

2026

ROB

RAVAR

Junie
Uitgawe 2

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THE BRAIN ^{IS CAN}

The Arena-View

THE QUAD SCANNER

THE STUDIO-SIGNAL

the heartbeat





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COMMAND CENTRE



Beste Robbies

Ons sê weer eens baie geluk aan die Robbies wat hierdie kwartaal so mooi gewerk het op hul lewenspad met die maak van goeie en regte keuses. Dis nie altyd maklik nie.

Ook baie dankie aan al die ouers wat ons ondersteun in die waarde-opvoeding van hul kinders. Om die gevolg van aanspreeklikheid te dra, is 'n baie mooi eienskap, wat een van ons kernwaardes is.

Robbiegroete,
Mnr. Oberholzer, Hoof

From the office

Dear Robbies

What an incredible term it has been! You have worked hard, written your exams, and the holidays are almost here — Friday cannot come soon enough. You have earned every moment of the break ahead, so enjoy it to the fullest. Before you go, a few things from your Governing Body.

You may have noticed the new water stations on the school grounds. These provide clean, cold, filtered water completely free of charge. Simply bring your bottle and fill up whenever you need to. We want every Robbie healthy and hydrated every single day.

Have you walked past teacher Lila's class lately? Take a look at what the Social Assistance Committee is all about — it is well worth a visit.

And finally, I understand the pressure of studying — I am 50 years old and still studying. Remember that we are all students for life, as we never stop learning, and that is something to be proud of. Enjoy your holidays and come back ready to shine in your orange. ❤️

Mrs. L Luneburg, SGB Chairperson



'n Nota van die Beheerliggaam

Hey Robbies!

As we navigated through the heart of the second term, I found myself looking around our school with a renewed sense of pride. The atmosphere was electric — a blend of focused study, bustling extracurriculars, and the quiet camaraderie that made our school community so unique.

From the view of the Rob Radar desk, this term felt like a crescendo. Whether it was the intensity of the latest sporting fixtures, the creativity that spilled out from the stage, or the rigorous academic debates that echoed in our classrooms, you all contributed to a vibrant narrative. It was my privilege as your editor to document these moments, but I remind you: you are the authors of the story.

This term asked a lot of us — it demanded endurance and consistency. My advice to you for the terms to come: keep your eyes on the horizon. I hope you won't let the busyness of the schedule obscure the small victories you achieve each day. Whether it is mastering a difficult concept or supporting a friend in need, every action counts toward the culture we are building together.

Stay curious, stay involved, and keep sharing your stories with us.
Onwards and upwards

Mrs. Bekker, Editor-in-Chief

Behind the Scan



ENGINE



ROOM





ACADEMIC

THE BRAIN-SCAN



Afia Islam

The High-Frequency Study Guide

Do you think you can survive this apocalypse?

Exam time... The only time you cheat on your bed with your books. Everyone knows that feeling! The whole year you did warra warra fish paste, but when exam season starts everyone's books are their life support. Seriously... Why do we do this?!

Let's be honest, our study habits need some polishing so allow me to guide you through the nooks and crannies on how the toppers of our school, guide themselves through the maze of triumph and prosperity.

Die studiewenke is verkry vanaf WERKLIKE mense wat hierdie wenke en truiks self gebruik. Hierdie sluit in:

- Aman Anish - Gr. 10 - Position 10
- Chanté Bierman - Gr. 12 - Position 6
- Abigail Crawford - Gr. 12 - Position 8
- Gift Glass - Gr. 10 - Position 1
- Afifa Islam - Gr. 10 - Position 9
- Saveri Kadampanalmana - Gr. 12 - Position 5
- Eleena Mathew - Gr. 12 - Position 2
- Nora Nixon - Gr. 9 - Position 1
- Safa Patel - Gr. 10 - Position 2
- Letago Polokwane - Gr. 12 - Position 10
- Kareen Pulikkal - Gr. 12 - Position 3

The most commonly asked questions for the toppers:

Do they study everyday?

And the answer is... Drum roll, please...

No! Not every one of them studies everyday. As a matter of fact, a whopping 54% of the scholars do not marinate in their books daily. While others either study everyday or make time to study or understand the content for most days.

Hoeveel uur slaap hulle?

Al klink dit dalk na 'n simpel vraag, slaap die meerderheid van hulle sowat (moenie nou lag nie) ses tot sewe uur. Dit bewys 'n deurslaggewende punt oor hoe ons brein en liggaam rus nodig het om te funksioneer; anders gaan jy in die eksamenlokaal "soos 'n zombie" optree (soos een van die leerders dit gestel het).

What are their study routines like?

Most learners think that toppers have this secret recipe for success which they brew up for every test when in reality, majority of them just wing it. Their priority is to try and complete their task ASAP.

- Make notes that you understand
- Read through the material while asking yourself questions about the material
- Do practise problems and test your knowledge
- Set a goal and start with a clear plan of what you're about to learn
- Teaching and helping others understand
- Cue cards
- Learn out aloud

Hoe kalmte hulle hul senuwees?

Een van die deurslaggewende punte om goed te vaar in assesserings is om kalm en in beheer te bly. Dit maak dit nie net makliker om te onthou wat jy geleer het nie, maar dit help ook om te verhoed dat jy oorweldig voel.

Die algemeenste maniere is om te bid en om te onthou om asem te haal. Onthou dat jy jou bes gedoen het om voor te berei, en fokus op wat jy geleer het in plaas van op die dinge wat jou selfvertroue ondermyn.

What is their secret to juggling the whole world?

- Pray
- Prioritising
- Breaking up big tasks
- Setting realistic goals and routines
- Studying before doing other activities
- Starting tasks as soon that they're made aware of them

Key things that everyone SHOULD do:

- Start early
- Study in areas where you're able to concentrate and not get distracted
- Practise active recall
- Do past papers
- Browse the web for extra resources
- Understand the topic before doing practise papers
- Pictures from Pinterest (all)



ACADEMIC THE BRAIN-SCAN

THE UNSPOKEN LIBRARY



Xolile Mokoena

BLESSED IS HE THAT READETH, AND THEY THAT
HEAR THE WORDS OF THIS PROPHECY, AND
KEEP THOSE THINGS WHICH ARE WRITTEN
THERE IN: FOR THE TIME IS AT HAND.

Everyone's "busy". Funny how the busiest part is never putting the phone down. We have made it a habit among the youth to live performative lives, entertaining the public and creating an illusion of perfection when in truth we are simply drowning in notifications and calling it a full schedule.

Die meerderheid mense is tevrede daarmee om hulself stadig uit te wis deur nog net een minuut lank te 'doom scroll' en hul lewens te verkwis. In werklikheid maak ons net tyd vir dit waarvoor ons tyd wil maak. Lees is die sleutel om duisend lewens gelyktydig te leef. Dit laat jou toe om in die onbekende in te vaar, die lewe in 'n nuwe lig te sien en nuwe ervarings op te doen, bloot deur 'n bladsy om te blaai.

It is feeling understood and finding a voice that speaks what your own couldn't. Stepping into a new narrative, letting the world and its burdens fade around you and finding a unique sense of peace and belonging in the quiet spaces between each line.

THE SILENT BOOK CLUB exists for this exact purpose. A moment where a fictional voice mirrors your thoughts more clearly than the world beyond the pages. Where, for a few moments, life beyond these walls doesn't exist and the only reality that matters is the one that rests in your hands.

Dit inspireer leerders deur kognitiewe stamina te bou en die diep fokus te openbaar wat skerms dikwels verbreek. Dit is 'n toevlugsoord waar druk verdwyn en selfversorging beoefen word. Dit is 'n geleentheid om eienaarskap van jou eie geletterdheid te neem.

The idea originated from a platform that featured the EXCLUSIVE BOOK STORE hosting their very own Silent Book Club and handing out vouchers in order to promote sales and encourage individuals to lose themselves in one of the pages in the book of the readers' choice. Instead of following traditional norms of each member having to purchase the same book and dissecting it, each learner is given the freedom of selecting a book of their choice without judgement and reading it at their own pace. When this vision was addressed to Senior Management, it was highly acknowledged and wholeheartedly approved instantaneously and is currently underway once a month on a Monday.

