MARCH 2025
TERM 1

Avanti

EDITION #1

Pamela Roux en Esther Oosthuizen **Foto's: Ronel Strauss**

HOU BY DIE BLOU!

Die rooi, groen, blou en geel het die pawiljoene gevul. Die Larries was al vroegoggend by Brugstraat, gereed om mekaar te wys wat in hulle steek. Die gees was ook daar en hulle het die oggend sommer goed afgeskop deur elke span ’n geleentheid vir hulle kreet en dans te gee. Murray as die ‘Lakers’, Cillie ‘The Incredibles’, Pride as die polisie en laaste, maar nie die minste nie, De Villiers as ‘The Joker’.

It was no ordinary Tuesday for the La Rochelle girls, the interhouse athletics was a day full of laughter, sweat and tears of joy. The pavilion began to dance, shake and rattle as we started the day off with the 3000m. So the day went on going from sprints to long jump to shot put and many more.

Die einde van die atletiekdag het nader gekom, die vier spanne het hulle harte uit gesing en hulle spanmaats wat aflos hardloop luidkeels aangemoedig. Die spanning het hoog geloop omdat die aflos die laaste item van die dag was. Die tyd het aangebreek vir juffrou Conradie om aan te kondig wie die intherhuiswenners vir 2025 is. “En die interhuiswenners van 2025, vir die eerste keer in baie jare, is Pride! En die wenners van die geebeker vir 2025 se interhuisatletiek is Murray!” Baie geluk aan hierdie twee spanne.

The interhouse swimming Gala was no different, the cheering was out of this world. The swimmers did not disappoint; they brought everything to the table. From their butterfly and breaststroke medleys all the way until the relay at the end, they never stopped, backed down or gave up. It was a fight till the very end. The winners for 2025 interhouse swimming was... Cillie!

Baie geluk aan al die volgende atlete wat ’n beker ontvang het vir verskeie prestasies: Lumari de Beer, Liane Coetzee, Meacke Lawrence, Lara van Deventer, Enya Binneman, Zumari Barnard, Cara Wilson, Mia Wilson, Anja Coetzee, Jessica Darling, Ninke Coetzee, Savannah Roebuck en Cornelia Destroo.

A big thanks to all the teachers and coaches for making the interhouse athletics and swimming possible and so memorable. Another moment of gratitude to all the learners that helped with this day and for those who sang their hearts out on the pavilion, the “gees” really was amazing. Finally, a warm round of applause goes to the athletes and swimmers who competed, whether they competed for fun or the competition, because without all of them this memorable day would not have been possible.

4M GOATS '25

"Greatest Of All Time".
Aan wie dink jy wanneer jy die woord GOAT hoor? Michael Jackson, Muhammad Ali, Marilyn Monroe? Wel, ons dink aan La Rochelle- die GOAT van alle GOATS. Van die "Big Brag" tot die opruim van die pawiljoene het die Larriegees en -trots hoog gebly.

Zarah van Zyl and Kirsten Gerber

Kreet en GK

This year, La Rochelle has big 165 year celebrations and to celebrate, we went the extra mile with our 'kreet' and "Gees Komittee" also known as the GK. The hard work all started with the early morning and late-night practices, where our GK and Mr Swart, or more commonly known as "Bruh", kept us full of energy and excitement.

When the big day finally arrived, the GK was beautifully dressed in sparkly blue and gold dresses. As soon as the Larries supporters arrived, hands were dipped in yellow, blue and white powder paint and then they sat for two hours, because *time goes by, so slowly.*

We all know who had the best 'kreet', because larries were *better version of that side* though the Larries remained respectful at all times- not once name-calling or shaming other schools. The stands stood in awe every time an athlete in yellow crossed the finish line. We had Mia Wilson's our Athletics captain's words: "Hard work beats talent when talent doesn't work hard," echoing in our minds.

As sisters, we celebrated 165 years of brilliance with our beautiful banner, great "kreet" and Larrie spirit throughout the day. 4M 2025 was one to remember – and lived up to its theme: "Greatest of all time" - GOAT. Everyone is counting down the seconds until next year's 4M, because the Larries were definitely *born to run.*

Atletiek

Die dag het vroeg vir die atlete begin met 'n heerlike ontbyt by die klubhuis. Na hulle ontbyt was die atlete gereed om die dag aan te pak en het vol motivering en nuwe energie op die busse geklim. Die arme atlete is aan wrede weerstoestande onderwerp, wat hulle tot die uiterste getoets het, maar hulle getuig dat dit die stemme van die pawiljoen was wat hulle uiteindelik oor die eindstreep gedra het. Al hul senuwees is ingespan vir die oomblik waarvoor hulle al vir so lank oefen.

4M GOATS '25

Stemme eggo oor die hele Stellenbosch heen soos die atlete in hul geel hempies hulself bewys en hul skool trots maak. Met die beeldskone Stellenboschberge voor jou en die skare teen jou rug was hierdie beslis 'n dag vir die boeke. Ons eie atletiekkaptein, Mia Wilson, het die 400m O/19-rekord gebreek! 56.39 sekondes! 'n Uitstekende tyd waarop die hele La Rochelle trots is. Daar moes seker 'n wennersgees in die lug gewees het, want by elke item het die La Rochelle-atlete die skool se naam hoog gehou.

