



Senior Primary inter-house gala. House captains ready for action

FROM THE ACTING HEADMISTRESS' DESK

Dear parents

Daily, we are becoming more and more aware of how sleepy and tired some girls appear. Teachers were alarmed to discover, after some discussion, how little sleep some girls are expected to thrive on during the week.

Homework, after an over-committed sporting and cultural programme, emotional upsets, iPads, television time, cellphones and hectic family schedules all contribute to the girls not getting enough sleep.

One theory suggests that if you must physically wake your child in the morning, she is not getting enough sleep!

There is some debate as to how much sleep is enough at different ages. Obviously, humans are individuals whose sleep needs are different. I am only too aware of the fact that some teachers only require five hours' sleep per night, while others feel as though nine hours is more appropriate for them to function sufficiently.

General research suggests the following sleep requirements for children of different ages:

- Children aged 3 to 6 years require 10 to 12 hours
- Children aged 7 to 12 years require 10 to 11 hours
- Children aged 12 to 18 years require 8 to 9 hours

Sleep is critical in the functioning of all body systems. It ensures the wellness of the human body both physically and mentally.

Poor sleep can cause children to be susceptible to serious illness, eating too much or eating the wrong type of food, mood swings, aggressive or impatient behaviour and low self-esteem. Without adequate sleep, our focus and attention drifts, making it harder to receive information.

Sleep-deprived neurons cannot function to coordinate information correctly and one loses the ability to access previously learned information efficiently. Insufficient sleep can affect decision-making and creativity. It can result in inconsistent performance, short-term memory loss and delayed response time.

Sleep deprivation adds up over time so an hour less sleep per night is like a full night without sleep by the end of the week.

On the other hand, good sleep strengthens learning and memory. Sleep enables the brain to break up and organise learning that has occurred during the day. The brain gets rid of irrelevant information and stores useful and meaningful learning correctly so that it can be easily retrieved.

Quality of the sleep is so important. To enhance sleep, a child's bedroom should be quiet, dark, cool, free of allergens and, clean and tidy. Sleeping in a parent's bed is not optimal for either adult or child!

A bedtime routine is vital. This establishes good sleep habits. Bedtime stories and independent reading helps to calm a child before they are expected to sleep. Peaceful music can also help to make the transition between a busy day and sleep. As parents, we need to limit screen time before bedtime as it takes the brain at least an hour to become ready for the organisation and sorting process. LED screens delay the release of melatonin which in turn makes it difficult for the brain to function correctly.

Please re-evaluate your daughter's sleep habits and decide if your child is getting enough sleep ahead of a busy school day where she is expected to be happy, enthusiastic, alert, inquisitive and organised.

DI GORDON
ACTING HEADMISTRESS: JUNIOR SCHOOL

NOTICE BOARD - PLEASE SEE PAGE 8 FOR ALL OUR IMPORTANT NOTICES

FROM THE CHAPLAIN

Ash Wednesday and the season of Lent

"Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

Matthew 6:1-6 (NRSV)

On 6 March, the church celebrated Ash Wednesday, the first day of the season of Lent, a six-week season leading up to Easter. The focus of Lent is taking seriously the commandments to love God with all our heart, soul and mind and to love our neighbour as ourselves. Lent therefore involves reflecting on what we need to change about our lives in order to draw closer to God and neighbour, and putting these changes into practice beyond Lent. On Ash Wednesday (which we extended into "Ash Thursday"), the girls attended services at which they received a cross of ash on their forehead. The ash symbolises that part of our lives which we wish to die, symbolically, with Christ on the cross: sin, or that which we allow to get in the way of our loving God and neighbour. Lent culminates in Easter, when we symbolically rise to a new life in Christ, moving forward in a more intimate relationship with our Lord and with our neighbours.

