

# brainblitz

newsletter • nuusbrief



Issue 3, May 2022

## Enrol for Term 3

Now is the time to switch to South Africa's most experienced online school for Term 3 and save 10% on your annual tuition fees.

Our unique system allows a smooth switch from a traditional school to an online platform.

- ✓ **Daily online classes which are also recorded and available for revision**
- ✓ **Qualified teachers**
- ✓ **Flexible schedules**
- ✓ **Online invigilation to write tests and exams from home**
- ✓ **Quality Assessment**

Grade R-11 can enrol for term 3 until 25 August 2022.

**Use the discount code: 2022T3.**

*Not applicable to Express, Report2Go, single subjects or for additional fees such as exam invigilation and practical fees.*



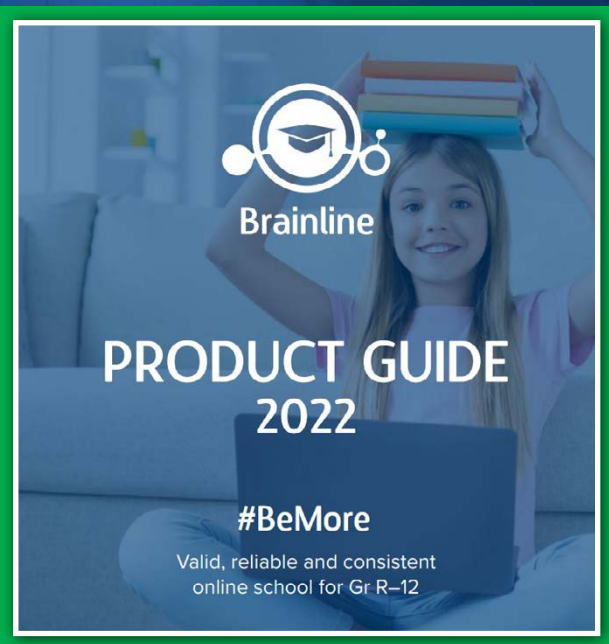
**Click here  
to register**



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# PRODUCT and ENROLMENT guide



Click here  
to view our  
product  
guide

## Report2Go

Enrol for the final exam to complete the academic year and receive a formal Brainline report; all from the comfort of your own home! It's as easy as 1, 2, 3:

- ✓ **Enrol online:** Submit an online application with the required documents and payment.
- ✓ **Study Material:** We provide you with a list of recommended books but you source your own study material.
- ✓ **Access to platforms:** Access to our online learning platform from September 2022.
- ✓ **Exams:** The exam papers are downloaded, printed, completed and uploaded from home, under the supervision of an invigilator in accordance with the examination protocols set by Brainline.
- ✓ **Report:** The Brainline final report can be downloaded in December 2022. Exams are set and moderated in line with the requirements of the CAPS curriculum for Gr 1-7, and the IEB for Gr 8-12.

## Brainline's EXPRESS

Brainline's Express option provides you with the freedom to determine your child's academic experience and pace. We offer the ideal solution for a family whose schedule might not gel with a traditional school environment:

- ✓ A flexible programme that suits your needs
- ✓ Source your own study material from a proposed list
- ✓ Study at your own pace
- ✓ Various subject choices that offer university entrance
- ✓ Comply with legal requirements
- ✓ Social events (camps, tours)

## REPORT2GO

A convenient and affordable option to obtain a valid report for 2022.

Grade 1-11

brainline.com

Brainline Holdings (Pty) Ltd is an IEB-recognised assessment centre. The IEB is Umadisa accredited.

Click here for more info



Click here for more info

# Coping with EXAM STRESS

For every learner, an exam may feel like a dark, unknown monster. This is because most of the time you are unsure about how the paper is going to be and whether your preparation is enough. You start feeling stressed, and your brain interprets your exam stress as a sign that you have to be protected from a threat. Your body then prepares itself to react to this threat by fighting, running, or hiding. This is useful for certain situations, like when you are chased by a lion. But when your body feels that it must protect itself for too long, it can become overwhelmed by the need to protect itself. Your body's reactions to stress can negatively affect your health, concentration, and mental and emotional health.

## 5 TIPS FOR DEALING WITH STRESS

01

Follow a healthy lifestyle. This includes healthy eating habits, enough sleep and enough exercise. When you live a healthy life and take care of your body, your body is able to fight the influence of stress.

02

Talk to your friends or family. Sometimes we need a supportive person who can help us get the right perspective. Make sure you have people to talk to when you feel overwhelmed by your work.

03

Challenge your anxious thoughts. When you notice that you have an anxious thought, look for ways to challenge them. For example, ask yourself, "What is the best thing that can happen?", "What advice would I give someone else?", "Is this thought helpful?"

04

Use relaxation/grounding exercises. Relaxation or grounding exercises can help you calm your nerves when you feel overwhelmed. Progressive muscle relaxation or the 5-4-3-2-1 technique are good examples. Search the internet for more exercises you can use!

05

Manage your time. Making sure that you have enough time to study can help you feel more prepared for the exams. Make use of timetables and daily schedules to schedule your time and make sure you have enough time to relax.

