

MEET THE CAST



Gabrielle Balie (Belle) &
Leon Snyman (Beast)

Preparations for the anticipated Beauty and the Beast Musical - an original LAR production, is amidst, and the halls are buzzing with excitement. From spontaneous dance moves to the occasional singing from a cast member, the cast is excited for long hours of practice and fun.

Take a walk in the castle and this is who you'll find:

Belle, a vibrant girl who wants "more than this provincial life" is played by Gabrielle Balie. Gabrielle loves dancing and singing and one weird fact about her she claims is, "When everyone is asleep, I go to the living room and sing karaoke out loud and dance around the room...in the dark." Gabrielle is always dancing through life; this is pretty fitting as her favourite musical is *Wicked*.

Why did you audition?

"I originally auditioned for Plumette and I felt a deep connection with Belle, so I auditioned for her as well. I kind of just felt like I knew Belle, you know?"

BEAUTY AND THE BEAST

BY LAMEES DULVIE

13 - 16 AUGUST 2025

Favourite rehearsal / Ms Nel moment?

"When I had to run with the wolves, and they told me I did it too 'princessy' and when Ms Nel showed Leon (Beast) how to roar and she did it perfectly!"

Beast, hot tempered and commanding is exactly who Leon Snyman is NOT. Leon enjoys working on his motorcycle and his favourite musical is *As jy sing*. He shares Beast's warm heart and prince-like characteristics and one weird fact about him is that he can move only his ears.

Why did you audition?

"I auditioned for Beast, because I wanted to try something new and experience new things, you know. And I wanted to meet new people."

Favourite rehearsal / Ms Nel moment?

"Definitely when I got to build a mega throne and bed out of chairs and when Ms Nel was showing me how to roar and did it so well!"

Cogsworth, head of the Beast's household is played by the equally hard-working Leigh Adams. Leigh loves to paint and although she does not have a favourite musical, she loves *Beauty and the Beast*.

Why did you audition?

"I really like drama, and I just wanted to help my friend audition for Belle. I read for Beast, and I still think my roar is better."

Favourite rehearsal / Ms Nel moment?

"When ma'am cried during our audition and when Leon made a throne out of 6 chairs."

Lumiere, a suave enchanted candelabra is played by Pieter Louw, who learnt his wit and charm from his favourite musical, *Grease*. Ironically, he played Danny Zuko in Boland Landbou's rendition of the production. In his off time, he enjoys riding his mountain bike.

Why did you audition?

"I wanted something to take my mind off school and mainly for the fun of it all. I actually auditioned for Gaston and ma'am suggested Lumiere."

Favourite rehearsal / Ms Nel funny moment?

"When Ms Nel was showing Lamees how to pop your hip out like Plumette and she moved Lamees away and demonstrated with me - that was funny."

Frolic through the village and you'll find:

The ultra-masculine, Gaston, is played by Hugo Smit. He enjoys playing guitar, piano and making music and is dedicated to his craft. So dedicated that he does great vocal impressions such as Kronk from Emperor's New Groove in his free time. His favourite musical is *Sound of Music*.

Why did you audition?

"I auditioned for Beast and since I did a musical in grade 9 and 11 I figured it would be fun to do one in my last year."

Favourite rehearsal / Ms Nel funny moment?

"The first time people reacted to me and Liam (Lefou) doing Gaston's song with the choreography and everything. The teachers loved it."

His right-hand man, on and off stage, Lefou is played by Liam Smit, who enjoys making music and one fun fact about him is that he can dislocate his shoulder on command, so don't go challenging him to a duel. His favourite musical is *Mamma Mia!*



HUGO & LIAM SMIT

Why did you audition?

"Because Hugo and I wanted to do one musical together and since he's in matric this year we thought, why not?"

Favourite rehearsal / Ms Nel funny moment?

"Honestly, any scene in the Tavern and probably our audition."