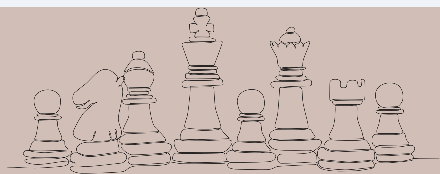
Die atlete het bewys dat hulle uitstekende sportsmanskap het en hulle het vasberade gebly tot die prysuitdeling. Die atlete het by die skare aangesluit om die danse te kyk – waarvan La Rochelle beslis verwagtinge oortref het.

4M GOATS '25

Vol kinderlike afwagting het almal gewag om die uitslae te hoor. Die leerders het in afwagting hande vasgehou, hulle voete gestamp en asems opgehou. Uiteindelik hoor ons dat La Rochelle die derde posisie beklee het met 'n indrukwekkende 275 punte.

Niks wys karakter soos 'n mens se reaksie as jy nie eerste gekom het nie – en dit het ons beslis bewys. La Rochelle het die derde plek trots gevier en die ander skole hartlik geluk gewens en bedank – op die Larrie-manier.

Chess



This year 4M had a new edition - chess. The competition was exhilarating and La Rochelle placed third, winning six out of the fifteen matches. Our wonderful chess players are Lineka de Villiers on board one, Cayla Cupido on board two, Inke Botma on board three and Lara van der Wal on board four. We are very proud of these four girls and will keep supporting them. Like Taylor Swift said, "Checkmate I couldn't lose."

4M GOATS '25

Swim

The 4M swimming of 2025 was a gala to remember. A huge congratulations to Rhenish Girls' High School who won for the 19th consecutive time. The swimmers started their day nice and early, arriving at the swimming clubhouse at 07:00 where they enjoyed a breakfast of champions.

Later that afternoon, a bus full of swimmers and supporters arrived at Bloemhof. Our swimmers gave their all in the water. With the Larrie supporters cheering their hearts out in the beautiful, windy Stellenbosch valley, the swimmers swam many personal bests, and our Grade 8 team beat Bloemhof in the u/14 age category.

We are also very proud of Liané Coetzee who won the u/14 50m backstroke event and who was only a few points away from the overall best u/14 swimmer. This year, our swimmers brought home the most promising results for La Rochelle in quite a while. In 2024 we scored only 23 points and this year we ended the day with 252 points, which is a monumental improvement.

We are excited about the promising next swimming season of La Rochelle.

Refleksie en terugvoering

Verskeie leerders het saam gestem dat 4M 'n dag vir die boeke was. Die Daisies het die dag vir die eerste keer ervaar terwyl hul Miladies vir 'n laaste keer hierdie dag kon beleef. Gees het alle klaskamers en busse gevul, soos die Larrie-meisies hulle gesigverf geverf, harte uitgesing, gelag en gebabbel het al die pad Stellenbosch toe!
Tot meneer Swart en die Geeskomitee se groot verligting het die meisies op die paviljoene die kreetoefeninge en laataand sing songs onthou.

Al daardie oefening het vrugte gewerp aangesien La Rochelle se kreet weereens die beste was volgens ons trotse ondersteuners, atlete en personeel. Natuurlik was alles nie sonskyn en reënboë nie. Die geel, blou en wit poeierverf op ons hande was redelik morsig en met die hitte was dit moeilik om jou gesig af te veë sonder om ewe skielik 'n heel ander kleur te wees!

Die tekort aan rye en die Stellenbosch-hitte met 'n skoolbaadjie aan het baie meisies se buie geaffekteer. Tog het ons uithouvermoë getoon en 'n uitstekende kreet gelewer en gees gehad deur die hele dag heen. Daar was bloot nie genoeg spasie vir die Larries nie — en ek bedoel nie op die paviljoen nie.

Die Larries se gees het die hele Coetzenburg Stadion gevul. Hierdie gees het die atlete die krag gegee wat hulle nodig gehad het om aan te hou! Gil of gooi, hardloop of hardop sing, daar was geen verskil wanneer dit gekom het by die Larries se trots en liefde vir hul skool nie. "Onbeskryflike atmosfeer." "Ek kan nie wag vir volgende jaar nie!" "Hoendervleis." La Rochelle is gereed en sien uit om volgende jaar weer die beker te jaag — en te vang!

The Larries can be proud to be a part of an institution with good values and it shows on the sport field and the stands. Next time we will be sure to bring tissues since it is clear: hay fever season is upon Stellenbosch. Atchoo, En Avant.

Die beste aflos-span: Me Dykman, Me Blommetjies, Me Hewitt en Me Hermanus.

Larries dancers never disappoint!

