



Junior School spirit at the 2018 St Mary's Investec Hockey Festival

## FROM THE HEAD'S DESK

The first term has ended on a positive note after a successful St Mary's Investec Hockey Festival. St Mary's hosted players, coaches and parents from around the country, Namibia and the United Kingdom. I extend my appreciation to Quix, our staff and girls who worked at the festival, and to the parent committee and all the parents who worked in the pavilion. It certainly showcased our community spirit.

The sense of confidence and enjoyment among the girls was tangible and included all who played hockey and netball and those who had roles on the working committee: in spirit, first aid, media liaison, and for those who came to support their friends. In observing them, I was reminded how important it is to provide opportunities for adolescents away from the distractions of social media.

I came across an article by Rachel Simmons recently, which expressed all the concerns that I have about the impact of social media on the general well-being of our children. She referred to a number of studies that present a picture of young women as depressed, anxious, stressed out and feeling lonely. This at a time in history when women enjoy more opportunities than ever before. The research shows a strong correlation between times spent using technology and feelings of sadness and depression. Simmons also points to the sheer impossibility

of measuring up to all the roles that are expected of women, as further causes of girls feeling anxious and overwhelmed.

As adults, we need to help girls redefine success and find purpose. We must teach them to practise self-kindness and compassion. As Anna Quindlen wrote, "If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all."

*Rachel Simmons is the author of [Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy and Fulfilling Lives](#), and the New York Times bestsellers [Odd Girl Out](#) and [The Curse of the Good Girl](#). As an educator, Rachel teaches girls and women skills to build their resilience, amplify their voices, and own their courage so that they—and their relationships—live with integrity and health.*

I wish all our families a restful holiday.

DEANNE KING  
HEAD OF SCHOOL

## FROM THE CHAPLAIN

This term draws to a close as we continue through the Easter season, a period of 50 days, between Easter Sunday and Pentecost. Let us bring to mind one of the occasions on which the risen Christ appeared to his disciples:

*19 When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." 20 After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord.*

- John 20:19-20

Indeed, our Lord can move through the locked doors of our hearts, our minds, our communities and our lives. As it took time for the

disciples to be able to comprehend and absorb the fact that the beloved Christ was risen from the dead, and the implications of this for the whole of creation, so it takes time for us to allow the risen Christ within us to take form in our understanding and our being. During these holidays, therefore, let us take the time to be gentle with ourselves and with others as we consciously acknowledge God's presence with us each day, in whose presence we open ourselves for Christ to reveal himself and his will to us ever more and more.

May God bless you, over these holidays.

REVD CLAUDIA COUSTAS  
CHAPLAIN

## VISUAL ARTS

We were treated to an impressive technical achievement. The entire animated movie, *Loving Vincent*, was hand painted in oil in the style of Van Gogh. The well-known scenes and characters in Van Gogh's paintings were brought to life, giving more meaning to the artworks we study in Form IV Visual Culture studies.

SUE HEYDENRYCH  
HoD: VISUAL ARTS



Miss Parirenyatwa, Mrs Heydenrych and a group of Visual Arts girls went to see the movie *Loving Vincent*

## FROM THE PEER COUNSELLORS

### CELLPHONES

Communication. Antisocial. Annoying. Convenient. Distraction.

These are some of the many words used to describe cellphones and social media. There have been many debates about whether cellphones are an essential part of the human life or if they are destructive. They could be described as destructive because they could control our lives. I came across an article that referred to the advantages and disadvantages of having a cellphone.

Some advantages of obtaining a cellphone are:

- They are important in the case of an emergency when you need to call someone
- Knowledge can be easily accessible when you have a cellphone
- We can also explore the world while sitting in our own houses by using Google Maps

Some disadvantages of obtaining a cellphone are that:

- Cellphones can be a great distraction when you have to study
- If you use your cellphone around people, people will not approach you because they think that what is on your phone is more important
- Many people are seen as antisocial

I believe that cellphones are helpful, but I think we should never forget to take a moment to look up from our screens and explore and cherish the beautiful world in which we live.

