



St Mary's School  
Waverley  
Founded 1888

# SENIOR SCHOOL NEWS

20 SEPTEMBER 2019



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This morning, a celebratory Eucharist was held for Heritage Day

## FROM THE HEAD'S DESK

The staff and pupils of St Mary's returned to school with thoughts of the enormous challenges facing South Africa uppermost in our minds. The violence against women, children and foreign nationals filled our thoughts and prayers, framed our planning and was a constant subject of discussion among staff and girls. Given the scale and depth of the problems our country faces, it is always difficult to know how St Mary's can respond meaningfully and in a way that speaks to the diverse needs of our community. We acknowledge that our reach is limited and that no course of action speaks to everyone's priorities.

St Mary's has elected to address our deep-rooted concerns about the endemic violence faced by women in South Africa using a range of strategies which we shall share with the community during the next few weeks. As teaching staff, we were encouraged that the many challenges facing our nation were addressed bravely and eloquently by our Form IV girls during their leadership seminar which ran from 11 to 13 September.

The Form IV girls chose to attend school rather than participate in a stay-away for a range of reasons. They acknowledged that staying away from work is a luxury for many South African women. In fact, sadly, a majority of young South African women have no jobs to stay away from. Equally, they emphasised that a good education is a privilege that should not be discounted and that there was much of value to be learnt at a seminar which focused on women leaders, leadership in Africa and theories of transformative, ethical and servant leadership. A range of presentations,

workshops and team-building tasks provided the girls with tools and time for self-reflection which should empower them as they take on the important roles of both school leadership and leadership beyond St Mary's.

Kuben Naidoo, a St Mary's parent and Deputy Governor of the South African Reserve Bank, shared the story of his student activism with the Form IV girls and gave them some wise advice which we think is of value to all of us as we work to alleviate some of the darkness in our country. Our girls were reminded to prioritise building rather than destruction, never to negate the value of education, to forge meaningful relationships, and to communicate in ways that will bring about change for the better.

FELICIA TOBIAS  
HEAD OF STUDENT MATTERS

*We celebrated Heritage Day and our diverse community this morning at our Eucharist. Revd Nompumelelo Zondi led us in a rousing sermon. It was a special acknowledgement in God's presence of the diversity within our school and the unity that strengthens our community.*

DEANNE KING  
HEAD OF SCHOOL

NOTICE BOARD – PLEASE SEE PAGE 13 FOR ALL OUR  
IMPORTANT NOTICES

## FROM THE CHAPLAIN

*Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."*

*So God created humankind in his image,  
in the image of God he created them[.]*

– Genesis 1:26-27a (NRSV)

events in our country – the xenophobic violence and looting, and the gender-based violence that has come to a head – it is important for us to spend time reflecting on the image of the divine within each of us. Each person is created, holy, set apart, to be bearers of God's image. Let us treat one another as sacred therefore, as part of our worship due to God and as a gift received with awe from our loving God.

REVD CLAUDIA COUSTAS  
CHAPLAIN

Bishop Steve Moreo, in his pastoral letter to the diocese (available on our app), refers to the image of God within each of us. Given recent

## DEBATING

On 14 and 15 September, the junior debating team, consisting of Folasade Adebule, Marubini Koka and Nyasha Mazarura, took a break from Bush School to compete in the Gauteng Schools' Debating Board provincial competition and the outcome was most successful. They broke third with five wins in a closely-contested tournament.

The team has advanced to the open break on 24 September at Fourways High School.

Thank you to all the parents for assisting with transportation.

SEIPATI MOHAPI  
HEAD OF DEBATING

ROUND	OPPONENT	SIDE	MOTION	OUTCOME
1	Brescia	Opp	THW abolish all sin taxes	Won
2	BASSA	Prop	THBT the narrative education is the key to success does more harm than good.	Won
3	Crawford Lonehill	Opp	THR the lack of female super villains in superhero movies.	Won
4	St Dunstan's	Prop	THW ban all cosmetic surgery and other procedure which alters the physical appearance of individuals for non-medical purposes.	Won
5	St David's	Opp	THW not grant hosting rights for international women's sporting competitions to countries with poor safety ratings for women.	Lost
6	St Dunstan's	Prop	THW compel individuals who have met their basic needs to donate any excess wealth to charity.	Won