GK: FUN FACTS

Anzelle Van Der Vyver

Lael Frankfort – Captain
My middle name is Nyssa
I've never learnt how to whistle

Lilo Mtyida – Vice Captain
I had my own radio show
I was on the front page of Daily Dispatch

Rebecca Shelly
I was born in Ireland
I can play the ukelele

Farren Jacobs
I laugh in serious situations
Regular show is my comfort show

Faith Samuels
I'm allergic to fruit, but I still eat it because I get free lip filler
I met Drake (in my dreams)

Jeanmari Basson
I couldn't speak English until Grade 8
Rap is my most played genre

Zheté Morrie
"Takes 500 photos and uses 1"
Can go from listening to "Nice for what" by Drake and then "The greatest" by Billie Eilish in one sitting

Kaelyn Masimla
Can't live without music
Loves the beach

Gabriella Marx
I have the same surname as the guy who started communism
I have a chocolate brownie addiction

A glimpse into the Daisie Camp

Leigh Adams

On the 12th of January 2025, the Grade 8s made their first appearance as a unit on the school grounds.
The first day started off slow, with long speeches and endless amounts of new information. The Daisy concert auditions were amazing, the Daisies were overflowing with sheer talent. Although they longed for home, their smiles and enthusiasm never wavered. When it was lights out, the Daisies could not wait to sleep after a long day of excitement.

On the second day, one could feel the excitement in the air. The day flew by in a whirlwind of dress making and concert rehearsals. They were in and out of the swimming pool, thankful for a little refresher after a long day. They had back-to-back activities and were definitely enjoying themselves. Milady Larushka quickly became a fan favourite with her awesome dance moves while singing Despacito.

On the last day, the Daisies had athletics with Boland Landbou and this was the highlight for many of the participants. Having to catwalk down a runway with a boy they just met, or having to marry another Oom, the day did not disappoint. From playing rugby and red-light-green-light in the sprinklers, to barely reaching the first marker at the shotput, the athletics day was a great success.

The start of Grade 8 marks an exciting transition for many — leaving behind the familiar halls of Primary school and stepping into the world of greater independence and responsibility. The camp broke down social barriers and encouraged them to get to know one another beyond their usual friend groups. Through a range of activities, they were able to forge lasting connections and create amazing friendships. We cannot wait to see the Daisies flourish at La Rochelle.

Finalists

Jemma Schutte

MISS LA ROCHELLE

After three years, an exciting event awaits - Miss La Rochelle. Save the date for 15 May 2025

Gabrielle Balie

What is one characteristic that you believe can get you through this competition, or even to win it?

“I would say my authenticity. I always try to stay true to myself, stand up for what I believe in, and support the people I care about. Being genuine helps me connect with others and stay grounded, which I think would make a big difference in La Rochelle through this big role.“

Aninka Muller

Who inspires you to be dedicated and positive? Who is your ultimate role model?

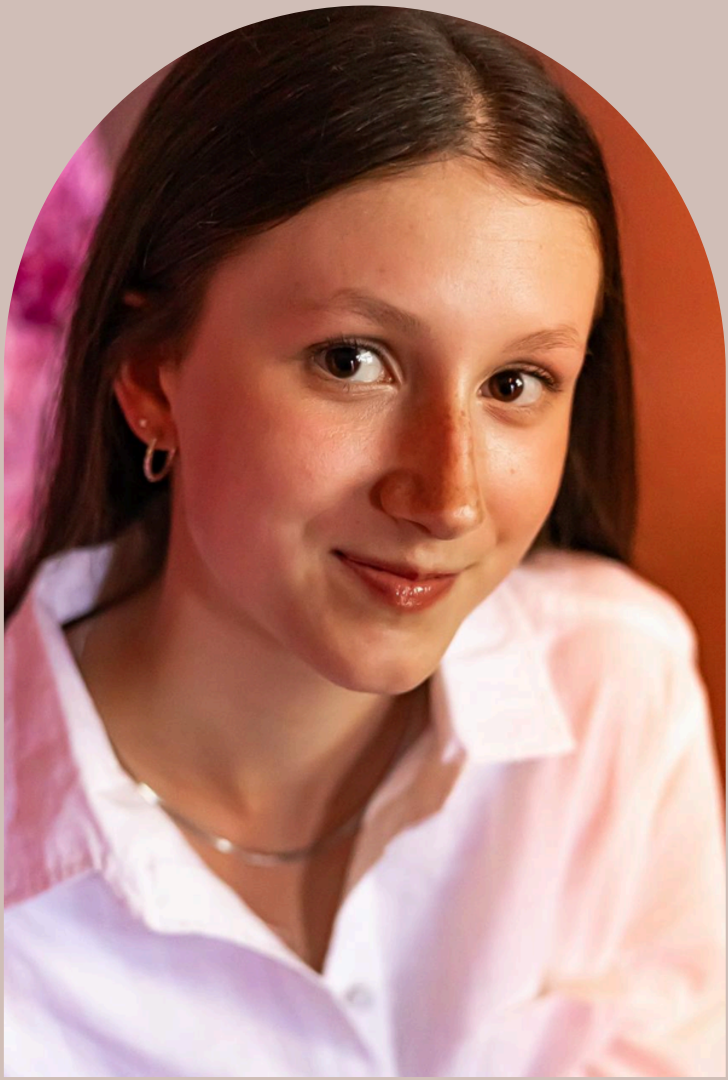
“In all honesty I have never really had one specific role model. Instead, I like to take little things I admire from the people around me—whether it is a friend, family member, or someone I work with—and use that to inspire me each day. There’s always something to learn from the people in my life.”