Collette, a feminist spin on the original Maurice, is Belle's loving and brave mother, played by Mekayla Griffiths. Mekayla shares Collette's curious mind and passion. With her love for making music, the arts and *Hamilton*, the musical, Mekayla values theatre dearly. A fun fact about Mekayla is that she is deathly afraid of birds.

Why did you audition?

"I originally auditioned for Collette because I heard she doesn't sing, and she is the whole reason Belle exists so basically I'm the main character."

Favourite rehearsal / Ms Nel funny moment?

"When we're not busy with a scene, but we still stay in character. Oh, and when Ms Nel breaks into song... wow".



LEIGH ADAMS, LAMEES DULVIE, PIETER LOUW, CLAIRE LE ROUX & MIKAYLA GRIFFITS

Now this character may seem foreign, but you have seen her running around before or better yet galloping. Juliette, a rendition of the noble steed Philippe, is Belle's aunt and Collette's best friend. She is played by Claire le Roux, who enjoys playing hockey and singing to her heart's content. Her favourite musical is *Hamilton* and one strange fact about Claire is that she was born with blonde hair.

Why did you audition?

"I was in *Dirty Dancing* the musical in 2023, and I really wanted to be part of something like that again."

Favourite rehearsal / Ms Nel funny moment? "The very first one when I couldn't stop laughing with Mekayla and there was just such a positive atmosphere in the hall. Favourite Ms Nel moment is definitely when ma'am said 'nie so erg nie' when the villagers were being too dramatic in the Tavern."

Want to know more about the enchanted objects and hear the Bimbettes squeal over Gaston? Keep an eye on the school's social media pages as well as the notice boards around school. Exciting things are coming so watch the space!

EXCLUSIVE BEHIND THE SCENES FOOTAGE FROM THE REHEARSAL OF



THE ULTIMATE LARRIE WINTER SURVIVAL GUIDE

As anyone who has spent time outside will tell you: it's not warming up anytime soon. To (hopefully) save all your limbs, here is your essential guide to surviving the cold in style.

1. Rain jackets

Oversized, weather-proof jackets are the unsung heroes of winter—perfect for layering and keeping out wind and moisture. This may only be worn when it is raining.

2. Blankets

In my opinion, it is the ultimate survival tool. Soft, warm, and comforting — never underestimate their power. Make sure you have the correct navy colour.

ANZELLE VAN DER VYVER

3. Scarves

A great Larrie-scarf is a winter wardrobe staple. Stylish, practical, and an instant upgrade to your winter uniform.

4. Cozy cardigans

Soft, warm, and timeless — ideal for layering over your school shirt. Paired with a scarf, it's chef's kiss perfect.

5. Larrie gumboots

Keep your feet dry and toasty. Practical yet stylish, they are a non-negotiable for winter comfort.

Everything mentioned here is available now at the Larrie Boutique.

SOOS 'N VERSKIETENDE STER SKITTER DIE AAND VAN MEJ LA ROCHELLE

TIMIA WILLIAMS EN PAMELA ROUX



M E J . L A R O C H E L L E V E R V O L G



Mejuffrou La Rochelle 2025 het op 15 Mei in die En Avant-sentrum plaasgevind, waar seremoniemeesters Lamees Dulvie (gr. 12) en Hayden Arendse (gr. 11) die La Rochelle-gemeenskap hartlik verwelkom het. Vanjaar se tema was Metamorfose en die 12 finaliste het beslis elkeen die tema uitgeleef en het ook hul eie vlinder-oomblikke op die verhoog gehad.

Die geleentheid het afgeskop met die Klein Larries se sprankelende "skoenlapper"-optrede as simboliek vir die begin van 'n metamorfose-siklus. Dit het gelei tot 'n magiese oomblik toe die 12 finaliste hul wit vlerke met skitterende liggies oopgesprei het. Die tema Metamorfose is verdeel in drie kategorieë: "Becoming", "Emerging" en "Bloom" – waar elkeen van hierdie kategorieë 'n aspek van die finaliste se persoonlikhede verteenwoordig het.

