



Caroline, Panashe and Amukelani, supporting their friends at the Independent Schools' Sports Festival

## FROM THE HEAD'S DESK

There is currently worldwide focus on mental health and the increase in the percentage of those suffering from debilitating mental illnesses. In South Africa, we are also aware of the pervasive levels of stress in society. At St Mary's, we believe it is important to educate pupils about mental health and wellbeing in an attempt to equip them with skills to manage their personal stress and anxiety which, it is important to note, are natural human responses.

St Mary's has the opportunity to screen the documentary *Angst* when we return from half-term. This is a hard-hitting film about anxiety, stress and depression and, although it is within an American context, it speaks to human experience in the 21<sup>st</sup> century. The girls will view the film during school time on Monday 2 July and we will host a screening for parents on Tuesday 3 July in the evening. Following the screening, the girls will have time to explore their responses to the documentary by working through a structured worksheet with their mentor teachers and mentor groups.

At a recently convened conference of the South African Girls' Schools Association, Dr Warner and I listened to psychologist Dr Lisa Damour, author of *Untangled: Guiding Teenage Girls through the Seven Transitions into Adulthood*, speak about dealing with anxiety and stress in teenage girls. She reminded us that adults must manage the perspectives of adolescents and we cannot allow them to avoid the challenges that life holds. Anxiety and stress are not problematic in themselves, and we are equipped to deal with these responses. All children will feel overwhelmed at some stage but it is for parents and teachers to equip children to recognise their feelings and use their systems to recalibrate. Our hope is that *Angst* will provide a starting point for discussion and learning.

I wish all our St Mary's families a happy and restful half-term.

DEANNE KING  
HEAD OF SCHOOL

## FROM THE CHAPLAIN

<sup>13</sup> "You are the salt of the Earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot. <sup>14</sup> "You are the light of the world. A city built on a hill cannot be hid. <sup>15</sup> No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

<sup>16</sup> In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

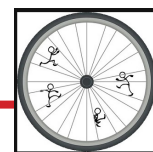
– Matthew 5:13-16

Saturday 16 June marks Youth Day in our country, and brings to mind the youth-led anti-apartheid demonstrations in 1976 and the tragic

death of Hector Pieterse and others. It was one of many days in which the youth of the land held the country's leadership to account. In 2018, we continue to pray for ourselves and for our country's leadership that, in the power of God's Holy Spirit, we may be co-creators of God's kingdom here on Earth for all who live in our beautiful land. We are reminded of Christ's instruction that we are each, in our particular contexts, called to be the "salt of the Earth" and the "light of the world".

REVD CLAUDIA COUSTAS  
CHAPLAIN

## INNOV@TION HUB



Previously I wrote about the exciting journey that many St Mary's staff have been on recently through following Dr Craig Blewett's Digital-Age Pedagogies course. Dr Blewett details five layers of pedagogy through which students become increasingly engaged and involved in their learning, becoming, in his terms, "activated".

Following curation, conversation is the next layer of pedagogy. We live in a world that has been fundamentally changed by technology and, consequently, by the internet and social media, but some aspects fundamental and natural to being human remain. Before the internet, content was prioritised as it was difficult to access but that is no longer the case. Content is now ubiquitous; different skills are necessary in the digital age. Active reading or listening, filtering, categorising, evaluating and, most importantly, making sense of information, is now imperative. It is the pedagogy of conversation that assists students in this complex task. Through dialogue they are gaining others' perspectives and understanding while also testing

their own comprehension in a way that is meaningful and immediate. Dr Blewett emphasises that very few of us can sit through a lecture or a monologue without drifting off into our own thoughts, yet most of us can involve ourselves in a conversation for an extended period of time. The reason is that a conversation involves activity and is more exciting as it holds the added benefit of a social component. In an age when social media is the preferred mechanism of interacting among our young people, the pedagogy of conversation holds an important opportunity for us as 21<sup>st</sup> century educators.

*"Conversation is the most powerful learning technology ever invented. Conversations carry news, create meaning, foster co-operation and spark innovation."* – Jay Cross

CLARE SEARLE  
CURRICULUM INNOVATION LEADER

## FROM THE HOPE COMMITTEE

As we transition from autumn to winter, we encourage you to reflect on the many changing seasons through which our beautiful country has passed, and where we find ourselves today.