Finalists
MISS LA ROCHELLE

Maroné Uys

What is an experience or a lesson that stayed with you for the rest of your life, that you will always keep?

"What I have learnt, is not to listen to others' opinions, but rather listening to yourself and knowing you are where you are meant to be, because in life, there will always be something holding you back. Your only job is to go forward no matter what. "



Philippa Theron

What do you do to relax? If you were at home right now, what is the first thing you would do?

"I would definitely be reading a book, a probably a rom-com and taking the time to rest. I think that is something that I would like to promote, among other things. Sometimes life can get so busy, we can stress ourselves out for no reason and taking the time to read or do what you love in your free time is not important but necessary. I would like to be the leader that wants everyone to reach their full potential but also take care of themselves."

Finalists
MISS LA ROCHELLE

Iselle Acker

What do you think, has been your best memory at La Rochelle with your sisters?

"I definitely think sisterhood is all about the support and encouragement you get. In my case especially in my team sports that feel like family. Having that kind of backing helps me grow, not just as a candidate for Miss La Rochelle, but as a person too. I believe our friends teach us valuable lessons that stay with us throughout life, and I see this competition as another opportunity to carry those lessons forward. "

Anja Coetzee

What do you think Miss La Rochelle represents and how will you show this if you win Miss La Rochelle?

"She represents courage. Getting out of your comfort zone, being brave and thinking outside the box no matter who you are. If I win Miss La Rochelle, I will set that example for others. "

Finalists
MISS LA ROCHELLE

Lee-Zaandré Wanza

What would you say, makes you the most excited about the prospect of you winning Miss La Rochelle?

“What excites me the most is having the opportunity to share important messages, talk about things that often get overlooked, and make sure all students feel heard and represented. I would love to be in a position where I can really make a difference for everyone. “

Lea Prinsloo

How do you think your musical abilities, or music abilities will carry you through Miss La Rochelle and lead you to become the future Miss La Rochelle?

“Music has been a core part of my life since grade 2 when I started violin and piano. My mom always says that I could sing before I could talk, and that connection has only grown stronger over the years. Music brings balance to my life. Whether I'm playing or singing, it is my way of expressing myself and staying grounded through challenges. I believe that the future Miss La Rochelle should be comfortable in expressing herself, so that she may set that example for our La Rochelle students. “

Finalists
MISS LA ROCHELLE

Rebekha Morey

What do you think, is the best quality someone can have, and do you think the future Miss La Rochelle should prioritise it? If so, how should she use it?

“Honesty is the best quality you could have, I don’t believe in putting out an image that I can’t maintain just to meet certain expectations or standards. I think this should be the Miss La Rochelle's’ main quality as she will have many young girls looking up to her, so whatever they are looking up to should be true and that makes her relatable and trustworthy. I think being charitable is also really important, to give instead of take is really important to me. So taking time and giving back to La Rochelle and being my true self is how I would take on being Miss La Rochelle.”

Liyah Valentine

What is something you are deeply passionate about? How do you think this passion could help pave the way for you to win Miss La Rochelle?

“I am very passionate about using my voice to inflict change. I feel like in a world where your worth is based on physical appearance, I would love to change that narrative and encourage people to shift their focus onto their values, characteristics and improving their mindsets. As Miss La Rochelle, I would be the kind of leader that has empathy for others, and this in itself sparks that change that I'm so passionate about inflicting.“

Finalists

MISS LA ROCHELLE

Ysabelle Fourie

Miss La Rochelle is a responsibility that you should carry with utmost pride. What do you value most, and how does it help you prioritize your responsibilities?

"I think balance is vital. My academics and extracurriculars are so important to me, I plan my week out and prioritise my tasks, so that I have enough time every day to get all my work done. Sometimes on my way to ballet, I study in the car, for example. I think Miss La Rochelle should know how to prioritise and plan as it is a responsibility to live up to, is someone the Larries can look up to."

Jemma Schutte

As a representative of our school, how would you use your platform to inspire confidence and unity among our students?

"I think being able to put yourself in someone else's shoes will go a long way. It is important to be a leader that anyone can confide in and have an open mind. I will always have empathy for anyone, and this is the leg I will stand on to represent La Rochelle. "

Chasing Colours

It was a smouldering hot day, but that did not keep the enthusiastic Larries away!

Ms Jonicia Blommetjies, Ms Anadene Malan, Mrs Anmari Davids and Mrs Soné Ackerman. Mrs Davids impressed everyone as she ran the race at 30 weeks pregnant.

Hayden Arendse

On 17 February, the Larries and some staff members took part in a Colour Run around the school campus.
There were three categories: the runners, joggers and walkers. This journey started at the main gate in front of the school building.

The runners started the event, and the trundlers and walkers came afterwards. They went past Faure Street stadium down to the parking lot to then turn left towards our schools' tennis and netball courts. Here, they would enter the gate where the first of three paint stations awaited their arrival.

