



St Mary's School
Waverley
Founded 1888

JUST JUNIOR NEWS

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The Polgar sisters



Challenge accepted! St Mary's and St David's go head to head in a chess match held in the senior primary hall last Monday

FROM THE HEADMISTRESS' DESK

Dear parents

Last week in assembly an enterprising group of Grade 4 girls gave a presentation on chess and the intellectual and social benefits of playing chess at school. Their intention was to raise the profile of chess at St Mary's, to argue for its recognition as an inter-house activity, and to enlist more players for the fortnightly chess matches arranged with other schools. The girls spoke stirringly of observable improvements in problem-solving ability, strategic thinking, and increased levels of patience among chess players, and they bemoaned the small number of chess players at St Mary's (a mere five percent of the girls in the Junior School) and of women players in the world (only 11% of players in international mixed-gender tournaments and two percent of grandmasters are women), urging the girls to reconsider their co-curricular commitments.

Following the girls' lead, I took the opportunity to speak about famous women chess players, and the Polgár sisters (Susan, Sofia and Judit) in particular. Of the three remarkable siblings, Judit is the most celebrated: she became the youngest international chess grandmaster at the age of 15, breaking Bobby Fischer's record, and was ranked eighth in the world's men rating list in 2005, the highest rank achieved by a woman. As teenagers, Judit and her sisters were part of the Hungarian national women's team that won the Olympic gold medal twice. The young sisters' success was not warmly received by the older male players they competed against and routinely beat, causing Susan to remark drily that she, "Never won against

a healthy man. After the game, there was always an excuse: 'I had a headache. I had a stomachache.' There is always something."

I shared with the girls what Garry Kasparov, a former world chess champion, said of Judit ("She is talented but not greatly talented. Women by their nature are not exceptional chess players.") and was pleased when his comment elicited indignant groans from my audience. At the same time, Kasparov's seemingly disparaging remark about the limits of Judit's talent is central to the story of the Polgár sisters whose father, Lazlo, a Hungarian psychologist, believed he could turn any healthy child into a prodigy through early and intensive specialisation in a particular subject. With the help of his wife Klara, a Ukrainian foreign language teacher, he conducted a pedagogical experiment on his three daughters that not only privileged practice and hard work over talent, but that treated talent as largely irrelevant.

The phenomenon of the Polgár sisters and their individual encounters with the world of competitive chess has led to much research into the benefits of early brain moulding and enriched visual-spatial centres as well as a more focused interest in what could be called gendered orientations and their profound impact on, in chess terms, a player's style – what we would understand in more general terms as the effect of mindset on performance. In the words of Sophia, arguably the most naturally talented chess player of the three sisters, "I could give up easier than Judit. I never worked as

hard as she did.” The “laziness” that Susan detects in her younger sister is explained differently by Carol Dweck, professor of psychology at Stanford University, who demonstrates how people’s beliefs about their ability affect their performance. Dweck’s well-travelled definition of a growth mindset and a fixed mindset is given powerful expression in clinical psychologist Lisa Damour’s *Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood*.

“Girls with a growth mindset *embrace* challenges because they know that hard work will expand their skills, *welcome* feedback from teachers and coaches because it provides information about where they need to aim their efforts, and feel *inspired* by talented peers. Girls with a fixed mindset, on the other hand, fear challenges

because they worry that they’ve come to the limit of their abilities, feel threatened by feedback because it provides good or bad news about what they believe to be fixed traits, and feel humiliated by their talented peers.”

Damour concludes by asking: “How do we offer growth-mindset reassurance? We celebrate effort over outcome.” Effort over outcome or, as my Grade 1 daughter is quick to remind me, “St Mary’s girls never give up.”

DR SARAH WARNER
HEADMISTRESS: JUNIOR SCHOOL

FROM THE CHAPLAIN

Indeed, the body does not consist of one member but of many. If the foot would say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body. And if the ear would say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, “I have no need of you,” nor again the head to the feet, “I have no need of you.” On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour.

– 1 Corinthians 12:14-23a (NRSV)

The writer of this, the first lesson to the church in Corinth, presents a plea for unity among the different members of the church, which is called to be the body of Christ on earth. From this plea, directed also to Christ’s body now – us – we can take comfort that each of us is uniquely gifted and loved for who we are, not for how we compare to another member of the body of Christ. It is also a reminder not to write ourselves (or others) off, because we deem ourselves to be of lesser use or competence. Even if we deem ourselves to be of less value, we are not so, and we are called to be who we are created to be, to the service of Christ’s body here on earth, now.

