



Heritage Day celebrations

## FROM THE JUNIOR SCHOOL HEAD'S DESK

Schools are places of change. Dr Lisa Damour (director of Laurel School's Center for Research on Girls and author of the highly readable *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* and, more recently, *Under Pressure: confronting the Epidemic of Stress and Anxiety in Girls*) made this point long before we were confronted with Covid-19 and the special demands it made on us to adapt, fast. I am making it again as we return to school for the Michaelmas term in a season of regrowth and discovery. As the matric girls prepare to test their limits in their final set of school examinations, the Grade 1s are securing a portal to other worlds through reading: both are stepping into the unknown.

The girls are growing all the time - away from old friendships and interests, in some instances, and towards ways of thinking and being that might divert them in the meantime or sustain them for the rest of their lives. There is no way of telling. What we do know is that none of this is painless or without cost; it is our duty, it has always been our duty, to hold the girls - but not too tightly - as they learn to reach for what lies before and ahead of them on their own.

We are guided in the difficult and wonderful task of supporting and empowering the girls - and each other - by learning new things and reviewing the past. A fortnight ago the teachers and admin staff engaged in the third session of diversity training with Lovelyn Nwadeyi in which they were asked to challenge their assumptions, consider alternative viewpoints, and explore different approaches to resolving conflict. And Heritage Day, a public holiday much touted for its ability to unify a diverse and often divided country, is not without its share of conflict.

As St Mary's continues to grapple with the evolving meaning of the holiday and its implications for our community, the Junior School teachers invited the girls to engage with the complexity of the concept of heritage by running a programme of activities on campus for them. The programmes across Little Saints and the Junior and Senior Primary phases included playing traditional games like Sekotjhe, Diketo and Jukskei; making music in bucket drumming sessions; creating culturally diverse ABCs; watching productions from Play Africa, and learning about each other's stories, customs and food.

Last week, in preparation for our Heritage Day programme, Lauren Howden presented an assembly to the Senior Primary girls with the title *A few of my favourite things about South Africa*. In it, she shared information, images and award-winning videos on local singers (Original Swimming Party), poets (Koleka Putuma and the late Ingrid Jonker), performers (Afrikaaps), dancers (Kitty Phetla in *Breaking Ballet No. 05*) and visual artists (Athi-Patra Ruga and Mohau Modisakeng) with both her live and remote audiences.

Much more than an exhibition of local talent and celebratory rhetoric - although that matters, too - Lauren's assembly jolted us all out of habitual ways of thinking about and seeing (and not seeing) our country and its people. Captivated and captured by American characters and causes, we miss opportunities to find each other and figure each other out - while having fun at the same time. Change, as children and artists constantly remind us, involves play - the most transformative process there is - visit YouTube and watch Original Swimming Party's *The Biggest Curse* (feat Moonchild Sanelly) if you don't believe me... Happy Heritage Month.

SARAH WARNER  
JUNIOR SCHOOL HEADMISTRESS

## FROM THE CHAPLAIN

The new term started with Morning prayer, a prayer of praise to begin not just the day, but also the new school term. During this time of the pandemic, we have lost much, and we have gained much.

