

uitgawe 3



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Die Dallers sê hulle sê

Nomthandazo Mabuza



The beginning of August marks the end of the Redenaars' season, and as always, the Dallers performed tremendously well.

Nomthandazo Mabuza and Tebogo Mathunyane made it to the ATKV Redenaars Finals, placing Ben Viljoen on the map with Nomthandazo Mabuza making it to the Top 10 in the Eerste Addisionele Taal Onvoorbereid division.

Later in the same week, the Dallers took part in the Interhoër Redenaars, with the seniors coming third, and Emma- Lee van der Westhuyzen, Princess Moema and Tebogo Mathunyane receiving medals in their respective divisions.

These achievements show once again that our Redenaars are the best in our province.

And as always, the Dallers outdid themselves.



MEL: The Storyteller Who Turns Insecurities into Laughter

Rihanna Maunatlala

Mel has built her name on a rare combination of sharp wit, heartfelt storytelling, and the courage to say what many young women need to hear. Known for her hilarious videos and memorable one-liners, she doesn't just entertain - she empowers.



Her background in drama and education gives her performances a natural blend of stage presence and substance. But it was a comment from an uncle that left a lasting impression. When he called her a “walking circus”, she chose to take it as a compliment - a label that affirmed her talent for bringing joy and lightness wherever she goes.

Mel is more than a comedian. She's a voice of reassurance in a digital world where negative comments and peer pressure can weigh heavily on young women. Through her shows, she opens doors for meaningful conversations, offering the kind of guidance that feels both real and relatable.

MEL: The Storyteller Who Turns Insecurities into Laughter

Rihanna Maunatlala



What sets her apart is how she makes these interactions stick. Mel was on tour visiting schools, and we were very privileged to be blessed by her presence.

As a young girl who has always been hesitant to put herself out, Mel really motivated me to start putting myself out there and to explore my talent. As a person who is passionate about being in the entertainment industry, I often found myself being discouraged by the comments people made.

By turning her stage into a safe space, Mel reminded us that insecurities don't have to define us. Instead, with the right mix of comedy, compassion, and courage, they can become stories worth laughing about—and lessons worth remembering.

She also gave us a glimpse into her own background, sharing how she grew up and what shaped her into the person she is today. Hearing her story was like receiving a guideline, a roadmap that showed us how experiences - both good and bad - can be transformed into strength and humour.

MEL: The Storyteller Who Turns Insecurities into Laughter

Rihanna Maunatlala



What made her visit unforgettable was how fun she made the entire experience. Mel didn't just lecture; she turned it into a conversation.

She laughed with us, listened to us, and made every student feel like part of the story. Her ability to connect on a deeper level made it easy to absorb her lessons, even when they touched on difficult topics.

In the end, Mel reminded us that insecurities don't have to hold us back, and that social media negativity doesn't define our worth. Instead, with the right mix of humour, resilience, and self-belief, we can turn challenges into stepping stones. Her visit wasn't just entertainment—it was an unforgettable lesson in courage, confidence, and connection.

Interhigh Swimming Gala

Lanél Coetzee

Hoërskool Ben Viljoen made waves at this year's Interhigh Swimming Gala by finishing in overall second place. This year's Interhigh was held in Thabazimbi at Hoërskool Frikkie Meyer, and our Daller team showed exceptional spirit and determination throughout the event.

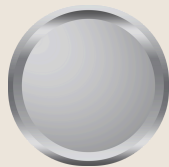
Mighael Alberts was crowned as the Senior Victor Ludorum and had the Highest Hytek-points, while Simone Theron earned the title of Senior Victrix Ludorum. Odette Upton was awarded the Junior Victrix Ludorum award. Our girls' team were also named as the best girls' team at the Interhigh.

The entire team's dedication and hard work have paid off; thus, they are going to the Top 10 Schools' Swimming Gala during term 4, where they will compete against some of the best swimming teams. We are proud of all the swimmers - **GO BEN VILJOEN!**

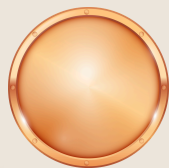
Medal Count:



29



21



16



Streeksprysuitdeling

Chanté van Aswegen



Gebaseer op die uitslae van kwartaal twee, het die Sekhukhune-distrik 'n prestige prysuitdeling gehou vir die grade van Graad 1 - 12. Pryse soos beste prestasies in onderskeie vakke was uitgedeel.

Die top 10 van die Sekhukhune-distrik het vyf Ben Viljoen-leerders ingesluit, en van ons onderwysers het ook pryse ontvang vir beste onderwyser van hulle vak in die distrik.

Met harte vol trots en dankbaarheid kan ons met volle vertroue ons onderskeie toekomsdrome toevertrou aan die onderwysers wat waarlik belangstel om 'n verskil te maak in die lewens van die leerlinge wat by hulle klas kry.