The different paint stations consisted of one colour each. The order of this being blue, green, and orange. Each participant was covered in powder paint from head to toe. Some took time to take selfies at the Larrie photo frame along the way.

The route allowed three to four laps around the school depending on the pace, speed and endurance of the participant.
Besides the colourful powder that was splattered everywhere, some were dressed in tutus, oversized sunglasses and colourful accessories. Teachers were cheering on the Larries, especially Mrs Marais that used a pool noodle to up the pace.

This day was a successful one and everyone enjoyed the experience. If you missed this year's Colour Run, make sure to join in on the fun next year.

Valentynsokkie

Anya van Jaarsveld

Dit is Valentynsdag, liefde is in die lug, Cupido het sy boog geskiet en daar is rooi harte oral waar jy kyk... Wel eintlik is dit die dag voor Valentynsdag, die 13de Februarie, en al die graad 10's, 11's en 12's van La Rochelle is besig om hul rokkies reg te kry, hul hare op te tof en hul kêrels of vriendinne te bel, om reg te maak vir 'n liefdevolle aand vol onvergeetlike oomblikke en sokkie totdat almal se voete seer is.

Teen 18:00 het die meisies en seuns al in groepies voor die skool gestaan, party besig om foto's te neem, ander wat nog vir hul metgeselle wag en die res wat met rooi, pienk of wit blomme in die hand staan... Ag, hoe romanties! Teen die tyd wat almal reg was om in te gaan, het die deure van die skoolsaal oopgemaak en die DJ was alreeds besig om liedjies te speel. Party in the USA, We Are Young, Kaalvoetsokkie, Beauty and a Beat en velle meer danstreffers het daardie aand gespeel. Onder die kleurvolle liggies het die leerders gedans, foto's geneem en saam gelag.

Later in die aand het die leerders almal buite gegaan om hul peuselhappie te ontvang wat 'n oliebol, pakkie aartappelskyfies 'n botteltjie sap was. Die leerders het in kringe buite die saal gesit, hulle batterye gelaai en weer opgewonde die dansbaan betree.

Die meisies wat hoëhakskoene gedra het, het tot 21:00 uitgehou en daarna verder kaalvoet gedans. Die seuns wat dasse gedra het, het dieselfde patroon gevolg. Die hoëhakskoene en dasse is in rytjies aan die kant van die dansbaan geplaas. Daar was 'n uur oor van die sokkie en die dansbaan was steeds aan die brand. Teen 22:00 was die laaste liedjie besig om te speel en die almal het maar vir die laaste maal met mekaar gedans voordat die aand finaal verby was.

Almal het gehelp opruim, vullis in die dromme gegooi en selfs 'n paar plante water gegee. Meisies het die aand uitgestap met hoëhakskoene in die een hand en kêrel in die ander — sekerlik besig om te dink aan watter foto's hulle op Instagram gaan plaas.

Nuwe Onderwysers

Timia Williams

Vanjaar het die Hoër Meisieskool La Rochelle vyf splinternuwe opvoeders in ons skool geplant om ons te help blom. Hierdie opvoeders is passievol, optimisties en wil 'n verskil in La Rochelle maak. Wie is hierdie nuwe aanwinste tot ons skool?

Juffrou Vera Bestbier: Juffrou Bestbier kom oorspronklik van die Karoo af en het by die Universiteit van Stellenbosch gaan studeer. Juffrou Bestbier gee beide Afrikaans HT en EAT vir die gretige graad 8's regdeur tot by die goue graad 12's. Juffrou Bestbier wou nog altyd 'n onderwyseres geword het en het as laerskooldogtertjie vir haar jonger sussie en broer skoolgehou. Haar Engelse meneer op skool het ook as inspirasie gedien om 'n loopbaan as onderwyser te volg. Sy was vroeër in haar lewe graadvoog en vakhoof. Juffrou Bestbier het 'n egte mamma-hart. Sy glo dat dit belangrik vir die leerders in haar klasse is om veilig en gekoester te moet voel. Ons einste juffrou Bestbier is nie net 'n skoolonderwyser nie, maar ook 'n goeie joga-instrukteur.

Juffrou Vera Bestbier

Juffrou Esme Haggard: Die Wiskunde-departement is bly om die aantal Wiskunde-breine in die skool te kan vermeerder. Juffrou Haggard het haar studies aan die Universiteit van Pretoria voltooi. Sy het 'n passie vir Wiskunde en wil graag 'n soortgelyke passie by haar leerders kweek. Een van haar belangrikste doelwitte as onderwyseres is om leerders te leer dat hulle die vermoë het om moeilike probleme op te los. Sy glo die probleemoplossing en deursettingsvermoë wat hul in die Wiskundeklas gebruik, hulle kan help om toekomstige uitdagings te oorkom. Juffrou Haggard is nie net passievol oor Wiskunde nie, maar ook die natuur. Sy het al tot bo-op 'n vulkaan gewandel om na 'n sonopkoms te kyk!