Unfortunately, approximately less than 20 students attend this event. Statistically less than 2,5% of learners currently in the school partake in only an hour of reading their chosen story. It takes only a short amount of time to challenge our minds. It is our duty to take our brains into our own hands and strive to be better in every way possible. It is important to be mentally productive and keep our brains active in order to function properly, both physically and psychologically, especially as learners. It is sad to observe the literacy rates within our very own country drop tremendously every year, it presents the undeniable fact that the SILENT BOOK CLUB is not only a want but an urgent need.

Books such as Hunger Games, Maze Runner, The House Maiden, The Breadwinner, The Crooked Kingdom, The Night Circus, The Bell Jar, Lighthousekeeping, The Little Prince, A Monster Calls, Fahrenheit 451, The Curious Incident of the Dog in the Night-Time, Sylvia Plath, Loveless, If we were Villains and The Song of Achillies are examples of book genres that the Silent Book Club is exposed to and with your help we can raise it to even more.

Op die ou end is dit inklusief, waar ons boekliefhebbers (en nie-boekliefhebbers) - van die eerstespan-atlete tot die stil introverte - 'n gevoel van tuis-koms kan vind op plekke wat hulle dit nooit kon voel nie. Selfs op die rustigste plekke.

I urge learners to take this opportunity to rediscover themselves from another person's perspective, practise their freedom and thrive in a completely new environment detached from their own. Get out of your comfort zone and face new and unexpected challenges. You may even find the passion to write one YOURSELF. But it all starts within the foundation of our very own school and our very own book club. For the betterment of Rob Ferriera, for the betterment of South Africa and most importantly, for yourself.

Lab Reports: The Most “Flavourful” Lessons

Where hunger meets its demise!

Let's be honest... EVERYONE loves the Consumer Studies class, especially when you're in class while they're doing practical.

You're currently in maths, struggling to find 'x' when the smell of freshly made food hits your nose.

“Mmm. Ek wonder wat hulle vandag maak? Dit moet lekker wees om gedurende skooltyd te bak. Meng net 'n klomp bestanddele, gooi dit in die oond en voila. Klaar.”

But do you really know what happens behind all the pots and pans? From cost calculations to learning the function of cream of tartar, there is more than just cooking that goes on. Het jy al ooit gewonder of jy op 'n leë maag kan leer? Verbruikersleerders doen dit deur klein eksperimente te probeer.

Whether it's sinking their teeth into soft Chelsea buns that melt and tug at the heart, or steaming hot stew on a chilly autumn morning—they are true examples of active learning. Let's think of the cheesy lasagna by the marvellous matrices, with a meat sauce that makes you drool and a cheese pull as long as the Great Wall of China. Die romerige, sjokolade-geglasuurde roompoffertjies van die graad 11's laat jou droom van wolke wat in jou mond smelt! And ahhh, the bran muffins made by the grade 10s. Great nutritional value, but do the taste buds approve of the hype? DO NOT BE FOOLED! They are squishy, moist, and plump — just the way we love them!

Om te bereken wat die koste is, te leer hoe om geregte behoorlik voor te berei, of bloot 'n eenvoudige stap te verfyn, kan uitdagend wees. Maar uiteindelik is alles die moeite werd!

So people... If you want free and tasty food, make sure to befriend a Consumer Studies learner before it's too late!

[Tip: Maybe try to find someone who actually knows what they're doing in the kitchen]



Afia Islam





ACADEMIC THE BRAIN-SCAN

The Exam Recovery Protocol

Easy steps to reset and create a better version of yourself.

Eksamens kan jou geestelik uitgeput laat en jou dalk aan jouself laat twyfel, maar dit is ook 'n kans om weer te begin. Om goed te herstel gaan nie net oor rus nie; dit gaan daaroor om te leer uit wat gebeur het, die stres te laat gaan, en jou ingesteldheid so te verander dat die volgende rondte makliker voel.

STEP 1: RECOVERY.

After weeks of intense focus, your brain and body need a deliberate cool-down. Sleep, proper food, and a day or two without heavy studying let your brain consolidate what you learned. As Dr. Maya Lin put it, "You can't pour from an empty cup. Rest isn't laziness, it's maintenance." Skipping this phase just carries burnout into your next attempt.

STEP 2: REFLECTION.

Once you've rested, shift to reflection without getting stuck in self-criticism. Look at what study methods worked, where you lost focus, and what you'd change next time. The goal is data, not judgment. Coach Aiden Reyes frames it well: "Feedback is a map, not a verdict." Treat the exam as information about your preparation, not a statement about your ability. Environment matters more than people admit.

STEP 3: MAKE CHANGES

A cluttered desk and constant notifications make focus harder than it needs to be. Clearing your space and designating one small zone for study removes friction before you even start. Small changes to your surroundings can make consistency feel easier. Mindset is the real lever for long-term progress. Moving from "I have to be perfect" to "I'm getting 1% better" changes how you approach setbacks. Growth happens in small, repeatable actions, not in one perfect performance. Marcus Vale captures this idea: "Growth lives in the next rep, not the perfect score." That shift keeps you moving even after a bad result. It also helps to add one activity that has nothing to do with exams. Sport, music, art, or even daily walks give your brain a different kind of stimulation and prevent burnout.

STEP 4: BEPLAN

Beplan uiteindelik die volgende fase vroegtydig en breek dit op in klein daaglikse take. Momentum wen elke keer teen intensiteit. Jy het nie 'n 6-uur-studie-marathon nodig om vordering te maak nie. Konsekwenheid bereik meer as wat intensiteit ooit kon."

Eksamens eindig, maar jou groei nie. Gee jouself krediet omdat jy deurgedruk het, gebruik wat jy geleer het om aanpassings te maak, en neem dit een tree op 'n slag. 'n Beter ingesteldheid begin by hoe jy met jouself praat nadat alles verby is.

You've reset now – the next version of you starts here, right now!

EXAM RECOVERY & GROWTH: YOUR PATH FORWARD



YOUR NEW BEGINNING STARTS NOW!





ACADEMIC THE BRAIN-SCAN

Iewers tussen toe en nou het ek grootgeword

Mischa Cooper



"Mamma, asseblief hou op om vir my te sê wat om te doen," is woorde wat eens so maklik oor my lippe gerol het.

Dit is 'n gewone Sondagoggend, een waar die mis stadig voor die son verdwyn. Ek staar by my venster uit en wonder... wonder. In die agtergrond hoor ek die geluide wat ek daagliks hoor, my ma wat besig is in die kombuis, my pa se gekap-kap-kap soos wat hy nog iets op die muur hang en my boetie se gelag, maar hierdie keer wonder ek hoekom ek dit daagliks vanselfsprekend ervaar. Hierdie verskillende geluide wat ek hoor wat ek eendag sô baie gaan mis.

Iewers tussen toe en nou het ek grootgeword. Dit het nie oornag gebeur nie, maar wel stil-stil.

Ek het my altyd verkyk aan die grootmense rondom my, min wetend dat hulle grootste probleem nie huiswerk is wat hulle moet voltooi nie. My grootste wens was om groot te word en om my eie besluite te kan neem soos om te kies wanneer ek wil gaan slaap.

Ek het dag vir dag my woede gesluk as ek die woorde "trek 'n trui aan" of "gaan slaap vanaand vroeër" gehoor het... maar iewers tussen toe en nou het ek grootgeword, want ek het besef dat my ouers se raad nie vir my tralies was nie, maar wel 'n kompas. Hulle woorde het my nie teruggehou nie, maar wel gelei.

Dit is 'n Blou Maandagoggend en ek sit en staar by my venster uit en ek wonder... wonder.

