



# MARTIE DU PLESSIS NUUSBRIEF

Kwartaal / Term 1 2026

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**Be on the look-out for these icons throughout the newsletter. Click on them to enjoy videos, more photos**



## In this issue:

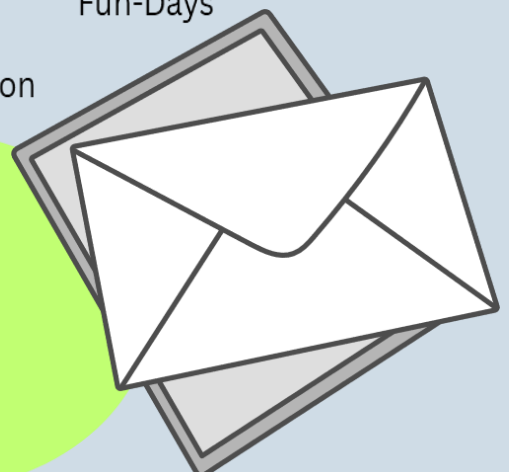
Uit die hoof se Pen  
Top-presteerders en Well-done  
Funksie  
RCL Leaders  
Events and Tours  
Driewieldraai Nuus

Grondslagfase Nuus  
Laerskool Nuus  
Hoërskool Nuus  
Buitemuurs  
Bemagtiging  
Christians In Action

Governing Body members  
Ons groet ons skoolhoof  
Ma's wat omgee  
Fun-Days

## Nuusbrief Redaksie

Linda de Jager, Anli Starke (FP), Christelle Labuschagne,  
Hene Cilliers (Staff & Hostel) Janka le Roux (IP), Felicia  
Pelser (Editor and empowerment) Kea Mokate (Events &  
Tours), Arina Nicolaisen (Extra-Mural)



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# FROM THE DESK OF THE PRINCIPAL

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## To say goodbye for the last time

It is Sunday morning and autumn is approaching step by step as 27 March 2026 draws nearer.

I hear the birds in the trees and a woodpecker's unmistakable call from the safety of the big old willow tree. I hear a hadida's cry as something disrupts his peace.

I see the rabbits on the lush green grass and yet I am intensely aware of the cars and the cargo-laden trucks on the N1 en route to distant destinations.

And I wonder ...

How do you shake the soil off your feet after 14 years where every grain of soil became so profoundly interwoven with who and what you are?

How do you say goodbye to a season in your life and begin a journey to new destinations without being acutely aware of the deep emotions hidden in the chambers of one's heart?

How do you say goodbye to the people, big and small, who became part of the tapestry of your existence – whose fibre, colour and texture became part of the very fabric of your life-tapestry?

How do you say goodbye ...

I honestly still don't know, but one thing I do know is that no one can leave 91 Du Plooy Crescent without the feeling of extreme gratitude.

Thank you for allowing me into your world and allowing me to be part of your journey. Thank you for giving me the opportunity to experience something of God's goodness and faithfulness that lives in the heart of learners, parents and staff every day.

Mine was only a short period of the 69 years of the existence of this wonderful school. I was indeed merely the steward of this small piece of land in Fichardt Park and over the past 14 years I simply tried, to the best of my ability, to make it a place of DREAMS and HOPE.

If I somehow caused any of you pain through my actions or words, I humbly ask for your forgiveness. If I managed to contribute something meaningful to your life, I know it was only through the grace of our Lord and Saviour Jesus Christ ... for in the translated words of the great Afrikaans poet and songwriter, Koos du Plessis, "Who I am is only by mercy and grace, and what I have is merely borrowed".

I greet you with the knowledge that the God who held yesterday firmly in His hands is also the God who holds the future of Martie du Plessis, so that we – even though we are small – may humbly and gratefully choose our way towards the Light.

Ad Lucem – to the Light

For the last time

A handwritten signature in black ink, appearing to read 'Francois van Heerden'.

*Francois van Heerden*

(Steward of Martie du Plessis 2013-2026)





**Om u verlaas te groet**

**Dit is Sondagoggend en die herfs kruip so treetjie vir treetjie nader soos 27 Maart 2026 aanbreek.**

**Buite hoor ek die gesang van voëltjies in die tuin met die houtkappertjie se onmiskenbare roep in die groot ou wilgerboom en 'n hadida wat sy misnoeë duidelik te kenne gee oor iets wat hom pla.**

**Ek sien die hasies op die lowergroen gras en is bewus van die motors en vragmotors wat meedoënloos voortsnel na vreemde bestemmings op die N1.**

**En ek wonder ...**

Hoe skud mens die grond van jou voete af na 14 jaar wat hierdie stukkie aarde so intens vervleg en verweef geraak het met wie en wat jy is?

Hoe groet mens hierdie seisoen van jou lewe en kies koers na nuwe bestemmings sonder om intens bewus te wees van elke emosie wat diep in die skatkamers van jou hart gaan lê?

Hoe groet mens die mense, groot en klein, wat so deel van die tapisserie van jou bestaan geword het – hulle wie se vesel, kleur en tekstuur ook die vesels van jou lewens-tapisserie geword het?

Hoe groet mens ...

Ek weet steeds nie, maar een ding staan vas en seker: geen mens kan hierdie stukkie aarde van Du Plooy Singel 91 verlaat sonder dankbaarheid nie.

Dankie vir elkeen van u wat my toegelaat het op hierdie reis saam met u. Dankie dat u my toegelaat het om elke dag iets van die Here se goedheid en guns te kon beleef wat leef in die harte van ons kinders, ouers en personeel.

Ek was maar net vir 'n kort tydjie in hierdie 69 jaar van die bestaan van hierdie wonderlike skool die rentmeester van God se stukkie aarde hier in Fichardtspark. Oor hierdie afgelope 14 jaar het ek elke dag na die beste van my vermoë probeer om hierdie skool 'n plek van DROME en HOOP te maak.