Juffrou Esmé Haggard

Juffrou Angelique Barnard: Bekend as "Frau Barnard". Juffrou Barnard kom al die pad van Vredenburg — in die koue Weskus, en het gaan studeer by die Universiteit van Stellenbosch, waar sy haar BA-graad in Taal en Kultuur, 'n BA-honneurs in Duits en later haar MA in Duits as vreemde Taal by beide Stellenbosch and Leipzig Universiteit in Duitsland verwerf het. Juffrou Barnard gee Duits vir graad 8 tot graad 12 asook Afrikaans EAT vir graad 8. Haar liefde vir skool, haar ou onderwysers asook die liefde om met jongmense te werk het haar geïnspireer om 'n onderwyseres te word. Sy wil graag leerders positief aanraak en wil graag sien dat leerders wat sy onderrig hul eie doelwitte bereik. Sy glo daaraan as 'n mens werklik 'n passie/ liefde vir iets het, dit die grootste motivering kan wees om ander dinge in die lewe te bereik. Een van haar groot drome was om eendag in die Olimpiese Spele te swem, maar gelukkig vir ons het haar passie vir die onderwys vir eers gewen.

Juffrou Layla Holm: Juffrou Hollom het aan Noord-Wes Universiteit studeer en tans is sy steeds besig om aanlyn by NWU te studeer, waar sy besig is om haar Nagraadse Onderwyssertifikaat te verwerf.

Sy studeer om Besigheidstudies en Rekeningkunde te kan onderrig. Tans bied juffrou Hollom PO (Persoonlike Ontwikkeling) vir die leerders by La Rochelle aan. Juffrou Hollom het 'n ongelooflike liefde vir sport en dit het haar gedryf om haar nagraadse onderwysgraad te voltooi. Sy beoog om eendag netbalhoof en dan sporthoof te wees. Juffrou Hollom is 'n SA C+ netbalskeidsregter en sy beoog om haar SA A binne die volgende vyf jaar te behaal. Juffrou Holm beskou respek en eerlikheid as belangrike element in haar verhoudinge met leerders. Sy wil graag 'n positiewe invloed op die leerders hê en 'n omgewing skep waar leerders iets leer waarby hulle later in hulle lewe ook sal baat.

Juffrou Marissa Herbst: ’n Voormalige Larrie! Juffrou Herbst het by die Kaapse Skiereiland Universiteit van Tegnologie in Wellington studeer asook by Mowbray kampus. Sy het nie net ’n graad in Toerisme- en Reisbestuur nie, maar ook ’n nagraadse onderwyssertifikaat en ook ’n sertifikaat van die SA Wine Academy verwerf! Juffrou Herbst onderrig Toerisme en Geskiedenis. Sy het van jongs af geweet dat sy ’n onderwyseres wil word en dit was altyd op haar “loopbaan visiebord”, saam met wynmaak en funksiebestuur. Haar grootste inspirasie om ’n onderwyseres te word was dat sy ’n liefde vir mense het, om met mense te werk en om stories te deel. Juffrou Voster, haar voormalige Toerisme-onderwyser wat verlede jaar afgetree het, was ook ’n groot inspirasie. Sy glo daaraan dat ’n juffrou moet leerders motiveer en inspireer om leergierig te wees.

Sy wil leerders lewensvaardighede en selfvertroue aanleer wat baie ander vermoëns ontwikkel. Haar wens vir leerders is: “Wees net jouself, want dit is die mooiste weergawe van jou.” Sy sê ook dat ’n mens nooit te oud is om te leer nie en dat jy jouself moet uitdaag.

Ons sien uit daarna om hierdie nuwe onnies in die Larrie-familie te verwelkom.

Valentine’s Day

Valentine’s Day is typically known as the day of love. Yet, where did it originate? This special day of love comes from a mixture of historical, cultural and religious aspects

Valentine's day

Kaylin Thompson

The most famous origin comes from the Romans. Saint Valentine was a Roman priest who did not agree with the rule that only unmarried soldiers were allowed to serve their country. He then secretly married couples to enable the men to continue being soldiers (which went strictly againts the empires rules).
Eventually, Valentine was caught and was executed on February 14th. This day was then globally commemorated as day of romance and love.

Although Valentines Day cards tell a lovable and caring story to the reader, the cards themselves have a story to tell too. These cards were invented by Charles, Duke of Orleans in the 15th century. During the time he was imprisoned in the Tower of London he would send his wife messages that were heartfelt and carefully written. As the years passed it became common to exchange handmade cards, and this gesture still continues today.

Kayla van Niekerk

Petra Rossouw, Pippa Tredoux, Paula Jacobs and Suzaan Viljoen.

La Rochelle celebrates Valentines Day in true Larrie fashion. Of course, the outfits were carefully planned out to match the theme and a few schoolbags had fluffy teddy bears sticking out waiting to be received. Friends shared homemade treats, teachers were spoiled and love filled the hallways!

Teachers and staff received lovely heart shaped notes which were stuck to their classroom doors. These messages of admiration filled La Rochelle's educators with appreciation and gratitude.
The senior council was also part of bringing joy as decadent brownies, roses and even personal gifts were available to purchase for a special someone.

Just like in the regency era when charming young men travelled far to court their lucky ladies, honourable suiters from various schools came to La Rochelle to offer flowers and gifts to those that caught their eye. Announcements were made by the gentleman to hand out their gifts and those who received gifts had the most beautiful smiles on their faces.