**REVD CLAUDIA COUSTAS
CHAPLAIN**

**Stations
of the Cross
Service**

Sunday 17 March 2019
17h00

St Mary's School
Waverley
Founded 1867

Refreshments will be served after the service
Click here to RSVP
by Wednesday 12 March for catering purposes

MEET THE BOARD

Lara Bezuidenhout

Lara Bezuidenhout is a Wits University graduate and a Johannesburger through and through. She has been practising as a lawyer for the past 25 years and is a partner of Fasken, a large international law firm. Lara is highly regarded for her skills in public-private partnerships and project finance; specifically, infrastructure development financing in the transport, energy, telecommunications and mining sectors. Lara is also the professional development partner of her firm and understands the valuable role that schools play in the success stories of young adults.

In her spare time, (a rare thing) Lara enjoys reading, gardening and spending time with friends and family.

Lara and Peter Bezuidenhout's two daughters attended high school at St Mary's. As a proud ex-parent of St Mary's Lara looks forward to serving the St Mary's community and to contributing to the outstanding values and ethos of the school.



MEET THE BOARD CONTINUED

Lebohang Chanza

Lebo Chanza matriculated from Sacred Heart College, where she was head student.

She obtained her BA degree in Psychology with a neuroscience concentration and minors in African Studies and Anthropology from Bryn Mawr College in the US. She also has a BCom Honours in Economics from Unisa. She is currently working on resolving issues which have delayed the completion/conferring of her master's degree in Development Studies.

Given her concerns about social cohesion and solidarity, Lebo devotes time and other resources to play her part as a citizen. Her pursuits have mirrored her lifelong desire to contribute to community building, in particular meeting the needs of young people. In this regard, Lebo believes very few other interventions can equal the power of education to transform lives. That is why most of her work as a development sector professional, both as a volunteer and for pay, has chiefly been in the education sector.

Lebo is involved in the Alexander Education Committee (AEC), having volunteered there for the past 14 years, four of which were spent as Chair of Council. She has also served as lay minister and alternate warden at St Luke's Church in Orchards as well as on the Board of the Catholic Institute of Education (CIE) for several years. During the transition to democracy (1989 to 1990 and the winter of 1992) she was a stringer and administrator for the Johannesburg bureau of *The New York Times*. Lebo joined the Sacred Heart College Research & Development (SHC R&D) unit after graduating from university, where she worked under the leadership of her former headmaster, Br Dr Neil McGurk. Br Neil remains a significant figure in her life and a key influencer of her world view — alongside her late maternal grandparents and other mentors. Lebo's responsibilities at SHC R&D included helping provincial departments to access their RDP funds, training school management teams and governing bodies, monitoring projects, and reporting to funders.

Lebo is mindful of the many challenges confronting young people today; and is inspired by individuals who dedicate themselves to creating

possibilities and greater opportunities for the youth. That is why she continues to work with and for young people via her alma maters — Sacred Heart College and Bryn Mawr College — the AEC, CIE and other educational institutions. She contributes time, resources and social capital in support of increasing access to quality education for youngsters from low income families in collaboration with these institutions.

Lebo is married and is a mother of two daughters. She values her primary role as a stay-at-home mom and the flexibility it offers her to sustain her various interests and aspirations. She hopes her daughters will grow up to be engaged, responsible and empathetic members of society. And that all who teach — in whatever capacity — will do everything in their power to be a force for good in the lives of young people.



MUSE MORNING ALL PARENTS WELCOME

Date: Tuesday 26 March

Time: 07h15 to 08h30

Venue: Wantage auditorium

Topic: "TAPPING into our TEEN and TWEENS"

Speaker: Dr Lynda Albertyn, is a healthcare practitioner, specialising as a child psychiatrist in private practice and head of unit at CHILD, ADOLESCENT AND FAMILY UNIT

Refreshments served from 07h15 for a prompt start at 07h30.

