



St Mary's School  
Waverley  
Founded 1888

## JUNIOR SCHOOL NEWS

3 MARCH 2017

Tel: 011 531 1880 | [smjunior@stmary.co.za](mailto:smjunior@stmary.co.za)  
[www.stmarysschool.co.za](http://www.stmarysschool.co.za)



A very enthusiastic group of Grade 7 girls visited the residents at Waverley Gardens on Tuesday 22 February. The residents were treated with delicious chocolates which were donated by the Senior Primary girls.

## FROM THE JUNIOR PRIMARY DEPARTMENT

### Dear parents

The exciting events planned for the second half of this term will help to enhance the learning experiences of the girls and provide great opportunities for parents to observe how much the girls are learning in different contexts.

The Junior Primary gala for Grade 1 to Grade 3 will be held on Wednesday 8 March from 16h00. There is always much excitement as each house competes to be the best.

Grade 2P, 2S and 3D will entertain us with their assemblies at 07h30 on Thursday 16 March, 23 March and 30 March respectively. These are held in the Senior Primary hall and parents are

encouraged to attend. Please help yourselves to refreshments before or after these occasions.

Book fortnight kicks off on Monday 27 March. This is a period of time in which the girls are exposed to many different forms of literature and genres. They learn about authors and illustrators, characters and plots as well as creativity and editing; culminating in the creation of their own unique books. During this time, the girls from Grade 0 to Grade 2 will visit the People's Theatre on Friday 31 March and Hooked on Books will entertain the girls during the morning of Monday 3 April. Our storytelling evening will also be held on Monday 3 April from 17h30 to 18h45. The girls come dressed in their pyjamas or a tracksuit and will be entertained by the Senior School

Drama girls from Form III, an evening no girls likes to miss. Nicola Aylward will address parents during this time on the pertinent topic "Stress management and mindfulness". The reading morning, where parents are encouraged to take time out of the busyness of the day to read to their child at school, will take place on Tuesday 11 April at 07h30. Last but not least, the highlight of the book fortnight takes place on Wednesday 12 April; the annual book character parade. The girls need no encouragement to dress up as a particular book character. Please do not be tempted to hire costumes, our girls are most creative and can source items from home that will transform them from a St Mary's girl into a delightful book character of their choice.

Parents afternoon takes place on Monday 27 and Tuesday 28 March from 13h30 onwards. This will give you all a chance to see how your daughter has settled into her new class. It is advisable for parents to attend as there are no written reports this term.

Piece playing for Grade 2 and 3 pupils takes place in the Junior Primary hall at 07h30 on Tuesday 4 April. This is an opportunity for any girl who is learning a musical instrument, be it at St Mary's or outside of the school, to show us what they have learned during their lessons. Parents are encouraged to attend.

Grade 3 instrumental demonstrations are to be held in The Edge on Thursday 6 April. The purpose of this event is to show parents how much the girls have learned in the compulsory afternoon sessions. It never ceases to amaze me how much they learn in such a short period of time and is fascinating to observe.

A busy but exciting end to the term! I look forward to chatting to you all.

**DI GORDON**  
**DEPUTY HEAD: JUNIOR PRIMARY**

## FROM THE CHAPLAIN

Ash Wednesday on Wednesday 1 March marked the beginning of Lent. Lent is a six-week season preceding Easter, and the purpose of the Lenten season is to reflect as individuals and communities on the priority we place on living God-centered lives. It is traditionally a time of giving something up - fasting - to help us be less distracted and better able to focus on our relationship with God and how we can better serve God in our lives.

You may be wondering what to focus on, this coming Lenten season. Here are some ideas to help you plan your time of Lenten reflection:

**Lenten Bible studies and materials for reflection:**

1) The Archbishop of Canterbury's Lent Book 2017, *Dethroning Mammon: Making Money Serve Grace* (available as an eBook: <http://www.bloomsbury.com/uk/dethroning-mammon-making-money-serve-grace-9781472929785/>).

