



St Mary's School
Waverley
Founded 1888

• SENIOR SCHOOL NEWS •



Winners of the St Mary's Invitational Tennis Tournament

From the head's desk

Dear parents

Smartphones and social media have changed the way in which we interact socially and the way we record our lives. They have also affected the image of ourselves which we project to society. This is rather difficult to grasp on a psychological and emotional level but we rely on our daughters, as digital natives, to function within these new complexities and believe that they are equipped to navigate the pitfalls of social media.

But are they coping? There is a sense that girls are feeling lonely, depressed and disconnected, more than ever before.

Young people are also being labelled "narcissistic" and "exhibitionist" because of their behaviour and profiles on social media platforms. These labels are provocative and lead to a troubled

terrain that our daughters are having to navigate. Suddenly, a very public profile has to be reconciled with a private space that is, in itself, a challenging journey through adolescence.

We may try to glamourise participation in social media culture but the reality is that it has troubling effects. Your daughter's self-esteem and confidence are at stake. I believe that we, as the adults, need to be engaged in managing our girls' social media profiles and experiences, and guiding them as far as presenting themselves to the community.

Yours sincerely

Deanne King
Head of school

Dates to Diarise

Fri 26	08h05	FV subject focus day
Sat 27		U16/U19 regatta
	19h00	Matric dance
Mon 29	16h00	SRC meeting
March		
Tues 1	07h15	Muse Morning
	14h30	English Olympiad
Wed	07h30	Leaders' assembly
	08h05	FII EMS day
	14h30	ABRSM Music theory examination
	14h30	Inter-house water polo
Thurs 3		Scholarship examinations
Fri 4		SA Schools' Rowing Championships
Sat 5		SA Schools' Rowing Championships
	07h00	A inter-high tennis
	09h00	Gauteng French teachers' meeting
Sun 6		SA Schools' Rowing Championships
Mon 7	18h00	PTA meeting
Tues 8	09h30	Inter-high diving
Wed 9	07h30	War cry practice
	18h00	Summer sports dinner
Thurs 10	09h30	Inter-high A gala (compulsory attendance for Form II)
Fri 11		Civvies day
	07h30	Diversity assembly
	18h30	Rowing dinner
Sat 12		Equestrian qualifier 2
09h30		Inter-high premier gala (compulsory attendance for FI, FIII and FIV)
Sun 13		Equestrian qualifier 2

From the chaplain

Jesus went into the desert for 40 days to fast and pray. In a desert one has no choice but to be dependent on God - one is at one's most vulnerable - naked, in the sense of defenceless. For us today in the city, in an allegorical sense, to choose to be in a desert during Lent is to choose to be mask-less or persona-less, distraction-less before God. In this desert we choose to be naked before God - entirely honest: "Here I am, Lord, this is me."

In our desert, by choosing to be vulnerable before God we choose to trust God's response - because God is moved by God's overwhelming love for us. In the gaze of such love, we want to draw ever nearer to God - we want to leave behind all that gets in the way between us and God, forever.

Revd Claudia Coustas
Chaplain

From the head girl

Phoenix is an inter-school alliance of the head prefects of 14 different schools. Together, we aim to collaborate objectively and create affirmative opportunities to bring about change in our community. Phoenix is a constructive platform for the head boys and head girls to extend their impact beyond their schools and encourage their student bodies to engage with matters concerning our society.

Within Phoenix, an executive committee is elected and, this year, I am proud to take on the role of deputy chairperson. The first meeting of the year was held at St Mary's, on 5 February. At the meeting, we discussed possible initiatives and relevant issues to engage with within our own schools. Every year in Term II, Phoenix runs a food can drive

for a particular organisation chosen by the group. I shall report on this collection closer to the time and on any other significant projects we bring forward in our leadership team.

We are a passionate and driven group of leaders this year, and I am sure that together we shall make a difference and continue this strong legacy. In the words of the Phoenix association of 2015, "Phoenix allows the youth to rise and personify the term "born-frees" by embodying humility, generosity and integrity."

Shayna
Head girl

Form I picnic in the park

The Form I girls were recently treated to a "picnic in the park" on the lush lawn outside the library. The purpose was to introduce the Form I girls to the wonderful selection of teen reads available in the Senior School library. The girls donned slops, sunhats and sunglasses to browse through the spread of titles on display. The novels tackle teen issues as diverse as gender identity and friendship, and coping with grief. After selecting a book and loading a plate with delicious picnic fare, the girls relaxed in the shade of the trees and enjoyed the first taste of their chosen novels.