Die dames het uit die skadu's van die verhoog getree terwyl 'n stemopname waarin hulle hul persoonlike metamorfose gedeel het, speel. Elkeen het van 'n fase van groei in hulle lewens vertel terwyl hulle oor die verhoog gestap het. Na talle vinnige onderhoude met kykers soos mevrou Smit, meneer Beneke, Larrie-studente en -mamas, is die aand opgesom as "elektries", "innoverend" en "besonders". Volgens die gehoor was dit duidelik dat daar baie goeie beplanning en moeite aan dié spesiale aand gev verg is. Juffrou Blommetjies, Maree en Muller – baie dankie en wel gedaan!

Ons is ook dankbaar vir die beoordelaarspaneel wat elkeen hul eie kundigheid en insig gebruik het om die finaliste te beoordeel. Dit moes beslis 'n moeilike keuse wees om wenners tussen al die glans-deelnemers te kies. Hierdie paneel het bestaan uit Mila Guy, Alicia Buckle, Cilmie Genis, Melanie du Bois en Michael Muller. Die Mej. La Rochelle-kroon is vanjaar aan Aninka Müller (gr. 12) toegeken.

Aninka het vir hierdie geleentheid ingeskryf met geen verwagting om die kroon te wen nie. Sy het deelgeneem omdat sy 'n positiewe en betekenisvolle herinnering van haar hoërskoolloopbaan wou hê, maar ook om haarself uit te daag deur buite haar gemaksone te wees.

Volgens Aninka was haar grootste uitdaging om haar sportrooster met haar Mej. La Rochelle-skedule te balanseer. Al was dit nie maklik nie, het sy deurgedruk met die ondersteuning van haar vriende en deur haarself te herinner waarom sy deel van die kompetisie wou wees.

Sy het geleer dat sy meer aanpasbaar is as wat sy gedink het. Sy hetveral tydens die fotosessie ver buite haar gemaksone beweeg en haar selfvertroue beproef. Dit het vir haar 'n nuwe perspektief oor ware selfvertroue in verskillende situasies gegee.

Aninka het haar metamorfose ervaar toe sy vanjaar op 26 Januarie in 'n ernstige fietsryongeluk was wat haar geheue aangetas het en akademiese take beïnvloed het. Hierdie ervaring het haar persoonlik laat groei en 'n gevoel van veerkrachtigheid in haar versterk.

Omdat Aninka nie met die verwagting ingeskryf het om die kroon te wen nie, was sy propvol verskillende emosies toe sy hár naam gehoor het. Daarom het die kroon vir haar suiwer geluk en vreugde gebring, en nie 'n gevoel van verligting as gevolg van verwagtinge nie.

'n Paar wyse woorde van Aninka was: "Die beste uitslae kom dikwels wanneer jy op die reis fokus en nie net op die resultaat nie." Sy sê ook: "Eendag gaan alles waardeur jy nou gaan net 'n herinnering wees, so neem dit alles in. Omhels elke oomblik – die hoogtepunte én die laagtepunte – en probeer om die reis te geniet. Moenie deur dit jaag of te veel bekommern oor perfeksie nie. Jy is besig om te groei, te leer en elke tree op die pad vorm jou totdat jy sterker is." En onthou: daar is 'n groter plan vir jou. Selfs in moeilike tye, al voel dit nie so nie, is daar 'n rede vir alles wat oor jou pad kom. Moet nooit 'n geleentheid verby jou laat glip nie."

M E J. LA ROCHELLE GALA AAND FOTO'S



ALL FOR THE GIRLS IN YELLOW AND BLUE



As the winter season looms over our heads, only one thing keeps the cold air from freezing our gees: the netball season. We kicked off the season with outstanding wins at both the Waterkloof and Fair Cape tournament. But none of those compares to the astounding triumph against Paarl Gymnasium.