2) Archbishop Thabo Makgoba's Lent course 2017, *Reflecting, Praying and Acting Together* (available as a freely downloadable PDF document: <http://archbishop.anglicanchurchsa.org/2016/12/the-archbishops-lenten-course-2017.html>)

**Suggested Lenten activities:**

- Form a small group to study one of the above materials, for an hour a week
- Reduce your carbon footprint in one of a number of ways: <http://www.greenanglicans.org/carbon-fast-lent-2015/>
- Go for a walk in your neighbourhood with God daily, as many times a week as you are able
- Begin a practice of reading a short Bible story together as a family, just before bedtime each day
- Make an hour in the late afternoon or evening, gadget-free hour – an hour where you intentionally spend time together as a family, catching up on each others' day or perhaps eating a meal together or playing a board game
- Visit our St Mary's Foundation page and consider becoming involved: <http://www.stmarysschool.co.za/foundation>

**REVD CLAUDIA COUSTAS**  
**CHAPLAIN**

## MUSIC DEPARTMENT

Congratulations to the following girls who passed their music examinations in October last year:

**Trinity results**

Lauren Benfield	Piano	Initial	D	
Khethile Mukoki	Violin	Initial	M	
Heather Welchman	Piano	Grade 1	M	
Alice Thiel	Piano	Initial		M
Abigail Milella	Piano	Grade 2	P	

**Trinity rock and pop**

Stephanie Bergesen	Vocals	Grade 3	P
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**DUDLEY TROLLOPE**  
**DIRECTOR OF MUSIC**



# GRADE 5 NEWS

The Grade 5s were very excited to visit Lapalala Wilderness School at the end of January. They enjoyed orientering and team-building activities, a mud fight, canoeing, an obstacle course, a night drive and papermaking, among other fabulous activities.

the benefits for the girls, both socially and academically, were invaluable.

**LINDA MAISHMAN**  
**SENIOR PRIMARY TEACHER**

The girls could not get enough of the delicious meals they were offered during the camp. They participated with enthusiasm and commitment and



# GRADE 6 NEWS



The Grade 6s enjoyed a wonderful outdoor learning experience at Kloofwaters



# GRADE 7 NEWS



The Grade 7s enjoyed their tour to Kloofwaters where they were able to spend time in the beautiful Magaliesberg developing their leadership skills

## FROM THE SCHOOL NURSE

As the school nurse, I often find myself having discussions with parents about health issues that are not always easy for them to discuss with their friends but they seem to feel comfortable chatting to me. This year I thought it would be a good idea to put a few snippets in the newsletter about some of the issues that have come up in conversation. My hope is that we as parents will become more informed and less embarrassed to have these conversations as we realise that they are common to childhood and by treating them early, we are preventing their spread and allowing our children to thrive while at school.

The topic I would like to address today is pinworms.

A pinworm is a parasitic intestinal worm (nematode). Humans are their only known host. They are most prevalent among preschool and school-going children. Most people think they are immune to worms however, one out of two children may be affected.

Pinworms are small (2mm to 13 mm) and white, adult pinworms live in the cecum (part of the large intestine). At night, gravid females migrate to the anus to lay eggs in perianal skin folds. The eggs usually hatch within hours.

Activity by adult pinworms and the mobile larvae causes perianal itching, the most common symptom of pinworm infection. Other signs and symptoms include trouble sleeping and general irritability. Patients with severe infestations may experience anorexia and weight loss. However, many patients have only mild symptoms or none at all. Because of anal irritation, the sleeping host may scratch herself, acquiring pinworm eggs and larvae under her fingernails. She may then re-infect

herself if she does not practise scrupulous hand hygiene. Scratching may also lead to a secondary bacterial infection.

Pinworms can spread when people handle contaminated objects (fomites), such as pajamas, bed linen, and underwear, or anything the infected person has handled with unwashed hands. This is why pinworms are especially prevalent among young children in crowded settings, such as day-care centres and schools, and why mothers of infected children are far more likely to be infected than adults in the general population.

To eradicate pinworms and prevent reinfection meticulous hand hygiene throughout the day is essential — especially before eating or food preparation, after going to the toilet, after handling bed linen or underwear, and after touching any potentially contaminated objects.

Infected patients need to keep their nails short, bathe every morning upon rising (using a fresh washcloth and towel each time), and change underwear, pajamas, and bed linen daily.

Young kids should routinely be dewormed every six months especially if they are displaying the symptoms already mentioned.

If you are unsure, about which treatment to use there are deworming products that can be purchased over the counter or you can visit your doctor for advice.

**LEIGH SULLIVAN  
NURSE**

# CHESS

On Monday 13 February, St Mary's played chess matches against Jan Celliers Laerskool. It was an exciting afternoon and our girls played well. At the end of the day, Jan Celliers emerged victorious.

