



Winners of the A inter-high tennis: St Mary's has emerged victorious in this tournament, involving 28 schools, for the fourth consecutive year

## FROM THE HEAD'S DESK

Our school year has started positively and Ros Howell captured the joyous and dynamic environment of St Mary's in the previous newsletter. This energy was on display on Saturday, as we welcomed prospective families to our school.

The Senior girls were involved in the presentation to parents, and they did the school proud. We received many compliments about the confident, intelligent and enthusiastic Senior girls of St Mary's. I think that many parents saw future images of their own children in the girls with whom they interacted.

"It takes a village to raise a child" is an African proverb that is widely referenced in education, and is a sentiment that we hold to be true at St Mary's. I often refer to the partnership between parents and the school in raising and educating our girls. One concern, in the spirit of this approach, is the behaviour of parents in the car park. Many drivers show a blatant disregard for rules and the school's security staff. It concerns me that the girls are witness not only to illegal driving, but also to a

selfish and bullying mentality on the part of parent drivers. What are we teaching our children?

I am fully aware that the stop-and-drop is a contested space at peak times. This is true of most school car parks, but it would be a more accessible and free-flowing area if all adhered to the rules. I value my security staff who work to ensure the safety of your girls, and I expect all parents to treat them with courtesy and respect. I have requested that the staff record the number plates of drivers who make the car park a difficult place for others, and I plan to contact these individuals.

I ask that all parents consider their actions in the car park, as they are actively involved in and responsible for setting examples of behaviour for the next generation. Girls frequently mimic their parents' values and actions when they are at school. Let us work together to educate our girls in appropriate interactions with others.

DEANNE KING  
HEAD OF SCHOOL

NOTICE BOARD  
PLEASE SEE PAGE 9 FOR ALL OUR IMPORTANT NOTICES

## FROM THE CHAPLAIN

On Wednesday 14 February, we marked the beginning of Lent with Ash Wednesday (and Ash Thursday) services in the chapel. On Ash Wednesday, we are all given the opportunity to have a small cross of ash gently rubbed on to our foreheads, as a symbol of our "dying" to our old selves during Lent and preparing to rise again, anew, with Christ on Easter Sunday.

This week, I watched a short clip in which Bishop Martin Seeley, the Bishop of St Edmundsbury and Ipswich, and Bishop Mike Harrison, the Bishop of Dunwich, shared their thoughts on what they referred to as a "disruptive Lent". They asked the question, "How do we disrupt our lives in Lent to such an extent that we see God differently, and we

see other people differently?"

I was struck by this notion: how indeed do we listen to God speak into the blind spots in our lives, unless we go about our lives differently? This is also a different way of looking at giving up (or taking up) something for Lent. Rather than doing so as an end in itself, let us consider "what patterns we are in, that need to be disrupted?" As a first step, the bishops suggest, "change who you are talking to, and change what you are talking about".

REVD CLAUDIA COUSTAS  
CHAPLAIN

## IKUSASA LETHU



Disebo and Ayabulela, our top achievers who each achieved five distinctions



Pupils who registered for the 2018 Ikusasa Lethu Programme

Our class of 94 matriculants achieved a 98% pass rate, with 61 distinctions and 80% Bachelor degree passes. Fifty-five boys and girls from this group are enrolled to study at universities and colleges in South Africa.

LINDA GIURICICH  
DIRECTOR OF COMMUNITY AFFAIRS

## FROM THE PEER COUNSELLORS

Smiling uses 17 muscles, whereas frowning uses 43. It is physically more difficult to frown than to smile.

In our world today, it is becoming increasingly acceptable to be overly grumpy and rude because "it hasn't been your morning". This, in turn, has a negative ripple effect on everyone's mood. Here is an example: a woman walks into the office, irritated because the car didn't start. She walks past the guard on duty without greeting or smiling at him. This interaction could set the tone for how he will communicate with others for the rest of the day. If her mood were more positive and cheerful, it may have altered how the guard feels for the rest of the day. This could create a positive ripple effect, because smiling is contagious.

Studies have shown that smiling makes people look more relaxed,

attractive and sincere. Smiling makes the skin brighter and gets the endorphins in the body moving. These endorphins counteract the hormone cortisol, which causes stress.

The slightest upturn of a mouth can change the type of energy a person attracts. If everyone makes a conscious effort to smile, the world can become a more productive and positive place.