Vrugte fees

Mari Joubert

Op die 31ste Januarie het die Daisies met hulle unieke vrugtekostuums La Rochelle se astro herhelder. Dié kleurvolle massa was omtrent iets om te aanskou. Elkeen het dieselfde doel gehad: om hulle Miladies trots te maak en om die gesogte mejuffrou Tutti Frutti-titel te wen.
Welkom by die Vrugtefees. Hier word Daisies geesdriftig deur hulle Miladies toegejuig terwyl daar gedans en gesing word – dit is egter terwyl sommige kostuums, van al die dansery, effens uitrafel. Op die foto's is die verskil tussen voor en na die gedansery so duidelik soos daglig.

Die vrugtefees is 'n jaarlikse tradisie van La Rochelle wat die einde van die graad 8's se oriënteringstydperk met vrugte en 'n modeparade vier. Vroegoggend het die Daisies al aan hul Miladies se koshuiskamerdeure geklop – rooi, geel, groen of pers gesigverf het die matrieks gegroet toe hulle hulle deure oopmaak. Die oggend se rye, waar die hele skool gewoonlik die dag se nuus en afkondigings hoor, was maar flou, omdat die meeste van die matrieks en graad 8's nog in die badkamer besig was om gesigte te versier en kostuums te verstel. Toe die graad agts eers hul verskyning maak, was dit net blinkers, blare, helderkleurige gesigte en

Vanjaar het die vrugtemandjie omtrent uitgebrei. Daar was die bekende Fruit Loops-pap, vrugtesap, vrugteslaai en selfs tamaties (inderdaad 'n vrug). Twee graad 8's het hulself met swembadnoedels aan mekaar vasgebind om 'n klein trossie kersies te vorm.
Pouse het die dreunstemme van die studenteraad deur die gange gelui: "Daisies! Astro toe!" Kort daarna het dit begin reën.

Ten spyte van die reën het die Daisies gedans dat die blare en stingels waai. Ons beoordelaars, vier van ons juffrouens, het vir hulle 'n punt uit 10 uit gegee en die syfer omhoog gehou. Die formaat was soos die van Strictly Come Dacing. Die vrugte wat die beoordelaars se oog gevang het, is na vore geroep om in die finale dansrondte deel te neem. Hier het die finaliste vir oulaas hulle vrugtedanspassies ten toon gestel.

Die Mphe di Hoenor-dansie het gou die kaf van die koring geskei en die wenners van elke afdeling is aangewys:
Miss Best Dressed: Gonsie (Jana Burger) as druiwe.
Miss Personality: Pluto (Sonia-Mari Krynauw) as 'n bloubessie.
Miss Tutti Frutti: Baksteen (Liane Coetzee) as 'n tamatie.

Die Miladies het met trots van oor tot oor geglimlag. Na 'n fotosessie is die laaste handjievol droë kolle onder sambrele gebruik om vrugte onder uit te pak en die feesmaal het begin. Daar was waatlemoen, spanspek, druiwe en pruime - als waaraan jy kon dink – en dit is opgeëet net voordat die klok vir die volgende periode gelui het. Ons bedank Babylonstoren vir die heerlike vrugte.

Ten einde het almal met rooi, waatlemoen-gevlekte gesigte, taai hande, vol magies en lewenslange herinneringe terug klas toe geloop. Die Daisies gaan dié dag beslis onthou en eendag die tradisies van hulle Miladies aan hulle Daisies oordra.

A Survival Guide: Grade 8 & 9

Larike Schmidt

If you think of high school, you think about new opportunities, terrifying exams and that one teacher that scares us all. If you're a fresh-faced Grade 8 or 9, you're probably feeling a mixture of excitement and existential dread, but don't worry - I've got your back. Here are some pieces of advice that can help you survive and thrive in this world of chaos.

- Stay Organised

High school means more assignments, projects and "surprise" tests that teachers swear they told you about. Get yourself a planner or use your Chromebook calendar. Keeping track of your assignments can save you from unnecessary stress and the mini panic attacks you get when someone mentions an assignment that you had no clue about.

- Develop Study Habits

Yes, studying is important, at the end of the day it is the reason why we are at school. No, rewatching your favorite show while highlighting random sentences in your textbooks does not count as studying. Find a method that works for you- flashcards, study groups, or bribing yourself with snacks. The key is consistency, and your future self will thank you when you remember what a mitochondrion is.

- Get involved

Join a club, a sports team, or something, anything really. Extra-curricular activities are a brilliant way to make friends, learn new skills and, let's be honest, to boost your CV. You never know when being part of the La Rochelle chess club might come in handy. Besides, keeping busy is the fastest way to make time pass, which is essential if all you can look forward to is the weekend.

- Choose the right people

In high school, and life, there are many things that are simply out of your control but what you can control is the friends you choose. You'll meet all kinds of people in high school. Some will be lifelong friends, and others... well, let's just say you won't miss them once you matriculate. So, surround yourself with people who make you laugh, support your goals, and won't leave you on read for three days.