REABETSWE NEO  
FORM IV

## FROM THE MUSIC DEPARTMENT

### SINGING SISTAS 2018



On 26 and 27 March, St Mary's hosted the eighth annual *Singing Sistas* choir festival in which six choirs of girls' schools from Gauteng were invited to perform a programme of stylistically contrasting choral works. The choirs displayed their passion for choral music and showcased the diversity of our South African musical heritage. The audiences were treated to a mix of classical, traditional and popular music. The St Mary's senior choir gave an outstanding performance of their renditions of the well-known song by The Beatles *Hey Jude* and the South African classic *Paradise Road*. Our wonderful St Mary's jazz band played an item between each choir's programme and had the audiences tapping their feet to the beat of the music!

The event was as much fun for the audience as it was for the participating girls who set the stage alight with their flawless melodies, harmonies and movements during the combined choir pieces. This exemplified the unflinching power of music to unite people across cultures and emphasised the importance of occasions such as this. Thank you to Dudley Trollope, Ceri Moelwyn-Hughes, Nomvula Mehlomakhulu and all others involved in the planning of such a memorable event!

Please click on the link below for a taste of one of the combined choir items: <https://vimeo.com/264205868/221f54366c>

VENEKA  
HEAD OF CHOIR

# FROM THE SPORTS DEPARTMENT



## SWIMMING



Jade



Hannah

Jade, Hannah and Emma spent a week swimming in Durban at the South African Junior National Championships. The next important event for them is the Youth and Senior National Championships for which selection is based on times.

Jade has qualified to swim at Senior Nationals in all the below-mentioned events except for the 50m butterfly. Her results are as follows:

- 50m freestyle – 27.25
- 100m freestyle – 1:00.85
- 50m backstroke – 31.75
- 100m backstroke – 1:07.36 (new personal best time swum at Junior Nationals)
- 50m breaststroke – 33.24
- 100m breaststroke – 1:12.94 (new personal best time swum at Junior Nationals)
- 50m butterfly – 28.90
- 200m individual medley – 2:28.54

At Junior Nationals, all Hannah's times were personal bests. She took an unbelievable 13 seconds off her time in the gruelling 200m butterfly, to earn a bronze medal. Her results are as follows:

- 200m individual medley – 2:37.50
- 200m butterfly – 2:30.43
- 50m butterfly – 30.64

Most exciting for Hannah is that she has swum a Youth National time for 100m butterfly – 1:06.60.

At Junior Nationals, Emma made the finals for 50m freestyle, 50m backstroke and 100m freestyle. She has qualified to swim at Youth Nationals in the 50m and 100m freestyle. Her results are as follows:

- 50m freestyle – 28.16
- 100m freestyle – 1:00.65 (new personal best time)
- 200m freestyle - 2:16.23 (new personal best time)

Congratulations, swimmers. We are very proud of you. Good luck at the Youth and Senior Nationals.

QUIX  
HEAD OF SPORT



Emma

# ST MARY'S INVESTEC HOCKEY FESTIVAL



The 1<sup>st</sup> team celebrating after scoring a goal!

It is difficult to believe that the event which has been a year in planning, is already over. The partnership with our major sponsor, Investec, has grown and enabled this event to become a sought-after fixture on the hockey calendar in South Africa. Cell C enabled us to have two days of live streaming so that parents and other interested parties could watch the matches from all over the world. It was an awesome four days. Bar a little rain on the opening day, the weather was close to perfect, which helped to keep our stress levels at bay. Framlingham College from Suffolk, in the UK (the school with which we have a hockey exchange) was able to join us for the first and, hopefully, not the last, time.

The four long days of hockey from 07h45 to 20h15 ran on time and were full of excitement, as well as interesting wins and losses. The fluctuations in teams' performance from year to year can be substantial and always provides opportunities for different schools to shine. C & N Sek. Meisieskool Oranje (OMS) have dominated the St Mary's Investec Hockey Festival for the past four years. They were de-throned in the semi-final by Collegiate Girls' High School, from Port Elizabeth. The final was a closely-contested affair that, after five minutes of golden goal time, the teams were locked in a 0-0 draw. The eight second penalties saw St Mary's DSG, Kloof, claim the title. They last won the festival in 2007 when their current coach, Kelly Reed (Madsen), played in that team.

The St Mary's 1<sup>st</sup> team struggled to find the fluid rhythm that has become the norm. Their play was erratic, and, although they ended second in the pool, they finally placed in 9<sup>th</sup> position. The St Mary's Festival team did well and lost games to some of the top teams only 0-1. They tried hard and the improvement in some of the players during the four days was noticeable. They played against Roedeana in the Vuvuzela final and ended in tie 25<sup>th</sup> position. We must remember that they are the only 2<sup>nd</sup> team in the festival.