Ons skool se leerlinge het met talle trofees en sertifikate huis toe gegaan. Geluk aan ieder en elk van die leerlinge en onderwysers wat 'n toekenning ontvang het met die prysuitdeling.

Dallers op 'n drafstap in 2025

Shiniska du Plessis



Alhoewel hardloop nie vir almal is nie, is daar 'n paar van ons lang(er) asems wat uitgeblink het tydens die seisoen.

Die Dallers het goed gevaar tydens die Bosveld Interhoër, waar ons Junior seuns 'n algehele tweede plek verwerf het, asook 'n tweede plek vir ons senior dogters.

Omphile Tshikane het 'n fantastiese seisoen gehad met 'n eerste plek by Bosveld Interhoër Landloop in die 6km-afdeling. Hy was ook ingesluit in die Sekhukune Suid-Afrikaanse Landloopspan, en het aan die Sesego Marathon in Polokwane deelgeneem waar hy 21km in 1:21:06 afgelê het.

Shiniska Du Plessis het tydens die seisoen deelgeneem aan die ASA Landloopkampioenskappe waar sy Limpopo verteenwoordig het.

Dit was n opwindende seisoen vir vanjaar se Landloop.

Noordvaal Hockey Championship

Bokamoso Malebana

Our u/14, u/15 and u/16 hockey teams showcased remarkable determination and grit in the recent Noordvaal Hockey Tournament.

Despite facing tough competition, they gave it their all - demonstrating exceptional teamwork and sportsmanship. Our hockey teams participated in this esteemed tournament, pushing themselves to new heights. Their hard work and dedication paid off, earning them recognition and pride in their outstanding performance.

The results are as follows:

u/14: (overall 6th place)

Pool matches:

HBV 1–3 Hoërskool Hoogenhout

HBV 3–1 Hoërskool Overvaal

HBV 1–0 Hoërskool Delmas

Quarter finals:

HBV 2–3 Hoërskool Bergsig

Semi-final (play-off for places 5–8):

HBV 4–1 Hoërskool Volksrust

Final (play-off for places 5 & 6):

HBV 0–2 Leeuwenhof Akademie



U/15:(overall 8th place)

played a 3-3 draw against Hoërskool Marais Viljoen

played a 2-2 draw against Helpmekaar Kollege

won 3-2 against Hoërskool Piet Retief

lost 0-3 against Hoërskool Transvalia in the quarter-finals

lost 0-2 against Hoërskool Merensky

lost 1-3 against Hoërskool Lydenburg

Noordvaal Hockey Championship

Bokamoso Malebana



u/16:(overall 9th place)

lost 0-1 against Hoërskool Montana

played a 2-2 draw against Hoërskool Zwartkop

won 7-1 against Hoërskool Randburg

won 5-1 against Hoërskool Dinamika

We are immensely proud of all our hockey teams for their unwavering commitment , passion and sportsmanship and we look forward to seeing their continued growth and success on the ice

Heritage Dag 2025

Nomthandazo Mabuza



The word **heritage** holds power, especially in a culturally diverse country such as South Africa.

With our different colours, we make up the rainbow nation that is the South African heritage.

The different colours intertwine and interact creating a flavourful taste.

This year the Dallers celebrated their Heritage with the performance of speeches by learners of different cultural groups. These performances educated learners about each others' cultures and traditions.

Seldom do we learn the purpose of different aspects of our cultures and these performances aimed to change that. It aimed to promote knowledge, understanding and practicing various South African traditions, which is a step to preserving our heritage.

This heritage day let us ululate and shout out our cultures.

Let us take pride in our rich cultures and show it off

More than just a choir



Khaya Nkosi

The Ndlovu Youth Choir is more than just a choir – it is a vibrant celebration of culture, unity, and joy. Known for their rich harmonies and energetic performances, the group continues to inspire audiences with their unique blend of music and movement.

What sets the choir apart is its beautiful diversity. Each member brings their own background, voice, and energy, creating a powerful sound that reflects unity through difference. Alongside the singing, the choir integrates lively dance routines, adding rhythm, spirit, and storytelling to every performance. Their traditional clothing further enriches the experience, reminding audiences of heritage, pride, and the deep cultural roots woven into their art.

A highlight of their showcases is the grand ending of the show : a dynamic group dance that brought every voice and every step together. That moment captures the essence of what the Choir stands for – teamwork, celebration, and the joy of expression.

With each performance, the Ndlovu Youth Choir reminds us that music is more than sound; it is connection, culture, and community.

On the next two pages you, the reader, will see that two of our learners had two unique experiences and view points after the show hosted on our home field on 6 September 2025.