Indien ek u op enige manier te na gekom het, vra ek om u vergiffenis. Indien ek vir u iets kon beteken het, was dit net deur die genade van ons Here Jesus Christus, my Verlosser ... want in die woorde van Koos du Plessis: "Wat ek is, is net genade en wat ek het, is net geleen".

Ek groet u met die wete dat die God wat ons verlede veilig in Sy hand gehou het, ook die God van die toekoms van Martie du Plessis sal wees, sodat ons dankbaar en trots, maar tog nederig en klein, elke dag koers kan hou na die Lig.

Ad Lucem – na die Lig

Vir oulaas



*Francois van Heerden*

(Rentmeester van Martie du Plessis 2013-2026)

# TOP PRESTEERDERS



## Martie du Plessis School: A story of perseverance and hope

**Sazly Moses**  
sazlymahareng.co.za

The 2025 matric results at Martie du Plessis School reflect an incredible achievement, with an impressive 98% pass rate, including 65% Bachelor's passes and 25% Diploma passes.

This success is particularly meaningful, given that most learners at Martie du Plessis face significant challenges due to their diagnoses of specific learning disabilities.

Many of these learners also have secondary diagnoses that make teaching and learning even more difficult. Yet, despite these obstacles, their performance

shows that there is always hope for learners who find school challenging.

Principal Francois van Heerden expresses pride in the school's achievement, highlighting the unwavering determination of both learners and staff. "We celebrate learners who just managed to pass as much as we celebrate the top achievers. This is because we understand how difficult it can be for learners to overcome the major barriers they face in teaching and learning."

He adds that three of their learners were invited to the Free State Well Done Function as top achievers with special educational needs, which is a significant honour.

The road to success was not easy for many of the learners, with some battling severe anxiety, undergoing cancer treatment, or managing physical challenges such as syndromes, epilepsy, ADHD, dyslexia, and autism spectrum disorder. But the school's dedicated staff, including teachers and therapists, provided immense support through extra classes, open communication, and targeted small-group sessions to help these learners succeed.

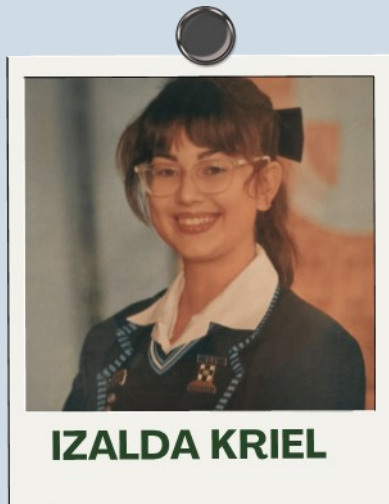
In reflecting on the success, Van Heerden shared that the lessons learned are clear: "Dreams can indeed come true if you work hard." He says he feels privileged to be part of the process of rebuilding dreams and offering hope to learners and their families.



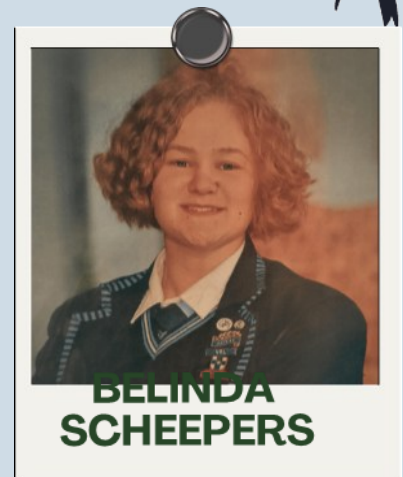
Francois van Heerden and top matric achiever Hloni Monatisa.



MATHEMATICAL LITERACY 88%,  
TOURISM 85%,  
LIFE SCIENCE 71%,  
LIFE ORIENTATION 70%,  
AVERAGE 72.4%



WISKUNDIGE GEL. 81%,  
RTT 76%,  
TOERISME 73%,  
LEWENSORIENTERING 67%,  
GEMIDDELD: 70.9%



WISKUNDIGE GEL. 83%,  
VISUELE KUNS 81%,  
GEMIDDELD: 67.4%



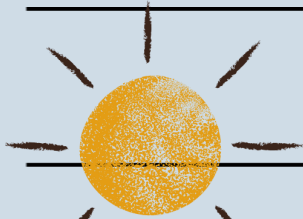
Three of our learners were invited to attend the Well Done Function hosted by the Free State Department of Education.

Hloni Monatisa, Izalda Kriel, and Belinda Scheepers were recognised as being among the top five achievers of learners with special educational needs in the Free State.

We are especially proud to acknowledge Hloni Monatisa, who achieved the highest performance in the National Senior Certificate examination among all learners with special educational needs in the Free State.

Well done!

**Well-done function 2026**



# RCL CAMP



The RCL Camp was a valuable experience where we learned important leadership skills. During the camp we took part in training that built strength, determination, and discipline. Many activities focused on teamwork, where we worked together, supported one another, and solved challenges as a group. This helped us understand the importance of communication and trust in a team. We also voted for our Head Leader, **AJ Buys**, and Deputy Leader, **Lehakwe Dumako**, giving everyone the opportunity to take part in choosing representatives for the RCL. Overall, the camp helped develop leadership, cooperation, and confidence among the learners.



