



St Mary's School
Waverley
Founded 1888

JUNIOR SCHOOL NEWS

17 MARCH 2017

Tel: 011 531 1880 | smjunior@stmary.co.za
www.stmaryschool.co.za



Our annual wheelathon was a wonderful success despite the heavy rains during the week

FROM THE PRE-PRIMARY DEPARTMENT

Dear parents

Little Saints has been buzzing with excitement and curiosity since the beginning of the year. Mrs Taylor and Miss Kay welcomed all the new children into Grade 000 and the Grade 00s were thrilled to be back at school with Mrs Mortimer and me. The children are settled and have had an eventful start to the year.

The Reggio approach

At Little Saints, as part of the implementation of the Reggio approach, the image of the child is fundamental. Children are seen as researchers, active constructors of knowledge, as well as social beings who are capable, curious and

creative. It forms part of the essence of a child's identity.

A child's interest is the starting point of a conversation that provides a basis in which relationships are created. How we form connections with others is the essence of our identity. The Grade 000 children began exploring their self-portraits and relationships and are now curious about growth in themselves and their environment. The Grade 00 children reflected on their identity and the essence of one's identity is one's name. The children have explored their names through many of the 100 languages.

Provocations set out encouraged the children to use different mediums such as loose parts

on the light table, clay, drawing and painting to name a few. Learning has been scaffolded by both Ms Dunn and Miss Gardner. We look forward to seeing the children's progress as we aim to enrich their learning through a multi-sensory environment.

Sport

Every Wednesday during summer, the Grade 00s grab their towels, goggles and caps as they make their way down to the big pool to swim with the sport coaches. The children relish the opportunity to swim in the "big girls' pool". It is wonderful to see how confident they are becoming in their swimming abilities. The ability to swim is a lifelong skill and one St Mary's encourages all children to master.

iPad integration

Our little ones have been very busy exploring the iPad during their lessons with Mrs Shuping. The Grade 00 children have been blogging, coding, drawing and transforming their pictures. They use the "Drawing Pad" app to draw and transform pictures which they then share on the Seesaw blogging app with their parents. They were introduced to an app called "Code-a-Pillar". This is a wonderful app as it explores coding at a preschool level. Through coding the children learn skills such as sequencing, problem solving and numeracy.

After watching the Grade 00s have so much fun on the iPad, the Grade 000 children were very excited to start their iPad lessons after half-term. They have been using apps that focus on numeracy skills such as patterning, sorting and sizing. Apps used are all age appropriate and Mrs Shuping makes sure that each child gets no more than 10 to 15 minutes on the iPad per week.

Entertainment

By the end of this term, the children would have been entertained by various outside activities. We had chick incubators spend three days at Little Saints. The children were fascinated as they watched life coming out of the eggs. This provocation led to many enquires but especially one of growth. Hooked on Books will be visiting us on Thursday 30 March for our book week.

Wheelathon

Our annual wheelathon was a wonderful success despite the heavy rains during the week. Not even the rain could keep the children away and they had fun zooming around the tennis court on their bicycles, tricycles and scooters. The promise of frozen yoghurt had the children lapping the court in record speed. Thank you to all the parents who supported our fundraiser. We look forward to using the funds collected to enrich our cognitive equipment as well as create a sound garden.

Parent information evening

I would like to thank all the parents who attended our Little Saints and Grade 0 parent information evening with the therapists. It was interesting and knowledgeable and the parents were provided with tips on how to enhance their child's development. This evening received positive feedback and was appreciated by all who attended. I would like to thank Tracy Parker, Samantha Smith, Anna Raciti and Carmen Whitfield for sharing their expertise with us.

In conclusion, as Loris Malaguzzi once said, "Each child is unique and the protagonist of his or her own growth. Children desire to acquire knowledge, have much capacity for curiosity and amazement, and yearn to create relationships with others and communicate."

CELIA DIANA
LITTLE SAINTS CO-ORDINATOR

FROM THE CHAPLAIN

Eight meditations on Lent, by Jordan Hillebert

Lent is a breath taken before shouts of adoration – the Church's magnificent inhalation.

Lent is a wound, a thorn in the flesh of the gods of our own making, an interruption in the ebb and flow of our most revered secular liturgies.

Lent is the imposition of ashes, a chorus of dust and dry bone, a prayer for living breath.

Lent is a voice crying in the wilderness, a finger stabbing in the direction of Golgotha.

Lent is submission to the cost of discipleship, liberation from the price of self-indulged freedom.

Lent is an interlude, a darkness preceding the terrible brightness.

Lent is nothing, a clattering cymbal, if not for the one whose destruction and vindication bid the foe become beloved.

Lent is an affirmation and an invitation. The Lord is full of compassion and mercy: Come let us adore him.