# OXBRIDGE ACADEMIC PROGRAMS



Danielle Grobbelaar, Kerry Grundlingh and Lynne Swinger with fellow 'Science and the Future' classmates at the Cambridge University Museum of Zoology



Kiara Towell's Banking and Marketing class in London



Lara Stipinovich, Annika Gertenbach and Zion Jooste berry picking in Oxford



Yvonne Dippenaar at the Louvre



Alexandra Buss with a friend at Stonehenge



Zoë Cheene at the Botanical Gardens in Oxford on a Genetics and Biotechnology class field trip



Alexandra Buss at the Botanical Gardens in Oxford on a Genetics and Biotechnology class field trip



Kim Raubenheimer and friends at the Radcliffe Camera



Samantha Pringle and Ella Roseveare at the entrance to Jesus College, Cambridge



Siphosethu Mnguni winning the Social Psychology class prize on the Oxford Tradition

Oxbridge Academic Programs once again offered students the opportunity to live an authentic university experience with the iconic cities of Oxford and Cambridge as their classrooms. With the Bodleian Library on the doorstep in Oxford and being able to walk the same paths as Isaac Newton and Samuel Taylor Coleridge in Cambridge, this year's students, studying a range of subjects including social psychology, science and the future, law and society, criminology and genetics and biotechnology, had the academic and cultural experience of a lifetime. Classes extended their reach into London with students participating in class-specific field trips as well as cultural field trips to places such as Stonehenge and the Imperial War Museum in Duxford. The option of an additional few days in Paris after the Cambridge Tradition program added even more glamour to the experience.

Students or parents of students who are currently in Form I or Form II who would like to participate in one of the Oxbridge Academic Programs two- or four-week offerings in Los Angeles, Boston, New York,

Cambridge, Oxford, Paris, Montpellier, Barcelona or Salamanca in 2020 should attend the information session on Thursday 3 October 2019 in the Wantage auditorium from 18h30 to 19h30 where the programs and application process will be explained in further detail.

Students or parents of students who are currently in Form III who would like to participate in one of the Oxbridge Academic Programs one- or two-week offerings in New York or Oxford in 2020 should also attend the information session on Thursday 3 October 2019 in the Wantage auditorium from 18h30 to 19h30.

For any other information, please contact Nina Nathanson via email at [nina.nathanson@stmary.co.za](mailto:nina.nathanson@stmary.co.za).

**NINA NATHANSON**  
**OXBRIDGE ACADEMIC PROGRAM CO-ORDINATOR**



# ART PARTY



The Form III to Form V Visual Arts girls had fun at an "Arty Party" held in the art studio at the end of the second term. The girls dressed up in "arty gear" and ate creative food. They all participated in creating the artwork.

SUE HEYDENRYCH  
HEAD OF VISUAL ARTS



# EURO TOUR 2019



Amsterdam



Barcelona



London eye



Paris

During the August holiday, 52 girls accompanied by four teachers had the privilege of touring five major cities in Europe namely London, Amsterdam, Brussels, Paris and Barcelona. In London, we enjoyed a full day of exploring the English countryside with stops in Stratford-Upon-Avon and Bath. We watched the award-winning musical, *Book of Mormon*, discovered the hidden secrets of the Globe Theatre and enjoyed exploring the Harry Potter studio where the series was filmed.

We then made our way to Amsterdam by ferry and the highlights included a visit to Zaanse Schans to view the windmills, and to participate in cheese tasting. We explored the Van Gogh Museum and experienced a canal cruise.

On route to Paris, we had a quick stop-over in Brussels where we engaged in a Belgian chocolate workshop which was completed with

sampling the chocolate. In Paris we went to the Musée d'Orsay, Sacré Coeur, battled through the traffic circle at the Arc de Triomphe and ambled down the Avenue des Champs-Élysées.

Our most unforgettable memories of Paris would certainly be our evening picnic under the illuminated Eiffel Tower and our day at Disneyland Paris. Our last stop was Barcelona where we engaged in a Spanish cooking class and toured the Basilica de la Sagrada Família, Picasso Museum and the surrounding Gothic quarters. We particularly enjoyed the evening show of the Magic Fountain of Montjuïc which was spectacular. We returned home exhausted but thoroughly enlightened by our new experiences.

