Cheetah outreach

It was an absolute joy to witness the vibrant excitement on the faces of our Little Louwtjies during their visit to the Cheetah Outreach. Their reactions ranged from nervous anticipation to sheer awe as they encountered these majestic animals up close. The experience sparked curiosity, deepened their appreciation

for wildlife conservation and inspired a sense of wonder about the natural world. Watching them engage with such enthusiasm was a heartwarming reminder of the power of hands-on learning to ignite inspiration and foster a lifelong passion for protecting our planet's incredible creatures.



Vet visits



Hendrik Louw was thrilled to welcome a veterinary nursing institute "All about veterinary nursing facility", for a true paws-on experience! Special guests Gordon, a rescued dog, Ellie, the deaf French Bulldog and Oliver, a rescued foster pup from HART, joined in. It was a great day full of wagging tails and unforgettable moments!



PETTING ZOO TIME



What a thrill it was to see the beaming faces of our Little Louwtjies when Megan's Petting Zoo brought a delightful array of animals to our doorstep! The children were overjoyed as they petted and fed from Billy goats and sheep to ducks, chickens, rabbits and guinea pigs, each interaction sparking giggles and gasps of wonder. From the soft fluff of the rabbits to the playful nudges of the goats, every moment was filled with excitement and discovery. This hands-on experience not only filled their hearts with joy but also inspired a newfound curiosity about animals, fostering a deeper respect for nature and the importance of caring for all creatures.





MUSIC TO OUR EARS



Ons skool se Senior Koor het 'n onvergetelike en indrukwekkende optrede tydens die PV-koorfees gelewer. Met hul harmonieuse stemme en passievolle uitvoering het die koor die gehoor met 'n gevarieerde repertorium wat beide klassieke en kontemporêre stukke insluit, betower. Die lede se toewyding was duidelik in elke noot en hul energie het die saal gevul met emosie en bewondering. Hierdie optrede was nie net 'n bewys van hul harde werk en talent nie, maar het ook ons skool se trots en skoolgees op die voorgrond geplaas.



Hendrik Louw het ons skool se musiekleerders 'n onvergetelike aand besorg deur hulle uit te nooi na 'n optrede van die Stellenbosch City Orchestra in die Lourensford-kelder.

Met die tema "Broadway" het die orkes die gehoor meegevoer met bekende melodieë uit produksies soos *The Sound of Music*, *Mamma Mia* en *The Lion King*, wat veral die leerders se harte gesteel het. Twee van ons eie musiekonderwyseresse, me. Norlé Thomson en me. Marisa van Wyk, het trots as lede van die orkes opgetree. Dit het die aand nog meer spesiaal gemaak. Ons is diep dankbaar teenoor ons musiekonderwysers vir die organisering van hierdie onvergeetlike ervaring, wat ons leerders se liefde vir musiek verder aangevuur het.



MUSIC CONCERT



The Hendrik Louw Music School hosted its first concert of the year, showcasing the remarkable talents of 25 learners who performed on acoustic instruments, including piano, keyboard, violin and recorder. Having dedicated over a year to their musical training, these students demonstrated impressive skill, with some already exhibiting advanced proficiency. The event highlighted the school's commitment to nurturing young musicians, offering a captivating evening filled with harmonious melodies and a celebration of their hard-earned progress. The audience was left inspired by the passion and dedication evident in each performance.



REDENAARS:

Ons redenaars leerders het op 11 en 12 April aan die ATKV-redenaars kompetisie by Laerskool Jan Van Riebeeck deelgeneem en het verskriklik goed gevaar. Emma Erasmus het deurgedring na die sem-finale ronde, wat op 14 Mei by Hoërskool Belville plaasgevind het. Micke Claassen, ons Hendrik Louw interne Redenaar Graad 7 wenner, het aan ook aan drie ander kompetesies deelgeneem en het baie goed gevaar. Sy het aan Radikale Redenaars en Oppie Tong deelgeneem waar sy vir beide 'n A+ behaal het. Sy het ook aan Podium Pret deelgeneem waar sy deurgedring het na die volgende rondte waaraan sy nog moet deelneem.



BUDDY UP

with Bossa Buddy night

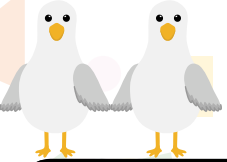
Bossa Buddy Night was a delightful experience for our Learner Council, who enjoyed shadowing waiters at Bossa Strand Pavilion. They gained hands-on hospitality skills, fostered teamwork and created lasting memories in a vibrant setting.



BOOK CHARACTERS

World Book Character Day was a super fun day at our school! The children dressed up as their favourite book characters, looking like they jumped right out of the pages. They giggled and paraded in colourful costumes, listening to exciting stories and joining in fun activities. It was a magical day full of imagination, making everyone love books even more and creating happy memories!