Source: <http://livingchurch.org/covenant/2017/03/11/8-meditations-on-lent/?platform=hootsuite>

When God's beloved children hurt, within our community, as the Body of Christ we hurt with them. Myendran Moodley, who taught on our Ikusasa Lethu project, died on Thursday 2 March. Myendran served the Ikusasa Lethu project faithfully for 20 years. He was remembered at a service at Wendywood High School on Saturday 4 March. Please keep his wife, Sylvia, and his son, Kieran, in your prayers.

Rest eternal grant unto him oh Lord, and let light perpetual shine upon him.

REVD CLAUDIA COUSTAS
CHAPLAIN

FROM THE FOUNDATION

ST MARY'S FOUNDATION GRADE 7 CLASS OF 2016 PLAQUE UNVEILING



Dr Sarah Warner with Revd Claudia Coustas at the plaque unveiling

On Friday 3 March, I gave the following speech at the Grade 7 class of 2016 plaque unveiling:

“Good morning Dr Warner, Mrs Dunkley, teachers, parents, the Grade 7 class of 2016 and 2017 Grade 7s.

“Do you know that there are young girls in our school who live in a one-roomed house? Some of these girls do not have a mom and a dad.

“Do you know that these young girls are as clever as you are but their parents earn very little money or are unemployed and cannot afford to pay school fees? Just like you, these talented young girls dream of becoming an engineer, a world number one squash player, a South African hockey player, a famous actor or a doctor one day. With your help and support of the St Mary's Foundation we can help them realise their dreams. We can welcome them into our St Mary's community and offer them an opportunity to receive an education at our special school.

“With access to St Mary's, these girls have achieved great things. A young squash player is now ranked number 53 in the world in the junior ladies' division because she has had access to St Mary's coaching and facilities. A young girl achieved a cultural honours blazer because she took Dramatic Arts and had access to The Edge theatre in which to perform. The Foundation Scholarship programme girls will leave St Mary's having been part of a community built on love, integrity and community. They will have formed lifelong bonds and a network created here at

St Mary's. These girls will have shared your experience and learnt to become achievers, doers, dreamers, leaders, innovators, game changers, believers, visionaries and optimists. They will be brave and tackle life knowing that they can be anything they want to be because you have made that difference in their lives. You will have changed the direction of their lives and their world. So too will they have changed your life by teaching you to embrace and understand the reality of being a South African.

“These young women will become beacons of hope in their communities.

“We hope to grow the From One Girl to Another fund for future classes to contribute towards and for you to continue to give towards. No donation is too big or small. Anyone anywhere can give and make a difference. You can continue the legacy by making small contributions over time. Perhaps you have some spare pocket money that you can add to this fund or, one day when you are working, we encourage you to give back to pass on this legacy from one generation of St Mary's girls to another.

“Thank you to each one of you, your parents and the teachers for the very generous contribution of R25 000 that the Grade 7 class of 2016 have made to leave a legacy for educating girls in need.”

GILLIAN O'SHAUGHNESSY
FOUNDATION MANAGER

FROM THE SCHOOL NURSE

One of the questions asked on our indemnity forms when your children go on school tours is: Has your daughter been immunised against tetanus and, if yes, when?

If you have vaccinated your child according to the South African vaccination schedule, they would have received a tetanus vaccine via a DTP injection at six weeks, 10 weeks, 14 weeks, 18 months, between the ages of four and six years and again at 12 years.

Tetanus disease commonly known as “lockjaw” is a serious disease that causes painful tightening of muscles, usually all over the body. It can lead to locking of the jaw so that the person cannot open his mouth or swallow. Tetanus can lead to death in about one in 10 cases.

The bacteria that causes tetanus can be found in soil, manure and dust. They infect humans by entering the body through cuts, puncture wounds, animal bites, burns, dirty injections when taking drugs. Tetanus is not contagious, so you cannot acquire the disease from someone else.

The reason we ask you when your daughter was last immunised is that in these environments (on camps) they will be more prone to sustain injuries that could lead to tetanus, especially if the object causing the injury is dirty and the wound was quite deep. Knowing when their last injection was

given is very useful to teachers on tours if your daughter needs to see a doctor.

If the injury occurs 10 years after your last tetanus injection, one would need to administer a booster vaccination. A booster vaccine is also recommended if you sustain a deep, contaminated wound and more than five years has passed since your last dose, since protective antibody levels may fall after five years in some people. If your child sustains an injury that might make her prone to getting tetanus and she has never received a tetanus vaccine, she would need to have a tetanus immunoglobulin injection followed by a series of a tetanus-containing vaccines.

Serious reactions to the tetanus vaccine are rare. Mild reactions include localised swelling, tenderness, and redness at the injection site that usually persist for a day or two after vaccinations.

So next time your child goes on a school tour, please take the time to fill in the medical section with care; one never knows when it might be needed.

**LEIGH SULLIVAN
NURSE**

PARENTING MATTERS WITH NIKKI BUSH

All children need to learn that success is often the result of effort and strategy rather than innate ability. Just think of a highly talented sportsperson. Despite natural talent, if they didn't put in hours of disciplined practise they would be unlikely to be able to stay at the top of their game and might remain a one-hit wonder.