## TIME MANAGEMENT

Time management is an important part of exam preparation. Managing your time effectively will help make sure that you have enough time to study for all your subjects ahead of time. Time management can also combat exam stress and help you feel more motivated.

## TIME MANAGEMENT TIPS

**1. Make use of calendars and daily schedules.** Scheduling your daily and monthly tasks can help you prioritise and plan your work and use the time you have available more effectively. When you are studying, make use of a daily schedule to plan all the content you have to study for the day. There are also useful Apps

that you can use to help you schedule your time.

- 2. Make a to-do list for every subject.** Making a to-do list is an effective way to manage your time as well as make sure you cover all the content of your subjects. Ticking off tasks when you have finished them can also provide a sense of achievement and increase your motivation.
- 3. Use the A-B-C method.** This method can help you prioritise your work more efficiently. List all your tasks and assign each of them either an A, B or C. A is assigned to tasks that have to be completed today, B to tasks that would be nice to finish today, and C to tasks that can be finished the next day.
- 4. Schedule frequent breaks.** When planning your study schedule, make sure that you schedule

enough time to relax. Your brain requires enough time to shut down and relax, especially when you are stressed.

- 5. Set goals.** You will feel more motivated when you set goals for your exam period. Set goals for when you want to finish studying for certain subjects, or when you want to start revision. Set goals for your daily studying to make sure you cover the content that you planned for the day.



BrainlineMENTOR

Emotional support and guidance towards achieving goals and academic success.

[mentor@brainline.com](mailto:mentor@brainline.com)





# Brainline PARTNERING with schools

Did you know that by partnering with an online school such as Brainline, you can enjoy all the services that we have to offer to enhance the academic performance of your learners?

In turn, partner schools are likely to find improved utilisation of their current human resources, which may result in greater economic sustainability. We are able to mentor and assist you through the process, whilst you enjoy the support of fellow partner schools.



## PARTNERING WITH REGISTERED SCHOOLS

We provide the **platform**,  
you provide the **support**.

Are you an IEB school and interested in finding out more about our partnership offering?

Contact us at:  
[partnerschool@brainline.com](mailto:partnerschool@brainline.com)

## Statement of Results

Brainline continues to break educational barriers!

*We are very excited to launch the 'Statement of Results' for Grade 8–12 learners and their parents.*

This enables our clients to have **24/7 access to a dashboard with their results** at any given time during the year. With this functionality, learners and parents can continuously track their progress, empowering them to better direct their academic journey.

Statement of Results

NOW  
LIVE!

[brainline.com](http://brainline.com)

Brainline Holdings (Pty) Ltd is an IEB-recognised assessment centre. The IEB is Umalusi-accredited.



## Brainline Technical Cloud School

Kick-start your journey as a Robotics Technician! As a very important part of the robotics production team, you will be able to build, install, test, maintain and repair robotics.

*The Brainline Technical Cloud School offers Electronics and Digital Electronics, that will fully prepare you to join a tradesman or artisan program after successfully completing your IEB Grade 12.*

Click here for more info



Become a

## ROBOTICS TECHNICIAN

and be an integral part of the  
robotics production team

[brainline.com](http://brainline.com)

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# Brainline introduces

## 'STEPS TO GREATNESS PROGRAMME'

We know our learners are great and, therefore, we would like to introduce you to our 'Steps to Greatness Programme'.

### What does the programme entail?

The programme is designed in such a way that you can **collect 6 Levels of brainBOTS** throughout the year.

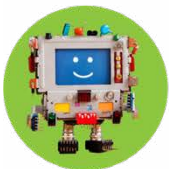
It's pretty easy to proceed from the one level to the next. As you **submit your tests, exams and assignments**, you will accumulate points, which will help you to earn the different levels of brainBOTS.

Once you submitted all your tests, exams and assignments for the year, you will receive the Step 6 brainBOT. **You will start off with Level 1.**

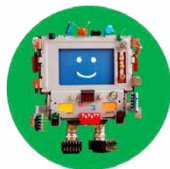
### The 7 levels are as follows:

## brainBOTS

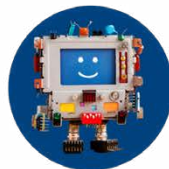
### Tracking your steps to greatness ...



Start



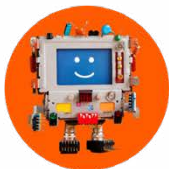
Step 1  
100 points



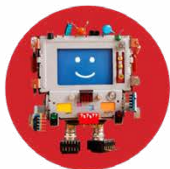
Step 2  
200 points



Step 3  
300 points



Step 4  
400 points



Step 5  
500 points



Step 6  
600 points

# STAR Student



We are super proud of our star student, **Gwendelynn Tharratt**, who will represent South Africa at the World Dance Championships next month in the UK.

Gwendelynn is currently a Grade 11 Brainliner and she's been dancing since she was 3 years old.

