



St Mary's School
Waverley
Founded 1888

JUNIOR SCHOOL NEWS

10 NOVEMBER 2017

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St Mary's and SPAR takkie drive

FROM THE HEADMISTRESS' DESK

Dear parents

This Thursday 9 November, was the New Parents' Evening in the Junior School, one of several occasions towards the close of the school year that, as summer temperatures and thunderstorms assert themselves, reminds us of the inevitability of seasonal change. I wonder how many of you remember the occasion from your own time at St Mary's and, further, how many of you still consider yourselves new to the school.

I find myself in the odd position of being both a relatively new headmistress (although, to describe oneself as "relatively new" in a school that is nearly 130 years old seems a little coy) and a new parent at once: I welcome families to the school who have been here longer than I have, as well as others who have no history with the school, conscious of my duty to inform them all of an institution that I am still in the process of getting to know.

The topic of seasonal change brings with it ideas of natural rhythms and patterns that become familiar to us over time. The school's rhythm is characterised by gala inaugural and valedictory events, as well as less conspicuous transitions (from one grade to the next), and weekly and daily rituals (time spent in chapel, assemblies, and class). Our tolerance for change, never great, is put under strain when our expectations and yearning after predictability is frustrated – an expectation and yearning that is found equally among parents, staff and girls. The school's part in this is

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to work hard at maintaining a good balance of continuity and change while, at the same time, responding to the demands of the broader context in which we find ourselves. Of course, this cannot be achieved in isolation, and we look to each other in the St Mary's community for support and guidance.

The end of this year, like any other, brings with it changes that relate to staff deployment, and curriculum and timetable revisions. All of these have been undertaken with the best interests of your daughters at heart and have involved careful thought and robust discussion arising from individual interviews with the teachers, from my own observations of the school and exposure to discussions on primary school education in general, and from ideas that found expression in our staff development workshop held earlier this term. My wish for all of us in the Junior School is that we can approach these changes with the sense of exhilaration and openness to new opportunities that accompanies the shift from one season to the next instead, perhaps, of the grim acceptance with which we greet the upheavals caused by undesirable climate change.