A Night of Harmony:

Ndlovu Youth Choir Lights Up Heritage Tour

Kamo Mashishi



On the 6th of September, I had the privilege of attending the Ndlovu Youth Choir Heritage Tour concert and what an unforgettable experience it was! The atmosphere was electric as a large crowd gathered to celebrate South African music, culture, and unity.

This was my third time attending one of their shows, but I must say, it was truly the best of them all. The choir's energy, powerful voices, and moving performances left the audience in awe. Beyond the music, what touched me most was their warmth and friendliness. After the show, I even had the chance to meet the kind and talented members.

The Ndlovu Youth Choir continues to inspire, not only with their voices, but also with their spirit of hope, resilience and joy. Their Heritage Tour reminded us of the power of music to bring people together and this concert will remain one of my favourite memories.



Ndlovu Youth Choir – An Unforgettable Experience

Tisetso Netili



Okay, let me just say, watching the Ndlovu Youth Choir live was honestly something else. From the second they walked on stage the energy was insane. The harmonies, the dancing, the way they just owned the stage, it wasn't just a performance, it was a whole vibe.

What I loved most was how happy they looked while performing. You could literally see how much fun they were having, and it made us, the audience, feel the same way. One minute I had goosebumps from how powerful their voices were and the next I was clapping along with everyone else.

Their mix of African sounds and modern music was so unique and made the whole performance feel fresh and exciting. It wasn't just music, it was a story, and you could feel every beat, every word, every smile.

By the end the entire audience was on its feet. The cheering was so loud and honestly I didn't want it to end. It's one of those experiences that sticks with you because it wasn't just about entertainment, it was about joy, unity, and feeling proud of our culture.

So yeah...
the Ndlovu Youth Choir?
10/10.

Definitely a highlight of the year.



FAST5 Netball: A Dynamic Twist on Traditional Netball

Bontle Mkwanazi

FAST5 netball is a high-speed version of traditional netball, designed to captivate audiences with its fast-paced format. This thrilling spectator sport features five-player teams, shortened match durations, and innovative scoring zones.

Key differences between FAST5 and traditional netball include:

- **Shorter quarters:** FAST5 consists of four 6-minute quarters with 2-minute breaks, unlike traditional netball's 15-minute quarters.
- **Unique scoring system:** FAST5 awards 1, 2, or 3 points per goal, depending on the shooting distance, whereas traditional netball awards 1 point per goal.

My experience with FAST5 netball was a thrilling departure from traditional netball. While it was fun, adapting to the rules and with a more challenging pace, FAST5's speed and agility requirements pushed me out of my comfort zone. Playing positions I'd never tried before taught me the importance of versatility in netball.

Even in defeat, I gained valuable experience and skills.



Future? Chill, you got this!

Maggie French

High school can feel like one big countdown to “the future.” Uni, careers, adulthood - it’s enough to make anyone nervous. But here’s the truth: being scared of what’s ahead won’t make life easier. In fact, the best way to face the future is to embrace it. After all, you only live once.

The Future Is Still Unwritten

It’s easy to panic about what’s coming next, but the future isn’t set in stone - it’s a blank page. That means you get to decide what goes on it. Instead of worrying about every possible mistake, try focusing on the possibilities. Hope gives you room to grow; fear only holds you back.

Minding Your Own Business Changes Everything

One of the simplest ways to make life better is to mind your own business. It doesn’t mean ignoring people - it means not wasting energy comparing yourself to them. Constantly worrying about what others are doing or thinking only distracts you from your own goals. When you focus on your own path, you find more peace, less drama, and more progress.



Future? Chill, you got this!

Maggie French

Things Get Hard Before They Get Good

Here's the part no one likes to admit: life gets tough sometimes. But the hard parts aren't the end of your story - they're the beginning of your growth. A seed has to be buried before it can sprout, and muscles have to be stretched before they get stronger. Struggles often prepare us for something better.

Don't Let Fear Control You

Fear loves to whisper, What if you fail? But failure isn't the enemy - not trying is. Every time you step past your comfort zone, you prove to yourself that you're braver than you thought. Small risks add up to big confidence.

Enjoy the Little Things

It's easy to think happiness only comes from big achievements in the future, but it's also in the little things happening now: laughing with friends, finishing a project you worked hard on, or just enjoying music that makes you smile. Don't forget to enjoy the moments along the way.

Final Thought

The future doesn't have to be scary - it can be exciting. If you focus on yourself, push through the hard times, appreciate the little things, and remember that you only live once, you'll realize the future isn't something to fear. It's something to create.

Tips and Tricks for Matric Dance

Chanté van Aswegen

So that time of year has come... and passed in a heartbeat. Ask me, I know. So no-one has asked me for advice, yet... but these are the tips and tricks I would give any girl for their matric dance. For the boys I can only say, don't cut your hair the day before or shave it off, because if something goes wrong... That is the photos your mom will be sending to all the family and her friends.