As the HOPE committee matric parents prepare to exit, we are delighted to introduce Refiloe Zephyrine as our new chairperson. A warm welcome is also extended to Nnema Chibwe and Sarah Cairns, who are the first of the new parents joining the committee. Sarah will be supporting Refiloe as our new deputy chairperson, and we look forward to the new insights and energy they will bring to HOPE.

In this article is a link to a TED Talk by two Princeton High School graduates, who are travelling around the US collecting stories and experiences on racism and intersectionality. Their purpose? To gain greater understanding of what it means to be "racially literate". In their own words, they are using their findings "to equip every American with

the tools to understand, navigate and improve a world structured by racial division".

This talk feels so relevant to our South African story. By using the connection between "head" and "heart" space, Priya Vulchi and Winona Guo manage to connect people across different cultures and age groups, making their stories relevant to today's challenges around diversity.

To enjoy this inspiring talk, please click on the link below.

*Priya Vulchi and Winona Guo: What it takes to be racially literate*  
<https://go.ted.com/Cvid>

THE HOPE COMMITTEE

## FROM THE MUSIC DEPARTMENT

St Mary's School, Waverley  
presents

**WALL**  
ON THE EDGE

with St John's College and  
guest artist Hlumelo Ledwaba

Thursday 21 June  
18h00  
The Edge  
St Mary's School

Entrance free




St Mary's School  
Waverley  
Founded 1888

## FROM THE SPORTS DEPARTMENT

### SQUASH



Alexia, Megan, Georgina (vice-captain), Panashe (captain), Rebecca, Jemma and Tayla

St Mary's played in the Gauteng Top Schools' Tournament from 3 to 4 June at St John's. St Mary's beat Roedean 20-0, St Stithians 20-3 and Northcliff 20-1.

The team took top honours winning the tournament and has now qualified to participate in the National Top Schools' Squash Tournament which will take place in August at Epworth School, Pietermaritzburg.

Well played, girls.

JENNIFER FOX  
SQUASH COACH

## INDEPENDENT SCHOOLS' SPORTS FESTIVAL (ISSF) 2018



This festival has been in existence since 1998 and is a wonderful event on the sporting calendar. It is an annual event for independent girls' schools from Gauteng and KwaZulu-Natal. Schools are paired and host each other on a reciprocal basis. Nearly all of us are in the throes of examinations and the final preparation of provincial teams. Far outweighing these stresses, for both players and staff, are the friendships built, connections rekindled and the opportunity to play, engage and learn from teams that one does not play against on a regular basis.

The event involves the top two squash players, the top four tennis players, and the netball and hockey 1<sup>st</sup> teams from each school. As it is a festival and time is limited, no results are formally recorded.

Our squash and tennis girls were unbeaten and enjoyed some great matches. The netball team, which has gained momentum as the season has progressed, gave a good account of themselves, winning four matches and losing one. The hockey team struggled against some strong attack. The girls won two of their five matches. There is a saying that you either "win or you learn". As coaches, we are constantly learning and reviewing the performances to help our teams be better. Tournaments of this nature are invaluable for sport at St Mary's.

QUIX  
HEAD OF SPORT

# EQUESTRIAN



Nicola competing in Namibia, at the Dressage Inter-Africa Cup 2018



Robyn: show jumping qualifier 3



Nicola B: show jumping qualifier 3



Olivia and Festival Spirit

The St Mary's team had a very busy month during May, with team members competing in the third SANESA Core League, Stadium Eventing and Eventing qualifiers. We congratulate Nicola Douglas on being selected to represent the South Africa Equestrian Federation in dressage at the 2018 FEI Group IX Inter-Africa Cup in Gobabis, Namibia.

We are delighted to report that, after three qualifiers, St Mary's Senior School has a total of 20 445 points and is leading the E Division (13 to 16 rider combos) by 12 000 points. This is an outstanding achievement and we wish our riders great success in the fourth qualifier. This result is reflected in the top five placings of the third qualifier, listed below. We thank Ms Wood and Mrs Blair for coming to support us. The fourth and final qualifier will take place this weekend at Kyalami Equestrian Park.