*1 For everything there is a season, and a time for every matter under heaven:*

*2 a time to be born, and a time to die;*

*a time to plant, and a time to pluck up what is planted;*

*3 a time to kill, and a time to heal;*

*a time to break down, and a time to build up;*

*4 a time to weep, and a time to laugh;*

*a time to mourn, and a time to dance;*

*5 a time to throw away stones, and a time to gather stones together;*

*a time to embrace, and a time to refrain from embracing;*

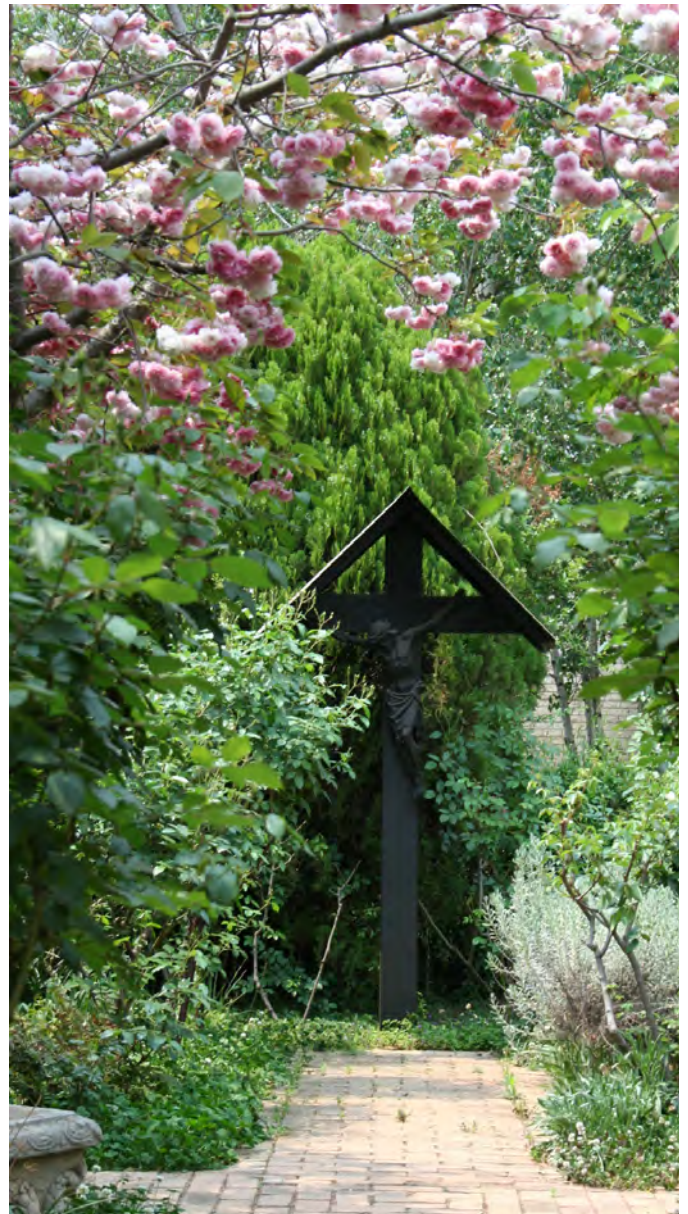
- Ecclesiastes 3: 1-5

This passage of scripture is often used to give comfort and to encourage. That it applies to various situations is a reminder that God created us for both joy and sorrow. Look at the trees and see how God has created us for both joy and sorrow. Trees willingly shed their leaves in autumn in preparation for winter rest and spring blossoms. It is for us to learn to live with the joy and sorrow in our lives.

We extend our prayers to Uphiwe-Lukhanyo Dlwati and her family on the loss of their mother. May you find peace and comfort in this time of loss.

May we give thanks to God that we were able to gather at the chapel for worship and give thanks and ask for God's grace during this last term of 2021.

REVD RAKGADI KHOBO  
CHAPLAIN



# LITTLE SAINTS NEWS

In celebration of Heritage Day, the Little Saints children and staff were given the opportunity to dress in clothing that represented their heritage. We set up different stations encompassing music, art, games, storytelling, face painting and necklace design. The highlight of our day was eating pap and boerewors with tomato relish at our braai in the Fairy Garden. Joyful sounds of the “tomato sauce” chant could be heard from the jungle gyms to the sandpit!

Please find below a link to a Heritage Day video:

<https://video.link/w/vpbBc>



## SPORTS DAY

Last week, the children at Little Saints had a busy and fun sports day. On the Howell Hub field, the sports teachers set up an array of stations for the children, including running, hopping, skipping, hula hooping, stretching and animal walks. The children worked in groups and rotated through all the stations. The morning ended with a flat race where the children could show off their speed. Each child received a special St Mary’s medal, juice and chips. Everyone enjoyed themselves. Thank you to all the teachers and staff involved in making this a successful morning.