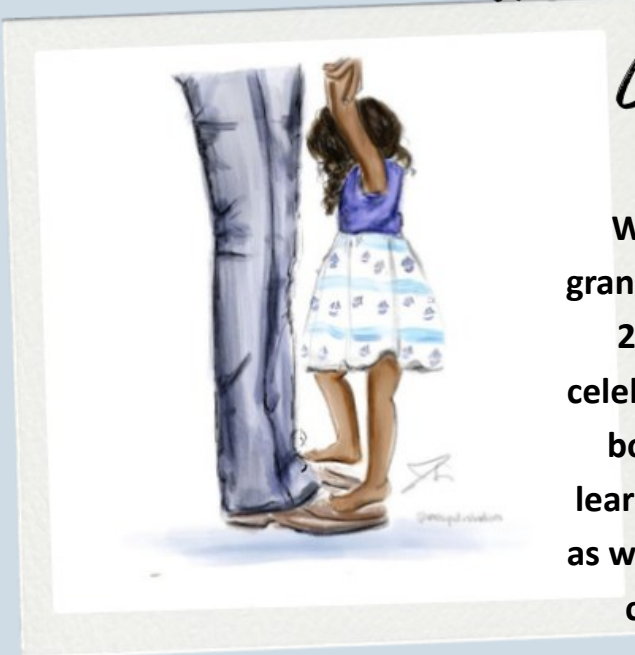


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## ‘PA’S VAN DOGTERS’ AAND

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*Fathers / Step-fathers /  
Grandfathers*



Whether you were a father, stepfather, or grandfather – your presence truly mattered. On 20 February, we shared a special evening celebrating and deepening the father–daughter bond. Together we had the opportunity to learn, reflect, and grow alongside one another as we explored how this important relationship can be nurtured with intention and love

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## CRAZY SOCKS DAY

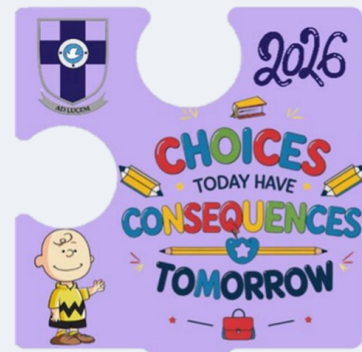
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## THEME OF THE YEAR

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Term 1  
**The man in the mirror  
makes the choices.**

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## KERSSEREMONIE

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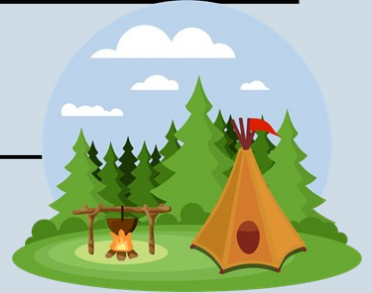
The annual candlelight ceremony at Martie du Plessis School was a special and meaningful event where learners and staff warmly welcomed all the new members of the school community. During the ceremony, candles were lit as a symbol of hope, guidance and unity. It served as a reminder that everyone at Martie du Plessis walks the same path together. As the school lives by its motto, Ad lucem – to the light, the ceremony encouraged every learner and staff member to strive toward growth, kindness and learning, while feeling truly welcomed as part of the Martie family.



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# GRAAD 7 KAMP

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**Graad 7's geniet hul jaarlikse avontuur kamp by Ontrack Adventures**

Die Graad 7-leerders het van 23 tot 25 Januarie hul jaarlikse Graad 7-kamp by Ontrack Adventures naby Hobhouse bygewoon. Die kamp was 'n groot sukses en het aan die leerders 'n geleentheid gebied om nuwe ervarings te beleef, saam te werk en sterk vriendskappe te bou.

Elke oggend het op 'n besondere wyse begin met 'n kort Skriflesing en gebed, waarna daar ook tyd vir stiltetyd ingeruim is. Dit het 'n rustige en betekenisvolle begin aan elke dag gegee voordat die dag se aktiwiteite afgeskop het.

Die kamp was gevul met opwindende aktiwiteite. Leerders het onder andere geswem, gaan stap, vlugbal gespeel, ge-zipline en 'n uitdagende hindernisbaan aangepak waar hulle deur modder moes kruip en as 'n span moes saamwerk om die uitdagings te voltooi.

In die aande het die groep saam ontspan en die pragtige sterreheemel bewonder – 'n spesiale ervaring wat baie van die leerders lank sal onthou.





# TOURISM TOUR



# DESIGN OUTING (GR. 11'S)



9 February  
2026

*Peace of art*

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# VK UITSTAPPIE (Gr 10-12)

Oliewenhuis & Kotze Gallery (6 Februarie 2026)

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## VALENTINE'S DANCE

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XOXO

Valentine's Dance – 13 February 2026

The purpose of the Martie du Plessis Parents' Forum is to arrange events that are inclusive and allow as many of our learners as possible to participate. The Valentine's Dance, hosted by the Parents' Forum on 13 February 2026, was a beautiful example of this vision in action.

Approximately 80 learners attended the event. As a member of the Parents' Forum, I was present to support the initiative, but as a mother, I was privileged to experience something far deeper. I witnessed our Grade 10 to 12 learners simply being children—joyful, carefree, and wonderfully themselves.

What touched me most was the genuine consideration and acceptance they showed toward one another. Despite their individuality, our children shared the space with ease and kindness. They danced, laughed, and celebrated their uniqueness together.

The evening left me both amazed and deeply grateful. In a very big world, moments like these remind us of what is normal, meaningful, and truly beautiful.

Thank you for the honour of being part of such a special memory with our wonderful children—the learners of High School Martie du Plessis.



love



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# MNR & MEJ MARTIE FINALISTE

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## Seuns

AJ Buys  
Chris van der Westhuizen  
Christo de Lange  
Corne Smith  
Danté Maritz  
Franco Opperman  
Itumeleng Smith  
Lumumba Mosia  
Reinhard Williamson  
Ruben van Aswegen

## Dogters

Elri Pretorius  
Emma Beukes  
Eska van Zyl  
Flora Diseko  
Janine Bezuidenhout  
Leandra van Zyl  
Leané Marais  
Lehakwe Dumako  
Leney Janse van Rensburg  
Nora-Mae Venter

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## ONTHOU...

## RUGBY

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OFS VETERAN CAR CLUB PRESENTS

 **C&F** MOTOR SPARES



# CARS IN THE PARK



**1 MAY 2026 | 9:00 - 14:00**

MARTIE DU PLESSIS SCHOOL, BLOEMFONTEIN

 **ADULTS R50 | SCHOLARS R20**  **CARD FACILITIES** 

TICKETS AVAILABLE AT THE GATE & ALL C&F MOTOR SPARES OUTLETS

PRIZES TO BE WON! SEE C&F FACEBOOK PAGE AND WEBSITE

 **MODELMOTORS**

**Toy Fair!**

CARS AND MOTORBIKES  
FOOD STALLS | ARTS & CRAFTS |  
KIDDIES ENTERTAINMENT

 **DURATEC BATTERIES**  **DUP'S TOWING**  **William & Casper Meubelvervoer**  **AUTOMOTIVE RUBBERS**



Jandré Opperman het vir die CUT Young Guns teen die Kovies in die Varsity Cup gespeel.