Belinda Williams
Form I co-ordinator



The table, laden with delicious picnic fare



The serious task of selecting a title



Enjoying the fellowship of food and fiction

Peer counselling

As the peer counsellors of 2016, we have made breakthroughs in the school so far. Our two main initiatives, "Beyond the Blazer" and the "LGBT" (lesbian, gay, bisexual, transgender) group, have made a positive impact on our peers. Following our first introductory assembly, where the two initiatives were launched, we have hosted two meetings so far. The meetings take place every second Wednesday, alternating between our two campaigns.

The peer counsellors have had three training workshops with Deborah Ashdown to ensure that we are equipped to offer support to our peers.

Our first initiative, Beyond the Blazer, was introduced to the school to allow the girls a platform to acknowledge the achievements of some of our peers who have, through hard work, earned the privilege of wearing honours blazers. The meetings have also allowed our peers the space to talk about the pressures that may be felt by some to attain the honours blazer, and the disappointment that can come with not achieving this. We further pay tribute to the diverse talent among our peers, especially those unsung heroes in our school.

The second issue which is dear to many of us, is highlighted in our LGBT initiative. In our meetings, which are open to all, we discuss many issues that relate to sexuality, from struggling with sexuality and the fear of being judged, to the meaning behind the abbreviation, and the struggle between sexuality and religion. All of these topics are reflected upon with Lara Rammutla, one of the school psychologists being present, but mainly run by the peer counsellors and the girls.

Lastly, with the help of the school, we have invited Emma Sadleir to come and address the Form I and Form II girls on the responsible use of social media. This presentation will take place on 5 April.

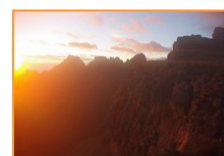
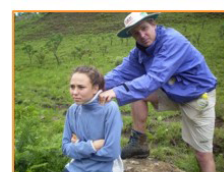
As a very diverse year group, the peer counsellors of 2016 hope and strive to have a positive impact on our peers. We endeavour to encourage love rather than intolerance, kindness instead of bullying, and acceptance of others over all else. Though we may face obstacles along the way, as a team we are determined to ensure the triumph of pride in one another, as well as immense pride in ourselves.

Clarisse
Form IV

Adventurous journeys for the President's Award



Date	TPA Level	Activity	Venue
19-22 Feb 2016	-Silver Adventurous Journey -Gold Adventurous journey (if you have already done Magoebaskloof)	Hiking Adventure	Kaapsehoop
18 Feb (after school)-22 Feb 2016	Gold Adventurous Journey	Hiking Adventure	Magoebaskloof
9-10 April 2016	Bronze Adventurous Journey	Multi Adventure	Magaliesberg
11-15 April 2016	Gold Adventurous journey	River rafting	Mkomazi River
11-14 April 2016	Gold Adventurous journey	Hiking	Magoebaskloof
11-14 April 2016	-Silver Adventurous Journey -Gold Adventurous Journey (if you have already done Magoebaskloof)	Hiking Adventure	Kaapsehoop
19-24 April 2016	Gold Residential Project	Community Service at animal rehab centre	Hoedspruit Endangered Species Centre
2-5 July 2016	Gold Adventurous journey	Winter hiking snow trip	Drakensberg
2-4 July 2016	Silver Adventurous Journey	Hiking Adventure	Kaapsehoop
4-8 July 2016	Gold Residential Project	Community Service at animal rehab centre	Owl Rescue Centre
6-7 Aug 2016	Bronze Adventurous Journey	Multi Adventure	Magaliesberg
9-14 Aug 2016	Gold Residential Project	Community Service at animal rehab centre	Hoedspruit Endangered Species Centre
30 Aug- 2 Sept 2016	Gold and Silver Adventurous journey	Hiking	TBA
21-24 Oct 2016	Silver Adventurous Journey	Hiking Adventure	Kaapsehoop
21-24 Oct 2016	Gold Adventurous Journey	Hiking Adventure	Magoebaskloof
8- 11 Dec 2016	Gold Adventurous journey	River rafting	Mkomazi River
8-11 Dec 2016	Silver and Gold Adventurous Journey	Hiking and Fly fishing	Drakensberg
9-16 Dec 2016	Gold Adventurous Journey	Expedition style hiking	Mt Kilimanjaro



Chameleon Adventure Academy: Jo-Anne Glen

info@chameleon-adventures.co.za

Tel: 072 275 0579

Tel: 082 308 7925

For President's Awards queries, please contact Melanie Blair: melanie.blair@stmary.co.za.