REVD CLAUDIA COUSTAS
CHAPLAIN

LITTLE SAINTS LEARN-TO-SWIM POOL



We are delighted with the final product of the Little Saints Learn-to-Swim pool – the children are getting excited to use it in the next few weeks!

FROM THE MUSIC DEPARTMENT

The Sound of Children

The Sound of Children is a Junior Primary choir festival held at the Linder Auditorium and this year the participating choirs were from St Mary's, The Ridge, St Katharine's and Auckland Park Preparatory. Our Singing Angels performed a Unity medley, which included the following powerful lines: "You may be walking on the streets of a city called London, but the dust on my boots and the rhythm of my feet and my heart beat Say Africa!" (*Say Africa* by Vusi Mahlasela)

We also had our very own soloist perform with the Johannesburg Festival Orchestra. Emma Frahm-Arp (Grade 4) played a piece called *The Boy Paganini* by Mollenhauer and received a standing ovation for her performance. We thank her for representing St Mary's so well!

A message of reflection

I remind you that, as we head towards the end of the year, we will revisit some of the musical goals we set ourselves earlier. If you have not already tried something new, please do. If you start to feel stressed and overwhelmed by end-of-year events, try to notice the music all around you. It can be found in the hallways of the school, in church services and the chapel, on that new radio station or in the echoes of singing in the shower. All you need to do is: Stop... and listen to the music!

CAROL SHUTTE
HEAD OF MUSIC: JUNIOR SCHOOL



Emma Frahm-Arp



THE GRADE 7 ENVIRONMENTAL CLUB



The Junior School have been collecting eco-bricks in an inter-house challenge. The Environmental club built a wall using the eco-bricks that were collected



For more info:
call 083 226 2871

DANCE

Dance news

Congratulations to Katherine Deacon who received a gold medal in the SABOD *Stars of Tomorrow* showcase in September. Katherine was awarded first place for the U11 tap solo section.

The following girls participated in the Bedfordview Eisteddfod in September. Tyla David and Kiara Fussell performed a modern duet for which they

received 92%. Their score took them through to the Greater Ekurhuleni Eisteddfod where they were the winners of their dance section.

Ava Milligan performed a modern solo for which she was awarded 90%. Her score took her through to the Greater Ekurhuleni Eisteddfod!

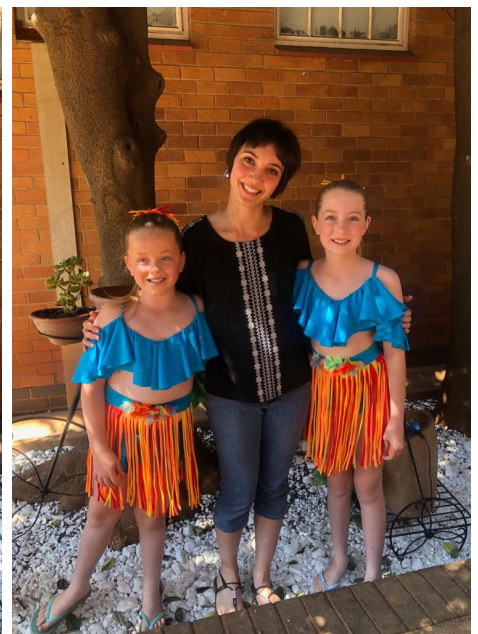
CLAIRE VAN NIEKERK
COORDINATOR: DANCE AND DRAMA



Katherine Deacon



Teacher Willemien Jerling and Ava Milligan



Tyla David, Willemien Jerling and Kiara Fussell

FROM THE SPORTS DEPARTMENT



ATHLETICS

Athletics meeting

Our athletics team started the season well on Friday 27 September. The girls participated in an athletics meeting at St Andrew's and the results were as follows:

St Mary's	543
St Andrew's	413
Kingsmead	403
Holy Rosary	141

On Friday 4 October, we participated in an athletics meeting at St Stithians and the results were as follows:

St Mary's	680
St Stithians	608
St Peter's	591
Kingsmead	502
Brescia	490
St Andrew's	431
St Teresa's	279
Assumption Convent	157

Senior Primary Sports day

Our annual Senior Primary Sports day was a

success. The high jump, long jump and 800m events took place in Physical Education lessons and the results were as follows: Lions 1st with 70 points, Hares 2nd with 64 points, Zebras 3rd with 62 points and Springboks 4th with 46 points.

On Saturday 5 October, the girls took part in the hurdles, sprints and relay races on the multi-purpose field. It was a very hot day but the girls managed the weather conditions very well. They were enthusiastic and they ran with determination.