So let's jump right into what I would recommend:

Hair:

- I loved having my own curls for this special day. So try rocking your own hair... You might be surprised at the beauty of what you were born with.
- Do not colour your hair a bizarre colour... Because it has to look natural by the time you want to write your end exams.
- Don't be shy to try your luck on Shein or Temu to add to your hair... I did and it fit my hair perfectly!
- If your hair looks odd, just know, that will be the photos your kids will see one day.

Tips and Tricks for Matric Dance

Chanté van Aswegen

Face and Makeup:

- If you want to start a new skincare range, don't start only two weeks ahead of the time. With almost all skincare products your face might breakout at first, and trust me, you don't want to sit with pimples on the day.
- Good makeup is 10% makeup and 90% skincare, so take care of your skin. Drink enough water and wear your sunscreen.
- Don't colour your eyebrows too dark if you want to colour them. Your eyebrows are usually just darker than the hair on your head.
- Make sure your makeup appointment is earlier than you're expected at your photo session if you are taking pictures the day of the event.
- Make sure your foundation is the correct shade. Not too dark, otherwise it will look as if your face is edited to your body. Not too light, otherwise you might look like a ghost. Plus, remember to blend some foundation down into your neck.
- Teeth whitening that works is Colgate's whitening pen. It is available at DisChem.
- Remember to set your makeup!

Tips and Tricks for Matric Dance

Chanté van Aswegen

Jewellery:

- If you can't find something in town, try Lovisa. They have many options. We got all my jewellery and headpiece there. The sets are not overly expensive. They also have some specials, old stock being sold at very affordable prices.
- When deciding on what you want to take, be open to your parents' opinions. My dad picked out my set, before I even saw it... And let me tell you, he made a good decision.

Nails:

- Nails can compliment your hands... Or make your fingers look short and stubby.
- If you have short fingers, get longer nails. It will make your hands look more elegant and neater.
- Best looking nails, in my opinion, is Ballet, Coffin, Mandel, Almond and Oval.
- Don't do your nails TOO long. You still have to be able to live with them for a few weeks.

Tips and Tricks for Matric Dance

Chanté van Aswegen

Dress:

- The very hard and expensive discussion. When you have an idea of what you want, look online for the dress. In our era you can find almost anything online.
- Your dress does not have to be EXTREMELY expensive for you to look beautiful.
- Maybe go try on a dress to see if the style works for you, before you commit to a dress.
- Big bust girlies, a corseted dress looks good. It is more comfortable and you do not have to worry about your bra showing or irritating you.
- Girls! Where the correct underwear, if your dress is made of a soft material, where a seamless panty. They are available at Pick n Pay Clothing or Woolworths. If you are going through all that trouble to look perfect, you do not want to have unnecessary lines on your sides!
- **PICK THE RIGHT COLOUR FOR YOUR SKIN!** The colour of your dress can make your break your entire look. First check how the colour looks on your face before picking your material. If you are not sure what colour will work on you, you can find AI generated apps that give you a skin tone analysis. If you have a yellow undertone to your skin, avoid colours like icy-blue and magenta. On the other hand colours like peach and coral will look great on you!
- If your dress is being made by a seamstress, take them along when buying your material. It is not pleasant for a dressmaker to have to cover a round surface with fabric that is as stiff as cardboard!

Tips and Tricks for Matric Dance

Chanté van Aswegen

Shoes:

- Do not go for the highest pair of heels. You will be taking photos in them, wearing them for six to nine hours at once, so pick a pair of comfortable heels. You will be happy afterwards.
- Places like Shein, Kingsmead, ShoeCity should not be overlooked if you are searching for shoes.
- Try to get your shoes earlier, because if you have a common foot size, like I do, all the shoes may be sold out if you wait too long to go shoe shopping.
- Walk A LOT in your shoes, so they are not new to your feet when you have to wear them the day of the event.

Other:

- Be good to your mother. She will be helping you get dressed, get you to your appointments, help look for everything you need and be your hype woman, cheering to see her daughter looking at her best.
- Don't wait too long to book your appointments.
- Your photoshoot may take longer than expected, so if you can take your picture ahead of time, it will relieve some stress.