Please find below a link to a sports day video:

<https://video.link/w/uvpAc>

## THE LITTLE SAINTS TEACHERS



# GRADE 0 NEWS

The Grade 0 girls had a busy, fun-filled morning celebrating Heritage Day. They participated in a number of different activities: storytellers entertained them with wonderful African tales; they enjoyed beating out rhythms on the djembe drums with Mrs Quinn; they decorated a South African flag using recycled materials with Miss Kay; they played traditional games; and they created a vibrant Ndebele village inspired by South African artist, Esther Mahlangu.

LYNN TROLLIP, AGOHA CLARKE AND BRIGITTE TAYLOR  
GRADE 0 TEACHERS



The outdoor classroom is fun! The Grade 0 girls have been working in pairs building words and drawing sound buttons. We wrote the words and the girls read them back to each other.

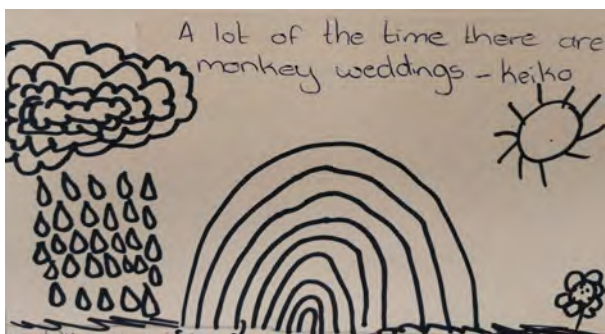
# GRADE 1 NEWS

The Grade 1s had a busy and fun-filled morning celebrating Heritage Day playing traditional games, making music and decorating the South African flag with recycled materials.

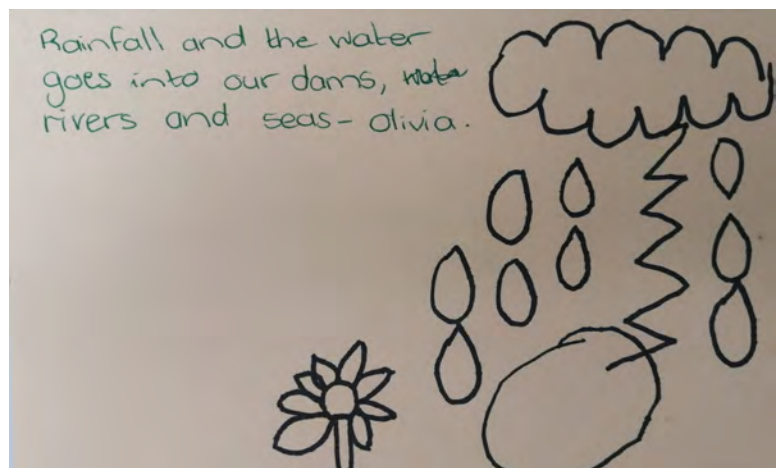
JACKY CACIOPPO, PHILIPPA DI BENEDETTO AND NATASHA DE BONI  
THE GRADE 1 TEAM



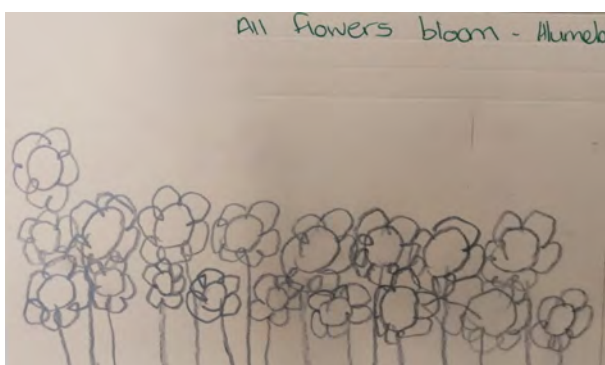
To celebrate the start of a new term and spring, the Grade 1s were asked what they know about spring and what they have observed in this season.