## Level 7

Performance Riding: Lia 1<sup>st</sup>, India 2<sup>nd</sup>, Nicola B 5<sup>th</sup>

Showjumping: India 1<sup>st</sup> and 2<sup>nd</sup>

Working Hunter: India 3<sup>rd</sup>

Working Riding: Lia 1<sup>st</sup>, Nicola D 2<sup>nd</sup>, Nicola B 4<sup>th</sup>

## Level 6

Medium Dressage Freestyle: Lia 1<sup>st</sup>

Medium Dressage: Lia 1<sup>st</sup> and 1<sup>st</sup>

Prix Caprilli: India 1<sup>st</sup>

Stadium Eventing: Nicola B 1<sup>st</sup>

## Level 5

Dressage Elementary Medium: India 1<sup>st</sup> and 4<sup>th</sup>

Dressage Elementary Medium Freestyle: India 2<sup>nd</sup>

Eventing: Nicola D 1<sup>st</sup>

Performance Riding: Nicola D 1<sup>st</sup>

Stadium Eventing: India 5<sup>th</sup>

## Level 4

Equitation: Nicola D 2<sup>nd</sup>

## Level 3

Elementary Dressage: Nicola B 3<sup>rd</sup>

In-Hand Utility: Hannah 2<sup>nd</sup>

Prix Caprilli: Erin 5<sup>th</sup>

Showjumping: Robyn 2<sup>nd</sup>, Kiara 4<sup>th</sup>

Working Riding: Erin 3<sup>rd</sup>, Hannah 5<sup>th</sup>

## Level 2

Novice Dressage: Nicola D 1<sup>st</sup> and 4<sup>th</sup>, Lia 1<sup>st</sup>

Equitation: Erin 3<sup>rd</sup>

## Level 1:

Dressage: Erin 3<sup>rd</sup> and 3<sup>rd</sup>

Handy Hunter: Robyn 3<sup>rd</sup>, Hannah and Nina 4<sup>th</sup>

In Hand Utility: Erin 3<sup>rd</sup>

Prix Caprilli: Nina 4<sup>th</sup>, Hannah 5<sup>th</sup>

Working Hunter: Robyn 1<sup>st</sup>, Erin 2<sup>nd</sup>

Working Riding: Robyn 1<sup>st</sup>

INDIA AND LIA  
EQUESTRIAN CAPTAINS

# DIVING



Kerry-Leigh

Our congratulations are extended to Kerry-Leigh for qualifying to compete in the 22<sup>nd</sup> World Junior Championships, to be held in Ukraine from 23 to 29 July.

During the April holidays, Kerry-Leigh competed in Junior and Senior Nationals. Junior Nationals is the girls-only event in which to qualify for World Junior Championships. With a competitive and intense atmosphere, as well as immense pressure, Kerry-Leigh placed 3<sup>rd</sup> on both 1m and 3m boards. Kerry-Leigh and her synchronised partner, Bailey, of St Stithians, placed 2<sup>nd</sup> in the synchronised diving event, which qualified them to compete at the World Junior Championships.

Senior Nationals attracts the top South African divers, three of whom flew straight from the Commonwealth Games to compete. Kerry-Leigh placed 8<sup>th</sup> on 1m and 6<sup>th</sup> on 3m. Kerry-Leigh and Bailey placed 1<sup>st</sup> in synchronised diving on the 3m board and, in mixed synchronised diving, Kerry-Leigh placed 2<sup>nd</sup> on the 3m board with her partner, Samkelo.

Once again, we congratulate Kerry-Leigh on all her successes and wish her all the best at World Junior Championships.

**KATE SHEPHERD**  
HEAD OF DIVING

# HOCKEY

It has been a busy time for the hockey girls, with fixtures and tournaments continuing throughout examinations. The performances from all age groups has been consistent and spirits have been high at each fixture. Menlo has, by far, been the toughest friendly we have encountered this year. The U15 age group played Menlo's U16A and performed well.

The Malik league had a tough fixture vs St Peter's A teams with great results from the U14C and 4<sup>th</sup> teams. The U14D team took on De La Salle's U14A team and performed incredibly well, showing determination. Well done to these teams who battle it out every week against their oppositions' A teams.

**ROXY COETZEE-TURNER**  
HEAD OF HOCKEY

	vs Roedean	vs Menlo	vs St Peter's	vs De La Salle
U14D				0-2
U14C			0-0	
U14B	8-0			
U14A	5-0	2-2		
U15C				3-0
U15B	0-0			
U15A	2-0	0-3		
U16C			1-3	
U16B	6-0			
U16A	5-0			
4 <sup>th</sup>			3-0	1-0
3 <sup>rd</sup>			0-3	3-0
2 <sup>nd</sup>	8-0	2-2		
1 <sup>st</sup>	3-0	1-1		