## Rhino raffle winners

Our congratulations are extended to the winners of the rhino raffle:

- A three night stay for two guests at MalaMala Game Reserve, valued at R65 000 - Keith Versveldt
- A three night stay for two guests at Mashatu Game Reserve, valued at R46 000 - Dee Adams
- A two night stay for two guests at Camp Jabulani, Kapama Game Reserve, valued at R72 000 - Kelly Main

I thank everybody in the St Mary's community who supported this initiative, we raised close to R100 000.

We have received positive feedback from many sources but the dominant comments are about the impressive team work shown by all St Mary's stakeholders. The Little Saints children made the papier mache rhinos and joined in the support of the teams. The social media team comprising the marketing girls, public relations and communication heads, the cropping board and photography club are thanked for their service. The rest of the school, lead by the Spirit Squad, were at every game, irrespective of the time. The cleaners and groundstaff made every effort to keep all as pristine as possible. The operations staff saw that all was done on time.

The kitchen staff produced seven delicious meals for 650 people. The sports staff ran the technical table at two venues for four days without a snag and the parents worked solidly for the entire festival.

Thank you to everybody – what an event.

Please find the final results on the following page.



Many thanks to our St Mary's parents who helped throughout the festival



Our enthusiastic supporters



Reabetswe in action

The final results were as follows:

- 32 Penryn
- 31 Pretoria High School for Girls
- 30
- 29 St John's DSG and Brescia
- 28 The Wykeham Collegiate
- 27 Our Lady of Fatima DCS
- 26
- 25 Roedean and St Mary's Festival (winners of the Vuvuzela trophy)
- 24 Pietermaritzburg Girls' High School
- 23 Paarl Girls'
- 22 Durban Girls' College
- 21 Pearson High School
- 20
- 19 St Andrew's and Kingsmead
- 18 DF Malan
- 17 Afrikaanse Hoër Meisieskool, Pretoria
- 16

- 15 Windhoek and St Stithians
- 14 Garsfontein
- 13 Framlingham College (winners of the Grays floating trophy for the Plate section)
- 12
- 11 Hoër Meisieskool Bloemhof and Hoërskool Waterkloof
- 10
- 9 St Anne's Diocesan College and St Mary's 1<sup>st</sup> XI
- 8
- 7 Eunice and Die Hoërskool Menlopark
- 6
- 5 Clarendon High School and Paarl Gimnasium
- 4
- 3 C&N Meisieskool Oranje and Herschel
- 2 Collegiate
- 1 St Mary's DSG Kloof

QUIX  
HEAD OF SPORT



Ruth attacking against Clarendon High School



Our congratulations are extended to St Mary's DSG, Kloof, for winning the 2018 St Mary's Investec Hockey Festival

## ST ANDREW'S NETBALL FESTIVAL



1<sup>st</sup> netball team with coaches, Themba Ntuli and Tracey Wood

The 1<sup>st</sup> netball team participated in the St Andrew's Netball Festival which took place from 5 to 8 April. Thirty-two schools from across the country participated. We played a total of 13 games over four days. We had a tough pool as two of the teams in our group placed 1<sup>st</sup> and 3<sup>rd</sup> in the tournament. St Mary's placed twelfth overall. We played some very competitive games and gained great experience. We are looking forward to our tour to Sun City at the end of the holidays which, together with this tournament, will be great preparation for the season ahead. Well done to all the girls.

### GEORGIA AND TEAGYNNE NETBALL CAPTAIN AND VICE CAPTAIN



Team talk



Caroline

## ROWING



### Please join us for the St Mary's rowing club golf day

Date: 18 May

Venue: Killarney Country Club

Time: 10h30 for 11h30  
Shotgun tee off

Theme: Red and White with a touch of Gold

R4 400 per four-ball: price includes half-way house, watering holes and a light supper

Golf cart bookings are for your own account at R330 per cart and a caddy at R255 each, to be paid with your four-ball booking. Golf carts are booked on a "first paid" basis.

You will receive confirmation of your four-ball booking, and cart and caddy bookings once paid.

Please send proof of payment to Belinda Blumeris on [blumeris@wol.co.za](mailto:blumeris@wol.co.za)

We look forward to seeing you there!