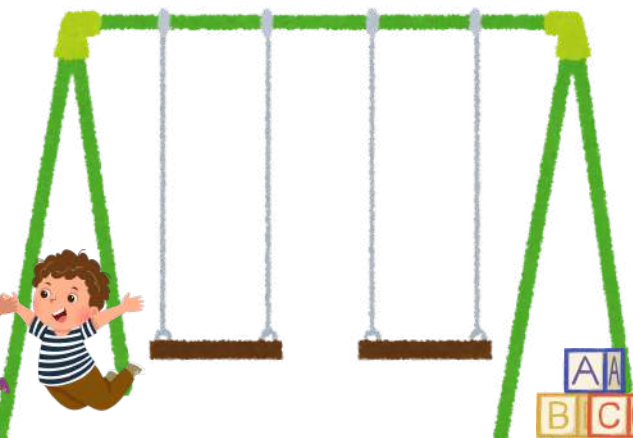
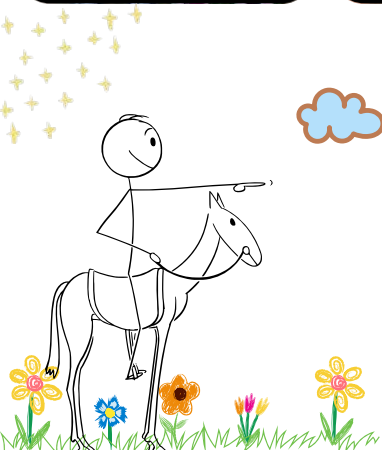
ONS KLEIN LOUWTJIES:



Ons Klein Louwtjies het hierdie kwartaal heerlik geleer en gespeel! Hulle het mannetjies gebou met opvoedkundige speelgoed en sneeuvlokkies gemaak met pypskoonmakers en krale, terwyl hulle patrone toegepas het. In die fantasiespel het Mnr Bergman sy kliënt gebel en by winkel-winkel is met bankkaarte betaal.



Tydens waterspel het ons die muur skoon gemaak en ons het ook aangetrek soos ons gunstelingdiere. Juffrou Naomi het vir ons pannekoek gebak sodat die kinders kon leer hoe om kaneelsuiker te strooi en die pannekoek mooi te rol – begin by die magie en rol dit vorentoe! Ons het treinspore gebou met spoorvervoer as tema, legkaarte voltooi van karre, en padvervoer-vrystel geniet. Ons het ook heerlik met skeerroom gespeel en daarin geteken.





LEERDERS SE GEDIGTE:



Hendrik Louw

Hendrik Louw is die beste
die beste in die weste.
Dit is die mooiste skool
Suid van die Noordpool



Dit is waar kinders kan speel en lag
en sê dit was die beste dag.
Die skool waar jy goed leer
en altyd jou bes probeer.



Hier het ons geleenthede
meer as in die stede.
Hier het ons almal respek
en niemand is dikbek.

~Fritz Ellis~



Hokkie is my ding

Ek hou van hokkie
want dit is beter as sokkie.
Kyk daar kom my span
Ons speel as een man!



Sodra die bal oor die baan rol
gaan ons opponente weghol
My span het 'n wen plan
ons gaan wen, ons weet ons kan

Kyk, ek gaan 'n doel aanteken
en met my opponente afreken
Sjoe, die ander span se konsentrasie verslap
en ons gaan hulle lekker vertrap

Kyk hoe baie doele het ons nou
ons verslaan hulle met 'n bars hou
Ons het gewen
en om dit te vier gaan ons in die rivier swem.

~Cornell Bronkhorst~



In my Minecraft wêreld

In my minecraft wêreld
kan ek enige iets bou,
van die kleinste huisie
tot die grootste gebou.

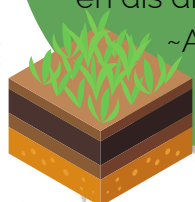


Ek veg teen 'n ander man,
Ek word vriende met 'n vark.
Ek bou enorme skepe
soos Noag se ark.

Ek reis deur die velde
Die berge ook daar by,
maar die groot donker grotte
hardloop ek skoon verby.

Die beste van alles
kom net na ses,
want my vriende is aanlyn
en dis die bes!

~Abri Chamberlain~



Gevoelens

Mense is sensitief wanneer dit kom by gevoelings
As iemand iets lelik sê, is daar 'n traan
Paar mense sê dit met niks bedoelings
Mense is kwaad vir mekaar, dan is daar oorlog aan.

In hierdie generasie gee niemand om
Almal bekommer hul net oor die buitekant
Mense sê dat alle tieners is dom
Ouers dink ons hart is van rubber band.

Seuns dink meisies is te rond, te maer
"gold diggers" of the arm.
In 6A1 kry jy darem swaer,
want jy kry daar tog te warm.

~Donna Pretorius~



Reef

FOUNDATION OF HOPE



ANTI-BULLY WEEK

This term, we celebrated Anti-Bullying Week with five fun-filled days to spread kindness and show that bullying has no place in our school. On Monday, we pulled on our brightest funky socks to stomp out mean and ugly words. Tuesday had everyone rocking messy hair to celebrate how wonderfully different we all are. Wednesday was all about online safety as learners designed their own pretend cellphones and took a stand against cyberbullying. On Thursday, hats and tutus took over the school as a colourful way to show we care. We wrapped up the week on Friday by wearing something blue to show our support for the cause and remind everyone that we stand together against bullying.



The **REEF Foundation** is managed by the Hendrik Louw Primary School Governing Body and strives to first meet the basic needs of learners in our school. By acquiring donations, we can support the learners in need, who have been identified by our Social Worker. We provide weekly food parcels, stationary, various forms of therapy, clothing, shoes and toiletries.



If you feel called to make a difference in a child's education, please reach out to
Mrs Melissa van der Walt, Reef Foundation of Hope Chairperson, reef@hendriklouw.com