



BEACON EXPRESS

...LET YOUR LIGHT SHINE...

Volume 1

Number 1

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Message from the editorial team:

It is with great excitement that we launch the new school newsletter. The editorial team would like to welcome all the new teachers and students to Beacon Hill High School. We would like to invite educators, learners, parents and staff to submit content to include in the newsletter, which will be published monthly. The closing date for content to reach the editorial team is the 10th of each month. The editorial team will undertake to include as much of the content as space allows.

Thought for
the day!

"Your purpose"

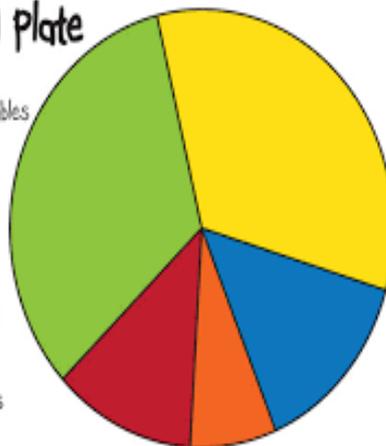
Many people doubt that finding God is the purpose of life; but everyone

MUST accept that the purpose of life is to find happiness. I say that God is happiness.

He is bliss. He is love. He is joy that will never go away from your soul. So why shouldn't you try to acquire that happiness? No one else can give it to you. You must continuously cultivate it yourself. So it is worthwhile to seek God. Seek God, all those who sincerely seek him will surely find him. All is light, all is joy, all is peace, all is love. He is all.

A Balanced Plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars



STAY HEALTHY

It is important to eat the correct balance of different food types every day.

Ensure that you eat the correct portion sizes of each of the food types, and drink at least eight glasses of water a day.



It has been a tiring three weeks for the Beacon Hill High School athletes. They have been training extensively and with another two weeks of training ahead, they will be well prepared for the challenging competition that they will face in the upcoming athletics. The athletes are determined to overcome the challenge and rise up to the athletes of Lentegeur High School. This rivalry is the result of last year's scores in which Beacon Hill High School sadly came second place losing to Lentegeur High School by only one point, "if I could only have put more effort in the school could have been crowned first place and we would have won Lentegeur" says Jasmine Esau an athlete who ran in the under fifteen girls' long distance. Our athletes have our full support. We wish you well.... We are confident that Beacon Hill will bring the first place trophy home in 2016!

GO BEACON HILL... GO!

A BIG NO- NO

DO YOU THINK CHILDREN ARE SMOKING DAGGA? IF THEY ARE, THEN U SHOULD LOOK OUT FOR THESE SIGNS:

- ❖ Red glassy eyes
- ❖ Appetite changes
- ❖ The Sleeplessness during the day early evening
- ❖ A burnt, sweet herbal smell that lingers on their fingers and clothes
- ❖ Forgetfulness
- ❖ No interest in things they once enjoyed
- ❖ Slower reflexes lack of coordination
- ❖ Difficult concentration or learning new things

Green Hills

With the achievement of the project citizen coming in at third position the Beacon Hill High School learners that participated were extremely proud of themselves and their work, as it is the first time Beacon Hill High School participated. Adding to that they have formed the Neat Freaks learners that will help keep our school environment clean, although we urge more learners to do the same by not littering as this was the chosen topic to be presented for project citizen.

ACKNOWLEDGEMENTS

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Learners of the grade 10D class