Ek wonder hoekom dit my so lank gevat het om te besef dat dae wat eens vir my net soos gewone dae gevoel het eintlik iets besonder vir my in die toekoms sou beteken. Ek ruik die geur van koffie wat my ma in die kombuis maak en hoor in die agtergrond my boetie se gelag en besef dan dat tyd nooit stilstaan nie. Ek besef nou dat ek onverwags grootgeword het, want die raad van my ouers wat my altyd teen die mure uitgedryf het en die gelag van my boetie wat my eens sô geïrriteer het, is nou nostalgie waaraan ek net styf kan vasklou.

Iewers tussen toe en nou het ek grootgeword, want "Mamma, asseblief hou op om vir my te sê wat om te doen," het verander na "Mamma, asseblief sê vir my wat ek nou moet doen."



-Klara Arnoldi



Ons Kremetart

Die vaal bos en bruin gras van die Bosveld flits verby my. Na 16 jaar is elke bossie, paadjie en draaitjie in my kop ingekerf, selfs in die laatmiddag lig.

Uiteindelik kom ons by die ou plaashek aan, met "Beekzigd" in groot letters geverf. Ek draai my venster oop en die bekende reuk van bokmis, stof en mopanies vul my neus.

Die kar kom by die wit huis, met 'n sinkdak en hout venstertjies aan. Die braaiplek is nog swart van die vuur wat ons laas gemaak het en 'n dun laag stof bedek die stoep.

Op die rand van die groot klipgebergte waarop ons bosveldhuisie staan, staan daar 'n boom. 'n Reuse boom, met 'n stam so breed soos die plaasdam waarin ons elke jaar swem. Die boom se takke strek hoog bo die aarde uit en vorm 'n dak vir alles wat onder hom bly.

Solank as wat ek kan onthou, is dit ons s'n. My en my boetie se kremetart. Elke vakansie klim ons tot heelbo en sit saam met die voëls wat dié boom hulle huis noem. My boetie leen altyd 2 boksies Smarties uit my ouma se kas en dan eet ons dit terwyl ons kyk na 'n pragtige uitsig van Beekzigd, daar bo in die takke.

Dit is waarna ek nou op pad is. Na jare se geklim is die bas al glad, maar ons klim nog maklik. Hy gee vir my 'n Smartie en vir 'n oomblik is alles stil.

Ek kyk op en bo my is 'n bobbejaan wat met brullende woede op my afpyl. In die vaagheid stamp my boetie die gedierte af, maar hy verloor sy greep op die gladde oppervlakte van ons kremetart.

Ek het dit nie toe geweet nie, maar dit sou die laaste dag wees wat ons in ons kremetart sou gesit het. Die laaste boksie Smarties wat ons deel en die laaste sonsak wat ons saam kyk.

Toe ek na 5 jaar terugkeer na my kremetart toe kon ek nie myself kry om die rooi sjokolade sirkeltjie in my mond te sit nie. Dit lyk te veel soos die kleur wat ons kremetart daai dag, 5 jaar gelede, bedek het. Soos die kleur van die ambulans wat aangejaag gekom het. Soos die kleur van die roos wat ek op die koue klip, met my boetie se naam op, moes sit.

Ek los maar die Smartie op die boom, dalk as 'n herinnering of dalk net omdat 'n naarheid my oorval.



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Captains & Coaches

The Arena-View SPORT

Who exactly are the people leading the Robbies to victory?

Diketso Sibiya

Sport: Hockey

Position: Left Link

Favourite Food: Peanut Butter

Favourite Beverage: Orange Juice

Dream Holiday: Kyoto, Japan

Role Model: RDJ

Life Quote: "Sometimes the only person judging you is you"

Superhero Alter Ego: Ben Ten and his "intuition"

Best Moment So Far: Spending the summer holiday by the ocean



Gugu Khoza

Sport: Hockey

Position: Left Link

Favourite Food: Pizza

Favourite Beverage: Fanta Lite

Dream Holiday: The Maldives

Role Model: Jaykantana

Life Quote: "Wake up to reality!"

Superhero Alter Ego: Batman - insanely wealthy

Best Moment So Far: Listening to Lucki for the first time



Roger McCarthy

Sport: Hockey

Position: 1st Team Boys' Hockey Coach

Favourite Food: Calamari

Favourite Beverage: Coke

Dream Holiday: Ireland

Role Model: Michael Phelps

Life Quote: "The main thing should be focused on"

Superhero Alter Ego: Spiderman, using power responsibly

Best Moment So Far: Playing a part in moulding our youth





Lefa Ratshwene

Sport: Rugby

Position: Outside centre

Favourite Food: Pasta

Favourite Beverage: Coke Coca-Cola

Dream Holiday: To go to NEW YORK CITY

Role Model: Markus Muller

Life Quote: "One must imagine Sisyphus happy."

Superhero Alter Ego: My favourite hero is Batman his power is being RICH

The best moment so far: Is our WIN against Lydenburg



Prosper Mkhonza

Sport: Rugby

Position: 8th man

Favourite Food: chips

Favourite Beverage: Mountain Dew

Dream Holiday: Brazil

Role Model: My dad

Life Quote: "The pain you feel now is nothing compared to the joy that's coming."

Superhero Alter Ego: Batman

The best moment so far: Bergsig tour with my team

Mnr. Nico Bekker

Sport: Rugby

Position: First team coach

Favourite Food: Wimpy double cheese burger

Favourite Beverage: Mugg 'n Bean Grande cappuccino

Dream Holiday: Ireland / Scottish country side

Role Model: My dad

Life Quote: "Get up. The world hasn't seen your prime yet.."

Superhero Alter Ego: Superman because he soars through the sky with raw power and takes on the world with his iconic laser eyes!

The best moment so far: Any league win is a big win.



Mnr. Hendrik van Zyl

Sport: Rugby

Position: First team co-coach

Favourite Food: Steak & Chips

Favourite Beverage: Rum & Coke

Dream Holiday: Western Cape

Role Model: My dad

Life Quote: "Never settle for second best"

Superhero Alter Ego: Superman

The best moment so far: League winners 2026

Nhlanhla Masilela

Sport: Netball

Position: GK/GD

Favourite food: Pasta

Favourite beverage: Caramel iced coffee

Dream holiday: Zanzibar

Role Model: Ndavi Nokeri

Life quote: Win with grace and lose with dignity, for champions are not defined by never failing, but by always rising after they fall.

Superhero Alter Ego: Black panther for his leadership and strategic intelligence

Best moment so far: Hearing our coach tell us we had made the finals is a moment I'll never forget.

Being the first team in five years to achieve, this fills me with pride and gratitude. This achievement belongs to every player and our coach who guided us along the way. This is a testament to faith, hard work, teamwork, and God's grace.



Kurhula Mashile

Sport: Netball

Position: WD / GD

Favourite food: Nachos

Favourite beverage: White Chocolate and Mango Freezo

Dream Holiday: Tulum

Role Model: My Mother

Life quote: Smile, even when life feels heavy, because your heart was built with care, strength, and time. Don't let a few painful words or moments make you question your worth. The parts of yourself you struggle to love are often the same parts someone else sees as beautiful.

Superhero Alter Ego: Phantom - Can become invisible, move without sound, and create multiple copies of themselves

Best moment so far: Winning against Curro.



Ms. Marcelle Coetzer

Sport: Netball

Position: First team coach

Favourite food: Steak

Favourite beverage: Ice cold coke

Dream Holiday: The Scottish Highlands

Role model: My mother

Life quote: "You will never know, unless you try!"

Superhero Alter Ego: The Flash! Super speed (just think how much I would get done)

Best moment so far: Watching my girls grow up from grade 8 and seeing them turn into beautiful, strong young women!