Paarl Gymnasium is a school that absolutely dominates whatever court they step on. With countless victories under their belt, Gim is without a doubt a force to be reckoned with.

But, regardless of how successful they are, our ladies in blue in yellow never back down from a challenge.

On April 16, our first team took on one of Paarl's best netball schools. The tension in the air was amicable as the crowd buzzed with excitement, eager to see which team would prevail.

BY LEIGH ADAMS

The final score:

| LRHS | GOAL | BLU |
|---------|---|----------|
| 00:00 | GIM 25-29 | LRHS |
| 4TH QTR | NETBALL: U19A PAA RL GYMNASIUM VS U19A LA ROCHELLE HS | Car Rent |

The two teams were neck and neck, scoring goals one after another. As the seconds ticked on, the game became more heated. Girls were shoved and umpires were running amuck. When the final whistle blew, it was as if time had come to a stop. La Rochelle had won—we were victorious.

"I can still hear the Larries cheering them on" said one of the supporters, "those girls have raw talent, and they really gave it their all." The 16th of April marked not just a day of another victory, but it marked the day of Larrie pride and excellence. We are so proud of our ladies in yellow and blue!

STRY, MAAR MAAK DIT “DEMURE”

ANYA VAN JAARSVELD

Hou jy van stry? Hou jy van altyd reg wees? Sukkel jy dalk met jou vrees vir mondelinge of het jy dalk net nie die regte vaardighede om goeie navorsing vir 'n navorsingsprojek te doen nie? Wil jy jou Afrikaans verbeter en dalk leer hoe om 'n bietjie meer oopkop te wees oor ander mense se menings? Dan is Afrikaanse debat in kamer 42 die plek vir jou!

Kom ons wees eerlik. Mondeling praat is nie vir bangbroeke nie. Ons het almal al daardie vrees ervaar. Die juffrou roep jou na vore, jou palms sweet van die stres en jou hande begin bewe soos jy jou sleutelkaartjies vashou. Die angs is net te veel en jou keel trek toe.

Dit is baie belangrik om die vaardigheid van mondelinge praat behoorlik onder die knie te kry, omdat dit iets is wat jy jou hele lewe gaan gebruik. Dalk moet jy eendag 'n toespraak by 'n troue of jou werk lewer. Praat, sal jy moet praat! Daarom is dit 'n belangrike vaardigheid om nou al te leer vir wanneer jy ouer is.

Debat sal jou help om nie net jou mondelinge vaardighede te ontwikkel en te verbeter nie, maar dit sal jou ook help om meer selfvertroue te bou. Het jou geskiedenissonnie alweer vir jou 'n navorsingstaak gegee? Sukkel jy nog met jou navorsingsprojekte of om net navorsing oor die algemeen te doen? Elke keer as jou juffrou vir jou 'n nuwe navorsingstaak gee, breuk 'n stukkie van jou hart, want jy weet jy gaan vir die volgende paar weke daarmee sukkel.



Al die navorsing is net te veel en jy weet nie eers waar om te begin nie. By debat moet jy voorbereide toesprake skryf en jou eie navorsing en BAIE bronre vind om die argumente in jou toespraak te staaf. Daardie selfde vaardighede wat jy by debat geleer het, kan jy gebruik om jou navorsing vir skoolprojekte so vinnig en effektiel as moontlik te doen. Lateraan kan jy maklik tussen betroubare bronre en fopnuus onderskei.

Is jy die tipe mens wat sukkel om oopkop te bly in situasies waar jy eintlik altwee kante van die scenario moet sien? Debat wys vir jou om na die ander kant van die argument te kyk – selfs al stem jy nie altyd daarmee saam nie. Dit laat jou ook toe om te bewys dat jou kant van die argument en standpunt die beste een is. Dit is tog belangrik om jouself in iemand anders se skoene kan plaas.