DR SARAH WARNER
HEADMISTRESS: JUNIOR SCHOOL

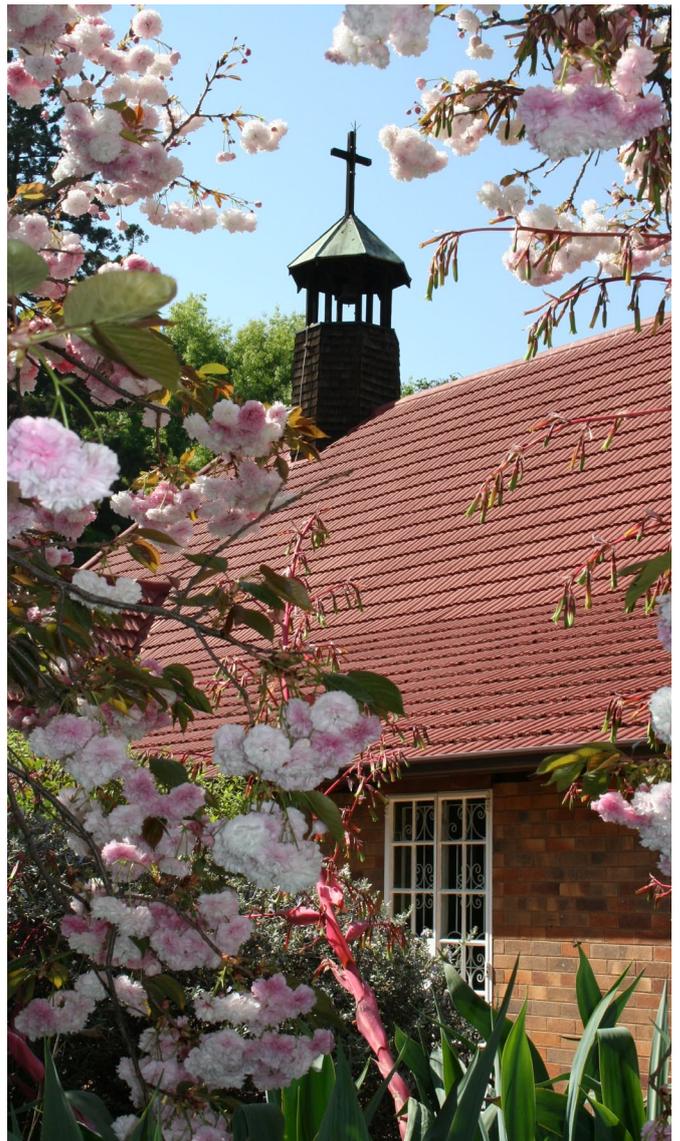
FROM THE CHAPLAIN

Our loving God wants to be in a relationship with us and invites us to pray. One does not have to have a degree or to have completed a course or to be a particular kind of person, to speak to and listen to God, or to just “be” in God’s presence. In response to the disciples’ request, “Lord, teach us to pray”, Christ offers the words of what we have come to refer to as the Lord’s Prayer (Matthew 6:5-15; Luke 11:1-15). God is not simply the “Great Mover”, distant from God’s people, but rather wants to listen to us speak to God. God is a God who responds to our prayers, and as we get to know God our senses become attuned to God’s responses, in God’s time.

In our Senior Primary chapel assemblies, I sometimes lead “popcorn prayers” during prayer time. When one places popcorn in the microwave or in a pot on the stove, sometimes there is silence; sometimes there is only the occasional little “pop” sound; sometimes all the popcorn pops at the same time and makes a noise. Similarly, in “popcorn prayers” the girls are invited to pray out loud when they are ready, and in the language of their choice. I encourage them to be comfortable if there is a silence for a time, but also not to feel bad if they pray at the same time as other people. They can say just one word, or a name, or they can say a whole sentence or a paragraph. I open the prayer time, inviting all to offer the prayers of their hearts, and after some time filled with both silence and spoken prayers, I offer both said and unsaid prayers to God in the name of our Lord Jesus Christ.

If you are looking for prayer crafts – creative ways of encouraging your children to pray, or to pray with your children – why not look on Pinterest? I spent some time recently searching keywords such as “prayer crafts” and “praying with kids”. There are ideas for how to set aside a space in your home as an area dedicated to prayer in a fun and attractive way, as well as “prayer boxes” and “prayer hands” to help pray Bible verses or to give some thought as to what to pray for. You can adapt what you find on Pinterest according to the creative resources and time that you have available to you.

**REVD CLAUDIA COUSTAS
CHAPLAIN**



GRADE 7 NEWS

The Grade 7 girls entered a competition created by Think Ahead, a company whose main objective is excellence in education through technology.

I have described the girls’ brief below:

The Grade 7 girls began their energy module last term. They were allowed to choose one form of energy to research.

Their research had to be presented on a piece of A4 cardboard and they could use both sides if they wished. This research was later collated and made into an energy resource book which is in the library for all to read. The second part of the task was to use Minecraft. They had to supply a city with the energy that they had researched. This meant that they had to establish mines, oil rigs, nuclear plants – whatever pertained to their

energy source, build a city and then supply the city with that energy. Each student then presented their Minecraft tasks to their classes. The Minecraft exercise was purely student driven and they learnt so much from their research and the exploratory phase of creating their cities and energy plants. They also learnt so much from each other’s presentations.

We entered some of the Grade 7 Minecraft cities in the Curriculum Challenge category. There were hundreds of entries from all over South Africa and Anna Patricios was placed third for her nuclear power plant. Her certificate was presented to her at a ceremony held at The Venue in Melrose Arch. We are so pleased with Anna’s achievement!

**ANNIE THOM
SENIOR PRIMARY TEACHER**

FROM THE MUSIC DEPARTMENT

The St Mary's Ensemble Evening

On Monday 30 October, we hosted our 7th annual Ensemble Festival in The Edge auditorium. This year we had six schools participating which made for a festive vibe and a wonderful variety of music.

Junior schools in attendance this year included St John's, Pridwin, Kingsmead, Phela re Phele, The Ridge and, of course, St Mary's. Each school showcased an ensemble from their music department including wind bands, string ensembles, orchestras and rock bands.

The St Mary's orchestra performed with confidence and musicality and we want to extend a special thank you to Mr Michael Watt for his accompaniment skills on the piano. Michael leaves St Mary's at the end of the year to take up the position of head of Music at Redhill Junior School; we wish him all the best!

This festival always ends on an exceptionally high note with every pupil on stage performing music in a combined item. This year we had more than 180 children on stage to perform *Mama Thembu's Wedding* as well as the spectacular theme of *Mission Impossible*.