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# CRICKET

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## Benco Olivier

LSEN player of the year.  
- Flexbrands Knights Awards



Benco Olivier is a talented and hardworking cricketer who continues to make his mark at provincial level. He earned his first Free State squad selection in 2024 and was selected again in 2025, demonstrating consistency and growth in his game.

In 2025, he scored 78 runs, with a highest score of 32, and took 1 wicket with best bowling figures of 1/1. He also stood out as an exceptional wicketkeeper, achieving 3 catches, 3 stumpings, and 2 run-outs.

His outstanding performances were further recognised with his selection to the SA LSEN Squad in 2025.

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## NEW GOVERNING BODY MEMBERS

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**Vonneque du Plessis**



**Eben Smith**

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# POSITITIVE REWARD (FET)

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*Well done!*



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# POSITITIVE REWARD (Senior Phase)

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*We are proud of you!*

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# POSITIVE REWARD (Intermediate Phase)

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Grade 4



Grade 5



Grade 6

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# POSITIVE REWARD (Foundation Phase)

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# Grondslagfase Nuus - Welkom graad 1's



**Welkom aan ons wonderlike Graad 1's!**

Ons is so bly julle is deel van ons skoolfamilie. Ons glo in elkeen van julle – julle drome, julle pogings en alles wat julle nog gaan leer. Mag hierdie jaar vol ontdek, groei en baie glimlagte wees!



# Grondslagfase Nuus - Entrepeneursdag



# Intermediate Phase - Colour Run Fun-Day





Juf. Adri

Juf. Karin



# Driewieldraai

*Outdoor playtime*



*Valentynsdag*



*Creative arts*



*Boekedag*



*Celebrating the goodness of God*



*Candlelight Ceremony*



*Greenvally Animal farm*



*Temakring*



*Wiskunde kring*



# ATLETIEK - INTERHUIS



**1284**

*a Total of 24  
School*

*records were*

**SHATTERED!**



**1272**

## **Zeldoné Ball (Girls U10)**

improved the 80 m time to 14.32 seconds and cleared 0.90 m in the high jump.

## **Kayleigh Stroebel (Girls U11)**

ran an impressive 12.84 seconds in the 80 m followed by 16.40 seconds in the 100 m.

## **Dunay Scott (Girls U13)**

ran 6:34.81 in the 1500 m and then really showed her speed with a time of 33.50 seconds in the 200 m.

## **Lleerinne van Rooyen (Girls U15)**

improved the 200 m time to 30.06 seconds and the 800 m time to 2:44.90.

## **Alissa van der Westhuizen (Girls U17)**

She improved her long jump distance to 4.20 m and ran an impressive 15.38 seconds in the 100 m.

## **Darryn Ontong (Boys U16)**

ran an impressive time of 5:19.80 in the 1500 m and topped it off with a time of 2:36.49 in the 800 m.



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# ATHLETICS - EXTRA MURAL NEWS

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## Orion Athletics top 3 Field Meeting - 4 February 2026

19 of our athletes went to Orion in Welkom to partake at the Top 3 Field Meeting, they came home with 19 medals.

**Kian Katzke** B/15- 1<sup>st</sup> in discus, **Chris van der Westhuisen** B/19- 1<sup>st</sup> in discus & 1<sup>st</sup> in shotput, **AJ Buys** S/19- 2<sup>nd</sup> in discus & 3<sup>rd</sup> in shotput, **Anika Kruger** G/14- 2<sup>nd</sup> in shotput, **Lian Husselman** B/14 -1<sup>st</sup> in shotput, **Lian Ntlororo** B/14- 2<sup>nd</sup> in Shotput & 1<sup>st</sup> in long jump, **Luca van Vuuren** B/15- 1<sup>st</sup> in shotput, **Alissa van der Westhuisen** G/17- 1<sup>st</sup> in high jump & 1<sup>st</sup> in long jump, **Tobie Myburg** B/15- 2<sup>nd</sup> in high jump, **GW Erasmus** B/17- 1<sup>st</sup> in high jump, **Franco Opperman** B/19- 1<sup>st</sup> in high jump, **Oliver Mckechnie** B/15- 1<sup>st</sup> in javelin, **Marnu Ellis** B/19- 2<sup>nd</sup> in javelin, **Nevinn Schmitt** B/13 - 1<sup>st</sup> in long jump, **Iwan Geldenhuys** B/17 -3<sup>rd</sup> in shotput.

## Top 3 Track and Field - 11 February 2026 (Welkom)



**Darryn Ontong** – 4<sup>th</sup> in 1500m, 6<sup>th</sup> in 800m & 6<sup>th</sup> in 100m.

**Lleerinne van Rooyen** – 1<sup>st</sup> in 800m, 1<sup>st</sup> in 200m, 1<sup>st</sup> in 100m & 1<sup>st</sup> in 1500m.

She also set new records in each event.

**Liam Ntlororo** – 1<sup>st</sup> in 100m, 4<sup>th</sup> in 800m & 5<sup>th</sup> in 200m.

**Thapelo Phatsoane** – 2<sup>nd</sup> in 200m & 3<sup>rd</sup> in 100m.

**Cassey Repon** – 1<sup>st</sup> in 100m & 5<sup>th</sup> in 200m.

**Estian Engelbrecht** – 3<sup>rd</sup> in 100m & 3<sup>rd</sup> in 200m.

**Nevinn Schmitt** – 1<sup>st</sup> in 100m & 1<sup>st</sup> in 200m.

**Geraldine Pienaar** – 1<sup>st</sup> in 1500m, 2<sup>nd</sup> in 100m & 3<sup>rd</sup> in 200m.

**Dunay Scott** – 1<sup>st</sup> in 100m & 1<sup>st</sup> in 200m.



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# ATHLETICS - EXTRA MURAL NEWS

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## Fakkel School of Skills Top 20 Prestige Athletics Meet

On the 20th of February our athletes went to Welkom to take part at the Fakkel School of skills top 20 prestige meet and brought home the following titles.