Sukkel jy met Afrikaans? Wil jy jou Afrikaans verbeter en aan jou juffrou bewys dat jou woordeskata groter is as net dit wat jy in die laerskool geleer het? Stry jy gereeld met jou broers en sisters, niggies en nefies? Debat help jou om jou argumente te verbeter en nie bloot jou stem te verhef nie. Nou kan jy elke keer die debat aan die etenstafel wen en die vloer vee met almal waarmee jy stry – ek bedoel... debatteer.

Daar is verskeie opsies om van te kies as jy deel van debat wil word. Jy kan inskryf vir onvoorbereide - of voorbereide debatkompotisies, of as jy nog eers die kat uit die boom wil kyk, kan jy bloot die debatoefenprogram dophou en 'n informele oefendebat, oftewel "Debat Derby" bywoon wat Woensdae in kamer 42 van 14:20-15:30 plaasvind.

Almal is welkom by hierdie oefeninge en daar word nuwe, aktuele onderwerp gedebatteer. Sluit by die debat-Teams aan (kontak vir juf. E. Fick om toegang te kry) om die onderwerp-vir-die-week vooraf te kan sien.

Kom debat toe en sien die lig! Dit kan nooit seermaak om te probeer nie en soos die Afrikaanse spreekwoord lui: "Probeer is die beste geweer".

WINTER TROOSKOSSE

RILEY LEEUWNER

Wanneer die temperature daal en ons al hoe meer lae onder ons uniforms begin aantrek, is daar net een ding in ons gedagtes: tuisgemaakte kos. By La Rochelle bestaan winter uit yskoue oggende, vriesende hokkie- en netbalbane en reën wat sy pad deur elke gaping vind... selfs binne-in jou reënstewels. Maar as daar een ding is wat alles beter laat voel, is dit 'n tuisgemaakte ete - al is dit net 'n kaastoebroodjie van die snoepie of 'n koppie Milo.

Dit is die warm, bekende kos wat jou veilig, gelukkig en dalk selfs 'n bietjie nostalgie laat voel. Vir Larries wat met klasse, sport en al die kultuuraktiwiteite moet byhou, kan daardie disse 'n bietjie ontsnapping uit die koue en chaos bring.

Trooskos gaan nie oor duur bestanddele of die perfekte aanbieding nie. Dit is die warm, bekende geregte wat jou veilig, gelukkig en tevrede laat voel; soos 'n drukkie van binne af. Hierdie kosse herinner ons aan die huis, help ons deur lang dae en bring ons bymekaar tydens koue aande agter ons boeke of na studie.

Of dit nou iets suur, soet of propvol stysel is, wintertrooskos gee vir ons die energie om vroeë oggende te oorleef wanneer jy sukkel om die dag te begin, of lewe terug in jou vingers wil kry na 'n baie koue draf sessie. Dit is egter nie net 'n fisiese ervaring nie, maar ook emosioneel. As jy 'n koshuiskind, ver van die huis af is en jou ma se kos mis, kan die regte dis 'n vloed van herinneringe oproep.

Vra enige meisie in die koshuis wat haar deur die winter kry en die antwoorde kom vinnig met 'n duidelike voorloper: daar is niks meer vertroostend en bekend as 'n pakkie Two-Minute Noodles nie. As jy regtig luuks wil wees, sal die byvoeging van 'n bietjie mayonnaise dit na 'n Michelin-ster maaltyd verander.

As jy moeg vir dieselfde ou dis is, (mash en pork bangers), is hier 'n paar nuwe idees:

- Omelet in 'n beker: kombineer eiers, 'n paar groentestukkies en kaas. Maak dit gaar in die mikrogolf vir 'n vinnige en maklike begin vir 'n stadigeoggend.
- Gelaaiide nachos: 'n eenvoudige, klassieke dis. Kry jou gunsteling-Doritos, laai dit lekker met avokadopeer, kaas en tamatie en sit dit in die mikrogolfoond vir slegs 45 sekondes. Hierdie is 'n smaaklike bederf na 'n lang en uitputtende Wiskunde-les.
- Smores in 'n beker: Dié vinnige resep is vir al die soettande. Plaas die Mariebeskuitjies onder in jou beker en bou 'n lekker vrygewigteoring van sjokolade en malvalekkers bo-op. Na 1 minuut in die mikrogolf, word jy herinner aan die warm gevoel by 'n braai omring deur jou vriende.