Siphosethu Mathebula

Sport: Hockey

Position: Middle link

Favourite Food: Pizza

Favourite Beverage: Sprite

Dream Holiday: Maldives

Role Model: My mother

Life Quote: "Salads don't win scrums"

Superhero Alter Ego: Superman, saving the world as the world depends on me

Best moment so far: 1ste team tour to Rustenburg 2026



Anq Fourie

Sport: Hockey

Position: 1st Team Girls' Coach

Favourite Food: Good Braai

Favourite Beverage: I am a little tea pot

Dream Holiday: Philippine Islands

Role Model: Pietie Coetzee

Life Quote: "With Jesus by your side, you can get through everything"

Superhero Alter Ego: Diana Prince aka Wonderwoman

Best Moment So Far: This is gonna sound cheesy... coaching these girls from Gr 8. Every moment has been special. Seeing them develop into the woman they are today has been great to experience.

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Die Hartklop van die Span

Meer as net reserwes.

Word daar na jou verwys as net 'n "benchwarmer"? Dit is tyd om daardie etiket te verander. In sport - of dit nou rugby, hokkie of enige ander spanwedstryd is - is die reserwes nie diegene wat "uit" die aksie is nie; hulle is die "backbone" van die hele operasie.

Om deel van die reserwebank te wees, verg 'n unieke tipe karakter. Dit vereis dissipline om skerp te bly, om te fokus op die wedstryd en om gereed te wees vir daardie een oomblik wanneer die span jou nodig het. Jou rol is nie minderwaardig nie; dit is voorbereidingsgedrewe. Jy is die stille waarnemer wat die spel verstaan en gereed is om die span se momentum te handhaaf wanneer dit die nodigste is.

Maar dit is nie net oor die spel nie. Reserwes is die span se grootste ondersteuners. Niemand ken die dinamika van die span so goed soos julle nie. Julle is die stemme vanaf die kantlyn wat 'n maat op die veld deur 'n moeilike oomblik kan help. 'n Woord van aanmoediging, 'n "high-five" of net die wete dat iemand langs die veld in jou glo, is dikwels die verskil tussen 'n nederlaag en 'n oorwinning.

So, for every player keeping the bench warm this winter: Be proud. You are building character, you are learning loyalty, and you are the energy that drives the team forward. When the final whistle blows, the victory is just as much yours as it is the player's on the field. Thank you for being the anchor that carries our teams forward!



Ruan Barnard

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BETROUBAAR

SPORT

The Dominators On Tour

A night filled with celebration, recognition and inspiration.

Early mornings at the main gate of the high school, the high school that strives for excellence on the sport field. The teams board the busses to determine what they will come home with, a trophy or new strategies to work with?

On their way to face their opponents they hype the whole bus up with music, prayer or an inspiring speech. The moment they arrive on their opponent's territory their confidence will determine the whole day.

Of dit nou rugby, hokkie of gholf is, ons skool het bewys waarom hulle op die sportveld hoort. Die oomblik wanneer "Rob Ferreira" oor die luidsprekers gehoor word, word die skare stil om die wonderlike werk te aanskou wat ons sportmanne en -vroue ingesit het, en deur saam met hul afrigters te werk, het hulle bewys waarom hulle 'n plek op die podium verdien.

Our school has travelled far and wide across the country to show them what "Vorentoe" means. But the journey doesn't stop in South Africa. Soon our school will make their name heard across Europe on a rugby tour, where a few of our finest rugby players have been chosen to play overseas.

By the end of every sporting event and the last item is about to take place, the adrenaline is pumping and our students are about to give it their all to end the day that will be remembered for weeks. In the last few minutes of a match of rugby, hockey, netball or athletics event, the students that are participating are motivating themselves and their teammates.

Die bekende strydkrete wat van regoor die veld gehoor word, inspireer ons almal. Op die ou einde, wanneer ons op die busse klim op pad huis toe, het ons óf iets gewen óf iets geleer vir toekomstige sportgeleenthede; dit is wie ons is. Ons dink altyd aan wat ons kan bereik - "Vorentoe."



Jourdain Zouache





SPORT



Performance starts on your plate

When we think about improving sporting performance, we often focus on training harder, practising skills, or investing in better equipment. What if I told you that there is an element that determines the difference between a good vs a great game. An element so vital that it influences our ability to perform on and off the field and an element that could mean a competitive edge when trying to get into the first team, provisionals or even varsity sport. You guessed it: Nutrition.

The food athletes eat determines if you'll fade in the second half or bounce back ready for back-to-back matches OR how you'll recover from an injury. This is a huge topic so this is a fire-round overview to get you started:

Before a fixture, athletes should focus on energy: ie: carbohydrates. These should be easily digestible carbohydrates. All plant foods contain a combination of carbs, fats and protein in varying amounts so you really can't go wrong if you're choosing whole foods. Think: overnight oats with berries and chia seeds. Toast with peanut butter. Weetbix and banana.

During longer games or tournaments, hydration is critical. Water is often sufficient for shorter events, while longer or more intense fixtures may require electrolytes (like coconut water) and quick sources of energy such as bananas, orange slices, dates, or homemade oat energy balls. As a Nutritionist, I preach that WHAT you eat matters. (No expensive gels or energy drinks are needed when you fuel correctly). I don't advocate for ingredient lists longer than 10 items full of words we can't pronounce. When the body is performing, it wants REAL food. Food it can recognise, break down and use. If you can't recognise where in nature it came from with your eyes - neither can your body.

Recovery starts immediately after the game. This is where protein matters. There are so many "clean" ingredient brands great for parents and pupils alike. If a chocolate milk is your post game - switch to a Buttanut cocoa oat milk and Wazoogles protein scoop for example. This is a time to reward the body and aid in recovery. Sugar and highly processed foods cause inflammation in a time where we want to recover. A peanut butter smoothie is another delicious option your body will love. Ideally the athlete will have proper meal that contains fibre, carbs, fats and protein when possible post game. Don't reinvent the wheel, you get to upgrade your existing choices. Instead of a burger and fries, try a burger, a few fries and roast veggies. Instead of just pizza, have a couple of slices of pizza and pair it with a wholesome, exciting salad (we're so past boring salads everyone). Have a celebratory braai and include mealies, a bean salad and some baked potatoes.

One of my go-to post exercise meals is a veggie loaded pasta. In summer it's a pasta salad and in winter a warm hearty salad. Your body and performance will thank you for taking this opportunity to replenish energy stores and support muscle repair.

Finally, no nutrition strategy can outwork poor sleep. Sleep is when the body repairs, adapts, and grows stronger. Prioritising nutrition, hydration, and quality sleep gives young athletes the foundation they need to thrive both on and off the field. I hope you found this short segment helpful.

For more information or to work out exactly what works for your body and performance, reach out to Erin Katherine van Schoor at +27713563206 or erinkatherincoach@gmail.com.



HOKKIE 1e HOCKEY 1st



ROBBIES



HOKKIE 0/16 HOCKEY U/16



ROBBIES



HOKKIE 0/15 HOCKEY U/15



HOKKIE 0/14 HOCKEY U/14



HOKKIE 1e HOCKEY 1st



ROBBIES



HOKKIE 0/16 HOCKEY U/16



ROBBIES



NETBAL o/14 A NETBALL u/14 A



NETBAL o/14 B NETBALL u/14 B



NETBAL o/16 NETBALL u/16



ROBBIES



Siyaya Numbi



NETBAL 1e NETBALL 1st



ROBBIES



NETBAL o/15 A NETBALL u/15 A



NETBAL 2e NETBALL 2nd



RUGBY O/14A RUGBY U/14A



ROBBIES
rugby



RUGBY O/14B RUGBY U/14B



ROBBIES
rugby



RUGBY O/15A RUGBY U/15A



RUGBY O/15B RUGBY U/15B



RUGBY O/16A RUGBY U/16A



RUGBY O/16B RUGBY U/16B



RUGBY 2e RUGBY 2nd



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RUGBY 1e RUGBY 1st



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A DAY WITH MARTIN BESTER

The Morning the Orange Pulse Went Viral

By the time most of White River was still wrapped in mist, Rob Ferreira High was already wide awake. Music from Jacaranda FM's broadcast bus cut through the haze, and the grass-quad buzzed with anticipation. At 6:00 a.m. sharp, Martin Bester and the Breakfast Team went live – and suddenly, our school wasn't just local anymore, it was national.