KATHERINE  
FORM IV



# FROM THE SPORTS DEPARTMENT



## TENNIS



B inter-high winning team

It has been a busy few weeks on the tennis courts at St Mary's. The league matches are being played on Tuesdays and both the St Mary's Senior (Forms III, IV and V) and Junior (Forms I and II) School championships are being played during the practice sessions. Over the past two weekends, many St Mary's players participated in the Gauteng Central school trials and in the annual A and B inter-high competition.

The St Mary's tennis players played scintillating tennis from the beginning of the pool games to the end of the finals to clinch both the A and B inter-high titles. This is the fourth year in a row that St Mary's has emerged victorious over the 28 schools that participated in the A inter-high, and the 10<sup>th</sup> year in a row that St Mary's has won the B inter-high. The A inter-high is for players ranked from 1 to 4 and the B inter-high is for players ranked from 5 to 8. St Mary's also entered a C team in the B inter-high and this team achieved an excellent 7<sup>th</sup> place. Twenty-four schools participated in the B inter-high.

Congratulations are extended to Maja, Tamsin, Ruth and Sarah, all members of the A team, who beat a strong Helpmekaar team in the semi-finals and the team from St Stithians in the A inter-high finals. The B team, comprised of Amukelani, Nina, Hannah and Julianne, beat St Andrew's in the semi-finals and Helpmekaar in an excellent final to win the B inter-high. Well done to Simone, Sarah, Jessica and Kate on their high standard of play and for representing the

team at the B inter-high. I am extremely proud of all the players who participated in this event.

Thank you to Ms Murray and Mrs Ingersent for taking the time to look after the B and C teams respectively. Thank you to all the parents for their support. Thank you, Mrs Hallendorff and Mrs Turner-Coetzee, for coming to support the tennis players.

Our congratulations are also extended to the following players who have been selected for the Gauteng Central inter-provincial teams, which will be competing in the schools' inter-provincial during the April holidays. This is a great honour for all these players, as only a handful of players are selected in each of the two age groups.

### U19 A team

Tamsin, as the number 1 player  
Amukelani  
Nina

### U15 A

Sarah, as the number 1 player

### U15 B

Hannah, as the number 1 player



Cinter-high team

## A inter-high results

1. St Mary's, Waverley
2. St Stithians College
3. Helpmekaar Kollege
4. St Andrew's School
5. Northcliff High School
6. Brescia House School
7. Trinityhouse
8. Roedean School
9. Hoërskool Linden
10. HeronBridge College
11. St Peter's College
12. De La Salle Holy Cross College
13. Holy Rosary School
14. Parktown High School for Girls
15. Kingsmead College
16. Assumption Convent School
17. Bryanston High School
18. St Teresa's School
19. Redhill School
20. St Dunstan's College
21. Fourways High School
22. Randpark High school
23. Sacred Heart College
24. Hyde Park High School
25. Jeppe High School
26. Marist Brothers
27. Waverley Girls' High School
28. Dainfern College

## League results

30 January

- St Mary's A lost to Helpmekaar A 42-39
- St Mary's B lost to Helpmekaar B 58-23
- St Mary's C beat HeronBridge A 37-26
- St Mary's D beat HeronBridge B 43-20
- St Mary's E beat Parktown A 35-28
- St Mary's F beat Parktown B 49-14
- St Mary's G lost to King David Linksfield A 54-9
- St Mary's H lost to King David Linksfield B 32-31