**Good luck!**



Star Student  
**GWENDELYNN  
THARRATT**  
Grade 11

Representing  
SA at the 2022  
World Dance  
Championships



brainline.com

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# Brainline **EXTRAMURAL** Activities

The real fun starts after school! With Brainline, learners have a **wide variety of extramural activities to choose from**. We will also update the list as the year progresses.



**Do you have a passion for **WRITING?****

- Poetry and prose
- Share and listen
- Give and receive feedback
- Published author talks

**Join the **WRITING CLUB!****

**Join now** 

**Afr & Eng  
Grades  
8-12**



**Join Brainline's **CHEF LEAGUE!****

- Learn about **FOOD FLAVOURS**
- COOKING METHODS**
- CREATING RECIPES**

**Join now** 

**Grades  
4-12**



**Want to learn more about **ELECTRONICS?****

**Join the **ELECTRONICS CLUB****  
to play, learn and  
build your skills.

**Join now** 

**Grades  
8-12**



**WATCH MOVIES  
WITH FRIENDS  
LEARN ABOUT FILMS**

**Join the **FILM CLUB****  
today!

**Join now** 

**Grades  
8-12**



**Let's talk  
**Praat saam****

**PUBLIC SPEAKING CLUB**

Master writing speeches  
and delivering speeches

**Join now** 

**Afr & Eng  
Grades  
8-12**



## B-Active

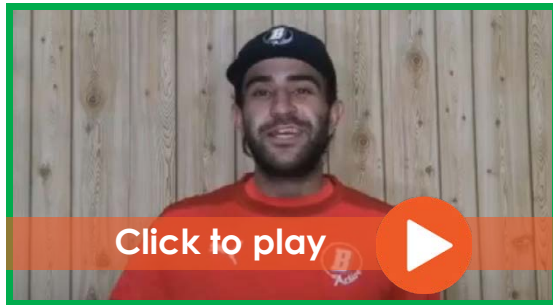
### A fitness and adventure series!

Through fun holistic coaching, we introduce our players to the practice of fitness and physical development.

Gr R-3: Tuesday 13:00-13:45

Gr 4-7: Tuesday 14:00-14:45

To see what is on offer, watch this video



Click here to book

## Young Dance Professionals

### Dance Classes

Monday: 12:00 Gr R-3


Monday: 13:00 Gr 4-7

### Stretch and Breathe

Wednesday: 12:00 Gr R-3

Wednesday: 13:00 Gr 4-7

More Information



# GUIDE TO B-ACTIVE AT BRAINLINE

2022 ADDITION

### WHAT IS B-ACTIVE ONLINE ?

**FITNESS AND ADVENTURE SERIES**

Through fun holistic coaching, we introduce our players to the practice of fitness and physical development. We use storytelling and animation to get participants interacting and engaged while learning integral life skills

These classes are twice a week for 30 minutes, no equipment is needed and classes take place online on an application called Zoom

**COST? WHEN?**

**DID YOU KNOW?**

Our classes are at no additional cost to you

Tuesday & Friday  
Grade R-3 13:00  
Grade 4-7 14:00

**For more information or to meet your team contact:**

083 299 1753  
info@bactivegroup.com  
www.bactivegroup.com

**AND WHAT DO WE NEED?**

A Valid Zoom Account  
A Stable Internet Connection

Grade R-3 Meeting Link  
898 5023 2543

Grade 4-7 Meeting Link  
898 2426 3984

**SHIRT, SHORTS, CAP AVAILABLE**

R440.00-INCLUDES CUSTOM NAME PRINTING

Download the flyer



# YDP

YOUNG DANCING PROFESSIONALS

#YDPdancestudio

# ON TOUR with Brainline

To travel is to live! This year, Brainline is taking hands with Toerbroers to offer exciting tour packages to our learners and their families.

Toerbroers, lead by Andries Hendrik Potgieter and Wiaan Fourie, together with a 5-star team, is the biggest Afrikaans tourism organisation in South Africa.

Toerbroers believes in creating memorable experiences for our guests at an affordable rate and encouraging South Africans to pack their bags and embark on an adventure.

*"In 2022, we are going even BIGGER and BETTER! We are delighted to take hands with Brainline to offer students, parents and teachers the opportunity to enjoy our specialised day or weekend trips."*



Let's feed the rhinos and make a DIFFERENCE!

brainline.com  
Brainline Holdings (Pty) Ltd is an IEB-recognised assessment centre. The IEB is Umulusi-accredited.

# 2022 CALENDAR

Click on each year planner to view online:

**Grade 1–3 Year Planner:**

**Grade 4–7 Year Planner:**

**Grade 8–12 Year Planner:**



We believe that quality education should be accessible to students of all ages. It is our passion to equip parents to guide their children to achieve their National Senior Certificate through a wide range of valuable and innovative homeschool curriculum products and assessment services.

Please note that, should you want to visit any of our offices, please make an appointment beforehand.

Our branches and the accompanying exam centres have been closed until further notice due to the COVID-19 pandemic. Tasks must be sent to the Montana Head Office via PostNet. Our telephonic and online support remains fully operational.

[f /myBrainline](#) [t /myBrainline](#) [i /myBrainline](#)