Keiko Bimha



Olivia Potter



Hlumelo Dlamini

# GRADE 2 NEWS

The Grade 2s celebrated each other this Heritage Day. We found connections in our cultures, traditions and heritage by sharing stories about the food, games and languages we experience at home. Our Heritage Day was celebrated through cultural music, games and art. Play Africa was one of the highlights - introducing the girls to traditional African storytelling. It was a beautiful, fun-filled day.

CARON LAWRENCE, SALLIE PETTIT AND LAUREN SPENCER  
THE GRADE 2 TEAM



The Grade 2s have been working hard on their comprehension skills. They have enjoyed using the newly enclosed patio for small group work, activities and art.



# GRADE 3 NEWS

The Grade 3s celebrated Heritage Day dressed in their beautiful traditional outfits. They enjoyed a fun-filled day participating in a variety of different activities, including: collaging the South African flag with recycled materials, playing traditional games, enjoying a djembe drumming session, testing their language knowledge in an exciting quiz and listening to traditional African tales. It was an incredibly special day, celebrating and sharing all our different heritages, traditions and cultures.

LINDA MAISHMAN AND ANESHREE NAICKER  
GRADE 3 TEACHERS



# SENIOR PRIMARY NEWS

## HERITAGE DAY CELEBRATIONS

It was just wonderful observing the girls bounce from station to station, vibrant in their cultural outfits or proudly donning a South African flag or Bokke T-shirt. Ms Howden, along with the Senior Primary staff, set up four stations for the girls, including: the cultural ABC book station in the Art room, where the girls worked in pairs and illustrated their addition to a Proudly South African alphabet book; and the traditional games station in the Close, where the girls enjoyed competing against each other in Kgati, Diketo, Juskei and Sekotjhe. Mr Potgieter had a wild time with the Grade 5s as they explored bucket drumming. Finally, the girls worked together to pack soup packets for Mandela Day. To paraphrase Laurel Kelly in Grade 4, the girls found it meaningful, in a day filled with fun, to find a way to give back to their community. We were also privileged to host Play Africa on campus - each grade had an opportunity to listen to their beautifully told and interactive African tales.

In between all this, the four grades participated in an inter-house Heritage Day quiz, and found plenty of time to laugh, dance, drum, sing, share, eat, and have fun!

In the wise words of Dr Seuss, "Sometimes you will never know the value of a moment, until it becomes a memory."

**ROSA ELK**  
SENIOR PRIMARY LIBRARIAN





HERITAGE DAY GAMES

This year, the Senior Primary girls enjoyed the warm spring weather while playing some cultural games outside. They played Kgati, a skipping game which requires two people to swing the rope while friends jump in and out. The girls found this very challenging, but they laughed and enjoyed themselves while trying to master this tricky skill. Even a few of the teachers tried. Mme Lulu was able to show the girls how it was done and really impressed all the girls.

The girls learnt how to play Diketo, a game that involves throwing and catching stones that are placed in a circle. This took serious concentration and skill but the girls did get the hang of it. The girls loved playing our slightly adapted version of Jukskei with hula hoops and Ecobricks. We played a number of variations of the game and this was a favourite for many girls.

We also played Sekotjhe, which requires the girls to throw a shoe polish tin into a hopscotch grid. This is always a highlight with the girls and quite a challenge for many of them. We enjoyed playing all the games with the girls and look forward to seeing the games played at break time.

KERRY GIBBONS AND LUNGA SEELE  
SENIOR PRIMARY TEACHERS



## GRADE 6 NEWS

The Grade 6 girls have been learning about 3-D shapes. They have learnt about the properties of the shapes as well as the terminology. They have been using this to differentiate between the shapes. This week they used nets to make different 3-D shapes in class.

KERRY GIBBONS  
SENIOR PRIMARY TEACHER



## NEWS FROM THE MUSIC DEPARTMENT

We say a hearty congratulations to Vivienne Chen for winning the 8-10 year old category in the national Philip H Moore music competition. She achieved this feat by playing the violin beautifully. Well done, Vivienne!