Dit was nie geluk nie. Dit was 'n geleentheid wat Rob Ferreira nie kon laat verbygaan nie, en die voorbereiding was duidelik sigbaar. Leerders het saam met die musiek gekuier, lewensgrootte kaarte versier, en hul energie in plakkaat en aanmoedigingskrete gestort. Die Robbiegees was oral, terwyl die spanwerk van onderwysers, personeel en borge verseker het dat elke detail bymekaar gekom het.

The Breakfast Team felt the welcome instantly. They were not just guests; they became part of the Robbie family for the morning. The singing of the school anthem gave us goosebumps followed by a laughter filled grass quad. The birthday song sung "Robbie-style" added even more colour to the celebration. Even a late-night hiccup – the broadcast bus getting stuck in the grass – became part of the story.

Aangedryf deur Oranje bloed, was die uitsending nie net oor lugtyd nie. Dit was oor trots, kultuur en om aan Suid-Afrika te wys wat Rob Ferreira uniek maak. Op 8 Mei was Rob Ferreira nie net 'n skool in die Laeveld nie. Dit het die hartklop van 'n nasionale uitsending geword – 'n plek waar energie, gasvryheid en skoolgees mekaar ontmoet het.

💖🌳 For everyone who stood on the grass quad that morning, it became more than just a broadcast, it became part of Robbie history.



Natasha Shumba





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QUAD-SCANNER

THE TUCKSHOP INTEL:

Food Finds: Our Winter Winner



Marques Green

Robbies, it is that time of year again. The winter exam session. Not only is it freezing, but the June Exams are back to say "Hello". What better time to embrace the comfort-food era? After an extensive quest to find the latest "feel better" meals, my journey has finally come to an end.

It started at the Coffee House. According to Tammy - our very own 'coffee guru' - as well as the voices of the Robbies themselves, the top nominees for the BEST WINTER REFRESHMENTS are:

1. Bar ONE hot chocolate
2. Bar ONE latte
3. Ferrero Rocher hot chocolate

Vanjaar se kompetisie was ons taaiste, koudste en souserigste een tot nog toe. Op die ou end was dit die perfekte balans tussen bekostigbaarheid en daardie 'lekker' gevoel wat hierdie deelnemers die titel van Kos van die Jaar besorg het

Stay tuned for the next edition of FOOD FINDS OF THE YEAR: The December Heatwave - where we let the sorbets and iced coffees run wild

Buiten die drankies het ons almal iets meer substansieel nodig om ons deur die waas van akademiese oorstimulasie aan die gang te hou, wat gelei het tot ons grootste kompetisie tot nog toe: die top-benoemdes vir BESTE WINTER-KOS is

1. The chip roll
2. The cheese toastie
3. The rib combo



"What's Your Rob-A-Licious Vibe?" Quiz

1. You have a massive appetite and want the biggest, most satisfying meal. What do you order?
 - A: The Homemade Beef Burger.
 - B: A Chicken Wrap.
 - C: A Rib Burger - you want that specific meaty flavour.
2. You're in a rush between classes or meetings and need something quick and portable.
 - A: A Toasted Ham & Cheese or Salami & Cheese.
 - B: A Russian Roll or Hotdog Roll.
 - C: A Cheesegriller Roll - it's quick and filling.
3. It's "comfort food" day. What are you grabbing?
 - A: A classic portion of Chips.
 - B: A Chip Roll - the ultimate carb-on-carb comfort.
 - C: A Toasted Chicken Mayo - nothing beats a warm, creamy classic.
4. You want something savory but a bit different from the standard burger.
 - A: Pizza Wrap (Ham & Cheese) - a nice twist on a pizza fix.
 - B: Toasted Chicken Mayo.
 - C: A Chicken Burger - simple, reliable, and tasty.

Rob-A-Licious buyer profiles reflect your character:
Personality Profiles: The "Rob-A-Licious" Edition

- The Hearty Traditionalist (Mostly A's)
 - Personality: You are grounded, reliable, and value quality over trends. You likely enjoy traditions and prefer environments where you know exactly what to expect. You are someone who puts effort into the things that matter.
 - Strengths: Consistency, dependability, and a clear sense of what you like.
- The On-the-Go Efficient (Mostly B's)
 - Personality: You are energetic, ambitious, and always moving toward the next goal. You have a high capacity for multitasking and don't like to be slowed down by unnecessary complications. You value productivity.
 - Strengths: Adaptability, speed, and a forward-thinking mindset.
- The Flavor Explorer (Mostly C's)
 - Personality: You are creative, inquisitive, and enjoy variety in your life. You get bored easily with the status quo and prefer to find small, interesting twists in your daily routine. You likely appreciate the "little things" that make a day special.
 - Strengths: Curiosity, open-mindedness, and a knack for finding enjoyment in unexpected places.

Our superheroes behind the scenes

QUAD-SCANNER

The Break Time Activities That Keep Us On Our Toes

Hoërskool Rob Ferreira thrives thanks to the diligent work and unwavering commitment of many individuals. From the spirited students to the endless opportunities provided by our staff, these collective efforts have kept our school shining bright for over 70 years.

While many contributions are celebrated, one specific group has remained under the radar for far too long.

Meet the Team

It is time to recognise the dynamic team running our very own Coffee House:

- Tammy: Our head manager and lead barista, who has been a staple of our school for over three years.
- Angelique: The head assistant, who recently joined the team.
- The Junior Assistants: Four dedicated helpers who complete this essential crew.

Dedication from Dawn to Dusk

Their commitment is unmatched. Every day begins at 5:00 AM to ensure the Coffee House is fully operational and ready for the first cup by 6:30 AM.

Beyond their standard morning, break-time, and after-school duties, Tamie and Angelic are constantly adapting. Whether it is a sports meeting, formal gatherings, or local events, this team is always ready to serve the Robbie community.

Individuals like Tamie, Angelic, and their junior assistants contribute immensely to our school's culture, identity, and work ethic. They are a significant reflection of our blood that runs orange. Being more than just the team that runs the coffee house, but part of our daily rhythm.

From everyone at Rob Ferreira: We recognise you. You truly are our superheroes behind the scenes.

Angelique Brits

Birthday: 29 September

Favourite food: Seafood

Favourite song: Jakkels vibes -

Heetemaal stom

Favourite colour: Pink

Favourite drink at Kaffehus:

ice cappuccino.

What do you do when you're not at school?

Love spending time with my husband, kids and my grandbaby



Tammy Meyer

Birthday: 14 November

Favourite food: At the moment I must say a mild chicken curry with rice and crispy naan bread.

Favourite song: All time favorite song stereo love by Edward Maya and Jigulina

Favourite colour: Sea foam aqua blue

Favourite drink at Kaffehus: Cold favorite

drink - blueberry milkshake

Hot favorite drink - Chocochino

What do you do when you're not at school?

These are only some of what I like to get up to in my spare time, I enjoy reading, playing computer games and cooking and even baking



QUAD-SCANNER

Our superheroes behind the scenes

How One Woman Behind The Scenes Is Running It All



It doesn't seem like anything special.

Everyday we are handed stacks of papers, notes, exercises or just something we will eventually stuff in a file somewhere and forget about. But have you ever stopped to think where those papers come from?

Because behind it all is a woman working hard to keep the show running.

Our hero without a cape, who almost slips under the radar, is known as Tannie Lynneth!

She is the friendly face you might bump into on your way past the office, tucked away in her little room. She works tirelessly to pump out print - one after the other - after another just for us. "I easily go through four to five boxes of paper in a day."

We often take this for granted.

We do not consider how much effort goes into it. She has a million different stacks waiting, each requiring it's own attention and adjustments. Not to mention those sudden trips you are sent on because a teacher needs fifty copies STAT! And Tannie Lynneth has been doing it for the last eighteen years!

So, the next time you are handed a copy of something, think about the woman working hard behind the scenes to make it happen.