Our orchestra has now opened up the opportunity for participation by Junior Primary girls. I encourage all students learning an orchestral instrument to join the orchestra. It provides a space where music can be shared and helps develop important musical skills, such as sight reading, aural technique and of course, teamwork. If your daughter would like to join the orchestra, please do get in contact with me.

Please see below for dates to diarise.

CAROL SHUTTE
JUNIOR SCHOOL HEAD OF MUSIC

Dates to diarise:

Date	Time	Event	Venue
14 November, Tuesday	07h30	Grade 2 and 3 piece playing	Junior Primary hall
14 November, Tuesday	12h00	Grade 6 and 7 piece playing	Junior Primary hall
15 November, Wednesday	12h30	Grade 4 and 5 piece playing	Junior Primary hall
16 November, Thursday	07h30	Grade 3 instrumental demonstrations	Senior Primary hall
21 November, Tuesday	18h00	Grade 0 Nativity	The Edge
23 November, Thursday	08h00- 13h00	Junior School music recording	The Edge

Grade 2s will join as an audience
 Chapel band girls
 Orchestra girls, All Junior choirs,
 Marimba girls



DANCE

This has been a very a busy cultural term with lots of excitement around performances. The junior drama showcase took place in the AV Room on Tuesday 24 October. Below are some of the Grade 0 girls getting ready to perform their play.

in a competitive environment alongside about 800 other dancers from across three other franchises of Dance Mouse and Dance Madness. Five of our teams received platinum awards and the remaining groups all received gold.

Our Dance Mouse (Grade 0 to 3) and Dance Madness (Grade 4 to 7) girls danced at the annual Dance Mouse Festival at the Rivonia Barnyard on 28 October, affording the girls an opportunity to perform outside the school

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The Grade 0 girls getting ready to perform their play



Some of the teams backstage before their performance



FROM THE SPORTS DEPARTMENT



ATHLETICS

Inter-house cross country

Well done to the Junior Primary girls who ran in the inter-house cross country. The results for the inter-house cross country were as follows:

Grade 3

- | | | |
|---------------------|---|------------|
| 1) Georgia Plagis | - | Springboks |
| 2) Sophie Macqueen | - | Lions |
| 3) Jennifer Pringle | - | Zebras |
| 4) Maya Marsden | - | Hares |

Grade 2

- | | | |
|-----------------------|---|------------|
| 1) Jasmine Apps | - | Zebras |
| 2) Emma-Jean Galliard | - | Springboks |
| 3) Megan Macfarlane | - | Lions |
| 4) Tsubi Mahlare | - | Springboks |

Grade 1

- | | | |
|------------------|---|------------|
| 1) Cayla Midlane | - | Lions |
| 2) Mia Diana | - | Springboks |

- | | | |
|---------------------|---|--------|
| 3) Isabella Landman | - | Zebras |
| 4) Thandile Koti | - | Lions |

Grade 0

- | | | |
|------------------------------|---|------------|
| 1) Ella Dunlop | - | Zebras |
| 2) Florence Pirnie | - | Springboks |
| 3) Isabella Crawford | - | Lions |
| 4) Juliette van Barkenhuizen | - | Springboks |

Final Scores

- | | | |
|---------------|---|-----|
| 1) Springboks | - | 131 |
| 2) Lions | - | 109 |
| 3) Zebras | - | 90 |
| 4) Hares | - | 80 |

TRACEY WOOD
HOD: JUNIOR PRIMARY SPORT

Inter-schools' athletics meeting

The final inter-schools' athletics meeting was hosted by St Stithians on Friday 27 October. The event was nearly postponed owing to bad weather, but we waited patiently for the lightning to clear and Prestige went ahead. The St Mary's team started slowly and after the field events, we were in third place. The girls dug deep and they ran with determination which resulted in our victory once again. Well done to all the athletes, especially the following girls, who placed first in their events:

- | | |
|---------------------|---|
| Holly-Rose Brady | Senior high jump |
| Ella Meyer | U9 long jump, U9 60m A race, U9 100m A race |
| Kyla Grobbelaar | U10 80m A race, U10 150m A race |
| Kate Macfarlane | U11 80m D race |
| Janet Walters | U13 100m A race |
| Aimee Rose Houlston | U12 200m B race |
| Annabel Hardie | U12 200m A race |
| Danielle Grobbelaar | U13 200m B race |

The final results were as follows:

- St Mary's 383
- St Stithians 364
- Kingsmead 329
- St Andrew's 327
- St Peter's 287
- Brescia 245
- Holy Rosary 219
- St Teresa's 144
- Assumption Convent 129

ANTOINETTE MSHENGU
ATHLETICS COACH

TENNIS

The St Mary's tennis teams continued to play excellent tennis. Well done to all the girls who played in these league matches and to all the Grade 4 players who played in the friendly match,.