**Calista du Toit (G/19)** - High Jump 1<sup>st</sup>

**Lian Husselman (B/14)** - High Jump 1<sup>st</sup> & 200m 2<sup>nd</sup>

**Lian Ntlororo (B/14)** - 100m 2<sup>nd</sup>

**Kian Katzke (B/15)** - Discus 4<sup>th</sup> , **Luca van Vuuren (B/15)** - Shotput 2<sup>nd</sup> , **Cassey Repon (B/16)** - 100m 2<sup>nd</sup> & 200m 1<sup>st</sup>

## Free-State LSEN team for SA Championships



Geraldine Pienaar

Dunay Scott

Lleerinne van Rooyen

Charlene Smith

Alissa van der Westhuizen

Calista du Toit

Nevinn Schmidt

Lian Husselman

Kian Katzke

Diwan Venter

Tobie Myburgh

CasseyRepon

Thapelo Phatsoane

GW Erasmus

Chris van der Westhuizen

AJ Buys

Franco Opperman





# WHEELCHAIR TRAINING TRACK

Wheelchair Training Track: Opening (9 March 2026)



The official opening of our school's Wheelchair Training Track at Blue Door, was a special and meaningful occasion. Sponsors, therapists from other schools, and staff from various rehabilitation facilities were invited to attend, along with individuals who played a role in building the track.

The event provided an opportunity to thank those who contributed to making the project possible and to share its purpose in supporting the mobility and independence of our learners.

During the event, a few learners demonstrated how the track can be used to practice different wheelchair skills and to build confidence in navigating everyday obstacles. Guests were also invited to experience the track for themselves, which gave them a better understanding of the challenges wheelchair users may face. Even the school principal, Mr. Van Heerden, took a turn on the track, adding to the spirit of participation and support for this valuable new facility.



# ARCHERY / BOOGSKIET



Congratulations to two of our MDUP colleagues, Mr Dewan Terblanche and Khanya Tsetse, as well as two of our matric learners, who are now qualified Basic Archery Instructors. Well done to you all on this fantastic achievement!



**AGA Vrystaat het hul eerste boogskiet kompetisie in Virginia aangebied wat deur Centre Shot Bloemfontein en Henties Cilliers aangebied is. Martie du Plessis het 18 skuts gehad wat deelgeneem het.**

**Centre Shot Bloemfontein kompetisie:**

JG Barnard – Gr.6 seuns silwer  
Greyling Venter – Gr.7 seuns brons  
Chante Viljoen – Gr.9 meisies silwer

**Henties Cilliers kompetisie:**

JG Barnard – Gr.6 silwer  
Greyling Venter – Gr.7 silwer  
Luan van der Westhuizen – Gr.12 brons



*Geluk Meneer*

**Richard Stewart**

**Ondervoorsitter: Vrystaat -  
African Genesis Archery**

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**CHESS**

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**Fichardtpark Sports day – 6 March 2026**

Four learners took part in a Chess Day at Fichardtpark High School on 6 March 2026. They played friendly matches against five different schools. The learners who participated were Matthew Britz, Johnic de Lange, Jaco van Zyl, and Xander Mathews.

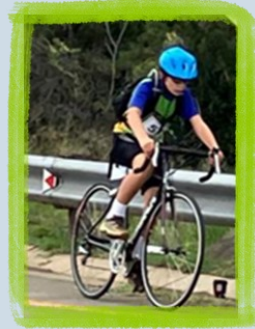


# AD LUCEM SPORT



**Luka Pretorius**

48th in 26km  
(01:25:00)



**Vian Bonthuys**

8th in the 18km (00:55:36)



**Zihan Cronje**

2nd in the 18km  
(00:46:02)

Congratulations to the following learners who participated in the Shell V-Power cycle race and achieved exceptionally good times in completing the race.

Hard work is rewarded. Proud of you all!!

## SASAPD

Our Ad Lucem athletes will be competing in the National Championships from 29–31 March 2026 in Stellenbosch. We wish them the very best of luck and look forward to seeing all that they will accomplish.



# GOOD LUCK!



**Facebook / Nuusbrief**  
**Facebook / Newsletter**

Stuur asseblief enige bydrae na / please  
send your contributions to

[bib@mdup.co.za](mailto:bib@mdup.co.za)

Al ooit gewonder hoe u met ons in kontak kan kom oor nuusbrief / facebook bydraes? Hier is dit nou!

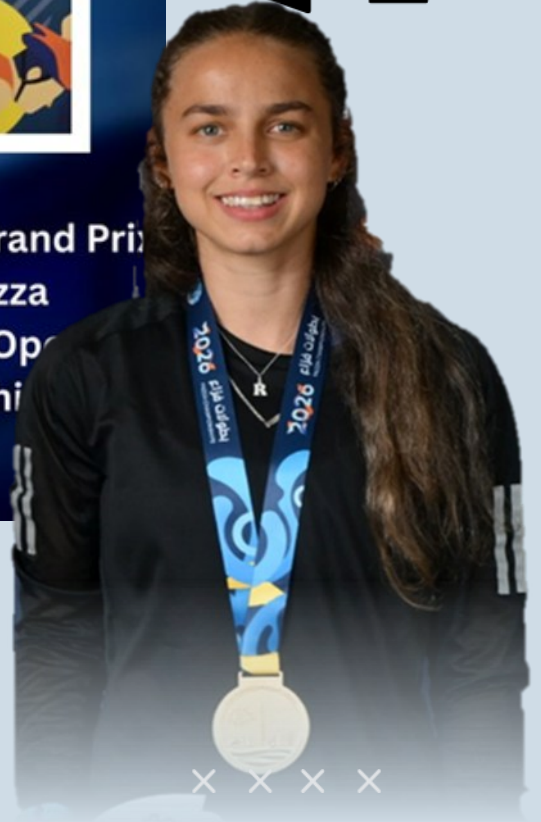
As u enige sport / kultuur nuus met ons wil deel vir ons Facebook blad en / of kwartaal nuusbrief, wil ons u aanmoedig om dit asseblief vir ons te e-pos.