Chanté Giermann



SH'ZEN
by Mariska



Mariska
0716349962
Mpumalanga



Zakhi Lyneth Nobela

Birthday: 13 February

Favourite food: Chicken and pap

Favourite song: Gospel & RnB

Favourite colour: Black & White

Favourite cold drink: Coke

What do you do when you're not at school? I love going to the mall over the weekend. I'm a very busy person. I love being a businesswoman, - I have my own. I also like playing netball and tennis.

Quad Trends: Archive 2026

QUAD-SCANNER

A snapshot of teen life at Rob Ferreira High School

Teen life is a mix of slang, games, fashion, socials, academics, and sport – the heartbeat of the quad. Every year, new words take over, and right now it's all about "6-7," "clock it," "slay," "nonchalant," "bruh," and "no cap." And of course, the dreaded "ick" and the all-too-relatable "brainrot."

Gaming Arena

Controllers, phones, and bragging rights – the quad is a mini esports hub. Fortnite still rules, but Minecraft, Roblox, and Among Us are sneaking in. On the bus, Clash Royale and Stumble Guys keep everyone glued to screens. The real flex? Showing off your newest skin or rank.

Mode & Styl

Of dit nou skooluniform of gewone klere is, styl is hoe jy uitstaan. Sommige vryf hul skoene blink, ander dra vars tekkies of subtiële bykomstighede. "Civvy"-dae is 'n modefees: gewaagde uitrustings vir die dapperes, oorgroot hoodies vir diegene wat gemaklik wil wees. Hoe ook al, die vierkant voel soos 'n loopplank.

Social Life

Instagram stories catch every moment, Snapchat streaks are sacred promises, and TikTok decides what's hot or cringe. Miss a TikTok wave, and you're instantly out of the loop.

✨ Hoërskool Rob Ferreira volg nie net wêreldwye tendense nie – ons verwerk dit tot iets van ons eie. Die vierkant is die hartklop van 2026. Bêre dit nou, want teen volgende jaar sal die 'vibe' reeds verskuif het.

The Robbies Lingo: How well do you know the heartbeat of the quad?

Column A (The Term)	Column B (The Definition)
1. Clock it	A. When a trend/personality is too much or exhausting.
2. Nonchalant	B. To notice or realise the truth about someone/situation.
3. Brainrot	C. The act of acting like you don't care to stay cool.
4. The Ick	D. A slang way of saying 'totally true' or 'no lie'.
5. No Cap	E. A score representing 'above average' or 'pretty good'.
6. 6-7	F. An instant feeling of disgust or loss of attraction.



YOU ARE ON OUR RADAR

QUAD- SCANNER

Beyond The Gates!

Behind every successful Open Day was a carefully executed Flight Plan, turning preparation into an unforgettable Robbie experience.

For many schools, Open Day is simply another event on the calendar. For Rob Ferreira High School, it was a carefully planned mission months in the making.

From the moment the first car entered the gate, the "Flight Plan" developed by the staff came to life. Every station, performance and student guide reflected preparation, teamwork and the unmistakable spirit of our school.

Wat vanjaar se Opedag nog meer indrukwekkend gemaak het, was die tydsberekening. Slegs ure na die opwinding van die Jacaranda FM- en Martin Bester-uitsending, het die skool verander in 'n ten volle operasionele vertoonvenster vir voornemende leerders en ouers. Die transformasie van nasionale media-opwinding na georganiseerde gasvryheid, het die toewyding agter die skerms beklemtoon.

Long before the gates opened, the staff had already built excitement throughout the community. Social media countdowns, promotional visuals, and coordinated planning helped create anticipation for the big day. Visitors were welcomed by polished displays, organised tours, and an atmosphere that felt both professional and welcoming.

The school's Open Day reflected the hard work, dedication, and careful planning that went into making the event a success. Visitors were introduced to the wide variety of subjects offered at the school, giving learners and parents an exciting glimpse into the academic opportunities available. From the sciences and mathematics to the creative and practical subjects, every department played a role in showcasing what Rob Ferreira has to offer. The astonishing choir performance added a special atmosphere to the day, filling the venue with energy, pride, and school spirit while highlighting the incredible talent within the school community.

Die geleentheid het ook groot klem geplaas op die vele sport - en buitemuurse aktiwiteite wat beskikbaar is, wat wys dat die skool sowel akademiese uitnemendheid as persoonlike groei waardeer. Elke detail van die Opedag het die denke en moeite wat agter die skerms ingesit is, weerspieël en 'n verwelkomende ervaring geskep wat die hart, kultuur en ambisie van die skool suksesvol vasgevang het.

Open Day was not just a success - it was proof that when planning, teamwork, and school pride come together, the result is something unforgettable.



OPEN DAY 2026



Kareez Muhammed



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ROB FERREIRA MATRIC SERENADE 2026

It was so extraordinary, you just had to be there!

Peggy Mhangwane

Op 13 en 14 Mei 2026 het Hoërskool Rob Ferreira sy legendariese Matriekserenade aangebied, wat leerders, ouers en onderwysers vir twee onvergeetlike aande bymekaargebring het. Die lokaal was gevul met lewendige disco ligte, wat 'n energieke en opwindende atmosfeer geskep het. Dit het die aand lewendig en onvergeetlik gemaak.

The matric learners, known collectively as the Legendrix - a play on the words "legend" and "matrics" - impressed the audience with energetic choreography to popular songs, while the audience cheered and sang along. Dressed in colourful and coordinated outfits, the Class of 2026 showed confidence, teamwork and creativity, making the event a true celebration of the matric spirit.

"It was great, we were great, everything was fantastic tonight", said one of the Legendrix after their phenomenal performance.

Parents and teachers attended in great numbers to show their support for the matric learners. Their presence highlighted the strong sense of community at Rob Ferreira and the encouragement given to learners as they approach their final high school year.

'n Spesiale waardering aan mev. Hermie de Coning vir haar harde werk en toewyding om die Matriekserenade so 'n sukses te maak. Toe daar aan haar gevra is hoe die vertoning haar laat voel het sy dit as "ekstravagant" en "pragtig" beskryf, en bygevoeg dat die matriekleerders haar verwagtinge oortref het.

The Matric Serenade of 2026 will undoubtedly remain a cherished highlight for the Class of 2026 and a true reflection of the vibrant spirit that defines Rob Ferreira.





"YOU ARE MADE OF THE
SAME QUIET BRILLIANCE
THAT LIGHTS THE NIGHT
SKY."



Nina Taljard

POETRY UNDER THE STARS

Rob has many social events to offer, one of which is the painfully underrated Poetry Evenings!

As someone who has always been passionate about poetry and sharing it, the community that has formed around the poetry evenings has been the perfect place for me. Getting to enjoy the warmth of the fire while spilling your heart out through performance is an experience many should try. It's a judgement-free zone filled with fellow creatives. I mean, what more could you ask for?

Getting to see the event grow from a gathering of anxious teenagers to a solid club filled with artists has been such an honour, one that I think many Robbies could enjoy!

Come hang out with us, the Living Poets; at the next Poetry Evening; you don't want to miss it!





Welcome to Robbies' Art Exhibition, a curated collection that transforms the ordinary into the extraordinary. This exhibition is a testament to the boundless creativity of our learners, exploring diverse themes through unique and compelling lenses.

Exhibition Themes

- **Steampunk:** Journey into a world of retro-futurism. This collection draws inspiration from 19th-century industrial aesthetics, blending steam-powered machinery with visionary technology and intricate gearwork.
- **Abstract:** Experience art liberated from the constraints of reality. These pieces utilise free-form shapes and bold compositions to invite you to see the world through a lens of pure perspective and creative freedom.
- **Biology:** Discover the intricate art embedded in the pulse of existence. From the smallest molecule to the complexity of living organisms, these works explore the structure, growth, and evolution of life itself.
- **Everyday Life:** Witness the beauty hidden in the routine. This series elevates the mundane, finding the extraordinary in the simple, familiar moments that define our daily lives.