RSVP: Lynn.moony@stmary.co.za

FROM THE MUSIC DEPARTMENT

Meet the department: strings

This week, the Music department would like to introduce you to the string teachers. There are three violin teachers, Elena Zlatkova, Christine Geldenhuys and Louise Frahm-Arp, and William Nobela is our newly appointed cello teacher. All of these musicians have performed, and still do, professionally and have many years of teaching experience between them.

As parents, it is always daunting to make a decision about which instrument your child should learn and St Mary's offers many opportunities for your daughters to try a whole variety.

Your daughters have the chance in Grade 2 to try these string instruments in small group classes during their class music lessons. This is a wonderful

place to let them explore the instruments and to learn what is involved in playing and caring for an instrument. Enthusiasm levels are always high and at the end of each term, the girls rotate from one instrument to the next.

The Junior School orchestra provides a perfect opportunity for the violinists and cellists to play together with other instruments and, throughout the school, there are occasions for girls to play in public as well as being part of contemporary music bands. Performing together is a wonderful musical team activity.

LOUISE FRAHM-ARP TEACHER: VIOLIN AND FLUTE



Elena Zlatkova



Christine Geldenhuys



Louise Frahm-Arp



William Nobela

MEET OUR LEADERS

Introducing the leaders of our houses and our swimming captains. The house captains help run inter-house sports events, cultural events and collections. They have to build and encourage house spirit and be good role models for their respective houses.

The swimming captains assist the physical education staff with administrative tasks. At galas, they ensure the girls are ready for their races on time. They need to encourage their team and attend all training sessions. They read results and give notices in assembly and are good role models.



House captains from left to right:

Back row: Sophia Babaya, Tenjiwe Sithole, Kiera Cloete, Grace Faber, Ramadimetja Montjane, Kate Williams, Ashley Stainforth, Georgina Setzkorn

Middle row: Rebecca Anderson, Adaora Mbanefo, Natasha Main and Gabriella Wright

Front row: Lauren Benfield, Ava Economakis, Andi Kirchmann and Atlehang Magongwa



Swimming captains from left to right:

Back row: Grace Faber, Kiera Cloete, Ashley Stainforth

Front row: Kate Williams, Natasha Jenkins and Kate Estill

FROM THE SPORTS DEPARTMENT



SWIMMING

Junior Primary inter-house gala 2019

It was a lovely sunny afternoon for the Junior Primary girls to swim in their inter-house gala. The girls swam well and to the best of their ability. This was the first gala in which the Grade 1 girls participated and they did themselves proud. It was especially pleasing to note the progression in swimming skills from grade to grade. There was good spirit from all the houses. Thank you to the Grade 7 girls who helped at the gala. You were great inspiration for the younger girls. I would like to thank all the teachers who helped at the gala. Very well done to Maya Mgcina who won the *Victrix Ludorum*.

The house points were as follows:

1 st	Lions	-	154
2 nd	Springboks	-	140
3 rd	Hares	-	125
4 th	Zebras	-	101

TRACEY WOOD
HEAD OF DEPARTMENT: JUNIOR PRIMARY SPORT



Tracey Wood with *Victrix Ludorum* winner Maya Mgcina

Senior Primary inter-house gala 2019

The Senior Primary inter-house gala was held on Thursday 21 February. It was a lovely morning and all the girls swam very well.

The house with the best spirit was Hares.

The winning house was Lions.

The Senior *Victrix Ludorum* went to Kiera Cloete.

The Junior *Victrix Ludorum* went to Hannah Rigby.

The best swimmer in Grade 4 went to Caitlyn Dube.

The best swimmer in Grade 6 went to Kyla Grobbelaar.

ROSE HALLENDORFF
HEAD OF SENIOR PRIMARY SWIMMING



Mr Jenkins with Senior *Victrix Ludorum* winner Kiera Cloete



Mr Jenkins with Junior *Victrix Ludorum* winner Hannah Rigby



Best Grade 6 swimmer – Kyla Grobbelaar



Best Grade 4 swimmer – Caitlyn Dube

SWIMMING CONTINUED



The winning house, Lions



The best spirit, Hares

WATER POLO

St Mary's U13 water polo championships

St Mary's hosted a very successful U13 championship on Saturday 16 February.

