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From the Desk of...

Finding the Sweet Spot: Exams, Extracurriculars, and the Power of the 'Brain Break'

As we move deeper into the term, the familiar buzz of exam preparation is beginning to fill the corridors. It is a busy time for our pupils, especially with our sports fixtures and extramural commitments in full swing. Finding the right balance between the sports field and the study desk can feel like a daunting task for both parents and children, but it is entirely manageable with a few smart strategies.

I often remind our pupils that the most effective tool they have for exam preparation doesn't require late nights or endless summarising; it requires their attention. Active listening during lessons is the absolute cornerstone of academic success. When pupils are truly engaged in the classroom, absorbing the material as our dedicated teachers present it, studying at home transforms from re-learning a concept from scratch into simply revising what they already know. Encouraging your child to ask questions and stay focused during school hours will save them hours of frustration at the dining room table.

Of course, when it is time to hit the books, more time does not always equate to better results. The concept of the "brain break" is crucial. Children are not machines; their developing minds can only focus for set periods before fatigue sets in and retention drops.

Short, deliberate breaks, stepping away from the desk, grabbing a healthy snack, or heading outside for some fresh air allow the brain to consolidate information and recharge. A quick five- to ten-minute break can entirely reset a child's focus and double the productivity of their next study block.

This highlights why keeping up with some extramural activities can actually be a healthy and supportive outlet for pupils during exam time. A sports practice or a cultural activity should not automatically be the first things cut from the schedule when assessments loom. These activities act as built-in, extended brain breaks. Physical activity and creative outlets reduce stress, improve sleep, and boost the very cognitive functions required to tackle a difficult maths problem or write a thoughtful essay. Staying committed to their teams also teaches our children the vital life skill of time management.

As we navigate the coming weeks, let us remind our children that their worth is not measured merely by a mark on a page, but by the effort, resilience, and positive attitude they bring to all aspects of school life. With a bit of balance, a lot of focus in the classroom, and the time to breathe, they are more than capable of thriving this term.

Mr van Pletzen
Departmental Head: Senior Primary



Chelsea Values: Friendship | Compassion | Honesty and Integrity



News and Reminders

Musical Moments
24, 25 June 2026

NORTHWOOD MARIMBA COLLECTIVE



WEDNESDAY 6 MAY

TICKETS: ADULTS R100 / STUDENTS R50

CONCERT 5:30PM TO 6:30PM



PRESENTS

Encore!

A SPEECH AND DRAMA FESTIVAL SHOWCASE
THURSDAY, 27 MAY 2026
17H45 - 18H45

Best of Durban

VOTE NOW!



CHELSEA
PREPARATORY SCHOOL



CHELSEA CARNIVAL

COMING SOON

THURSDAY,
18 JUNE 2026

CLASH OF THE CHOIRS



9 MAY
2026



PARK SQUARE
UMHLANGA



Sports Results

Rugby

RUGBY VS WESTVILLE CHELSEA DAY - 18 APRIL 2026

| Team | Opposition | Score | Result |
|---------|----------------|----------|--------|
| U9 Blue | Westville U9B | 50* - 10 | W |
| U9 Red | Westville U9C | 50* - 10 | W |
| U9C | Umhlali U9D | 50* - 10 | W |
| U9D | Umhlali U9E | 50 - 25 | W |
| U10A | Westville U10A | 60 - 5 | W |
| U10B | Westville U10B | 55 - 0 | W |
| U10C | Westville U10C | 55 - 0 | W |
| U10D | Chelsea U10E | 30 - 10 | W |
| U10E | Chelsea U10D | 10 - 30 | L |
| U11A | Westville U11A | 19 - 21 | L |
| U11B | Westville U11B | 47 - 0 | W |
| U11C | Umhlali U11C | 5 - 5 | D |
| U11D | Westville U11C | 45 - 0 | W |
| U13A | Westville U13A | 43 - 12 | W |
| U13B | Westville U13B | 35 - 5 | W |
| U13C | Westville U13C | 26 - 0 | W |
| U13D | Westville U13D | 43 - 0 | W |



RUGBY VS NORTHLANDS

| Team | Opposition | Score | Result |
|------|-----------------|---------|--------|
| U9A | Northlands U9A | 25 - 10 | W |
| U9B | Northlands U9B | 50 - 0 | W |
| U9C | Northlands U9C | 50 - 0 | W |
| U10A | Northlands U10A | 30 - 5 | W |
| U10B | Northlands U10B | 45 - 0 | W |
| U11A | Northlands U11A | 15 - 15 | D |
| U10C | Northlands U10C | 40 - 0 | W |
| U11B | Northlands U11B | 50 - 0 | W |
| U13A | Northlands U13A | 33 - 31 | W |
| U13B | Northlands U13B | 22 - 3 | W |
| U13C | Northlands U13C | 43 - 3 | W |
| U13D | Northlands U13D | 44 - 0 | W |