Limpopo service trip



Making "time" count

Over half-term, Ms Paules and I took 16 girls to Limpopo. The girls were accommodated at the Nylstroom Lodge. They taught art at the primary school in Alma, and made teaching aids for the Alma educators.

Linda Giuricich

Director of community affairs



Puppet fun!



Creating teaching aids

Senior School annual photography competition

All Senior School girls are encouraged to enter the Senior School photography competition.

This competition is essential for school colours in photography. Colours are a requirement for the Cultural Honours blazer, as well as for the Certificate of Excellence from the Photographic Society of South Africa. The best photographs will be printed in the school magazine.

Prizes

There are five prizes of R500 each for the five best photographers. These will be awarded at final assembly at the end of Term I.

The closing date for entries is Wednesday 16 March and no late entries will be accepted.

Every pupil who enters will be given a mention. You may submit your entries to me in the Wantage at any time. Please ensure that you add your name to the competition entry list in my office to get a mention.

The photographs may be black-and-white or colour prints on any subject. Photographs may be enhanced with computer manipulation.

Each competition finalist is required to submit her original photograph in .jpg format to me for final judging.

The minimum size of each photograph is 15cm x 21cm and the maximum size is 30cm x 40cm.

The photograph must be neatly mounted with a 5cm border of a single, clean, stiff black cardboard. Each photograph must have a title. Your name, form, photograph title and full description of the camera used must be clearly printed on the back. No writing may appear on the front.

All photographs must have been taken by you personally but printing, processing and mounting may be done commercially. There is no entrance fee. There is no limit to the number of entries you may submit. The photographs become the property of St Mary's and no responsibility is accepted for loss or damage. The judges' decision is final.

Anneli Silvennoinen

Senior School librarian

School School play

ST MARY'S SCHOOL
proudly presents

*"Five hundred twenty five thousand
six hundred minutes..." **


St Mary's School
Waverley
Founded 1888

15 - 17 March, 19h00, The Edge, R80 **(from the musical Rent)*

Bookings troy.stead@stmary.co.za / 011 531 1800

Form I SRC reps - 2016

Clayton: Helen

Furse: Mikateko

Karney: Lara

Phelps: Babette

From the Sports department



Tennis

St Mary's Invitational Tennis Festival

St Mary's hosted the St Mary's Invitational Tennis Festival from 12 to 14 February. The St Mary's team, comprising five players, dominated all the opposition and lost only one singles match in the entire tournament.

Congratulations to Imaan, Maja, Cara, Kathryn and Tegan on their high standard of tennis. St Mary's beat Somerset College, Northcliff High School and the Wykeham Collegiate to reach the semi-finals. The St Mary's team then went on to beat St Mary's Kloof in the semi-finals and the defending champions, Die Höerskool Menlopark, in the finals.

The finals produced some excellent tennis with the number one players exhibiting tennis of the highest standard. In one of the best tennis matches yet seen on the courts of St Mary's, Imaan Hassim lost 63-76 to Mila. The rest of the St Mary's team won their singles convincingly and Tegan Scorgie managed to win the last game as the lightning alarm went off.

Unfortunately, the doubles matches were unable to be played but St Mary's had already won the title as its games tally could not be beaten. Congratulations to all the players.

I thank everyone who helped to make this event such a success, and a special thank-you to all who came down to the tennis courts to watch the tennis players in action. There was a wonderful atmosphere around the tennis courts. I thank Ms Turner-Coetzee, Mrs Hassim, Mrs Kritzinger and Mrs Morris for all their help and assistance.

Final positions

St Mary's, Waverley
Die Höerskool Menlopark
St Mary's Kloof
The Wykeham Collegiate
St Andrew's
Northcliff High School
PHSG
Somerset College

U15 tennis tour to St Mary's, DSG

The St Mary's U15 tennis team participated in the St Mary's DSG, Pretoria, inaugural squash and tennis festival from 12-14 February.

The team, accompanied by Mrs Lowndes, did extremely well and did not lose a singles and doubles match throughout the tournament. Congratulations to Tamsin, Ruth, Julianne, Nina and Zaina on their excellent standard of play.

The St Mary's team beat Uplands College, Roedean School and St Mary's DSG, Pretoria, to end top of their pool after their singles matches. The pools were then divided into strength and the top two teams from each pool played in another doubles tournament.