Tips and Tricks for Matric Dance

Chanté van Aswegen

- Get yourself some nice perfume. If you don't want to pay thousands of Rands for a small bottle of perfume. There is a few alternatives. If you happen to be in Menlyn, and you know what perfume you want to have for your day, head up to the Perfume Gallery. They sell oil-based perfumes for a lot less. You can buy two bottles of 100ml perfume for R1 200 instead of paying R2 250 for one bottle of 80ml. So, is that fancy bottle really that important? No, not really.
- Be open to change. Change is life's only certainty. You can bet everything is not going to work out as younger you wanted - that is also fine. Trust me, I wanted SUPER high heels, my own hair hanging to my lower back, take family pictures the weekend before, have my mom make my dress, have my own nails only painted and have a date who asked me. But nothing of that happened. I could not find higher heels. My hair decided to grow at a slow strike. My family had a busy schedule and we could not take the pictures ahead of time. My mom only did my alterations to my dress and did not make it. My nails all but four broke of shorter than I cut them for inspection. And well, no boy asked me to be his date. But that did not stop me from making the best of MY matric dance. **Happiness is perspective, if you only look at everything that did not work out, you may forget about what is more important.**

Tips and Tricks for Matric Dance

Chanté van Aswegen

- You are still your father's little girl, even if you are a young women now. So, if possible, give him a tight hug and if you are brave enough - ask him for a dance. It will mean more to him than you can imagine.

Then, after all the preparations... Remember to enjoy your time. Lift up your head and walk tall and proud that you can attend the event. Make memories. Laugh with your friends and never take them for granted...



Choose your dress

Miezel Abrie

When it comes to formal events, the dress you choose doesn't just make a fashion statement - it tells a story. From shimmering elegance to playful romance and bold flair, these stunning gowns prove that there is a perfect dress for every personality and moment. Let's take a closer look at these gorgeous dresses.



The Fiery Glamour

The first gown radiates power and confidence. This figure-hugging, sequince-covered masterpiece in fiery orange captures attention instantly. The dramatic one-shoulder design, paired with a silky matching cape, creates a regal yet modern look. Bold, sophisticated, and unapologetically glamorous, this dress is made for spotlight. It's a celebration of strength and elegance all in one.

The Fairytale Romance

For those who dream of stepping straight out of a storybook, the second dress is pure magic. A soft, layered white gown with a flowing high-low skirt and delicate embellishments gives this look a dreamy, ethereal charm. The sweetheart neckline adds a touch of classic romance, while the voluminous layers bring whimsical movement to every step. Paired with a light grey suit, this style is perfect for those who believe in timeless romance with a modern twist. Someone who wants to command the spotlight.



Choose your dress

Miezel Abrie

The Bold & Playful

The third look is all about fun, vibrance, and personality. This ruffled blue-and-white floral gown embraces a playful spirit with its off-shoulder neckline and high slit. Feminine, yet daring, it's a dress that says "why blend in when you can stand out?" Paired with a striking matador-inspired outfit, this look celebrates boldness and individuality. It's a reminder that fashion can be both elegant and adventurous.



Midnight Elegance

The first look is pure sophistication. This stunning navy-blue gown features intricate beadwork that shimmers under the light, paired with a dramatic layered tulle mermaid skirt. The strapless neckline adds a touch of timeless glamour, making it the perfect choice for someone who wants to blend classic elegance with a modern edge. This dress is ideal for those who love to turn heads without saying a word - the gown speaks for itself.



Choose your dress

Miezel Abrie



Burgundy Royalty

For those who love rich tones and a regal silhouette, this deep burgundy ball gown is a showstopper. The bodice, adorned with lace detailing, flows beautifully into a full satin skirt that moves gracefully with every step. Paired with a matching burgundy suit and stylish accessories, this duo brought sophistication and harmony to the carpet. The look exudes confidence and romance - perfect for anyone wanting to channel their inner royalty.

Golden Glamour

Last but certainly not least, this golden ensemble is all about sparkle and confidence. The fitted gown, detailed with sequins and elegant fringe on the bodice, creates a dazzling effect under the lights. The high slit adds a modern, daring touch, while the accessories - from the clutch to the jewelry - complete the look flawlessly. This dress is for the bold, the radiant, and those who love to shine bright in every room they enter.



Matriekafskeid soos die Oscars

Miezell Abrie & Gabriella Du Plessis

Op 1 Oktober 2025 het die matrikulante van Hoërskool Ben Viljoen ons matriekafskeid gevier. Hierdie jaar het ons matrieks van 2025 nie teleurgestel nie. Elke jaar is dit die matrieks se beurt om die nuutste modes op die rooitapyt aan te bied. Die uitrustings het skoon uit 'n sprokiesverhaal gehop en die gehoor behoorlik na hulle asem laat snak.

Heeljaar sien die dames en manne uit na die geleentheid om hulle kleredrag af te wys wat op die voorblaai van tydskrifte hoort. Vir ons dames is die matriekafskeid 'n geleentheid om soos "Celebs" te lyk by die Oscars. Die matriekafskeid is nie net 'n viering van 'n akademiese mylpaal nie, maar ook 'n simboliese afskeid vir ons as matrikulante. Dit verteenwoordig die einde van ons kinderjare en die begin van ons toekoms as volwassenes en na 12-jaar het ons uiteindelik die mylpaal behaal.