SAYURI MOODLEY  
FORM IV



## CONTOUR CAKES



Stargazers



The Game Rangers



The Eco Warriors

The annual Form II Contour cake day took place at the end of the second term. The Form II brief was to construct a 3D island using a given template. Slopes, landforms, a trig beacon, lighthouse, beach and ocean all had to be created from cake, icing and other edible materials. The formal assessment was based on how accurately a group had interpreted the topography. The girls also voted for their favourite groups online using Google Docs and uploaded their photographs and rationale to Google Drive. The highlight of the day

was the fashion show as each group, who had dressed according to their chosen theme, paraded down the Queen's Path. The Eco Warriors were voted as presenting the most creative island while the Stargazers earned the title of the best dressed group. The Game Rangers were firm favourites and earned the group of the day.

CINDY LEN  
GEOGRAPHY TEACHER

## INTERNATIONAL STUDY OPTIONS



September and October are peak recruiting months for international institutions and many admissions officers will be visiting Johannesburg. A large I-ACAC Fair is planned at the African Leadership Academy, several full presentations (by the respective admissions officers) take place at Crawford School in Benmore and a few visits during break times to St Mary's have been scheduled. I-ACAC is the International Association for College Admissions Counseling and this fair coincides with the sub-Saharan conference to be hosted for the first time in South Africa. Should you and your daughter be interested in researching international study options, please diarise the following dates as you are welcome to attend.

Crawford presentation: Monday 30 September 17h00, Harvard and Massachusetts Institute of Technology (MIT)

St Mary's visit: Monday 7 October 10h00 to 10h30, University of Notre Dame and University of Minnesota

Crawford presentation: Tuesday 8 October 15h00, University of Notre Dame

I-ACAC Fair at ALA: Saturday 12 October 11h30 to 13h00, 58 universities from around the world, particularly from the US and Canada and a few from UK, Spain, The Netherlands, United Arab Emirates and Italy.

St Mary's visit: Tuesday 15 October 12h25 to 12h55, University of Edinburgh

Tbc: Crawford presentations by New York University and Northeastern University

LYNN MOONY  
CAREER COUNSELLOR



# FROM THE SPORTS DEPARTMENT



## GOLF



Congratulations to Samantha Whateley who has been selected for the Gauteng Ladies A team to play at the SA Women's Inter-provincial Championship 2019 at the Riviera on Vaal Country Club from 24 to 27 September. We wish Sam the best of luck after her two-week sabbatical at Bush School.

QUIX  
DIRECTOR OF SPORT

## ATHLETICS



Holly McDonald



Isabelle Barrow



Mia van der Westhuizen



Jade Bryan



Jade Adams

Athletics got under way from the first day of Term III and we ran our first meeting on Thursday afternoon. The Germiston Stadium is under construction, so we are running many of our events at the Boksburg Stadium. We welcome Daniel Lagamang who will take over the coaching together with his assistant, Jeanette Rambuda, who will help with the jumping events. After a four-week holiday we were under no illusions

regarding our performances on Thursday and girls were told to run for times. There were some excellent performances and the afternoon made it clear that, with some hard work and commitment, we shall be able to field a competitive team.

QUIX  
DIRECTOR OF SPORT



# RHYTHMIC GYMNASTICS

## 16<sup>TH</sup> WORLD GYMNAESTRADA AUSTRIA



From 5 to 22 July, Lesedi Mochela and I travelled to Austria as members of the South African team participating in the 16<sup>th</sup> World Gymnaestrada. Various types of gymnastic displays were performed by more than 18000 participants from 65 countries. The South African team performed an energetic and colourful rhythmic gymnastics display which was well received by the 100 000 spectators. The experience was enriching and gave us exposure to diverse gymnastic disciplines. At the opening ceremony we walked proudly alongside the South African flag and had the privilege of being invited to perform at the closing ceremony.

From Austria, we travelled to Germany to participate in the Gymnastica competition where we placed second out of 34 teams from various countries.

We trained extensively for these prestigious events, attending four hours of training every Saturday for six months leading up to the trip. This was in addition to the 14 hours of training every week for the individual levels.