Acknowledgements

A profound thank you to all the art learners who contributed their talent and passion to this exhibition; their vision is what makes this gallery breathe.

Special thanks to Mrs Loock for her invaluable support and for providing the opportunity to bring these works to light.



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THE STUDIO SIGNAL



CHOIR CONFESSIONS: NERVES, HIGH NOTES, AND “WAS THAT MY CUE?”



What really happens at choir practice? Is it just angelic voices and perfect harmonies?

I asked some of the school choir members, and the answers hit every note!

Our school choir members are a mixed bag of emotions, like different toppings for slap-chips at the tuckshop! For some, walking into practice feels like showing up to a maths test you didn't study for. Others are buzzing with excitement, happy to be somewhere they don't feel judged. One singer even shows up just to see what her voice can do that day! Talk about main-character energy - am I right!

Die stres? Dit hang af van die situasie. Moeilike harmonieë, onverwagte solo's en vertonings wat voorlê, laat die druk styg. Maar op 'n normale dag is koor rustig. Sommige mense vind dit selfs ontspannend. Wie sou kon dink dat om note uit volle bors te sing as terapie kan tel?

When the final 'Okay, that's it' hits, reactions are split. Half of the group is relieved it's over, ready to rest their ears after an hour of 'so many voices' while the other half low-key wish it were longer. This is because with every practice, they're one step closer to that 'perfect Robbie voice'.

And the upcoming school performance? Everyone's excited, but first-time jitters are real. One singer admitted that she is scared of being judged, convinced that she doesn't have a good voice - yet we find that hard to believe!

So, in werklikheid is koor 50% sing, 50% maak of jy geweet het dit was jou intreeslag, en 100% die moeite werd! Die sing is immers goedkoper as terapie en lekkerder as om te oefen; waarom probeer jy dit nie ook nie? 😊

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ARCHIVE OF SHADOWS

Kolibe Mokoena

There is something haunting about how an object as simple as a rose can seem so magnificent through the eyes of a soulless body. It doesn't feel or live yet it sees and understands the weight of life. How every waking moment could be the very last yet, despite its vulnerability it still manages to look as extraordinarily beautiful as the first time it bloomed. You stop to look at it not because you have time, but because you don't; because you know tomorrow is not promised and you are chasing after an unforgiving clock that is too impatient to wait for those who fall short. And in those stolen seconds the rose stops being a flower. The fallen petals become proof, a drag path, that something as fragile as life was ever here at all.

That is the foundation of World Book Day. It is not just about browsing through your closet looking for a half-decent outfit that you can sell off as a random cartoon character you found on TikTok on your way to school. It's about slipping into the role of a character you have fallen deeply in love with, living the part so passionately that you can tell no difference when looking into your own reflection as though it were your own shadow. Finding yourself within this persona - the person you can confide in, who speaks the words that could never leave your tongue, who feels the things you could never quite name and who understands you far better than the people who have been with you from the very minute you walked onto this earth to this very moment - it is your shelter, your fortress and your threshold that has and continues to protect you from the judgemental gazes that bore through you daily. A character you can fully stand by with pride, defending them no matter how big the horde that disapproves of your decisions.

Een dag om elke storie wat jou verander het te vier, waar die wêreld saam 'n boek oopmaak en hulle verheug in die ou storieboeke wat vir hulle sedes en deugde geleer het. Wat hulle help vorm het tot wie hulle vandag is.

The origins of World Book Day can be traced back to the Catalan tradition of giving roses and books to loved ones on Saint George's Day. The tradition has been celebrated in Catalonia since the 15th century, and in 1923, a bookseller named Vincent Clavel Andres proposed the idea of celebrating the day as an international holiday for books. However, it wasn't until UNESCO established it in 1955 that it became a global event.

Dit is gestig om lees te bevorder en mense aan te moedig om hul eie geletterdheid in eie hande te neem. Dit dien as aanmoediging om jou geletterdheid te ontwikkel en jou denkw vermoë te verskerp. Dit is die geleentheid om ten toon te stel wie jy op 'n dieper vlak is as wat sosiale norme vereis; om eerlik te wees oor jouself en daardie dele van jou te verteenwoordig wat niemand anders ken of verstaan nie

IMAGINE READING A BOOK WITH NO WAY TO TURN BACK THE PAGE. HOW CAREFULLY WOULD YOU READ IT.

Wêreldboekedag gaan daarvoor om jouself uit te druk op maniere waarvan jy dalk nooit geweet het nie. Dit is om jou karakter lewendig te maak. Op die ou einde is jou lewe bloot een groot, onvoltooide boek wat wag vir jou om die bladsye vol te skryf. Jy is die skepper van jou eie lewensverhaal. Die kunstenaar van jou eie lewe. Jou lewe is in jou eie hande.



FOLLOWING THE FOOTSTEPS, NOT THE SHADOW.

We Care



Lebo Ubisi



The Heartbeat

The gates open at 7:30 and the same pattern starts. Backpacks unzip on benches, jerseys folded once and left on lockers, the sound of posts on concrete before practice begins.

If you've been at Rob long enough, you notice the echoes. The way some kids move across the field like they've seen it done before. Like they learned the timing at home, not on the field.

That's Lethu and Lihle Mahlangu.

Their older brothers, Langa and Liba, matriculated in 2023. They were in the first team for rugby, prefects in the school and the hostel. The kind of students who didn't need to announce themselves. Everyone loved them. For two years after they left, their names still echoed in the halls.

Now Lethu and Lihle are the ones walking those routes.

Lihle is the only girl in the bunch, and she doesn't move like she's trying to prove it. First team hockey in term 2, cricket in term 3, and athletics in term 1. She played provincial hockey in the past years and came back like nothing had changed. Lihle also participated in club indoor hockey for a couple of years, the experience made her the talented player that she is today. Same quiet focus before a game, same easy way of talking to the Grade 8s who hover near. She's well-liked not for the same reason as her brothers were. She shows up, she does the work, and she doesn't make it about herself.

Lethu plays first team rugby and he played cricket in Grade 8. He's the kind of person may describe as "odd" but that doesn't bother him. He moves through the school in his own way and, you know what, it works. He doesn't play like his brothers. He doesn't lead like them either. He plays like Lethu, which means the field looks different when he's on it.

They didn't get here because someone told them to. They got here because they wanted to. They watched what happened when people trusted you, and they decided to try it for themselves.

It's not copying; it's inheritance,

the kind you don't sign for, but you just pick up because it's there, and because it feels like something worth carrying.

People outside the team will compare them. "Lethu's not as physical as his brothers." "Lihle doesn't play hockey like her brothers would." They're not trying to match a scoreboard from 2023. They're trying to figure out what their own version of it looks like.

That's why this matters for Robbies.

The school doesn't keep its character because of the honours boards. It keeps it because habits travel. The habit of being the person others rely on without making a show of it. Langa and Liba left those habits behind. Lethu and Lihle picked them up; they're running them in their own way.

So this is for them. For Lethu and Lihle, and for every other learners at Rob who plays the same sport, joins the same team, and takes the same role their siblings did.

We see that you're not here for the story that came before you. You're here because you found something in it that fits you now.

Keep showing up. Not for your siblings. For you.

When the next set of siblings walks through these gates, they'll find the path a little clearer because of the way you walked it today.



The Heartbeat



OLD SCHOOL



**Cornelia
Roodt**



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**Wikie
du Plessis**



**Sizwe
Mashela**



**Erhard
Ströh**



**Ingè-Louise
Van Wyk**



**Marné
Massyn**



**Daniel
Boyce**



**Ruan
Botha**



**Laurie
Theron**



**Corli
de Bruyn**



**Ané
Bekker**



Match the Matric! Can you
guess which year these
teachers walked these halls?

2006 2012 2017 2014
2023 1987
2008 2004 2023 2012
2006



Tshego Nokinse

ESSENTIAL CARE

Kan jy dit voel? Die vars briesie teen jou vel, die ligte geur van opwinding in jou neus. Sommige mag sê dit is net die lug, maar ek noem dit sommer "Robbie-lug", want by ons skool sorg ons nie net binne die skoolgronde nie, maar ook buite die skoolhekke vir ons ekosisteem.