Trooskos in die winter beteken meer as om net vol te wees. Soms is dit nie wat jy eet nie, maar met wie jy dit eet. Laataand-happies te midde eksamenstres, gedeelde Milo vir 'n hartgeselskap, of naweek baksessies vir 'n vriendin se verjaarsdag met bestanddele van die huis — kos word deel van ons stories.

Die winter kan koue winde en swaar baadjies bring, maar dit bring ook warm maaltye, gedeelde oomblikke en vol harte. Of dit nou 'n bredie is wat van die huis af gestuur word, of Two-Minute Noodles wat opgekikker word met allerhande byvoegings, trooskos help ons om die seisoen te oorleef en dit selfs te geniet.

Op die ou end is dit nie net kos nie. Dit is vriendskap, herinneringe en warmte — alles in een hap.



THE LAW SOCIETY



BY JEMMA SCHUTTE

This year, La Rochelle Girls' High School welcomes an exciting new addition to its extracurricular offerings: the Law Society. A space for students to explore the complexities of justice, legal systems, and ethical debate, the Law Society opens the door to a world where curiosity meets critical thinking.

The idea to start the club came from a deep-rooted passion for law and the desire to create something meaningful—something that would set our students apart. Law isn't just about rules; it's about how society functions, how we uphold justice, and how we navigate the grey areas of right and wrong. I wanted to provide a space where students could challenge ideas, debate perspectives, and engage with real legal and philosophical dilemmas.

The Law Society meets twice per term, with sessions announced via our official WhatsApp group. Interested students can join by scanning the QR code posted in Room 1, where all sessions are held.

What makes the Law Society unique is its openness: it's for everyone—whether you dream of becoming a lawyer, or you simply enjoy exploring big questions and defending what you believe is right.

In our very first session, we dove straight into one of the most controversial legal and ethical cases ever debated in academic circles—the Harvard case of the shipwrecked sailors. The case, centered around survival at the cost of human life, led us into a thought-provoking conversation about morality: is it subjective? If so, can justice ever be truly objective? And if morality is uncertain, what does that mean for the law itself?

We also laid the foundation for future sessions by examining the core question: What is law? What followed was an intellectually rich and open-minded discussion, demonstrating just how complex—and relevant—the legal world really is.

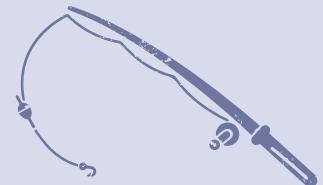
Looking ahead, the Law Society plans to host mock trials, welcome guest speakers from the legal profession, and possibly compete in interschool debates and competitions. But above all, the aim is to cultivate critical thinking, articulate expression, and the courage to question what's right, what's legal—and what the difference might be.

On Thursday the 8th of April , the Law Society welcomed an esteemed lawyer , Michelle Corbett from Van Wyk Van Heerden Attorneys Paarl to speak about her legal journey , advice on expectations versus the reality of law and advise job opportunities and their education journey onward .

The skills we develop in the Law Society go far beyond the courtroom. Whether you choose to pursue a legal career or enter any other professional field, the ability to reason, argue, and analyse will serve you for life.

If you're passionate about justice, curious about the legal world, or simply love a good debate, the Law Society is the perfect place to start. Every voice matters and here, we're learning how to use ours.