**TANATSWA DENDERE**  
**JUNIOR SCHOOL LIAISON PERSON**



## FROM THE SPORTS DEPARTMENT



### Swimming

The Junior A swimming team has had a very successful two weeks. On Friday 10 February, the girls swam at Roedean and they won the gala, beating six other schools.

On Wednesday 15 February, the team swam in the St Stithians night gala. This gala is made up of individual and relay events and is swum over 50m. The girls were a credit to their school, each one giving of her very best in every event. We won the gala convincingly in the end, a just reward for the effort put in by the swimmers.

On Friday 17 February, the Junior A swimming team swam in the KEPS gala. The team continued its good form by winning the gala with 151 points, second place finished on 107 points.



St Stithian's night gala

### Water Polo

On Saturday 18 February, the U13 water polo team played in the St Dominic's Festival. Our girls had a most successful day. After losing our first match to the St Dominic's U14 team we regrouped and readjusted our structures and ultimately this led to us winning our next three matches against St Dominic's U13, Reddham U13 and St Stithians U14 team.

**TARYN DE WINNAAR**  
**HEAD OF JUNIOR SCHOOL SPORT**







The U13 water polo team



Captain, Josie Apps in action



# Tennis

Congratulations to all the Grade 4, 5 and 6 players who have been playing in the tennis teams for the past two weeks. Many of our regular team players were missing owing to the various class camps. Every one gave of their best and I hope that they enjoyed their matches. Playing matches against another school and at another venue is all part of gaining valuable experience.

**Results 9 February**  
 St Mary's A bt St Katharine's A 43-20  
 St Mary's B bt St Katharine's B 56-7  
 St Mary's C bt Roedean C 33-30  
 St Mary's D lost to Roedean D 28-35

**Results 6 February**  
 St Mary's A bt Brescia A 48-15  
 St Mary's B bt Brescia B 40-23  
 St Mary's C lost to St Stithians A 54-9  
 St Mary's D lost to St Stithians B 43-20  
 Grade 5s lost to Brescia C (friendly match) 26-19

**CECILE MURRAY  
 TENNIS COACH**

# Equestrian

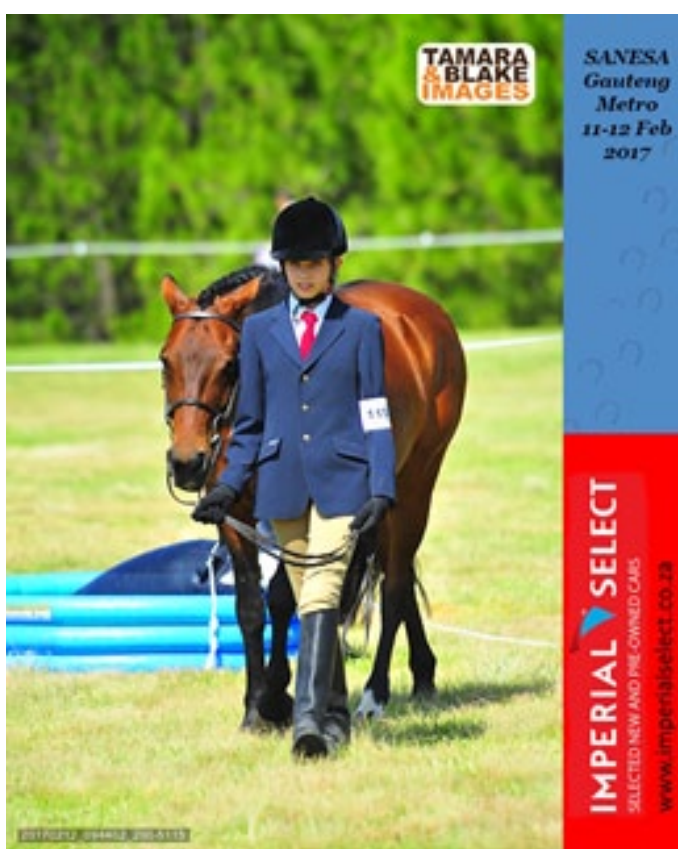
St Mary's is extremely proud of the two Junior School and 12 Senior School riders who participated in the first Jo'burg Metro South African National Equestrian Schools (SANESA) Qualifier. This qualifier was held at Eaton Farm in Midrand on 11 and 12 February.