RUGBY VS DPHS

| Team | Opposition | Score | Result |
|------|------------|---------|--------|
| U9A | DPHS U9A | 25 - 25 | D |
| U9B | DPHS U9B | 30 - 25 | W |
| U9C | DPHS U9C | 40 - 10 | W |
| U9D | DPHS U9D | 30 - 40 | L |
| U10A | DPHS U10A | 5 - 10 | L |
| U10B | DPHS U10B | 35 - 45 | L |
| U10C | DPHS U10C | 10 - 35 | L |
| U10D | DPHS U10D | 40 - 30 | W |
| U11A | DPHS U11A | 0 - 52 | L |
| U11B | DPHS U11B | 5 - 22 | L |
| U11C | DPHS U11C | 0 - 40 | L |
| U11D | DPHS U11D | 15 - 25 | L |
| U13A | DPHS U13A | 21 - 40 | L |
| U13B | DPHS U13B | 24 - 12 | W |
| U13C | DPHS U13C | 7 - 36 | L |
| U13D | DPHS U13D | 7 - 17 | L |

RUGBY VS PENZANCE

| Team | Opposition | Score | Result |
|------|---------------|---------|--------|
| U9D | Penzance U9D | 35 - 5 | W |
| U9E | Penzance U9E | 35 - 25 | W |
| U10D | Penzance U10D | 40 - 20 | W |
| U11C | Penzance U11C | 15 - 15 | D |
| U11D | Penzance U11D | 15 - 25 | L |



Sports Results

Netball

NETBALL VS WESTVILLE CHELSEA DAY - 18 APRIL 2026

| Team | Opposition | Score | Result |
|------|----------------|---------|--------|
| U9A | Chelsea U9B | 11 - 3 | W |
| U9B | Chelsea U9A | 3 - 11 | L |
| U9C | Westville U9C | 8 - 0 | W |
| U9D | Westville U9D | 12 - 4 | W |
| U10A | Westville U10A | 6 - 2 | W |
| U10B | Westville U10B | 6 - 1 | W |
| U10C | Westville U10C | 11 - 0 | W |
| U10D | Westville U10D | 6 - 0 | W |
| U11A | Westville U11A | 9 - 3 | W |
| U11B | Westville U11B | 2 - 3 | L |
| U11C | Westville U11C | 10 - 2 | W |
| U11D | Westville U11D | 8 - 0 | W |
| U12A | Westville U12A | 27 - 2 | W |
| U12B | Westville U12B | 7 - 1 | W |
| U12C | Westville U12C | 9 - 5 | W |
| U12D | Westville U12D | 4 - 2 | W |
| U13A | Westville U13A | 23 - 10 | W |
| U13B | Westville U13B | 20 - 4 | W |
| U13C | Westville U13C | 15 - 11 | W |
| U13D | Westville U13D | 1 - 3 | L |

NETBALL VS NORTHLANDS

| Team | Opposition | Score | Result |
|------|-----------------|--------|--------|
| U9A | Northlands U9A | 5 - 5 | D |
| U9B | Northlands U9B | 6 - 4 | W |
| U9C | Northlands U9C | 8 - 0 | W |
| U9D | Northlands U9D | 11 - 1 | W |
| U10A | Northlands U10A | 8 - 6 | W |
| U10B | Northlands U10B | 3 - 3 | D |
| U10C | Northlands U10C | 11 - 1 | W |
| U11A | Northlands U11A | 17 - 8 | W |
| U11B | Northlands U11B | 13 - 2 | W |
| U11C | Northlands U11C | 12 - 3 | W |
| U11D | Northlands U11D | 11 - 3 | W |
| U12A | Northlands U12A | 29 - 3 | W |
| U12B | Northlands U12B | 4 - 5 | L |
| U12C | Northlands U12C | 20 - 5 | W |
| U12D | Northlands U12D | 3 - 1 | W |
| U13A | Northlands U13A | 8 - 11 | L |
| U13B | Northlands U13B | 14 - 8 | W |
| U13C | Northlands U13C | 4 - 11 | L |
| U13D | Northlands U13D | 5 - 10 | L |