# DUBAI GRAND PRIX CHAMPIONSHIP

**ARINA  
NICOLAISEN**



Dubai Athletics Grand Prix  
2026 17<sup>th</sup> Fazza  
International Open  
Championship



Dubai Grand Prix 2026 17<sup>th</sup>  
Fazza International Open  
Championship

**1st in 400M & 6TH IN  
200M WOMEN FINALS  
10-13TH FEBRUARY  
2026**

Congratulations to Arina  
(Sport and Marketing) on  
your fantastic  
achievement!



# CIA (Christians in Action)



Dear Parents,

Proverbs 22:6 reminds us, *“Train up a child in the way he should go; even when he is old he will not depart from it.”* This timeless wisdom highlights the vital role we play in shaping the values, faith, and direction of our children’s lives.



At **Christians in Action**, we are committed to walking alongside you in this important journey. Our aim is to help nurture a strong moral and spiritual foundation in your children, grounded in Christian values and biblical truth.

To support this mission, we hold weekly **faith-building sessions every Tuesday during second break**. These gatherings provide a safe, welcoming space for learners to grow in their faith, connect with others, and explore how to live out Christian values in their daily lives.

Unfortunately, we’ve noticed that attendance at these sessions has been very low. We would like to kindly appeal to you, as parents and guardians, to encourage your child to take part. Your support can make all the difference in helping your child grow in faith and character.



Thank you for your partnership and continued support.



*Let’s work together to ensure that our children are not only academically prepared for the future but spiritually grounded as well.*

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# Mothers Who Care

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Mothers Who Care (MWC) originated in the autumn of 1984 in Canada. Concerned mothers of teenagers worried about the negative influence their children were facing. Convinced of the power of prayer, they began interceding for their children and the school environment.

John and Mary-Jean Tempelhoff settled in South Africa and started Campus Crusade for Christ locally in 1972. In 1990, Mary-Jean gathered a group of women and shared the MWC ministry with them. Consequently, MWC was established in South Africa and continues to grow from strength to strength today.

The intention is to meet once a week to pray for the school as the Holy Spirit leads, including:

Praying for their children to receive Jesus Christ as their Lord and Saviour and to stand boldly in their faith.

Praying for other students, teachers and admin staff to come to faith in Jesus Christ.

Praying for Christian teachers and admin staff in the school.

Praying for high moral standards and biblical perspectives in the school.

The Mothers who Care started to pray in 2021 at Martie du Plessis School. We are grateful for the opportunity to pray for the staff and learners of this school.

**The Mothers who Care have a weekly prayer meeting which takes place on Thursday Mornings at 7:15 am . We also gather every second Sunday of the term at 16:00 pm.**

If you are interested in joining us, please contact our coordinator for more information:

**Wendy van Eyssen on 079 459 4012**

*“May the God of hope fill you with all joy*



## MEET OUR NEW COORDINATOR

**W**endy van Eyssen is our new coordinator of the Mothers Who Care Prayer Group at the school. She is a devoted wife and a loving mother of two boys, with her youngest currently a Grade 7 learner at our school. Wendy has a deep heart for prayer, family, and community, and she is passionate about supporting both learners and parents through faith and encouragement.

Her personal goal is to see mothers grow stronger in their faith while standing together in prayer for the school, the children, and the teachers. She believes that when mothers unite in prayer, it creates a powerful covering of love, wisdom, and protection over the school community.

Her dream for this group is to build a welcoming space where mothers can come together regularly to pray, encourage one another, and trust God for guidance over every child's life, future, and purpose. She hopes the Mothers Who Care Prayer Group will become a place of unity, hope, and spiritual support for the entire school family.



*Wendy, we welcome you to our school and as the coordinator of this group. Thank you very much for your willingness to take the lead. We look forward to seeing what God our Father will still do with this group, and we wish you only the best and God's richest blessings in this task.*

# BEMAGTIGING



## EMOSIONELE REGULERING

*Werkswinkel*

Baie dankie aan elke ouer en onderwyser wat hierdie werkswinkel bygewoon het.

Dit was vir ons besonders om die tyd saam met julle te kon spandeer en te gesels oor die

belangrike rol wat emosionele regulering in ons kinders se lewens speel.

Ons glo dat elkeen van julle opnuut bemagtig is met insig, begrip en praktiese hulpmiddels.25 mense wat nou dalk net 'n bietjie anders kyk na gedrag, emosies en wat dit werklik beteken om kinders te help om hul emosies te verstaan en te bestuur.

Saam bou ons aan 'n meer begripvolle en ondersteunende omgewing vir ons kinders.



'n Sessie oor ouerbemagtiging rakende studiehulp en ondersteuning is op 19 Januarie tydens die oueraand aangebied.

Our Dyslexia workshop of 7 February 2026 empowered 88 individuals!

*Dyslexia Workshop*

*Thank you!*





Our Accommodations training empowered 150 individuals!

Types of Accommodations:  
How to implement it with practical examples.

# ADHD

**RECOGNISE NORMALISE EMBRACE**

**Awareness Training**

Unlocking Potential: Understanding and Supporting learners with ADHD

18 APRIL 2026

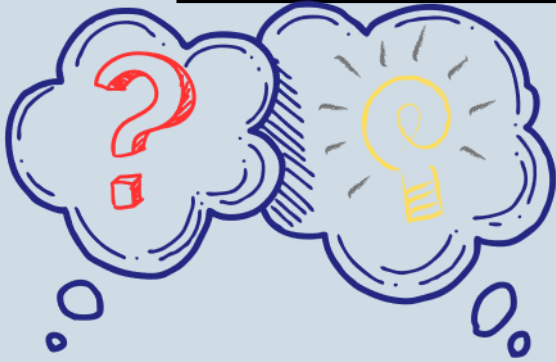


## IN THE PROCESS...



*Sensory Garden*

Be on the look-out for a Facebook post soon...