The following top five results were obtained by our Junior School riders. Pacalle Durand obtained a first in Performance Riding and a first and fourth in Dressage in the Level 0 (9 and younger off lead rein) classes.

Erin Pullinger participated in Level 1 and achieved a first in Equitation, a fourth in In-Hand Utility and a fifth in Prix Caprilli.

Well done girls!

**KRISHA WALUK  
 SENIOR SCHOOL CHEF D'EQUIPE**



Erin Pullinger and Noble Knight: In-Hand Utility



Pascal Durand: Performance Riding

## Dance



Sofia Bollo in Grade 6 participated in the SA Lyrical Dance Championships on Sunday 5 February. She came first for her solo in the U14 section and also first place for duo and quad U14.

## PARENTING MATTERS WITH NIKKI BUSH

“By the time your child embarks on his or her first school trip, you will know that change is just around the corner and your dependant 10-year old is only a few years away from discovering their own independent life. They are just beginning to use their ‘wings’ to fly out of the warm nest that was their entire world. Short hops away from the nest become longer flights. Don’t think for a moment that your children will always want to be with you and need you. They won’t, and if you aren’t prepared for this fact, it will hit you like a ton of bricks.” *The Second Half of Your Life* (Random House, 2011) by Jill Shaw Ruddock

There are so many ways that parents can encourage independence in their children. While we love and adore them and the thought of sending them out into the big wide world is a daunting one, we do need to let out the kite strings little by little, increasing the space between us. This gives them opportunities to experience themselves apart from us. They learn to appreciate what they have with us but also that they can function independently too.

Encourage independence by:

- Allowing your child to sleepover at friends and family you trust and with whom they are comfortable, and do reciprocate the experience
- Allowing your child to participate in activities from primary school onwards where you are not necessarily always on the side lines, they are not pleasing you but themselves

- Allowing your child to walk to their classroom alone after the first week or so of grade one. They can do it. Let them go
- Allowing your child to go on school tours and camps
- Allowing your child to go on weekends away with other families

Children build up their confidence in being their own person and standing in their own space without you, incrementally. You need to believe they will be okay even if you have a quiet weep in the car after dropping them off (something I have done on a number of occasions when my children have gone off on their first school tours and camps). The quiet weep is such a mixture of feelings of loss and separation (especially for mothers) as well as pride in their “braveness” to go.

When they are spending time with other people, do keep in touch with them from time to time, or with the parents of the child with whom they are staying, if you are concerned. But, be careful of not transferring your own separation anxiety on to your child as this can quickly erode their new-found confidence, sewing seeds of doubt. I have experienced it so often when a child who was perfectly content has come for a playdate and a sleepover, and the mum has phoned and spoken to the child just before bedtime just to check if they are ok, and the next minute the child wants to go home. Don’t phone just before bedtime! Pick your moments or you may just sabotage their growth.

Allowing there to be space between you starts in small ways like using a



babysitter from time-to-time, then spending a night apart, and then a weekend. Remember this is building a strength in your child of independence and adaptability. When they spend time in other people's homes and on school camps and so on, things are done differently to home and they learn how to adjust and adapt.

On this journey, you need to develop your own peace of mind about your child's ability to cope without you. You can do it. And your child needs you to believe in them.

#### **NIKKI BUSH**

Creative parenting expert, inspirational speaker and co-author of *Tech-Savvy Parenting* (Bookstorm, 2014), *Future-proof Your Child* (Penguin, 2008), and *Easy Answers to Awkward Questions* (Metz Press, 2009)

nikki@nikkibush.com

www.nikkibush.com

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## NOTICES

### Muse Morning

Date: Tuesday 28 March, 07h15-08h30 - All parents are welcome to join us and we look forward to hosting more Dads.

Time: 07h15-08h30

Venue: Wantage auditorium

Topic: The Power and Beauty of Parenting, presented by Craig Wilkinson, founder of "Father a Nation (FAN)". Craig will address the core drivers of the masculine and feminine psyche, the different roles of fathers and mothers in raising emotionally healthy children, and the messages that society gives to boys and girls and the impact it has on their psyches.

Coffee is served from 07h15 for a prompt start at 07h30. Refreshments will be available at the tennis pavilion, just outside the auditorium of the Senior School resource centre (Wantage).

RSVP: sharon.san@stmary.co.za