

# INK & OAK

## SCHOOL EVENTS

By Amelie Benadé

### POLAR BEAR CHALLENGE



On Saturday 30 May we will get up at 8:30am to do our annual chilly 12km walk from Muizenberg to Simon's Town.

Please feel encouraged to run as much of the 12km as you can, swim in the freezing sea at the end and dress up creatively in your class's theme while still making sure you have layers and practical shoes. Prizes are provided by the Class 8 parents who are hosting.

The school is discouraging students this year from swimming at every tidal pool along the way for fear of sickness but independently I will still be doing it. The school would also like to discourage any students recently on crutches from attending in a wheelbarrow.

The Polar Bear Challenge is compulsory for all high school students so please note that bunkers will be punished.

Michael Oak Waldorf School funds raised will go to the Nikiwe Bursary and the Oak Grove Facility Fund. Please raise as much money on your sponsorship form as you can.



## EID ADHA MUBARAK

We wish a blessed Eid filled with peace, faith, family and laughter to all our Muslim students, teachers and staff. May your prayers be answered and your sacrifices be appreciated on this holy day.



## FATHER'S DAY



We wish a happy Father's Day to all the men who raised us. Show your father some love by showing him how much you appreciate him by making him a card, getting him flowers, baking him a treat or simply spending some quality time with him.

## YOUTH DAY

On this day in South Africa, we honour the memories of the children who were murdered in the Soweto Uprising. 50 years ago, the children of Soweto marched for their rights and their education in a massive and radical protest against the inhumanity and dehumanisation of the Apartheid system. 176+ were massacred and countless more were injured.

Youth Day serves as a reminder to this generation's youth to stand up to the unjust systems of this unjust world and challenge the powerful with the voices of the unheard. It also serves as a reminder to elders to cherish the lives of their children and listen to what they have to say. There is no progress without moving forward.

“Sometimes it falls upon a generation to be great. You can be that great generation. Let your greatness blossom.”



# DERBY DAY

Anonymous

Derby Day brought hordes of excitement and competitive spirit to Constantia Waldorf, where students from Michael Oak versed Constantia in both competitive and non-competitive sports or just turned up to support their friends and have fun.

There was Debate, Music, Volleyball, Basketball, Art and Soccer as well as the sale of food and second-hand clothing. This event had the potential to be fantastic if more students had attended but it was poorly attended by Constantia and there were many more students from Michael Oak.



Next was Volleyball but Constantia didn't have a big enough team so it was MO vs MO so we won every game.



I started the day by watching the junior debate. It was both teams' first formal debate. This was very entertaining with back-and-forth contradictions, great points and strong arguments. Both teams were very good and it was a close score but Michael Oak just beat Constantia.

It was a similar story with the Basketball game.



Last but certainly not least and a crowd favourite was Soccer. It was a very close game and at first it seemed like Constantia could win, but just as the game was coming to an end Michael Oak took over. The non-competitive game we won 3–2 and the competitive game we won 4–2.

At the end of Derby Day the teachers played some music and everyone danced and enjoyed themselves. Overall it was a pleasant day but hopefully next time dates will be communicated better allowing more people to show up.



## EDUCATION AS AN ART FORM: THE WALDORF CURRICULUM

By Sarah Galvaan

Left vs. right, man vs. woman, humanities vs. sciences: we are shaped to believe in and identify with one perspective and one alone. Humanity prioritises specialisation and limits knowledge when in truth we are *made* to learn. It is only through immense curiosity that humankind has evolved to the point at which we find ourselves today, yet we are taught to stifle that very curiosity- feeding our starved brains only what we are told and never what we desire.

This societal standard is loudly challenged in the Waldorf curriculum. Students are taught interdisciplinarily. Handwork, creative writing, movement, mathematics, sciences, sculpting, drawing...the list goes on. They are shown from a young age not that their success lies only in one topic but that it can be found in the art of learning- for education truly is the most beautiful art form of all.

See, Waldorf educators may be seen as the artists of education. They hone in a child's natural instincts, sitting with them and opening their minds to the various aspects of our world and universe. Research on the neuroscience of creativity (RMCAD, 2025) proves art's ability to enhance cognitive function and relieve stress. I've experienced it myself; working on my main lesson book only to get overwhelmed by the amount of work and switch to decorating it, thus creating art as a productive and much needed break. We are not shamed for doodling in our books but *encouraged* to do so. As a former student of mainstream education, I can say with confidence that this is a completely unheard of fact to many.