Eight local teams participated in, what turned out to be, a very competitive competition.

The St Mary's U13 team started the day off well beating Reddam Helderfontein 10-0 and Kingsmead 8-1. They lost 3-4 to St Dominic's but still secured a place in the semi-final. The semi-final against Roedeane was a very closely contested match; unfortunately our girls lost to eventual tournament winners, Roedeane, 3-5.

TARYN DE WINNAAR
HEAD OF SPORT : JUNIOR SCHOOL



TENNIS

League matches

St Mary's played against Brescia, Holy Rosary and Kingsmead over the past two weeks.

The girls played excellent tennis. Well done!

Results

20 February

St Mary's A beat Brescia A 31-15

St Mary's B beat Brescia B 36-8

28 February

St Mary's A beat Holy Rosary A 46-11

St Mary's B beat Holy Rosary B 67-4

St Mary's C lost to Kingsmead A 23-13

St Mary's D lost to Kingsmead B 21-15

We congratulate Natasha Jenkins for making the U13 B Gauteng central tennis team and Moroosi Tuaeone for making the U13A Gauteng central tennis team.

CECILE MURRAY AND TEENA LOWNDES TENNIS COACHES



A and B tennis team
Back row: Gabriela de Toledo, Kiera Cloete, Abigail Rigby, Sarah Hewat, Natasha Jenkins, Ava Economakis, Tayla Gibbs
Front row: Nicole Ledlie, Clare Selwan-Stewart, Grace Faber, Georgie Setzkorn, Ilana Buck



Moroosi Tuaeone and Natasha Jenkins

EQUESTRIAN

The St Mary's equestrian team participated in the SANESA Qualifier 1 inter-schools over the weekend of 2 and 3 February at Eaton Farm in Kyalami. Over the two days the girls and their horses competed in a variety of disciplines, achieving amazing results.

Congratulations to the following combinations that achieved excellent results placing in the top five in their respective classes:

- Equitation level 4: Katherine Franck - 5th
- Show Jumping level 4: Katherine Franck - 4th and 2nd
- Show Jumping level 5: Katherine Franck - 4th and 5th
- Handy Hunter level 3: Katherine Franck - 1st
- Equitation Level 1 : Riley Bate 7th

NICOLA DOUGLAS HIGH SCHOOL EQUESTRIAN CAPTAIN



Riley Bate Q1 Equitation

NOTICES



St Mary's School
Waverley
Founded 1888



Monday 18 and Tuesday 19 March
17h00
The Edge
Room LG05

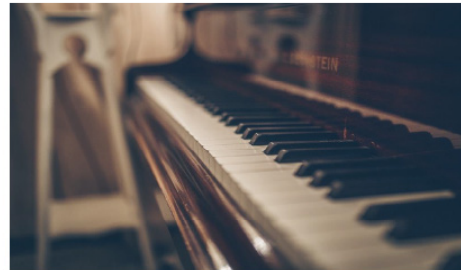


St Mary's School
Waverley
Founded 1888

Piano Department
presents a

Piano Concert

Monday 1 April 2019
17h00
Room LG05, The Edge



ST MARY'S SENIOR PRIMARY PRESENTS



FABULOUS
RAFFLE
PRIZES



QUIZ NIGHT

FRIDAY 15 MARCH 2019
18h00 - 22h00
St Mary's dining room
(next to The Edge)

R500 PER COUPLE / TABLES OF 10 PLAYERS

DINNER AND DESSERT INCLUDED
CASH BAR AVAILABLE

Get your tickets at www.quicket.co.za:
<https://www.quicket.co.za/events/67236-grade-7-fundraiser-quiz-night/#/>