Natuurlik kon die modeperade nie gebeur sonder die reëlins van die onderwysers, ouers, personeel en die hoof nie. Die drankies, verversings, die rooitapyt en die gehoor wat ons toegejuig het. Ons, as matrieks, was stom geslaan deur al die moeite wat gedoen is vir ons. Die aand was beslis vir die boeke.

















Matric Dance 2025

Rihanna Maunatlala

The matric dance is always one of the most anticipated events of the year, and this one did not disappoint at all. From the glamorous dresses and sharp suits to the sparkling décor, the evening was filled with elegance, excitement, and plenty of unforgettable memories.

Learners arrived in style, stepping out of cars and into the spotlight with confidence. The red-carpet moment was a highlight for many, with cameras flashing and friends cheering each arrival. Inside, the venue had been transformed into a magical space that perfectly matched the significance of the occasion - a celebration of both endings and new beginnings.

Watching it all felt both so real and so unreal at the same time. For me, it was more than just a parade - it was an inspiration. Seeing the matrics step into the spotlight made me imagine what it will feel like to be in their shoes next year. The thought gave me nerves, but also excitement, knowing that soon it will be my turn and someone else will be looking at me with the same admiration.



One of my absolute favourite looks of the night came from Ellené van der Westhuyzen. Her dress was stunning, and she completely nailed her look. I loved the way she owned the stage with so much confidence. It wasn't just the outfit - it was how she presented herself, leaving an unforgettable impression.

Matric Dance 2025

Rihanna Maunatlala

What impressed me most overall was how creative and bold many of the matrics were. They thought outside the box with their performances and entrances, leaving their mark on people's minds. Each person stood out in their own way, making the night not only about fashion but also about individuality and presence.

Seeing how proud the parents were and the supporters cheering for each learner made my heart melt.

As the night drew to a close, one thing was certain: it was not just a parade, it was a milestone. For the Class of 2025, it was the perfect send-off into the future, filled with laughter, style, and memories that will last a lifetime. And for those of us still waiting for our turn, it was a reminder that the spotlight is closer than we think.



Rugby Action That Kept Us on Our Feet!

Kamo Mashishi

The Vallei Uile Sevens Tournament took place on the 20th of September. It was a thrilling day full of intense matches and school spirit.



U15A Team

The u/15A team had an outstanding performance. They won their semi-final cup match against Ben Vorster with a score of 17-07. In the final for the cup, they defeated PHS 21-19, securing First Place and bringing pride to the school.

U17 Team

The u/17 team also performed impressively. They won their semi-final cup match against Ben Vorster 26-17. In the final for the cup, they faced a tough challenge against PHS and lost 10-14, finishing as Runners-up.



The day was more than just rugby. There were guessing games where anyone had the chance to win R500, adding excitement beyond the matches. The crowd enjoyed every moment, making it a memorable experience for both players and spectators.

Overall, the tournament was a fantastic showcase of talent, teamwork, and school spirit, leaving everyone eager for Hoërskool Ben Viljoen to host the next 7's rugby tournament.

Sevens' Hockey 2025

Tisetso Netili



This year's Sevens Hockey was honestly so much fun. From the start, the energy was crazy, and everyone was cheering, laughing, and just enjoying themselves. The games were fast and full of surprises. One second a team was leading, and the next someone scored out of nowhere and the whole crowd went wild.

What I really liked about it was how mixed the teams were. Playing with different grades and even teachers, made it so much more interesting. You never knew what was going to happen, and that's what made it so exciting.

The best part though wasn't even the goals - it was the atmosphere. Everyone was smiling, shouting, and just having a good time. Even if you messed up or missed a shot, nobody cared, because it was all about the fun.

Sevens Hockey is definitely one of the best things we do at school, and this year just proved it again. I'm already excited for next year, I just know it's going to be just as good - if not better.

An Evening at Social Netball

Rihanna Maunatlala



Social netball was such an interesting experience for me, as a person who loves watching netball, I found it very interesting to see new and diverse group participate in it.

From the very beginning, the atmosphere was filled with energy. Everyone came determined to win, but also open to sharing laughs, learning, and supporting one another. What stood out most for me was meeting new people from outside of my school. I never realized just how many people in my area were both passionate and skilled at netball. Watching their commitment and creativity on court inspired me deeply - not just as a player, but as a person who wants to grow in the sport.

Through the games, I picked up new tricks, different playing styles, and fresh mindsets. I learned what to be careful of on court, what to expect from certain types of players, and how others approached teamwork and strategy. Each match felt like a lesson in itself.

The highlight of the evening, though, came when I saw my teachers step onto the court. I had never seen them in such an athletic spirit before. My English teacher Juffrou Joubert, usually the calm presence in a classroom, took up the goalkeeper (GK) role and played it with surprising skill for someone who had never been in that position before. And seeing another teacher running, shooting, and fully immersed in the game was both amusing and inspiring - it gave me a whole new perspective on them. Watching them bond, work together, and compete through a sport I love was truly special.