On the topic of mainstream education, I have much to say with regards to the vast differences between the aforementioned and Waldorf education. After approximately 11 years of learning to be a slave to modern society, joining Michael Oak felt like discovering a whole new world wherein passion is encouraged and learning is a sport. I have developed never before seen levels of perseverance, observation, and concentration simply by creating my own textbooks (as mentioned; main lesson books) and being guided through various perspectives on content that would've been given and forgotten in any other school..

My previous school was maths and science orientated, I am an arts and humanities student, so experiencing learning in such a way that diversifies one's interconnected web of knowledge has been a blessed experience, which makes Waldorf's thirteenth year a small speck of a con in comparison to all of the pro's.

I have observed my born and bred Waldorf peers and came to the conclusion that polymathy (the ability to excel across multiple fields of knowledge) is a common factor of life when one is raised outside of the belief in specialisation. Connections are formed between art and maths, physics, biology, chemistry, you name it. Not only does this create a solid foundation for academic learning, it embraces the human mind and refuses to dim the human spirit.

In short, it is my belief that art is expressed in countless manners, the broadest of all being education. Modern society dissects and delegates this creative process, appointing members one section of the final piece when truly we as humanity are built for free expression and exploration of unlimited sections, meaning the art of learning is not something to be restricted. The Waldorf curriculum not only recognises but embodies this, consequentially producing well-rounded individuals with broad knowledge on varying subjects. We live to learn and learn to live.

# WHO WILL BE THE NEXT PRESIDENT OF SOUTH AFRICA?

**By Ellior Freedman**

First of all, I would like to say that before writing this I had very little knowledge of the South African political climate and what was currently happening with our government. While researching for this I learnt a lot and I do hope none of my information is incorrect.

Isn't it crazy that in South Africa, Presidents are not voted for directly by the people? The amount of votes a party gets determines how many seats in the National Assembly they get, then the people in the National Assembly vote for who the president will be from the members of the National Assembly. To get voted in as president, a candidate must get a majority of the votes, which in this case is anything over 201 votes since the National Assembly contains 400 members.

If a Party gets over 50% of votes that will generally mean the president is going to come out of that party. If no Party gets over 50% of the votes, the party with the most votes will need to form a coalition with other parties to decide who the president will be. This is what happened with the ANC in the most recent national elections.

## What Party will win the next National elections?

South Africa's next national election will be in 2029 and its next local election in November 2026. The local/municipal elections take place every five years and decide who is in charge of the country's municipalities. The next local elections are taking place November 4th 2026 and depending on how well the parties do it may change the perception of who will win the national vote.

Currently, it is most likely for the ANC (African National Congress) to win the elections. Since 1994, the ANC have won every national election and have gotten over 50% in all elections but one although they have been getting a lower percentage of votes through the years they still have the upper hand with receiving two times as many votes as the party who came second which was the DA in the 2024 elections.

The main reason that the ANC went down so much in the 2024 elections was because of the MK party who got over 14% of the votes, most of which were voters who would have previously voted ANC. Since 2024, the MK party has had a consistent decrease in votes and they have a very, very low chance of winning the national elections, especially with Zuma not being able to become president again. Even though he is politically active, in 2029 he will be 86.

*This Table shows what percent of votes each party received during the national elections from 2004 to 2024*

| Year | ANC | DA  | EFF | MK  |
|------|-----|-----|-----|-----|
| 2004 | 70% | 12% | N/A | N/A |
| 2009 | 65% | 16% | N/A | N/A |
| 2014 | 62% | 22% | 6%  | N/A |
| 2019 | 57% | 20% | 10% | N/A |
| 2024 | 40% | 21% | 9%  | 14% |

The DA have been averaging 20% of the votes in the last few national elections and it isn't very likely for them to suddenly spring up and get a majority of the votes but with its new leadership there is a possibility they may win but it is unlikely.

If nothing major happens until the 2029 elections it is reasonable to assume that the ANC will win the elections and provide our country with its next president. That still leaves the question of "who would that be?"

Within parties there are a lot of politics and sectors within them and one of the key things that many parties have is a party "president", who is the leader of the party (they are not necessarily the country president). In the ANC, the current party president is Cyril Ramaphosa and has been since 2017. It is possible for Ramaphosa to become the ANC party president again but it is unlikely since in the ANC they generally elect a new party president when there is a new country president.

One possible person who could become the country's president is Fikile Mbalula. Fikile Mbalula is not likely to become the president since he has stated many times that he does not want to become the president of either the party or country: "I have never declared any interest in the ANC presidency. I am not power-hungry or power-drunk" stated Fikile Mbalula, although if Mbalula runs for presidency there is a good chance he could be elected.