From learners who do as little as picking up litter as they walk by the school grounds to learners who go as far as joining the Land Service team, these members are determined and hard-working. Not only do they do garden work or pick up litter, but they also spend the day at orphanages and old-age homes. The teachers in our school also play a huge role in the preservation of our ecosystem. They may do little things like switching lights off when they're not needed or closing taps when it's unnecessary for them to be open - actions that make a huge difference.

Om ons skool se ekosisteem veilig en skoon te hou, behoort nie met 'n toekenning gepaard te gaan nie; ons trots op ons skool behoort genoeg te wees. Kleiner dade deur leerders kan 'n groener en gesonder môre skep.



Palesa Tito

The mid-year gratitude log

We must all have moments that we are proud to talk about. Believe it or not, I am talking about school moments that you'll never forget.

Here are some moments from Term 2 that our learners and teachers are proud of:

"When it was the capping ceremony in the hall, and a bunch of people were clapping for my team," said Tyrone Marshall

In hierdie oomblik het Tyrone gevoel hy word raakgesien en waardeer deur die ander Robbies. Ons kan duidelik sien dat die dankbaarheid wat Tyrone gevoel het, hom laat besef het watter ondersteuning hy van sy skool af kry.

"I am very proud of the cultural community, especially the choir. Since we haven't had a choir in so long, it makes me happy and proud to see it come to life," said Ms Treacha van der Watt.

One of our very own Rob teachers showed her true pride in the school choir; seeing the cultural learners excel is always heartwarming, especially after they sang so beautifully with little practice.

Hierdie klein dade van dankbaarheid herinner ons daaraan dat trots nie net oor groot oorwinnings gaan nie. Wat vir almal klein mag lyk, kan vir een persoon enorm wees, want dit is die kuns om raak te sien.

These small moments make us who we are. We should never be ashamed of what makes us proud Robbies. What's your proud Robbie moment going to be this term?

The Heartbeat

We Care

PRAISE & WORSHIP

Refocusing our hearts, running the race with Him at the centre.

At the start of this term, we gathered for a Praise and Worship Evening to place the months ahead in God's hands. The hall was filled with song, prayer, and a shared sense of expectation as students and staff paused from the busy nature of new classes to refocus on what matters most. It was a powerful reminder that this term begins and continues with Him at the centre.

Upon entering, attendees were greeted by the wonderful atmosphere in the Rob Ferreira Hall – it was truly amazing. The worship team consisted of Abigail Crawford, Lloyd Mabunda, Taylor Smith, Grace Veltman, and Hlobie Mazibuko.

They all agreed that the atmosphere was warm, that the Holy Spirit was truly present, and that they were so happy to be part of such a wonderful movement. They would love to do it every single term, a sentiment with which many would agree, too.

The team welcomed the crowd into what would possibly be a life-changing event. Perculiar Mathebula described the atmosphere as one full of belonging and tranquillity, noting that the presence of the Lord always brings peace to everyone. She added that it felt like home because the House Kazuri Hostel ladies came in numbers and had a fantastic time. She continued by stating that she will definitely be coming back, as it is an event she believes the school truly needs. One of the boys, Lunga Nkosi, stated that he absolutely loved the whole evening. He was elated to see so many boys from the Huis Basie van Wyk Hostel come and represent in huge numbers to have a wonderful time, with many giving their lives to Jesus that night.

Many day scholars came as well and had no regrets whatsoever about transport. They gave praise to the Lord that day, and their enthusiasm and energy could have sustained them all night. The theme focused on how we all have to run the race of life, and how the way we live determines what type of ending or afterlife we will have; this was perfectly explained by Pastor Pieter Schoeman. He was remarkable.

The songs touched many souls, and we definitely didn't want to leave!

As the night came to a close, we left with lighter hearts and a renewed focus, carrying the sound of worship and the reminder of God's presence into the term ahead. More than just a good start, the evening set a foundation of faith for everything we will face in the weeks to come. May that same spirit continue to lead us in class, in fellowship, and in all we do.



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"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." — Hebrews 12:1-2

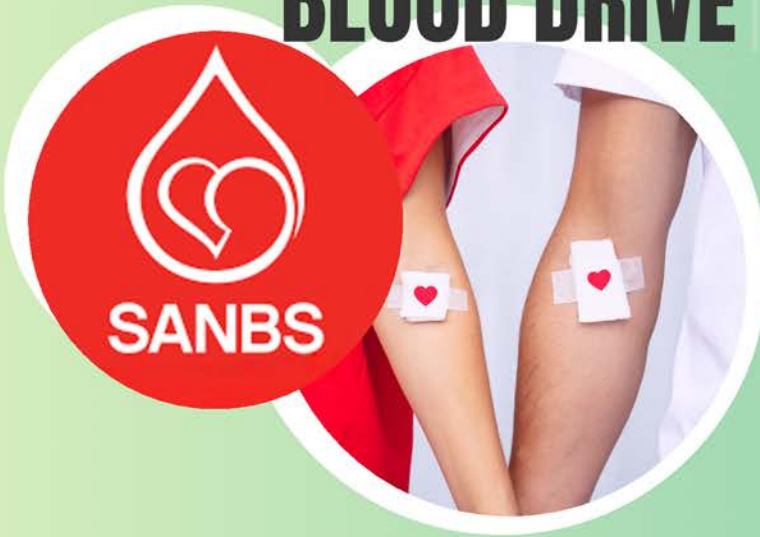
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The Heartbeat

We Care



BLOOD DRIVE



Have you ever wanted to help save a life but did not know how? Many learners want to make a difference in the world but feel that they do not have the time or opportunity to do so. Fortunately, our school gives us the chance to help others through blood donation with SANBS (the South African National Blood Service). By donating blood, you can make a real difference to someone's life.

Die proses om bloed te skenk is eenvoudig en heeltemal gratis. Leerders wat 16 jaar of ouer is, kan skenk deur 'n SANBS-bloedskenksentrum of een van die mobiele bloedskenkingsaksies wat deur die jaar gehou word, te besoek. Jy sal jou ID of geboortesertifikaat as bewys van ouderdom moet saambring. Voordat jy skenk, sal jy 'n vraelys oor jou gesondheid en lewenstyl voltooi om seker te maak jou bloed is veilig vir skenking. SANBS-personeel sal ook jou bloeddruk en bloedsuikervlakke nagaan om te verseker dat jy gesond genoeg is om te skenk.

It is important to eat a healthy meal and drink enough water before donating blood. Donating blood when you have not eaten can make you feel dizzy or faint. Although donating blood may seem like a small act, it can have a huge impact on someone's life. Blood is needed every day for accident victims, surgery patients, and people with serious illnesses. Hospitals rely on blood donors to help save lives; consequently, there is always a need for more donations.

By encouraging your friends and family to donate as well, even more lives can be saved. Blood donation is a simple but powerful way to help your community. Not only do you help others, but you may also feel proud knowing that you have made a positive contribution. After you donate, SANBS often provides refreshments and small treats to help you recover. Additionally, you can learn your blood type, which can be highly useful in the future.

Om bloed te skenk is een van die maklikste maniere om terug te gee aan ander. 'n Enkele skenking kan lewens red, hoop aan gesinne bring en ons herinner aan die belangrikheid daarvan om diegene in nood te help.



Muhammed Shaik



Baie dankie aan al ons gewaardeerde adverteerders vir julle ondersteuning van hierdie uitgawe. Julle bydrae maak dit moontlik om ons skool se stories, prestasies en gemeenskapsnuus met trots te deel.

Ons volgende uitgawe verskyn einde November 2026. Maak seker jy mis nie die geleentheid om deel te wees daarvan nie – bespreek jou advertensieplek betyds.

Kontak gerus vir Me. Ané Bekker by ane@rfhs.co.za om jou plekkie te verseker.

Dankie
aan ons
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