St Mary's emerged victorious again by beating Die Höerskool Menlopark, St Stithians Girls' College and Roedean School in their doubles matches. I thank Mrs Lowndes for looking after the St Mary's players. Well done to all!

League results

9 February

St Mary's A vs Kingsmead A 27-1 up (rain interrupted)
St Mary's B vs Kingsmead B 19-8 up
St Mary's C lost to Brescia A 25-38
St Mary's D lost to Brescia B 25-38
St Mary's E lost to Fourways A 13-50
St Mary's F bt Fourways B 41-22
St Mary's G lost to St Andrew's C A 30-33
St Mary's H bt St Andrew's D 42-21

16 February

St Mary's A bt St Stithians A 58-23
St Mary's B bt St Stithians B 64-17
St Mary's C bt DLSHCC A 34-29
St Mary's D bt DLSHCC B 42-21
St Mary's E lost to Redhill A 22-41
St Mary's F bt Redhill B 56-7
St Mary's G lost to Bryanston A 21-42
St Mary's H lost to Bryanston B 21-42

René Plant

Tennis coach



Equestrian

The St Mary's equestrian team participated in the first Gauteng Central qualifier for the inter-schools competition on the weekend of 6 and 7 February. Over two scorching hot days, the riders and their horses competed in a variety of disciplines, achieving some excellent results: Babette (Form I) won her Working Hunter class, Caitlin won the Level 5 Performance Riding and had top-five placings in Dressage, Show Jumping and Equitation on her different horses, while Lia won the Level 7 Performance Riding and was highly placed in Dressage and Working Riding. Kiara won the Intermediate Equitation and was placed in the 90cm Show Jumping. India Wagg won the 1.20m Show Jumping and Prix Caprilli, despite suffering a bad fall from one of her horses. She was also well placed in Dressage and Performance Riding.

Other competitors to achieve places in the top five were Georgina (Show Jumping), Nicola (Show Jumping and Equitation), Jessica (Dressage), Nicola (Working Hunter and Dressage), Margaret (Equitation) and Kate (Performance Riding). Although there were some falls, the weekend, overall, was very successful and the girls rode exceptionally well, especially as the competition came so early in the year with many of the horses still not fit after their December break. Andrea and Coral were unable to compete, as their horses had injuries. The support the team and the spectators gave the riders was greatly appreciated and made the weekend that much more enjoyable.

Gessica
Form IV



India and Max in the Working Hunter Class



Caitlin and Margaret



Georgina and Eclipse

Rowing: Buffalo Regatta, Selbourne Sprints, St Dunstan's and camp

On Wednesday 10 February, the Open age group set out on their tour to Buffalo, East London. The girls trained and raced on the 2km course on the Buffalo River. Rowing on this course allows the rowers to experience a new form of rowing. On Thursday, the girls raced the Buffalo heats of the 109th Buffalo Regatta. The Buffalo Regatta is a national event, where rowers from senior and junior clubs can

compete together. This was a fun day filled with great rowing, especially in the windy conditions, and many of our boats progressed into the finals that were raced on Saturday. Saturday was an incredible experience for the team and the supporters. The girls achieved some exceptional results, including our gold medallists in the 1st quad event, 1st scull event and 1st double event.



Open team at Selbourne School



St Mary's officials

On Friday, the St Mary's opens raced at the Selbourne Regatta. It was a very interesting day at the Buffalo River, as we were only racing 500m sprints instead of our usual 2km. With our total of 17 opens, we managed to win overall for the women's section against schools that raced with up to four age groups. This achievement would not have been possible were it not for the excellent teamwork displayed in the age group, as well as the constant support of our coaches. It was also wonderful to witness the number of parents who flew down to East London to support their daughters.

The U14s and U15s competed in the St Dunstan's Regatta, hosted at Homestead Dam. They did extremely well, as there was at least one boat in the top three in every race. We congratulate everyone who raced on their fantastic results, including the gold medallists in U14 A sculls, U14 A quads and U15 B sculls.

On Sunday 21 February, the rowing club arrived home from our last camp of the season. It was a memorable weekend filled with many challenges, as well as lots of laughter. Each person strived to make the most of the 05h00 water sessions and the endless 6km runs. There was good bonding within each age group, as well as within the club.

The rowing club will compete at SA Schools' Rowing Championships over the weekend of 4, 5 and 6 March. We wish the girls all the best for the championship.