Another strong contender for the ANC party president is Paul Mashatile who is the current Deputy President of the country and a long-standing ANC member. Paul Mashatile hasn't made much of a public image of himself while Deputy President but he is well supported and powerful in the ANC itself. The ANC as a party has tended to choose the most suitable person to be president rather than the most publicly noted one so Paul Mashatile not having a big public presence isn't a major issue affecting his chances of presidency.

Fikile Mbalula has changed his political alliances in the ANC a few times but each time it was to the group gaining power. He was with Zuma and then moved to Ramaphosa at the right moment. He has also said that Mashatile is next in line for consideration. And taking into account that Mbalula is usually situated with the right people we can say that it is likely that Paul Mashatile will become the next president of South Africa.



#### Sources

Youtube - Dan Corder (South Africa's Next President: Who Will Succeed Ramaphosa?)

IEC - <https://results.elections.org.za/dashboards/npe/>

okayafrika - <https://www.okayafrika.com/how-does-south-africa-elect-its-president/203749>

mail and guardian - <https://mg.co.za/politics/2025-03-10-mbalula-rejects-succession-talks-backs-mashatile-as-next-anc-president/>

## NEWEST ITEM ON YOUR TO-READ LIST:

### The Perks Of Being A Wallflower By Cilla Rijdsijk

**TRIGGER WARNING:** This book discusses stages of deep depression and loss.

*Perks of Being a Wallflower* is an introspective coming-of-age story told entirely through letters. Charlie has just entered high school. He enters it almost entirely alone; he has no best friend and his older sister refuses to interact with him. On his first day, he forms a strong connection with his English teacher, Mr Anderson.

Mr Anderson provides him with novels and advice, just enough to lift him up but not enough to hold him there. And that's when he meets Sam and her stepbrother Patrick.

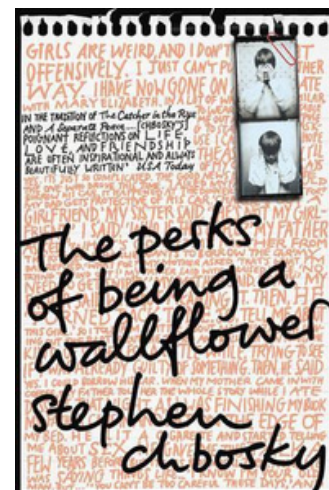
Sam wants nothing more in the world than to be free and to find someone who truly and honestly loves her. She has to work hard to overcome the objectification and abuse she received from boys she dated in the past and Patrick has a messy secret that could seriously affect his life if exposed.

As Charlie, Sam and Patrick grow closer, they begin to fill the cracks in each other's identities. Charlie's previously all-grey world is now complicated and interesting, and it is in this way that the novel portrays how those few adolescent years and moments of connection can be life-changing.



But why is Charlie a wallflower? A wallflower is not defined by how popular you are, what books you read or how you like to spend your time. It is defined by whether you are an Experiencer or an Observer. Somewhere in the book, Patrick describes being a wallflower as someone who “sees things and then understands”.

One should read this book because in a world full of unrealistic and perfect stories about teenage life and mental health, this book is finally one that showcases the nitty-gritty and darkest areas of the mind in a way that is truthful and reliable. It is the kind of story that will change your way of thinking, with characters that grow alongside us, but most especially the wallflowers.



Perks of Being a Wallflower suggested playlist

1. “Boys Don’t Cry” – The Cure
2. “Just” – Radiohead
3. “Let It Happen” – Tame Impala
4. “Temptation” – New Order
5. “Don’t Dream It’s Over” – Crowded House
6. “Tugboat” – Galaxie 500
7. “We’re Gonna Be Friends” – The White Stripes
8. “Here” – Pavement
9. “Asleep” – The Smiths
10. “Pearly-Dewdrops Drops” – Cocteau Twins
11. “Come On Eileen” – Dexys Midnight Runners
12. “Heroes”, 1999 Remaster – David Bowie

# Life Style

By Raphaelle M. Richman

## Study Tips

Have a test coming up and don't know how to study for it? Don't worry, for here are seven study tips to help you pass your tests.