6 February

Rained out

**RENÉ PLANT**  
HEAD OF TENNIS



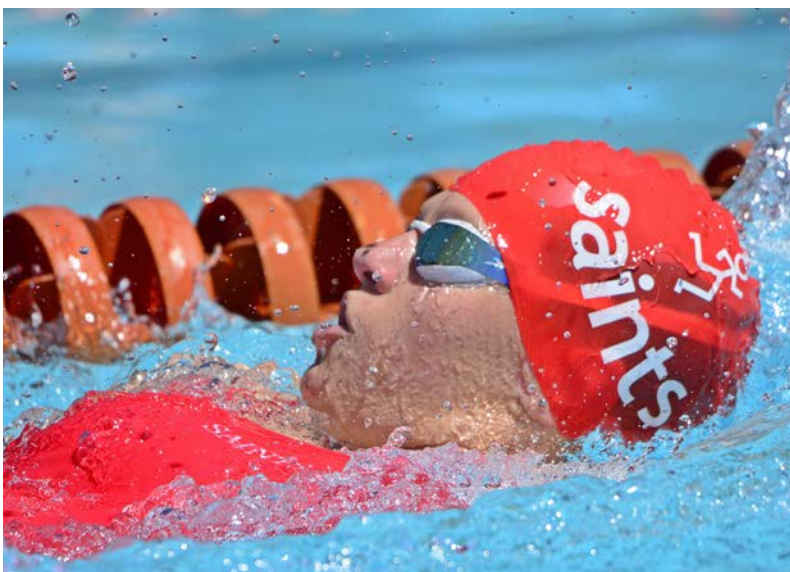
## ST MARY'S SUMMER SPLASH



Ashley



Nicola



Kaitlyn

Our annual Summer Splash aquatics festival is an exciting and fun-filled event which involves girls from junior and senior schools. Both junior and senior school swimming and diving teams combine to compete as a unit. Schools that have water polo teams compete in the water polo event.

Both our diving and water polo teams placed 2<sup>nd</sup>, with St Stithians Girls' College winning these two events.

The St Mary's swimming teams swam superbly and managed to retain the title. Our thanks are extended to our Junior School for the outstanding contribution which they made to this victory.

It was a thrilling weekend of aquatics enhanced by the "tea garden" on the grass field organised and run by the Summer Splash committee.

The final swimming results were as follows:

1 <sup>st</sup>	St Mary's School A team	305
2 <sup>nd</sup>	St Stithians	285
3 <sup>rd</sup>	St Andrew's	272
4 <sup>th</sup>	Brescia House School	214
5 <sup>th</sup>	Holy Rosary School	191
6 <sup>th</sup>	Kingsmead College	165
7 <sup>th</sup>	Roedean School	144
8 <sup>th</sup>	St Mary's DSG	129
9 <sup>th</sup>	St Mary's School B team	118
10 <sup>th</sup>	Parktown Girls and Auckland Park Primary School	101

QUIX  
HEAD OF SPORT





## BASKETBALL



Oh when the Saints!

In the first week of February, our basketball teams played against Michael Mount Waldorf School and recorded some excellent results:

- 1<sup>st</sup> team won 18-10
- U16 A won 14-4
- U15 won 12-10
- U14 lost 0-12

We played basketball against St Peter's College on 7 February and the results were as follows:

- 1<sup>st</sup> team won 33-16
- 2<sup>nd</sup> team won 16-6
- U16 A won 13-2
- U15 A won 10-6
- U14 A lost 4-6
- U14 B won 6-2

The 1<sup>st</sup> team match was definitely the match of the day. It was intense and highly competitive, with both teams desperate for the win. After the first quarter the scores were still relatively even and the match could have gone either way. Despite the increasing pressure, our girls were able to regroup and refocus and, ultimately, play a brand of basketball that secured the win.

The excitement around basketball is increasing and, as a result, we have been able to field more teams.

**TARYN DE WINNAAR**  
HEAD OF BASKETBALL

## RHYTHMIC GYMNASTICS



Reece



Zeinab



Romy



Jessica

Rhythmic gymnastics, an official St Mary's sport, is offered to both Senior and Junior School girls. Coaching is offered in all terms, ending in October.

In December 2017, Zeinab, a Grade 5 pupil, won five gold medals competing for South Africa in the Zone 5 competition against Namibia and Zimbabwe.

**LINDA GIURICICH**  
RHYTHMIC GYMNASTICS COACH



# SQUASH



Georgina (vice-captain) and Panashe (captain)



Senior squash girls on camp



Junior squash girls on camp

On Saturday 20 January, we held a squash camp with the Senior and Junior girls. The camp was run by Cheyna Tucker and Michael Wood. The girls all enjoyed the day and learned many valuable squash tips.

### Squash results

U19 A	
St Mary's beat Kingsmead 14-0	26 January
St Mary's beat St Stithians 13-3	2 February
St Mary's beat Roedean 14-0	9 February
U19 B	
St Mary's beat St Teresa's 14-0	26 January
St Mary's beat Helpmekaar 14-0	1 February
St Mary's beat Mondeor 14-0	2 February
St Mary's beat Roedean 14-0	9 February
U19 C	
St Mary's beat Greenside 14-0	26 January
St Mary's lost to St Stithians 3-14	2 February
St Mary's beat Roedean 14-0	9 February
U16 A	
St Mary's beat Kingsmead 12-3	26 January
St Mary's beat King David VP 14-2	2 February
St Mary's beat Roedean 11-3	9 February