- Take Care of your mental health

As anyone who has been in school at any point in their lives will tell you: High school can be stressful. However, caffeine is not the solution to all your problems. So, get some sleep, eat a vegetable now and then and talk to someone when you're feeling overwhelmed. Whether it is a teacher, friend, or your pet fish, don't bottle things up.

- Set Goals (Or at least have a vague plan)

Contrary to what every relative thinks, you don't need to know exactly what you are going to do the second you leave school. However, it is good to have a game plan, even if it's just "pass maths", it will keep you focused. Aim high but be realistic - becoming a billionaire by next term might be a stretch, break goals into small, manageable steps and celebrate the little wins.

- Learn from Mistakes

Spoiler alert: You are going to make mistakes, and you are going to mess up occasionally. You will bomb a test, call your teacher 'Tannie, Milady or Mamma', or accidentally walk into the wrong classroom. It happens and you can bet that everyone has also experienced it. The important part is learning from it, laughing it off and moving forward.

- Respect your teachers (They control your grades, after all)

You don't have to love every teacher, but showing basic respect goes a long way. Listen, ask questions, and try not to yawn too obviously in class. A good relationship with teachers can make your school experience so much smoother.

- Enjoy the Ride

High school is a rollercoaster, with ups and downs, sometimes thrilling, sometimes nauseating. But around every corner it is filled with amazing memories, friendships, and personal growth. Don't stress too much about being perfect. Have fun, be yourself and do your best not to fail Maths.

So, brave Grade 8s and 9s, take a deep breath and dive into this adventure of high school. You've got this!

'n Brief aan my Daisy

Kara Martins

Elke persoon stoei met die vlugtigheid van die lewe — die verganklikheid van dit wat lekker, goed en positief is.
Liefste Daisy, welkom in die hoërskool — een van daardie vlietende ervarings.

Skool hoef nie jou hele wêreld te wees nie, maar jy gaan jouself in die voet skiet as jy hierdie vyf jaar van jou lewe omwens. Die volgende jare het die potensiaal om die lekkerste jare van jou lewe te wees... as jy dit reeds vooraf besluit. Dit is so met alles in die lewe: 'n ervaring is net so lekker soos wat jy dit vir jouself maak.

Teen dié tyd het jy al besef dat dit baie maklik is om oorweldig te word in die groot skool. Die lewe stop vir niemand nie. Jy kan nie daarop staatmaak dat ander mense jou gedagtes lees en jou perke ken nie. Net jy sal weet wanneer om jou liggaam en jou kop 'n ruskans te gee. Luister na jou liggaam! 'n Mens kan jouself ook net só hard druk voordat jy uitbrand.

Jy sou ook al 'n hiërargie by die skool opgelet het. Die Larrie-leertjie. Onthou dat daar al hoe meer verantwoordelikheid gepaard gaan met elke trappie wat jy klim. Moenie grootkop raak wanneer jy dink dat die jy die bokant bereik het nie. Daar sal altyd nog 'n les wees om te leer. Die voorregte van 'n ouer leerder is lekker, maar ons almal is hier om mekaar te dien. Dít is die grootste uitbeelding van volwassenheid wat daar is.

Doen ALLES. Jy gaan eendag wil terugkyk op hierdie jare en jy gaan die lekker dinge wil onthou. Máák herinneringe. Moenie wag dat die lewe met jou gebeur nie. Gryp dit aan met beide hande.

Die laaste wenk om jou hoërskoolsukses te verseker, is om jouself met die regte mense te omring. Jy mag dalk nie na skool in kontak bly met jou hoërskoolvriende nie, maar hulle speel 'n baie groot rol in jou lewe vir die volgende vyf jaar. Hulle kan moontlik die koers van jou lewe bepaal.

Liewe Daisy, mag jy noukeurig wees in die besluite wat jy neem en mag jou lewe liefde, aanvaarding en respek weerspieël. Onthou: dit is 'n eer om 'n Larrie te wees. Maak jou Milady trots!

Beauty and the Beast

enchanted word search

I	A	O	S	N	C	O	L	E	T	T	E	U	O
I	I	M	E	M	S	S	N	L	L	B	P	M	E
L	P	T	S	A	E	B	U	W	A	E	S	A	E
B	I	M	B	E	T	T	E	S	A	L	A	G	T
L	G	R	P	W	L	W	G	T	L	L	E	I	G
B	B	S	L	O	T	T	I	A	O	E	L	C	C
A	T	P	U	L	O	E	I	N	S	L	A	T	O
L	H	O	M	W	U	S	P	O	G	T	H	C	G
L	T	T	E	N	T	M	R	T	W	W	O	G	S
R	L	T	T	P	C	H	I	P	T	O	I	N	W
O	E	S	T	T	T	U	M	E	L	L	I	M	O
O	M	T	E	E	S	L	O	E	R	V	T	C	R
M	O	S	B	V	I	L	L	A	G	E	P	L	T
A	S	A	O	T	L	O	T	O	S	S	M	O	H

Lumiere
Beast
Village
Gaston
Colette

Cogsworth
Bimbettes
Chip
Wing
Mrs Potts

Magic
Belle
Wolves
Ballroom
Plumette