# DOOR TALK

We shared 8 practical support strategies on our Facebook page to help parents and teachers support children with ADHD during homework time.



- ADHD is not bad behaviour
- It's how their brain works
- Skills develop slower
- Planning, focus, and self-control need more time
- Big feelings
- Emotions can feel intense and overwhelming
- Inconsistent performance
- Good days and hard days are normal.
- Many strengths
- Creative, energetic, curious, caring.

## READ, READER, RADIANT

Love isn't work... Love is... reading together!

**READING IS TIME SPENT TOGETHER**  
20 minutes per day of quality shared reading time builds a strong relationship between the parent and their child.

**READING IS TIME TO DISCOVER**  
Discuss what you read and see in the story. Pause, ask questions and search for the answers. Create pictures in your mind.

**READING IS A WAY TO PASS TIME**  
Reading while you wait is time well spent.

**READING IS SHARING KNOWLEDGE**  
Discover and share new words, facts or life lessons.

**READING IS FUN**  
Create a calm, comfortable and quiet atmosphere. Reading together, aloud or listening to reading can be fun. Use role play and varying voices.

**READ... READ... READ**  
Recipes, games, riddles and advertisements are also reading. Use every opportunity, no matter how small.  
READ... READ... READ...

**READ AND MOTIVATE**  
Praise and encourage. Focus on the good and positive. Make a reward chart with stars, give a high five or a hug.  
Build your child's self-confidence.

## LEES, LESER, LIEFSTE

Liefde is nie werk nie... Liefde is... om saam te lees!

**LEES IS SAAMWEES TYD**  
20 min per dag se kwaliteit, saamleestyd, bou 'n sterk verhouding tussen die ouer en sy kind.

**LEES IS TYD OM TE ONTDEK**  
Gesels oor dit wat jy lees en sien in die storie. Stop en vra vrae en soek saam na die antwoorde. Maak prentjies in jou gedagtes.

**LEES IS 'N TYDVERDRYF**  
Kosbare tyd gaan nie verlore as jy lees terwyl jy wag nie.

**LEES HELP OM KENNIS TE DEEL**  
Ontdek en deel nuwe woorde, feite of lewenslesse.

**LEES IS PRET**  
Skep 'n rustige, gemaklike en stil atmosfeer. Saamlees, voorlees of luisterlees kan pret wees. Gebruik rolspel en wisselende stemme.

**LEES... LEES... LEES**  
Reseppe, speletjies, raaisels en advertensies is ook lees. Gebruik elke geleentheid hoe min ook al. LEES... LEES... LEES...

**LEES EN MOTIVEER**  
Prys en moedig aan. Fokus op die goeie en positiewe. Maak 'n beloningskaart met sterretjies, gee 'n "high five" of drukkie. Bou jou kind se selfvertroue.

# “THIS” & “THAT”

*Elke Proppie tel!*

Die koshuis is nogsteeds besig met die proppie projek. Wanneer ons genoeg proppies ingesamel het kan die skool ‘n rolstoel verniet kry! Help ons om n verskil te maak in iemand se lewe. Neem jou proppies na Special Blends se koffiewinkel.  
BAIE DANKIE aan almal wat al reeds proppies gebring het.



“Never forget how wildly capABLE you are.”

Versamel bottelproppies  
&  
BRING DIT SKOOL TOE

**JA, HIERDIE PROPPIES:**

- KOELDRANK PROPPIES
- WATER PROPPIES
- MELK PROPPIES
- SKOONMAAK BOTTEL PROPPIES
- BROOD KNIPPIES (BREAD TAGS)

**NEE, NIE HIERDIE DOPPIES NIE:**

- METAAL DOPPIES
- VUIL DOPPIES
- PLASTIEK DEODORANT DOPPIES
- TANDEPASTA DOPPIES


## LIBRARY

IS OPEN

**MONDAYS & TUESDAYS**  
1<sup>ST</sup> AND 2<sup>ND</sup> BREAK

HIGH SCHOOL LEARNERS CAN USE  
THE INTERNET ON **MONDAYS**

**BOOK CLUB ONCE A TERM**



## MAKE A PRICE

**083 301 7979**

VERSKAFFERS VAN MARTIE DU PLESSIS - SKOOLKLERE  
SUPPLIERS OF MARTIE DU PLESSIS - SCHOOL CLOTHES



**DINSDAE & DONDERDAE**  
**TUESDAYS & THURSDAYS**  
12:30 – 14:30

**LANGS SKOOLSAAL**  
**NEXT TO SCHOOL HALL**

## MARTIE DU PLESSIS

SCHOOL UNIFORM / SKOOLDRAG



If you have school uniforms or school sportswear that no longer fit your child, please consider donating them to the school.

Indien u skoolklere of skool sportklere het wat nie meer vir u kind pas nie, oorweeg dit om dit vir die skool te skenk asb.

**Sent clothes to Departmental Head.**  
**Stuur klere na Departementshoof**



*Rouliens van Louis Smith*  
Vrydag 20 Februarie 2026  
Tyd: 10:00am  
Lit: NG Kerk Pellissier  
6 Vakfontein Ave, Pellissier, Bloemfontein

# Storie van Hoop

## Hoe Martie du Plessis my lewe verander het

Ek het in 2003 my graad 12 aan Hoërskool Martie du Plessis voltooi en daar gematrikuleer. Wanneer ek vandag terugdink aan daardie jare, besef ek dat dit veel meer was as bloot 'n tydperk van akademiese groei. Dit was 'n vormingsfase – een wat my waardes, my manier van dink en uiteindelik my loopbaanpad diep beïnvloed het.