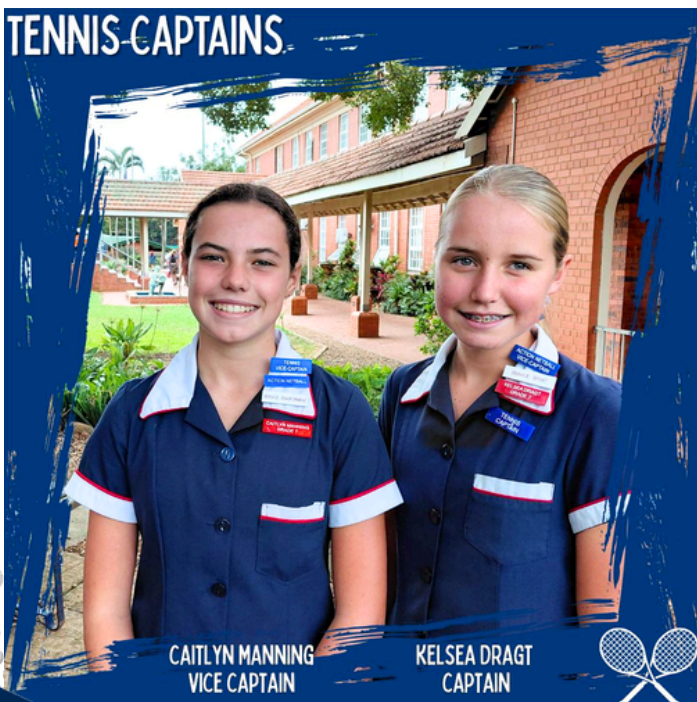
Tennis

ETA LEAGUE: DIVISION 1 CHELSEA TEAM 1

| Team 1 | Opposition team | Score | Result |
|--------------------------------|--------------------|-------|--------|
| Jamie Boyd & Brody Boyd | Umhlali 2 - Team 1 | 4 - 3 | W |
| | Umhlali 2 - Team 2 | 6 - 1 | W |
| | Umhlali 2 - Team 3 | 2 - 5 | L |
| Team 2 | Opposition team | Score | Result |
| Caitlyn Manning & Kelsea Dragt | Umhlali 2 - Team 1 | 2 - 5 | L |
| | Umhlali 2 - Team 2 | 1 - 6 | L |
| | Umhlali 2 - Team 3 | 4 - 3 | W |
| Team 3 | Opposition team | Score | Result |
| Caitlin Bedderson & Kai Siddal | Umhlali 2 - Team 1 | 4 - 3 | W |
| | Umhlali 2 - Team 2 | 4 - 3 | W |
| | Umhlali 2 - Team 3 | 1 - 6 | L |

Umhlali 1 won 35 to 29 games

TENNIS-CAPTAINS



CAITLYN MANNING
VICE CAPTAIN

KELSEA DRAGT
CAPTAIN

Calendar

01 – 14 May 2026

ALL CALENDAR DATES ARE SUBJECT TO CHANGE

| | | | |
|---|--------------------|--|--------------------|
| FRIDAY | 01 MAY 2026 | FRIDAY | 08 MAY 2026 |
| <ul style="list-style-type: none"> • PUBLIC HOLIDAY – Worker’s Day | | <ul style="list-style-type: none"> • U12/U13 Umlazi District Netball School Championships (Hoy Park) • Grade 1 Mother’s Day Tea • U8 Netball and Rugby Festival (Home) • Northlands U9 Netball and Rugby Festival • U13 Rugby vs Glenwood Preparatory (Home) • Grade 5 Disco Fundraiser | |
| SATURDAY | 02 MAY 2026 | SATURDAY | 09 MAY 2026 |
| | | <ul style="list-style-type: none"> • U9, U10, U11 Rugby vs Glenwood Preparatory (Home) • Netball vs Glenwood Preparatory (Home) • U9 Netball and Soccer Festival at Ashton • Clash of the Choirs (Park Square Shopping Centre, Umhlanga) • Virginia Chess Tournament (SP) • Grade R and Grade 1 Ball Skills (Boys and Girls) | |
| SUNDAY | 03 MAY 2026 | SUNDAY | 10 MAY 2026 |
| <ul style="list-style-type: none"> • KZN Second Round Coastal Boys Hockey Trials (at Crawford La Lucia) • KZN Second Round Coastal Girls Hockey Trials (at Ashton) | | <ul style="list-style-type: none"> • Mother’s Day | |
| MONDAY | 04 MAY 2026 | MONDAY | 11 MAY 2026 |
| <ul style="list-style-type: none"> • Tennis at Westridge (Teams 1 and 2 vs Highbury) | | <ul style="list-style-type: none"> • Grade 2 and Grade 3 Assessment Week • Durban Coastal U13 Rugby Trials (DPHS) (14h00) • Tennis at Westridge (Teams 1 and 2) | |
| TUESDAY | 05 MAY 2026 | TUESDAY | 12 MAY 2026 |
| <ul style="list-style-type: none"> • Rugby vs Winston Park (Home) • Netball vs Winston Park (Away) | | <ul style="list-style-type: none"> • Netball Age Group Tournaments: <ul style="list-style-type: none"> • U10 – Crawford La Lucia • U11 – Atholton • Durban Coastal U12 Rugby Trials (Clifton) (14h00) | |
| WEDNESDAY | 06 MAY 2026 | WEDNESDAY | 13 MAY 2026 |
| <ul style="list-style-type: none"> • Marimba Band Workshop and Concert at Northwood School • U9 Chess at La Lucia Junior Primary • Netball Age Group Tournaments: <ul style="list-style-type: none"> • U12 – Chelsea • U13 – Virginia • U12/U13 Boys Indoor Hockey at Ashton | | <ul style="list-style-type: none"> • U9 Chess at Durban North Primary • Grade R ‘Five Senses’ Show • U13 Boys Indoor Hockey at Ashton • Durban Coastal U12/U13 Final Rugby Trials (St Henry’s) (14h00) | |
| THURSDAY | 07 MAY 2026 | THURSDAY | 14 MAY 2026 |
| <ul style="list-style-type: none"> • Encore! Speech and Drama Showcase in Senior Campus Hall (17h45 – 18h45) | | | |