Results 26 October

- St Mary's A Beat Apps A 61-20
- St Mary's B Beat Apps B 74-27
- St Mary's C beat Holy Rosary C 47-16
- St Mary's D beat Holy Rosary D 48-15
- St Mary's C lost Kind David Linksfield A 20-43
- St Mary's D Beat Kind David Linksfield B 42-17

CECILE MURRAY
TENNIS COACH

WATER POLO

The U13 team played in the St Stithians tournament over the half-term break. Preceding this tournament, the team played in the St Dominic's tournament, which served as ideal preparation for the players.

Results at the St Dominic's tournament were as follows:

- St Mary's beat St Dominic's U13 12 - 1
- St Mary's beat Roedeane U13 9 - 0
- St Mary's beat a combination U14 team 8 - 3
- St Mary's lost to St Dominic's U14 1 - 5

The team was outstanding throughout the St Stithians tournament. They recorded some excellent results and went on to finish second overall.

The results were as follows:

- St Mary's beat St Stithian's 14 - 1
- St Mary's beat Kingsead 17 - 2
- St Mary's beat St Mary's Kloof 15 - 1
- St Mary's lost against Reddam 12 - 4
- Quarter final: St Mary's beat Chispite 15 - 3
- Semi final: St Mary's beat Durban Girls' College 8 - 4
- Final: St Mary's lost against Reddam 10 - 4

This group has excelled this year. They have done themselves and their school proud.

The overall 2017 statistics are as follows:

- The team played a total of 24 matches; winning 17, drawing three and losing four
- They scored a total of 247 goals and conceded only 67

The following players have been selected for 2017 Gauteng U12 and U13 teams:

U13A

Josie Apps
Mikayla de Bruin
Nyakallo Kodisang
Janet Walters

U13B

Alexandra Buss
Samantha Faber
Olivia Haselau
Robyn Stainforth

U12

Tara Hammond
Annabel Hardie
Aimee-Rose Houlston
Emma Morley

TARYN DE WINNAAR
HEAD OF SPORT: JUNIOR SCHOOL



The team lining up and being introduced before the final:

Megan Kench, Samantha Faber, Alexandra Buss, Nyakallo Kodisang, Georgina Hector, Olivia Haselau, Roxanne Young, Janet Walters, Annabel Hardie, Aimee-Rose Houlston, Robyn Stainforth, Josie Apps, Mikayla de Bruin



The water polo team in action

RHYTHMIC GYMNASTICS

Well done to Zeinab Kone who won Level 6 U11 and a place in the South African Zone 5 team competing in Namibia in December. Meadow Robson won a silver medal for ribbon.

LINDA GIURICICH
RHYTHMIC GYMNASTICS COACH



Zeinab Kone



Danika Neuhoff



Zeinab Kone



Meadow Robson



Reece Williams



Olivia Kirsch

MUSE MORNING

All parents are welcome to join us at the Muse Morning on Tuesday 14 November

Time: 07h15 to 08h30

Venue: Senior auditorium, resource centre

Speaker: Dr Ela Manga

Topic: "The Energy Code – sustained vitality"

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

RSVP: sharon.san@stmary.co.za

St Mary's Talk

Energy management for families

In a world of exponential technological advances and information overload, more demands are being placed on children in terms of performance and achievement than ever before. Are we equipped enough to support our children to adapt rather than maladapt to these demands? As parents, how do we manage our own energy to deal with the physical and emotional demands of highly functioning children? In this discussion, Dr Ela Manga will unpack the basic principles of energy management, how to support body, mind and heart to support authentic energy vs "adrenalised energy". She will leave you with some simple and practical take home tools that can be integrated into your family life.

Dr Ela Manga, author of **The Energy Code**, is a medical practitioner who is committed to bringing heart back into medicine. "**The Energy Code**" tackles the challenges of mastering health, vocation and meaningful relationships, guiding us to an authentic life of inner change and sustained vitality. It is the crystallisation of Ela's experience and insights gained in the cutting-edge science of mindfulness based energy management. Dr Manga will have her book on sale at R250.