If you would like to support, there will be a bus going though over the weekend. Please sign up on the rowing noticeboard.

Cara and Emma
Form IV



After racing on the Buffalo River



2nd quad touching up to the start at the Buffalo Regatta

Squash

The highlight of the month has to be the Valentine's Squash and Tennis Festival Tour, at St Mary's Diocesan School for Girls in Pretoria from 12 to 14 February. St Mary's sent three teams to participate.

The following schools took part: St Mary's Waverley A, B and C, St Andrew's, Uplands College, Hoërskool Menlopark, Pretoria High School for Girls, Parktown High School for Girls, Afrikaanse Hoër Meisieskool and Roedean School (SA) and St Mary's DSG.

Although no trophies or medals were awarded at the festival, St Mary's A placed 1st, St Mary's B placed 6th and St Mary's C finished in 7th place. Well done to all.

Results from the Prince SA Junior Open - Panashe lost 2-3 to Noel from KwaZulu-Natal in the U19 final, and Cara lost 1-3 to Danelle from East London in the U16 final.

Jennifer Fox
Squash coach



A team



B team



C team



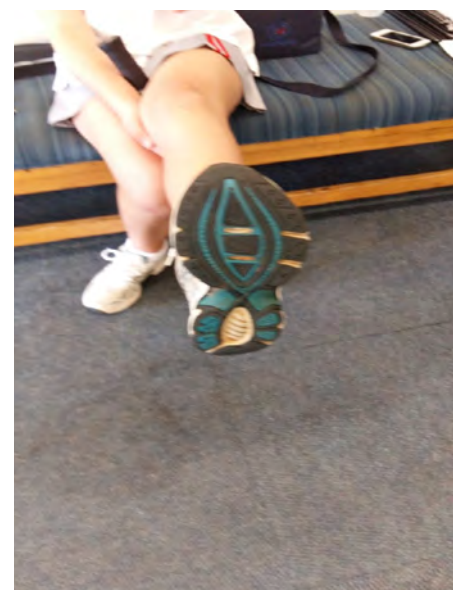
U15s doing one-minute wall squats



Panashe and Cara



The reaction afterwards



Please note that only white soles or gum soles will be accepted on the courts. No black or blue soles will be allowed on the courts, as these mark the courts. Protective eyewear is compulsory while on court

Swimming

Our last weekly gala was swum at Roedean School and, mercifully, it did not storm. The teams are slogging through the season, attempting to keep their eyes on inter-high, which is the culmination of the season's efforts.

1st St Mary's A 286
 2nd Holy Rosary A 238
 3rd Brescia A 221
 4th Roedean A 171
 5th St Mary's B 151
 6th Brescia B 66
 7th Holy Rosary B 63

On the Thursday morning of half-term we hosted the annual inter-house gala. This is one of the fun events on our busy calendar and it got off to a good start, with some excellent "shows" from the matric girls. There are five trophy races, but for the rest of the gala, participation is encouraged.

The results of the trophy races were:

Grant Trophy (100m Freestyle Open) - Jade (Karney)
 Poole Trophy (50m Butterfly Open) - Jeanri (Furse)

Lawrenson Trophy (100m Breaststroke Open) - Jeanri (Furse)
 Pistorius Trophy (200m Individual Medley Open) - Jeanri (Furse)
 Dunkley Trophy (100m Backstroke Open) - Carly (Phelps)

Furse was judged to be the house with the best spirit, and the final gala results were as follows:

4th Furse 288.5
 3rd Karney 302
 2nd Phelps 319.5
 1st Clayton 333 (winner of the Sheila Scribbans Trophy)

Last weekend Sarah swam the Midmar Mile for her 11th time and I swam for the 40th time. We tested our endurance by swimming for the Midmar 8 Mile Club. The club requires the swimmers to complete all eight races on the Midmar Mile programme and, in the process, raise funds for various charitable organisations. I raised R16 500 for the Wildlands Trust, specifically asking that the money go towards saving the rhino, and Sarah raised R10 000 for CHOC.

Quix

Head of sport



Midmar 8 Mile Club swimmers Sarah and Quix

Biathlon

Our congratulations are extended to Carly, Form IV, on being selected to represent Central Gauteng at the South African Championships in Bloemfontein on 26 March. Well done, Carly!

Quix

Head of sport

Water polo

The 1st water polo team competed in the finals of the Old Mutual/Roedean School Water Polo Prestige Cup.