ONE TEAM, MANY TALENTS: CELEBRATING OUTDOOR SPORTS AT LAR



BY MAGGIE KRITZINGER

At the beginning of this year, La Rochelle Girls' High School introduced its brand-new Outdoor Sports Committee—an exciting initiative created to recognise and celebrate all outdoor sports and the learners who dedicate themselves to them.

For too long, many students who train and compete in sports outside of school haven't had a space where their efforts were truly acknowledged. That changes now.

Whether you take part in underwater hockey, tug of war, shooting, fishing, karate, cricket, or any other outdoor sport—you matter, and your dedication deserves to be seen.

This committee is about more than just sport—it's about diversity, recognition, and building a supportive community. Our school is filled with students who train in unique and exciting ways, and it's time that we give the recognition they deserve. Every sport, no matter how well-known, takes passion, time, and hard work—and that effort should be celebrated.

The committee is proudly led by Chairperson Ilze Munnik and Melissa Rossouw as Vice-Chairperson, two learners who are passionate about bringing people together and making sure no one is left out.

If you participate in an outdoor sport, this is your chance to be seen, heard, and appreciated. Join the Outdoor Sports Committee today and be part of something that truly values who you are and what you do.

| | | | |
|------------------------|---------------------|---------------------|--------------------|
| 32 72.61 | 28 58.69 | 92 238.03 | 16 32.07 |
| Ge Germanium | Ni Nickel | U Uranium | S Sulfur |

In a world full of princesses, be a lab QUEEN!

We are excited to announce that we are reintroducing the science club to La Rochelle. It will be bigger and better than ever. We plan to have fun, learn new things and best of all: to do thousands of experiments that you can't do in class.

Each week we will come together at 14:30 -15:30 to enjoy an environment full of girls eager to experiment and have fun with science. Science is like baking, you just don't lick the spoon.

Here is our committee and the reason why they do science:

Chairlady: Zarah van Zyl
"Science is like magic"

BY ESTHER OOSTHUIZEN AND ZARAH VAN ZYL

Vice chairlady: Kirsten Gerber

"Science club is a place where overthinking is encouraged."

Treasurer: Riley Leeuwner

"Where exploding things is acceptable."

Three creative directors:

Esther Oosthuizen

"Science club is where reality makes more sense."

Alexia Koch

"Where playing with fire is allowed."

Katie McGurk

"It's a place where my curiosity is satisfied."

We cannot wait to see you in the Lab (Room 28). As a team we plan on making every moment an experience and to enjoy science to its fullest potential energy.

In honour of Marie Curie, we leave you with this, "Be less curious about people and more curious about ideas."

R U S R E G

DEUR KARA MARTINS

"Skool is uitputtend."

Sê dit vir enige volwassenes en hulle sal met jou stry. Hulle sal vir jou vertel dat jou hoërskooldae jou mees sorgvrye tye moet wees.

Wel, tye verander.

Dit is nie 'n geheim dat die lewe van volwassenes en kinders beide al hoe meer gejaag en stresvol word nie. Dit is die prys wat ons betaal vir 'n vinnig-ontwikkelende, prestasie-gedrewe samelewning en dit is die realiteit waarmee elkeen van ons sit. Kompetisie. Druk. Stres.

Dit is bitter belangrik om, in 'n wêreld wat net besig is om te versnel, te leer hoe om intensioneel en effektief te rus. Ons moet onself soms tot stilstand dwing en 'n oomblik aan self-refleksie bestee om ons eie welstand te assesseer.

Die skoolkwartaal verg baie van 'n mens. Meeste van ons maak dit net-net tot by daardie laaste periode vóór die eksamen begin. Verder maak ons staat op kafeïne om ons deur eksamen en toetsreekse te dra. Daarom is dit in jou beste belang om korrek, oftewel effektief, tydens vakansies te rus. Sonder 'n tydperk van rus en herstel tussen kwartale, gaan jy sonder twyfel uitbrand.