1. **Use active recall:** Close the book and test yourself instead of just rereading. Quizzing forces your brain to retrieve info, which locks it in better.
2. **Space it out:** Study in short sessions over several days rather than cramming. 30–45 min blocks with breaks work better for long-term memory.
3. **Mix topics:** Alternate subjects or question types in one session. It's harder in the moment but it builds flexibility and understanding.
4. **Explain it out loud:** If you can teach it simply, you actually get it. Pretend you're explaining it to a 12-year-old. Or actually explain it to a 12-year-old...
5. **Cut distractions:** Phone on DND, one tab open. 20 minutes of focused work beats an hour of half-focused work.
6. **Use the 80/20:** Focus on the core concepts, formulas and examples that show up most often. Don't get lost in the edges.
7. **Sleep and move:** 7+ hours of sleep and a quick walk massively improve recall. Your brain consolidates memory while you sleep.



## Questions of the Month

### 1. How do I find myself?

**Answer:** Hello, I would suggest meditating or going out into nature to find yourself.

### 2. Do we all have to dress up?

**Answer:** For what? If it's for the polar bear challenge then yes.

### 3. How are babies made?

**Answer:** Go ask Mrs. Smit-Gardener.

### 4. How do I stop judging others?

**Answer:** Expel all negative thoughts from one's mind before getting to know someone.

### 5. How does the box work?

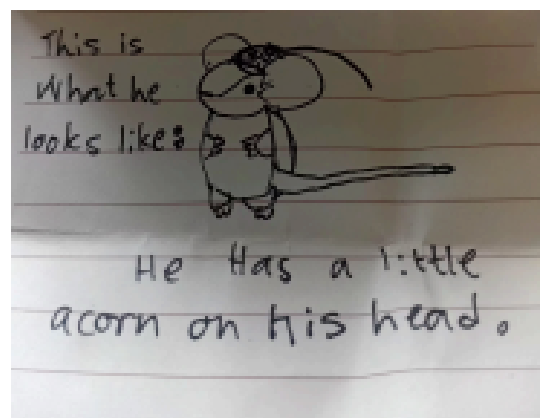
**Answer:** Simply put your question in the box and I will answer it and it can be any question

### 6. What is the school's dating policy because there is far too much PDA happening?

**Answer:** I don't know myself but if you're really curious maybe ask your guardian or class rep.

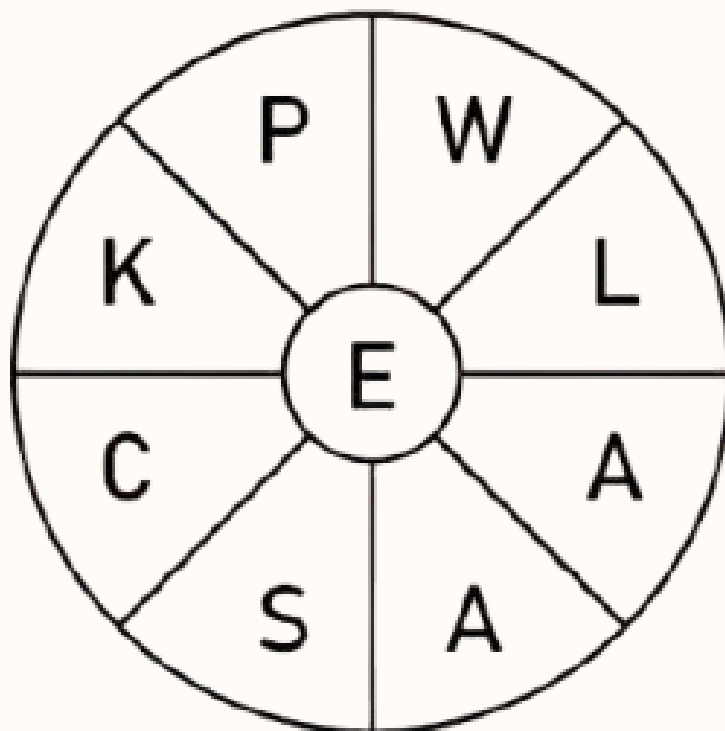
### 7. Dear Raphy, I just made a cute mouse out of felt and I don't know what to name it!

**Answer:** Dear reader, I love the little drawing of the mouse to show me what he looks like. As I was looking at this mouse, two names popped into my head: Steven and Sir Toby. Now, I thought Steven would be nice for him but as I looked closer I realised that Sir Toby would suit him best.



# BOREDOM BUSTER

## WORD WHEEL PUZZLE 1



HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?  
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE

## JOKES

1. Why is grass so dangerous? Because it's full of blades!
2. Why shouldn't you fundraise for marathons? They just take the money and run.
3. Why can't a nose be 12 inches long? Because then it would be a foot.
4. Why did the snail paint a giant S on his car? So when he drove by, people could say: "Look at that S car go!"
5. Have you ever heard about the kidnapping at school? It's okay, he woke up.