GEORGE POTGIETER  
HoD: JUNIOR SCHOOL MUSIC



# TENNIS

Congratulations to the St Mary's A team who lost to St Peter's A team in the provincial finals of the U13 BNP Paribas Rising Stars played on the weekend of the 11 and 12 September in Groenkloof.

The St Mary's players, Bailey Selvam, Mackenzie Summers, Erin Kruger and Jennifer Pringle, played tennis of a high standard throughout the weekend and really enjoyed being back on the courts.

Well done, girls!

**KAREN CORBETT**  
ASSISTANT TENNIS COACH



Jennifer Pringle, Bailey Selvam, Erin Krüger, Mackenzie Summers

# RHYTHMIC GYMNASTICS

The Level 4 to Level 9 gymnasts trained during the school holidays and participated in the Central Gauteng competition on 20 and 21 August and the Gauteng competition on 3 and 4 September.

The following gymnasts qualified for provincial colours: Valentina Giuricich, Riley Vance, Moloko Masemene, Emma Home, Caelen Buchanan, Danielle Mihigo, Laurel Kelly, Oagile Tema.

Well done to Oagile Tema who won Level 6 U11 at both the Central Gauteng and Gauteng competitions in the holidays.

**LINDA GIURICICH**  
RHYTHMIC GYMNASTICS COACH



Oagile Tema



Valentina Giuricich



Caelen Buchanan



Riley Vance



Moloko Masemene

## RHYTHMIC GYMNASTICS CONTINUED



Emma Home



Danielle Mihigo



Laurel Kelly

## NOTICES

### MUSE MORNING - TUESDAY 5 OCTOBER

Please join us for our next Muse Morning:

Date: Tuesday 5 October

Time: 08h30 to 09h30

Speaker: Deborah Ashdown (see biography below)

Topic: Body Image

Join Zoom Meeting

<https://us02web.zoom.us/j/89459131890?pwd=QmY4RXR1bIUwZkFRL1RIWHFIRGZVZz09>

Meeting ID: 894 5913 1890

Passcode: 658584

Deborah Ashdown is a clinical psychologist and candidate psychoanalyst in private practice. She works with teens, couples, as well as adults and has specialised in parent infant psychotherapy. She is deeply interested in "living psychoanalysis," taking psychoanalytic thinking into the real world and inviting representatives from diverse disciplines to consider the common problem of what it really means to be to live a fuller expression of the self in all its conflicts, paradoxes and nuances.

There are many areas that interest Deborah in her clinical work,

but of particular interest is creativity, psychoanalysis and the mind/body relationship. Deborah is also interested in understanding how the human psyche is influenced by neurobiology, evolution, philosophy, history, literature and art.

Deborah has had experience running adolescent out-patient wellness programmes which incorporate individual therapy, family therapy, parent enrichment groups, and group therapy. She works as part of a multi-disciplinary team made up of psychologists, social workers, and psychiatrists who all work together to help teens and their families find their preferred way of being in the world.

Deborah received a travel award in 2006 to the United States to present her research, which involved a Substance Awareness Intervention Programme for Youth In South Africa. Deborah has also been interviewed on Carte Blanche and on SABC 3 about her therapeutic interventions aimed at teenagers who are at risk in areas such as teen addiction, self-harm, body image and depression. She has also presented on these issues at various schools in Johannesburg. Deborah also runs Peer Mentorship Programmes at schools in Johannesburg, which have been very successful in empowering young adults with psychological skills to help and guide each other.

## St Mary's golf day Booking now open

Thursday 14 October  
Parkview Golf Course  
Staggered T-off from 11h30

[Click here to book](#)

- Format: Four-ball alliance (2 x scores to count)
- Price: R3 600 per four-ball
  - ❖ Price includes arrival drinks, halfway house and a light dinner at prize giving
  - ❖ Golf carts, caddy and drinks for your own account

For any queries or sponsorship offers, please contact Lisa Grobbelaar at  
[lisa.grobbelaar@stmary.co.za](mailto:lisa.grobbelaar@stmary.co.za)