Outside of the court, the experience was just as memorable. Sharing the evening with friends, laughing, cheering, and even enjoying a box of popcorn while watching others play felt almost like being in a movie. The combination of excitement, food, and community created a warm, unforgettable atmosphere.

Wonders van Suid-Afrika

Lanél Coetzee



Dink jy aan die Suid-Afrikaanse wonders?
Van die natuur na diere
en die wonderlike strukture?

Ons natuur strek wyd met oseane van blou
die lag van Suid-Afrikaners, jy hoor dit gou.
Leeus wat brul - dis die wild se roep
moenie vêr ry nie, want daar's lewe in elke hoek.

Van die Kaap na Transvaal is ons harte oop.
Met hoop hou ons, ons tale hoog
twaalf verskillendes, het jy al van dit gehoor?
Eenheid hou ons vreugde groot.

Dis hoekom jy hier wil wees en bly...

Our Unspoken farewell

Miezell Abrie

As the sun descends on the mountain lines,
a golden light ignites.

My breath had frozen with the cold air graze,
the darkness makes it look like a maze.

My secrets are held where only shadows can dwell,
no warm glance can make me tell.

As the days pass by, my hold stays tight,
although your laughter shines, I cannot let go.

With this, I have no sorrow and regret and I know
your expectations are not met.

I love you with my whole heart and with this I have
to let you go.

It's my unspoken farewell.

How to safely use Social Media

Miezel Abrie

Social media is a catch all-term for a variety of internet-based applications that allow people to create and exchange information and communicate with each other digitally.

Although social media is valuable, we sometimes only see the good moments of others, that's when we start to compare. Social media is part of our daily life, but do we truly know how to use it effectively and safely?

Using social media can also create risks. It has the potential to blur the boundaries between our professional and personal lives today. Sharing information inappropriately can be very damaging due to the speed at which it can be shared, the size of the audience and the problems removing content once it has been posted. A positive online reputation is vital in today's digital world. Like it or not, your information is out there.

With every social media account, every picture or video you share, and every post you make, you are sharing information about yourself with not only your friends and family, but the entire digital world. How can you make sure your information and reputation stay safe online? Here are a few easy steps to get you started.

Keep it clean and keep it POSITIVE

Make sure to post content that you feel positively reflects you, your creativity, your values, and your skills. Remember that future employers may look at your social media accounts before hiring you. Always think before you post or share negative or inappropriate content.

How to safely use Social Media

Miezel Abrie

Oversharing and Geo-Tagging

Never click and tell. Avoid posting names, phone numbers, addresses, your work locations, and other sensitive information. If you really want to post that picture of your friends at brunch - consider posting your content at a later time than when it actually happened.

Don't rely on privacy settings

Privacy settings make it harder to see your full account, but it's not impossible. Also, there is always the chance that one of the people with access to your private account could screenshot and share your personal content with others. Make sure to keep your social media apps up to date and check the privacy settings frequently. Under no circumstances should you rely on privacy settings to shield inappropriate content.

Control your content

Claim your identity on social media. Set up social media accounts and keep the profiles current. You don't have to join every platform. Your social media accounts should tell the story of who you are, and what you want others to see.

If you follow these few simple tips, you are on your way to safely building a positive online reputation. Using social media positively doesn't mean you can't have fun and use it to express yourself; however, you want to ensure that you're okay with anyone seeing everything you post. Once you post something online, it's out there forever. Always keep that in mind.

Kersietyd

Chanté van Aswegen

Kersiebloeises in die wind
Saam jou voel ek weer soos 'n kind
Jou woorde streel oor my hart
En ek vergeet van my verlede
My smart

Kersiebloeises val
Op die voorstoep van ons Fitchburg huisie
En al is die huis smal
Toor jy my met 'n stroopsoet wysie

Kersies in November-maand
Bloedrooi vruggies van liefde
Die maan in die lug van die aand
En 'n belofte...

My hart is nou joune
Joune behoort aan my
En ek weet my hartsgebed
Het sy pad tot in die hemel gekry.