Well done to Lions who won Sports day once again with 459 points, Zebras placed 2nd with 378, Hares 3rd with 349 and Springboks 4th with 315 points. The Spirit cup was awarded to Zebras for cheering one another on with enthusiasm. Well done to all the athletes and congratulations to all the prize winners.

These were the prize winners:

- Overall prize winner Grade 4: Lucy Barrow
- Overall prize winner Grade 5: Ella Meyer
- Overall prize winner Grade 6: Zeinab Kone
- Grade 7 *Victrix Ludorum*: Zaliika Methula and

Kate Macfarlane

- 800m
- Grade 4- Jasmine Apps
- Grade 5- Amy Ireland
- Grade 6- Kyla Grobbelaar
- Grade 7- Kate Macfarlane

- Long jump
- Grade 4- Lucy Barrow
- Grade 5- Erin Krüger
- Grade 6- Zeinab Kone
- Grade 7- Zaliika Methula

- High jump-
- Grade 4- Lucy Barrow
- Grade 5- Ella Meyer
- Grade 6- Zeinab Kone
- Grade 7- Siphoesihle Makwe

ANTOINETTE MSHENGU
HEAD OF SPORT: JUNIOR SCHOOL



Zaliika Methula and Kate Macfarlane joint winners of the Grade 7 *Victrix Ludorum* prize



Captains of Zebras, winners for the best spirit: Andi Kirchmann, Lauren Benfield, Atlehang Magongwa, Ava Economakis, Mrs Boni Makwe



Athletics Captain Siphoesihle Makwe addressing the Senior Primary



Captains of the winning house Lions: Sophia Babaya, Grace Faber, Kiera Cloete, Tenjiwe Sithole

ATHLETICS CONTINUED

Junior Primary Sports day

The sun was shining as we held our Junior Primary Sports day for the first time on the multi-purpose surface. The girls marched down in their houses with the captains holding the house banners. After settling down under the gazebos, they excitedly sang war cries. The Grade 3 sprint races were held in between the girls taking part after every two stations. We ended off with sprint races in all the Grades and with the Grade 3s taking part in relay races. Each and every girl can be very proud of herself for taking part so enthusiastically. A big thank you to all the teachers who helped to make the Junior Primary Sports day run smoothly.

Well done to Isabella Lotto who won the *Victrix Ludorum* in Grade 3.

The inter-house results were as follows:

1 st	Springboks	289
2 nd	Lions	259
3 rd	Hares	255
4 th	Zebras	220

TRACEY WOOD
HEAD OF DEPARTMENT: JUNIOR PRIMARY SPORT



DIVING

On Saturday 28 September, the St Mary's divers competed in the Gauteng Schools' Championships. This is a prestigious event where only three divers from each age group qualify for the provincial team. The selected divers will go on to compete in South African Schools' Championships in Pietermaritzburg on Saturday 19 October.

The girls had an enjoyable and successful morning of diving. Congratulations to all of the divers who competed. I make special mention of Zalika Methula, McKenzie Coakley-Eager and Emma Campbell who were part of the team of 18 girls, ranging from Grade 5 to matric, who qualified for the provincial team.

The results of the St Mary's girls are as follows:

11 years

1 st Emma Campbell	99.75
6 th Luyanda Mshengu	63.00

8 th Amy Ireland	56.65
10 th Katherine Davidson	54.00
11 th Daniella van der Burg	47.95
14 th Nicola Faber	41.70

12 years

6 th Katherine Franck	76.15
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13 years

1 st Zalika Methula	134.35
3 rd McKenzie Coakley-Eager	97.50

KATE SHEPHERD
HEAD OF DIVING

RHYTHMIC GYMNASTICS

The junior gymnasts performed some group routines learnt in class time and the seniors performed routines with balls, ropes, clubs, ribbons and hoops at the prizegiving on 8 October.

Rhythmic gymnastics trophies were won by the following juniors

Level 1	Emma Home
Level 2	Akani Nkuna
Level 3	Zamangwane Hlongwane
Level 4	Valentina Giuricich
Level 5	Katherine Deacon
Level 6	Molebogeng Pitje
Pre-junior	Zeinab Kone

The rhythmic gymnastics captain for 2020 is Zeinab Kone.

LINDA GIURICICH
COACH: RHYTHMIC GYMNASTICS



Grade 1s



Grade 2s



Grade 3s, 4s and 5s



29 of the 31 provincial gymnasts with some of their coaches