Whether it's in sporting, cultural or academic activities, make sure that your words of encouragement celebrate the effort more than the outcome whatever the age of your child. It builds their confidence and instils in them that they have skills they can adapt to anything. Here are some useful examples:

- Always do your best
- Give me your best effort
- I love how you think
- You have chosen beautiful colours for your painting. I love them
- Wow, look what a great contribution you made to that team challenge
- I love the way you took your time and created such a neat and colourful assignment
- I'm really proud of you for doing those extra lengths in the pool today

- I love the way you keep trying and never give up
- I noticed how you really listened to your ballet teacher today and followed her instructions. Well done

Children need to be acknowledged for who they are and the character traits they are exercising in any given situation. When you label their efforts with words like perseverance, commitment, resourceful, creative and so on, your child gets the idea of what they actually mean. They can then start adding experiences to those words and concepts, over and over again, developing a strong blueprint that they can believe in. Self-belief, beyond just being good at something, is especially important when that something may change a number of times in childhood and in their lifetime.

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



FROM THE SPORTS DEPARTMENT

Swimming

Senior Primary inter-house gala

The Senior Primary gala took place on Tuesday 7 March. Each and every swimmer gave of her best and as a result made a valuable contribution to her house. After much excitement and many closely contested races, Lions were the eventual gala winners.

Other prizewinners included:

- Grade 4 individual medley winner: Kyla Grobbelaar
- Grade 5 individual medley winner: Natasha Jenkins
- Grade 6 individual medley winner: Jasmin Vermeulen
- Grade 7 individual medley winner: Georgie Hector
- Best individual Grade 4 swimmer: Kyla Grobbelaar
- Junior Victrix Ludorum: Natasha Jenkins
- Best individual Grade 6 swimmer: Jasmin Vermeulen
- Senior Victrix Ludorum: Georgie Hector
- Shirley Reid Trophy for the fastest four freestyle swimmers: Zebras
- House with the best spirit: Springboks

The Prestige gala

Our Junior A Team put in an outstanding performance to win the Prestige Gala on Friday 10 March. It was the perfect ending to the season for this very talented group of swimmers.

The results were as follows:

St Mary's	-	219
St Andrew's	-	199
Brescia	-	181

St Stithians	-	174
St Peter's	-	164
Kingsmead	-	143

Water Polo

Reddam water polo tournament

Our U13 water polo team travelled to Cape Town on Thursday 2 March to participate in the Reddam School U13 Tournament.

The team played six pool matches, winning three, drawing two and losing only one. We won our quarter-final match convincingly and lost our semi-final to eventual tournament winners Reddam. The playoff for third and fourth was very closely contested. After full time the teams were even which meant we had to go to penalties. Unfortunately, we lost the penalty shootout but our team did finish in a very credible fourth position out of 14 schools. The players gained valuable experience against top opposition and the high level of competition brought out top performances from our girls.

TARYN DE WINNAAR
HEAD OF JUNIOR SCHOOL SPORT



Lions captains Samantha Faber, Nyakallo Kodisang, Ella Babaya



The Lions team



The Prestige gala



The Senior Primary inter-house gala



Janet Walters



Mikayla de Bruin was the only Grade 5 in team. She played goalkeeper for us and she had an outstanding tournament



The water polo team

Swimming

Junior Primary inter-house gala

On Wednesday 8 March, the girls arrived at the pool feeling excited and looking forward to their gala. The girls swam extremely well and their swimming has improved a great deal throughout the season. I would like to thank all the teachers who helped at the Junior Primary inter-house gala, as well as the Grade 7 girls for their help and enthusiasm.

Well done to Lions for winning the gala and to Hannah Rigby for winning the Victrix Ludorum trophy.

The results at the end of the JP inter-house gala were as follows:

1)	Lions	-	156
2)	Zebars	-	130
3)	Springboks	-	121
4)	Hares	-	97

TRACEY WOOD
HEAD OF DEPARTMENT: JUNIOR PRIMARY SPORT



Tennis

Unfortunately, rain has interrupted the league matches for the past two weeks. Well done to all the players on their commitment shown this term. Thank you to Mrs Lowndes for all her assistance.

RENE PLANT AND CECILE MURRAY
TENNIS COACHES

NOTICES

Muse Morning

Date: Tuesday 28 March time: 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



St Mary's School
Waverley
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Please join us for the St Mary's
rowing club golf day

19 May 2017
Parkview Golf Club

Time 10h30 for 11h30
Shotgun tee off

Email Cindy Jackman on
cindjackman@gmail.com (NO Y)
to book your four-ball and carts.

R4000 per four-ball.
**Price includes 4 caddies, half-way house
and dinner (cash bar).**

Please book golf carts for your own account at R300 per
cart, to be paid with your four-ball booking.
Booking on first paid basis.

We look forward to seeing you!