Vóór jy begin vakansie hou, moet jy eers al jou laaste skooltakies afhandel. Dit is onaangenaam om 'n nuwe kwartaal met enige uitstaande take en onvoltooide opsommings aan te pak — of nóg erger: om jouself tydens die vakansie met skoolwerk op te saal.

Gebruik die eerste paar dae van die vakansie om jou liggaaam kans te gee om te herstel. Vul hierdie paar dae met baie slaap, ligte oefening (stap) en ontspanningsaktiwiteite (lees of teken).

Ontspanningsaktiwiteite soos om televisie te kyk is nie hééltemal ontoelaatbaar nie, maar oor 'n vakansie het jy al die tyd in die wêreld tot jou beskikking. Wend dit strategies aan. Hou jou besig met aktiwiteite soos lees, verf en bak, dinge wat jou brein stimuleer en sekere vaardighede ontwikkel. Die beste manier om jou liggaaam 'n kans te gee om te herstel, is 'n balans tussen slaap, sosiaal verkeer en produktief wees — die drie belangrikste dinge wat jou battery kan herlaai.

Nadat jy ontslae van die kwartaal se moegheid geraak het, kan jy aan jou vakansie begin beplan. Tref reëlings vir uitstappies saam met jou gesin en reël wanneer jy jou vriende wil sien. Nou het jy tyd vir al die mense waarmee jy heeltemal te min tyd gedurende die skoolkwartaal spandeer het.

Op die ou end moet jy dinge doen wat jy geniet en wat jou laat ontspan. Maak seker dat jou vakansie-roetine gebalanceerd genoeg is dat jy stadig maar seker jou batterye laai en slaggereed vir die begin van die nuwe kwartaal is.



FROM CLASSROOM TO CHARACTER

BY KIRSTEN GERBER

"Women, like men, must be educated with a view to action, or their studies cannot be called education." - Harriet Martineau

Attending an all girls school like La Rochelle is a privilege and an experience shared by only a few. Beyond the academic and social advantages, it plays a significant role in shaping the perceptions and opinions of the young women who experience it.

Beyond academics and social opportunities, an all girls school offers a space where young women can truly thrive—both in and out of the classroom. These environments are designed to empower and encourage students to grow, to take risks, and challenge limiting gender-stereotypes. In single-sex schools, girls often discover their potential by taking on leadership roles and ignoring traditional expectations.

They are given the freedom to explore their interests without the pressure of adhering to what society says they "should" do as women. Since 1860, La Rochelle girls have pursued careers traditionally considered 'male-dominated', showing that when gender expectations are removed, there's no limit to what women can accomplish

In an all girls school, supportive relationships are formed through trust, collaboration, and empathy. With a strong sense of self (identity) and no pressure to compare themselves to boys, girls develop confidence and self-worth, growth that stays with them throughout their lives.

And as I write my name,
claiming my piece —
I feel fortunate because,
"For most of history, Anonymous
was a woman." - Virginia Wolf

Eager to hear firsthand how La Rochelle has impacted her students, current learners were asked to answer the question: "How has attending an all girls school influenced your personal growth or perspective as a woman?" Their responses offer a deeper understanding of how La Rochelle has influenced their personal and professional journeys.

Many shared that an all girls school didn't change their personality—it helped them discover parts of themselves they hadn't yet explored and gave them the freedom to grow without judgement. They unlocked qualities they were too afraid to showcase to the world. Even with different goals they walk together. Their focus being only on their goals, with fewer distractions and less XY chromosomes.

Freed from the pressure of external eyes watching through an invisible screen, they found the courage to explore who they were—unfiltered and unapologetically. "We are being taught that our opinions are valid and that we don't have to make ourselves smaller or be subservient in the company of others." They can grow taller and older—but more importantly, they can grow emotionally, learning to think not to satisfy others, but for themselves.

Imagine this: Different yet like-minded characters fill the halls and laughter bounces off the windows. Women are cared for and encouraged. They can speak up even when their voice trembles. They can learn to shout when they feel like whispering. Resilience flows through their veins.