JESSICA SHAMES  
FORM IV

## TENNIS



Sarah Millard

Many of the St Mary's tennis players were busy on the tennis courts during the holidays.

Congratulations to Sarah Millard who won the women's singles title in the Gauteng East mini-series that was held in Benoni. Amukelani Mokone also emerged victorious in the U18 singles event in the Growthpoint tournament which was held at the Arthur Ashe Centre.



Amukelani Mokone

Further excellent results were achieved by Lilitha Ndungane who participated in two tournaments, one held in Daveyton and the other in Gauteng North. Lilitha placed fourth in the women's events of both tournaments. This is an outstanding result considering that Lilitha is still in the U14 age group.

RENE PLANT  
HEAD OF TENNIS



## SQUASH

Our congratulations are extended to Emma Shannon who has obtained a SA No 3 ranking for U14. Emma has been selected by SA Schools' Squash to tour Malaysia in December.

The friendly squash league began on Friday 13 September

A Team – beat Helpmekaar C 10-1 and St Martin's 11-0

B Team – lost to Helpmekaar B 1-10

C Team – beat St Martin's 9-3 and St Mary's D 9-2

D Team – beat Roedean A 7-4 and lost to St Mary's C 2-9

E Team – lost to St Teresa's A 4-7

F Team – lost to both Beaulieu 0-11 and Helpmekaar 0-11

G Team – lost to both Helpmekaar I 1-10 and Kingsmead C 2-9

H Team – lost to Founder's Hill 0-11 and beat Kingsmead D 10-1

I Team – beat both Roedean D 9-2 and St Mary's J 8-3

J Team – lost to both St Mary's I 3-8 and Helpmekaar I 2-9

JENNIFER FOX  
HEAD OF SQUASH

## ROWING



After a great off-season with our rowers working hard to maintain their fitness from Wednesday early morning weights and Sunday morning sculling school, our girls entered camp with great attitudes and a solid fitness base, ready to welcome our new U14 rowers to the forthcoming season.

Although numbers dwindled towards the end of camp, the girls managed to keep up the positivity and team spirit. They got to know our newcomers through a fun icebreaker with the club which bonded all of the rowers. By the end of camp, the girls were eager to commence training for the first half of the 2019/2020 season.



After their first week of training, our rowers pushed themselves at the St Andrew's ergo regatta. With our newcomers experiencing their first regatta, Kesha Bruinette from our U15 age group placed third, our opens (Catherine Phillips, Emma Gray, Hannah Newman and Tali Newman) placed first in the quad race and outstanding efforts throughout the whole club, we have definitely started off this season well.

CLAIRE MCIVOR  
FORM III



## EQUESTRIAN



Riders who represented Johannesburg at Gauteng Finals. St Mary's placed first in their division: Nina van Holdt, Nicola Berlin, Nicola Douglas, Robyn Gush, Erin Pullinger, Sydney Pollock.

SANESA Gauteng Finals were held at the beginning of August. Congratulations to the equestrian team members who represented Gauteng Johannesburg and our thanks are extended to Miss Wood who made a special effort to drive out to Misty Meadows to support our team. Teams have been selected for SANESA Nationals which are being held at Misty Meadows and Fourways Riding Centre at the end of September. The girls indicated below will be representing Gauteng at this year's Nationals event:

Level 5	Handy Hunter	Robyn Gush and Baccarat Boy
Level 3	Handy Hunter	Nina van Holdt and Callaho Gold Tequila

Gauteng C Team High School

Level 5	Stadium Eventing	Sydney Pollock and Waterside Lady Franchesca
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We wish our riders all the best for Nationals.

Gauteng A Team High School

Level 6	Eventing	Nicola Douglas and Nexus
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SHIRLEY DOUGLAS

CHEF d'QUIPE

## WATER POLO



Abigail Milella in Croatia with OJ Eagles



Nicola Watt with Fujimura School Japan

Some of the water polo girls were busy during the holiday meeting water polo players from various places around the world. Vice-captain Nicola Watt spent some of her holiday time training with the Fujimura School team in Japan. Abigail Milella played water polo in the sea and all over Croatia with her club team, OJ Eagles. Tamsin Hooker took part in the 10<sup>th</sup> annual Zimbabwe water polo camp hosted by Chisipite School in Harare.