Martie du Plessis was nie net 'n skool nie, dit was 'n gemeenskap waar elke leerder se unieke vermoëns en uitdagings raakgesien en waardeer is. Ek het daar geleer dat onderwys nie net gaan oor punte en prestasie nie, maar oor mense. Dit gaan oor begrip, deernis en respek vir elke individu, ongeag hul vermoë of beperking.

As hoofmeisie het ek baie verantwoordelikhede gehad. Ek moes leer om balans te vind tussen my akademiese werk, skoolaktiwiteite en die leiding wat van my verwag is. Daar was tye van groot druk, maar ook tye van ongelooflike groei. Ek het geleer hoe belangrik dit is om as deel van 'n span te werk, om ander se sterkpunte raak te sien en om altyd empatie te hê. Daardie lesse sou later van onskatbare waarde wees in my beroep as onderwyseres en ook in my persoonlike lewe.



Wat my die meeste bybly, is die toewyding van die onderwysers. Ek het met bewondering gekyk hoe hulle, met eindelose geduld en liefde, met leerders met spesiale behoeftes werk. Hulle het elke kind laat voel asof hy of sy behoort – asof daar 'n plek is waar hulle veilig kan voel en waardeer word. Dit het iets in my binneste aangeraak, 'n roeping om self eendag so 'n verskil te kan maak.

Vandag is ek bevoorreg om deel te wees van die span by **Carel du Toit Spesiale Skool in Bloemfontein**, 'n skool vir leerders met gehoorgestremdhede. Elke dag herinner my daaraan hoe diep hierdie roeping in my geplant is. Ek sien hoe kinders met spesiale behoeftes groei wanneer hulle liefde en aanmoediging ontvang en met begrip hanteer word.

As ek terugkyk, weet ek sonder twyfel dat Martie du Plessis Skool my nie net vir 'n beroep voorberei het nie, maar vir 'n lewe van betekenis. Dit het my nie net kennis gegee nie, maar 'n hart vir diens en geloof dat elke kind, ongeag sy of haar vermoë, die potensiaal het om te skitter.

Martie du Plessis het nie net my pad gevorm nie – dit het my my lewensroeping help ontdek.

*Liesl van Niekerk*

Hoofmeisie 2003



# STAFF NEWS

## Verlief en Verloof

Baie geluk Juffrou Elri,  
Pauline en Hanneri



## Totsiens, Juffrou Linda



### Totsiens, Juffrou Linda

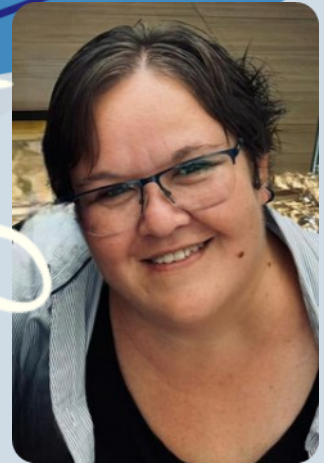
Dit was 'n voorreg om saam met jou te kon werk. Jy het nie net jou liefde vir ontwerp gedeel nie, maar ook 'n veilige ruimte geskep waar baie leerders hulself kon wees en iemand gehad het wat regtig geluister het.

Jou stories, geduld en aanmoediging het 'n groot verskil gemaak, en baie van ons het by jou geleer dat mens nooit moet opgee nie.

Dankie vir die verskil wat jy gemaak het – vir ons as kollegas en veral vir die kinders. Jy gaan beslis gemis word. Ek wens jou net die beste toe vir alles wat voorlê.

# Welkom

by die MduP -  
span,



**Juf. Karin van Tonder**

Graad R (Engelse Klas)



**Mnr. Riaan van Wyk**

**Intermediêre Fase**  
Wiskunde & Sosiale  
Wetenskappe

**Khanya Tsetse**  
Junior IT Tegnikus



**Mev. Beth MacKay**  
Maatskaplike Werker



**Mev. Mia Hayes**  
Kliniek Assistent



We are incredibly proud to announce that our school has been awarded Best Performance in Special Needs Schools for CAT and Tourism!

This outstanding achievement is a true reflection of the dedication, expertise, and compassion of our staff, the perseverance and determination of our learners, and the ongoing support of our parents and broader school community.



To be recognised for excellence in subjects such as CAT and Tourism speaks not only to academic strength, but also to the practical skills and resilience of our learners.

In a special needs environment, this accomplishment carries even greater meaning — it highlights what is possible when learners are supported, understood, and empowered to reach their full potential.

We are exceptionally proud of every educator who goes the extra mile, every learner who shows courage and commitment, and every family who partners with us on this journey.

Well done to each and every person who contributes to making our school a place of growth, opportunity, and belonging .

# Totsiens Mnr. Van Heerden!



# Farewell, Mr. Francois van Heerden

Mr Van Heerden became our school principal in 2013. His vision for our school was, and still is today, **"Rebuilding dreams and empowering learners and parents with hope for the future"**.

In a constant changing world, leadership requires more than authority and management skills. It demands creativity. Mr Van Heerden brought a creative approach not only to everyday teaching, but also to managing a complex system like our school.

He is never too important for others and has an open-door policy. He encourages teachers to send their learners to his office to show him what they have made in class. He is also willing to assist any staff member, even preparing lessons and teaching learners.

Mr Van Heerden is a lifelong learner, but also a lifelong teacher. Nothing makes him happier than being in front of a class to share his knowledge, especially of Geography.

But he also wants to make a difference. He established our positive rewards evenings for learners, where learners are recognised not necessarily for academic achievements, but for living according to our school's (and life's) values. These values are Responsibility, Respect, Kindness, and Integrity.



During our first term's positive rewards evenings, 73 learners - or 13.6% of the school received recognition.

These sessions have definitely helped to reduce the number of disciplinary issues we have to deal with.

Mr Van Heerden, we are going to miss you. We wish you all the best for your future and know that you are going to make a difference at FEDSAS.

Do not be a stranger. Remember, you will always be a Martie!!!

Dr Jacques Redelinghuys