The Story



I know how this story goes
I've read it once or twice
With everything that happened
He still seemed nice

He would still call you
After you did something wrong
And still laugh at you
When you tried to prove that
you too are strong

He would bring you pink roses
Each month on the third
And always made sure
That your deepest dreams got
heard

He became your best friend
He took my title once and for all

Chanté van Aswegen

And that brought back
conversations
We would have over the
bathroom stall

Now look at you
It makes me cry ugly tears
For from now on
I will not be the first to hear your
fears

Your fear of spiders
That crawl down your spine
And how it made me feel
The first time he called you
"Mine"

Now look at you...
Dressed up in white
Pearls around your neck
And your veil that can make
you take flight

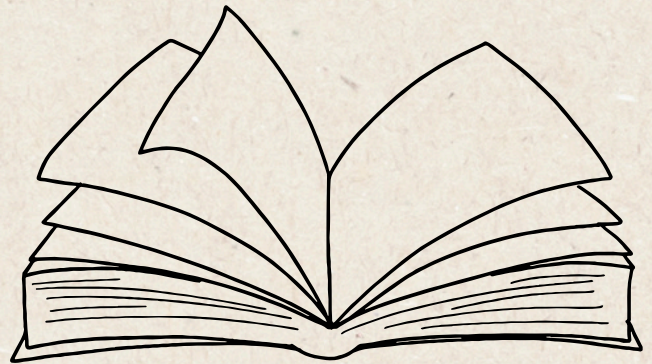
Up to the heavens
To thank God personally for
your answered prayer
And now all I can do
Is to look at your beautiful joy,
just to stare

The Story

Chanté van Aswegen

My best friend's new friend
Please take care of her for me
And I promise with each
passing day
You will realize how much of
her there is yet to see

I know how this story goes
I have heard about it before
And of many things
This one is more beautiful, that,
I am sure.



True Colours

Miezel Abrie

Your reflection shines through the mirror,
but the truth is what makes it crack.
Betrayal blooms on the surface.
Pain, a river that flows like a circus.

Stitches that scars my damaged heart,
your true colors show - which drift us apart.
I see you now for what you are.
You are nothing more than what makes my
wounds scar...

For M.



Surviving Spring at Hoërskool Ben Viljoen

Blessing Ratau & Thato Mpahlele



Spring in Groblersdal doesn't play around, it hits hard with heat and dry air long before summer even starts. At Hoërskool Ben Viljoen, students know that by break time, the sun is already in full force.

To stay sharp and avoid the spring slump, here's what helps:

- **Hydrate constantly:** Bring water to school and actually drink it, don't just carry the bottle.
- **Find the shade:** Whether it's a tree or a building, use shady spots during breaks.
- **Time your energy:** Get schoolwork and sports done early when it's cooler. Avoid heavy activity in peak heat.
- **Be storm-smart:** Late spring sometimes brings sudden rain, so keep an umbrella or jacket nearby just in case.

Even with the heat, spring has its perks, bright mornings, blooming flowers, and a break from winter's chill. The fresh energy in the air is perfect for tackling new goals before exams kick in. Just look after yourself, and spring can be the best part of the school year.



The 2025 Cricket Season

Khaya Nkosi



The 2025 cricket season has been an inspiring journey marked by teamwork, dedication, and outstanding performances across all our teams. Each squad represented the school with pride, displaying both skill and sportsmanship on and off the field.

The boys' first team delivered a historic performance by winning the Limpopo Championship finals. Their determination throughout the season paid off in the most remarkable way, earning them the title of champions. A special mention must be made of Rihanna Maunatlala, Khaya Nkosi, Moshopiadi Nchabeleng and Bontle Mkwanaazi, whose motivation and spirit played a crucial role in driving the team push forward during the finale. Their contributions, off the pitch along with the creative poster reflected the true spirit of our school.

The 2025 Cricket Season

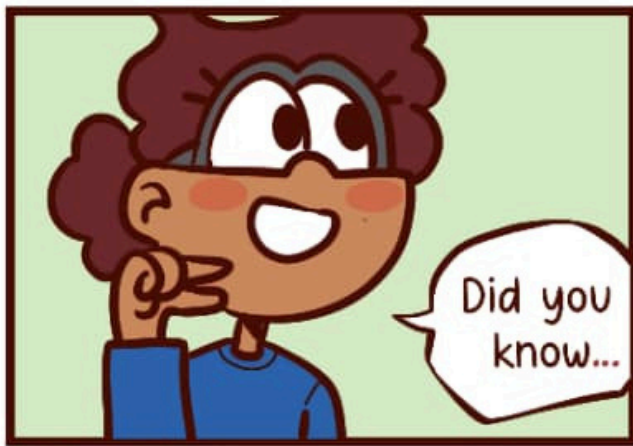
Khaya Nkosi



The girls' cricket team also demonstrated immense progress and determination. With three impressive victories, they narrowly missed a place in the semifinals by just two points. Their performance highlighted both their talent and their growing strength as a team, leaving no doubt that greater achievements lie ahead.

Equally commendable was the under-15 boys' team, who fought their way into the semifinals. Though they did not advance further, their perseverance and skill made them a formidable side throughout the season. Their journey reflects the promising future of cricket at our school.

This season has been about more than just results - it has been a celebration of teamwork, perseverance, and the unwavering support from coaches, peers, and families. As we look forward to the next season, we carry with us the lessons learned and the pride of knowing that our cricket teams continue to grow from strength to strength.





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