All three girls gained a great deal of international exposure to the sport and made new water polo friends from all over the world.

KELSEY WHITE  
HEAD OF WATER POLO



Tamsin Hooker at the 10<sup>th</sup> Zimbabwe water polo camp



## SPORTS CAPTAINS

At an assembly towards the end of last term, the outgoing sports captains gave some feedback about their experiences of their year as captains. They spoke of expectations and continued responsibility and explained that it had been a year of hard work but that it was not without reward. They urged the Form IVs to be sure that they understood what would be expected of them if they put their names forward in their chosen sports.

Khanyisile Nawa, who is the vice-captain of both basketball and netball 2019, is a budding poet and wrote the poem below as a tribute to the year.

*Your eyes the ball, the stick, the hoop, the net, the hurdle, the baton the end.*

*Your eyes, the end, the win, the glory of the cheer.*

*Waiting.*

*Waiting for ripples of sweat to meander in and out of your skin.*

*Waiting for your win.*

*Waiting for flashing images of hard work and perseverance to make waves in your brain.*

*Waiting to embody your reign.*

*Whether it rains or the sun decides to kiss you more than usual.*

*Whether your feet crumble into the ground beneath or your mind settles in the voices of the others You must remain.*

*You must retain your stride because you give it to someone else and yours will become theirs.*

*Lose yourself and your talent becomes theirs Everyone whom you dribbled, and hit, and swam for, and dived for, and jumped, and rowed for is lost You become a belonging of others.*

*So remain.*

*Teach yourself to remain.*

*Because then your body revolutionalises on that court, in that pool, on that field.*

*Not for anyone but its own.*

I thank the 2019 captains for their commitment and effort throughout the year, as well as the suggestions and amendments that they thought would be advantageous to sport at St Mary's. I congratulate all the 2020 captains on their election and look forward to working with them and learning from them.

QUIX

DIRECTOR OF SPORT

## HOCKEY

### U14 HOCKEY TOURNAMENT AT DSG, GRAHAMSTOWN

The U14 A team has come a long way from the team that lost their first match of the season 0-2, back in March. We had a great weekend at DSG as most of our matches were against totally unfamiliar opposition. Friday began well with two good wins, 3-0 vs Somerset College and 4-1 vs York High School. We then came completely unstuck against a highly motivated team from Collegiate, losing 0-2. Good learning came from this loss and we played with maximum determination and effort

against Oranje Meisieskool, beating them 1-0 with a fantastic deflection goal from a short corner. The girls then played superbly in the semi-final against Herschel. They stuck to the game plan and, despite dominating the second half, we could not find the back of the net. This resulted in our having to decide the match on eight-second penalties. Sadly, we lost the eight seconds. We lifted our game again on the final morning and beat Hoër Meisieskool Bloemhof 2-0 to finish in third place.

QUIX

DIRECTOR OF SPORT



U14 A team



## U16 TOP 12 TOURNAMENT, PAARL



Pre-match team talk

The St Mary's U16A hockey team finished second in the prestigious Top 12 Tournament, after losing a hard-fought final 0-1, to Oranje Meisieskool from Bloemfontein.

On arrival, the team played against hosts Paarl Gimnasium in their first pool match. After a long day of travelling, a 1-1 draw seemed a fair result.

On day two, we played against Oranje, Hoërskool Menlopark and Collegiate High School. The team lost to Oranje but did very well to regroup and beat both Menlo and Collegiate later on in the day. On day three, we faced St Cyprian's in our last pool match. This was a must-win match and we needed to ensure a good goal difference in order to give ourselves a chance of making the semi-final. The team put on a superb display of hockey and went on to record a convincing 4-1 win.

The semi-final was an incredibly tough match against a strong, unbeaten, team from DSG Grahamstown. Our girls absorbed pressure for most of the match, defending with everything that they had. Against



Prizegiving

the run of play, St Mary's was awarded a penalty corner, which was converted, and we went on to win 1-0.

The final was an explosive match that moved from one end of the field to the other. The mental and physical demands of a final at this level exceeds expectation but our girls certainly gave of their best. They put their bodies on the line and fought until the bitter end.