They were up against the host school, Roedean, in the semi-final and lost the game 7-6.

This put us in the 3rd and 4th match up against Crawford Lonehill. The girls were eager for the bronze medal after falling short of the gold medal match, and were able to come away with a strong win of 5-3.

With the 3rd place, the 1st team girls won R5 000 towards the development swimming programme with Waverley Girls' High School.

Kirsty, Daniela, Lace and Sasha were selected for the Old Mutual Prestige Cup Tournament Team.

A swimathon took place for the development swimming programmes of the schools participating in the tournament. Our partner school, Waverley Girls' High School, competed and were given R10 000 towards the programme.

It was a great weekend of water polo and community service for the girls. It is a privilege being able to take part in such an honourable tournament, and both our partner school and our water polo players have benefited from its success.

The water polo girls made a splash over half-term. Both the U15 and 1st team water polo girls competed in two of the most prestigious water polo tournaments in their respective age groups. The U15s took part in the Crawford Shaun Fuchs U15 Water Polo National Tournament and the 1st team took part in the St Peters Old Petrians' National Water Polo Tournament.

Both tournaments hosted the top water polo schools from all over the country.



Waverley Girls' High School girls receiving the R10 000 prize towards the programme

The U15s won all their pool games and won all their qualifying games, to get to the final against Reddam House, Cape Town. They lost 4-0 against the strong Reddam team and came home with the silver medal. It was a very exciting tournament, and the girls showed tenacity and passion for their school and the sport. Zoë, Kiara and Kayleigh were selected for the the Shaun Fuchs tournament team. Zoë was awarded the goalkeeper of the tournament award.

The 1st team had a strong tournament, with some ups and downs. They pulled through as 2nd in their pool games and met Crawford Lonehill in the play-offs. They won 4-2 and were through to the quarter-finals, up against Springfield High School. It was a very intense game, with a last-second penalty that put the team into a penalty shootout. With fantastic shooting by the girls and saves by Daniela, the girls were through to the semi-finals against Durban Girls' College.

The semi-finals were tight and the girls saw themselves through to another penalty shootout. Unfortunately, they came short and were knocked out of the final.

There was no bronze medal match, thus the girls finished in the top four of 28 teams. Sasha was selected for the Old Petrians tournament team.

The following girls have made the U17 A and U17 B SA water polo teams to compete in the CANA Zone IV Women's Youth Water Polo Championships 2016, in Durban from 8-9 March.

U17 A - Daniela

U17 B - Julia, Brittany. Reserve: Catherine

Kelsey White

Water polo coach



U15 win silver

Basketball

The U14 A team had their first match against Crawford Sandton on Wednesday 10 February. This was a very exciting game and our young ballers came out victors at the end of the match, winning 6-4. Above all, they were happy to have played their first competitive match. The U15 A team went on to add to the victory by winning their match against the hosts, Crawford Sandton, 24-11.

Friday 12 February saw St Mary's hosted by Michael Mount. St Mary's U16 played their first league match against the host's U16 side, and we lost 36-4, while St Mary's U15 B lost 13-6 to Michael Mount's U14 A.

The U15 team played against King David, Linksfield, for the first time ever last Wednesday, 17 February. The U15 group is a talented and highly spirited group of girls. The girls who are not in the A team are the most avid supporters and rarely miss a match, which is why I took more spectators than players to King David. The team played with passion, and showed an improvement in maturity and in their game

plan, compared with last year. They can be well pleased with their 28-3 victory. This is a special group of girls - keep an eye out for them. Well done, U15s.

The U16 and 1st teams were hosted by Sacred Heart College on 17 February. St Mary's U16s played well. Their game looked better and more organised than their first match. They played as a team and they were brave to attack the basket. We lost this match only on the score board, as this team executed the planned plays as expected. Final score was 10-23 to Sacred Heart.

St Mary's 1st team was under attack for the first five minutes, with Sacred Heart shooting three points, but our side remained calm and stuck to the game plan, which led us to a 24-16 victory.

Christa Kgamphe
Basketball coach



U14 A team



U15 team with supporters

MUSE MORNING

Tuesday 1 March
07h15-08h30 - all parents are welcome

Venue: Auditorium in the Senior Resource Wantage Centre. Coffee is served at the tennis pavilion from 07h15 for a prompt start at 07h30.

Topic: "Breathe and count to 10 - managing difficult feelings"
Speaker: Vanessa Hemp, clinical psychologist

RSVP: Sharon.san@stmary.co.za