U16 B	
St Mary's beat Helpmekaar 14-2	26 January
St Mary's beat Mondeor 11-3	2 February

U16 C	
St Mary's beat Greenside 11-3	26 January
St Mary's beat McAuley House 14-0	2 February

U15 A	
St Mary's beat Kingsmead 14-0	26 January

U15 B	
St Mary's beat St Stithians 2 12-3	26 January
St Mary's beat St Stithians 1 14-0	2 February
St Mary's beat Roedean 11-4	9 February

U14 A	
St Mary's beat Kingsmead 14-0	26 January

U14 B	
St Mary's beat St Stithians 8-6	2 February
St Mary's beat Roedean 14-0	9 February

Well done to all teams. Keep up the excellent results!

**JENNIFER FOX**  
HEAD OF SQUASH



# WATER POLO



Francesca



Kayleigh



Courtney



Zoë



Nicola

Our congratulations are extended to the following water polo girls:

Nicola has been selected for the U16 SA Squad.

Zoë, Francesca and Kayleigh make up part of the U17 B SA CANA ZONE team. This team will compete against Zimbabwe at the CANA ZONE IV Championships, which will take place in Durban from 8 to 11 March.

Lastly, Courtney has been selected for the U18 SA team. This team will compete at the African Youth Qualifiers against Zimbabwe, which will take place in Durban from 8 to 11 March.

Well done, girls!

**KELSEY WHITE**  
WATER POLO COACH



## NOTICES

### MUSE MORNING

Parents of children of all ages are welcome to join us at our first Muse Morning of 2018 on Tuesday 20 February.

Time: 07h15 to 08h30

Venue: Wantage auditorium, Resource Centre

Speaker: Anele Honono-Skosana and Megan Jones are clinical psychologists working in the Adolescent Unit, Eating Disorders Unit, and Outpatient Eating Disorders Clinic at Tara Hospital. Each runs her own private practice as well.

Topic: "Tubby or not tubby: thinking about how we and our children relate to food and our bodies, and when to seek professional intervention."

Coffee is served from 07h15 for a prompt start at 07h30. Refreshments will be available at the tennis pavilion, outside the auditorium of the Senior Resource Centre (Wantage).

RSVP: sharon.san@stmary.co.za

### BIBLE STUDY



# Rooted

A study in Colossians to deepen our faith in Jesus Christ

Join us for **Bible study** this term on **Monday mornings at 07h30 in the Physio room** (at the bottom of the stairs in the Pitt block).

The St Mary's Mom's Bible study is a group of women who are keen to know and love God more deeply and are committed to looking after and praying for each other. This term we trust that we will build the roots required for a fruitful life, as we walk together through Colossians chapter by chapter, verse by verse. **All are welcome!**

Contact Rosie for further information on 0824141762; Email: moorerosemary534@gmail.com

## MORE THAN THE SUNSHINE WILL STAY WITH US



To commemorate the school's 130<sup>th</sup> anniversary, we wanted to create a book that would evoke something of the spirit and the experience of being at the school. The history of the school has been well documented, most recently in the beautiful book produced for the school's 125<sup>th</sup> anniversary. But the archive also contains a different kind of trace of the past - the school magazines are filled with pages of poetry and art produced by the girls going back as far as the 1930s.

We found these works of imagination have tremendous power to conjure up the experience of school life over the decades: they express what it felt like to be a St Mary's school girl at different times, and through the expressions of the individual girls who were here. It's amazing how some of them have the almost magic ability to transport you back into a classroom, or a dormitory, or to capture those familiar fleeting moments that characterise school life. Some poems evoke personal memories, but also create imaginative connections across the ages - you can imagine what it was like being a schoolgirl in the 1930s, or the 50s, or last year.

We've brought a selection of these poems and artworks together in a single volume. The title of the book comes from a poem written in the 80s called 'Second Last Day', about trying to live in the moment with the simultaneous awareness of the transience of the time just before school ends. The book as a whole tries to bring together some of these transient moments, and to bring the spirit of the school to life through the expressions of the girls. They're funny, they're sad, they're angry, they're angsty, they're innocent and they touch on the intangible distinctive character of the place. It's a trace from the hearts, minds and imaginations of the girls at the school, and an apt celebration of the institution that brought such expression to light.



Genevieve Wood, Form V 1997



Kabelo Maaka Form III, 2010

***More than the Sunshine will stay with us*** can be bought at the St Mary's Clothes Cupboard for R200.