A tournament of this calibre provides a massive learning curve for any hockey player and our girls were no exception. They made the most of this opportunity, doing themselves and their school proud. Each girl made a valuable contribution to our success by showing dedication and commitment to the game, to the team and to one another. This not only made this group stand out but it also made them a pleasure to coach!

**TARYN DE WINNAAR**  
HEAD OF SPORT: SENIOR SCHOOL

## FIRST TEAM SUPER TWELVE TOURNAMENT- ORANJE MEISIESKOOLO BLOEMFONTEIN

The St Mary's 1<sup>st</sup> hockey team has found playing in the Oranje Meisieskool Super 12 Tournament particularly challenging over the last three years, and this year was no exception. Despite our control and quality of ball possession, our inability to convert our chances cost us dearly throughout the tournament. Our pool proved to be exceptionally tight and we ended third – playing for position 5-8. Our eighth position finish was disappointing as the team regularly produced a high level of performance during the season and once again at the tournament. Although we experienced moments of frustration, we know that we need to focus on turning our dominance on the field against top opposition into positive results and we need to work on this aspect in 2020. I cannot fault the commitment, effort and team spirit of our girls both on and off the field. They never stopped trying and gave it their all in every match. Well done, team!

This year's tournament proved to be the toughest yet and the high quality of play and exceptional talent on display is wonderful to see as

this is fantastic for the future of hockey in our country.

### Pool results

vs Rhenish 1-1  
vs St Anne's 0-1  
vs Collegiate 1-0  
vs Oranje 0-2  
vs St Cyprians 3-1

### Cross-pool playoffs

vs Herschel 0-1

### Playoff for 7<sup>th</sup>/8<sup>th</sup>

vs St Anne's 1-2

**ROS HOWELL**  
SENIOR DEPUTY HEAD



## OLD GIRLS' NEWS



Past pupil Daniela Passoni (class of 2017) has been selected to captain the U20 South African Ladies' Team that is competing at the U20 Fina Water Polo World Championships in Madeira, Portugal.

KELSEY WHITE  
HEAD OF WATER POLO

## NOTICES

### MUSE MORNING ALL PARENTS WELCOME

Date: Tuesday 8 October

Time: 07h15 to 08h30

Venue: Seminar room

Topic: Anxiety in children

Speaker: David Abrahamsohn – a clinical psychologist

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

RSVP: [lynsay.young@stmary.co.za](mailto:lynsay.young@stmary.co.za)

If progress is measured in the mental health and happiness of young people in the world, then we have been going backwards since the early 1950s. Statistics tell us that eight times more children and teenagers meet the criteria for an anxiety disorder compared with during the Great Depression, World War I and World War II.

David Abrahamsohn is a clinical psychologist who has been working in private practice for the past 18 years. He has extensive experience with working with children, adolescents, adults who experience a variety of psychological difficulties. He also has worked in the corporate environment for many years where he coaches and presents on a range of psychological topics.

This presentation explores exactly what anxiety is: the variety of ways it presents, the possible causes of anxiety and why its prevalence has increased so dramatically of the past few decades, when to seek professional help for anxiety and finally effective strategies and management of anxiety.

### CHAPEL KNEELERS

Chapel kneeler kits are still available at reception at a cost of R100. All the instructions are included, as well as a list of stockists of the tapestry wool required.

Anyone who has completed a kneeler, please hand it in at reception as soon as possible so that I can organise the cushion making.

Is anyone prepared to oversee the minimal administration involved in the making of chapel kneelers in the future? Please speak to Revd Claudia if you are interested, or email her at [claudia.coustas@stmary.co.za](mailto:claudia.coustas@stmary.co.za).

### Book now for the St Mary's PTA Golf Day Proudly sponsored by Absa

**Friday 18 October**

**Parkview Golf Course**

R4 400 per four-ball or R1 250 per single player.

Staggered T-off from 11h30.

Price includes arrival drinks, goody bag, halfway house, loads of awesome prizes, and our annual auction dinner hosted by the brilliant Nico Kritsiotis.

Go to the app (under Alerts) or  
[www.stmaryschool.co.za](http://www.stmaryschool.co.za)  
for more info and to book your place.

