



St Mary's School
Waverley
Founded 1888

• SENIOR SCHOOL NEWS •



St Mary's rowers being awarded their green-and-gold colours, together with St Mary's coach, Caitlin Dace

From the head's desk

I have spent quite some time thinking about what this term holds for our school and what I want to write to our community. There is much social change in our country which is relevant to our thinking and planning. The end of the year also brings heightened anxiety about final examinations and academic achievement. I stumbled upon the following letter while reflecting on these issues and challenges. It reminded me that our girls not only have to grapple with social change but this time of adolescence holds personal development which is painful and difficult to navigate. We should not forget that, although our girls may seem mature and capable, forming their identities and finding inner strengths are difficult journeys to travel.

This letter to a younger self captures some of what the journey is about.

My dear young Bonnie

I'm so grateful for the opportunity to write this letter to you.

Firstly, I want you to know that you are perfect just the way you are. Of course, there are some rough edges that need smoothing, but this will happen, organically, as you journey through life.

You don't have the greatest of friends right now, but (thankfully) that is going to change and you'll learn to surround yourself with people who love, support and bring out the best in you.

You're trying so hard (too hard in my opinion) to fit in with this group; to be acknowledged and accepted; to be seen; but you'll come to realise that they won't see you until you are able to accept yourself. Real transformation always begins on the inside.

Don't ever doubt that you have a special purpose and reason for existing. It's easy to question everything you believe in, especially when you feel like your judgment is clouded by negativity, but I'm here to tell you that there is so much more in store for you.

Dates to diarise

September

Fri 23	08h30	Hilton tennis tour departs
	15h00	Squash (away)
	17h00	Inter-high dance competition at Dainfern
Sat 24		Heritage Day
		St Mary's U16/Open rowing regatta
	12h00	St Mary's jazz band at Sacred Heart music festival
Sun 25		U19 water polo tournament at Reddam ends
	10h00	The Color Run at Roosevelt High School
	17h00	Confirmation classes - chapel
Mon 26	14h40	Trinity drama final dress rehearsals
	18h00	USA water polo tour information
	19h00	Hilton tennis tour returns
Tues 27	14h30	Trinity drama examinations
	15h00	Tennis (away)
	16h00	Marketing committee workshop
	16h30	Board meeting
	17h00	Rhythmic gymnastics prizegiving
Wed 28	08h30	Form III IT outing - Roedeau
	15h30	Water polo at Kingsmead
	18h00	Partner for Possibilities showcase
Thurs 29	14h15	Form IV Art prac
	14h30	Inter-house chess
	15h15	Athletics (away)
	18h30	Hockey dinner
Fri 30	15h00	Squash (away)

October

Sat 1		St Benedict's U14/U15 rowing regatta
	08h30	Form V isiZulu revision at St John's
	09h00	Old Girls' Day
Sun 2	17h00	Confirmation classes
Mon 3	11h00	Form V IEB final isiZulu oral moderation
	15h30	Form V Geography revision lectures at St David's Marist, Inanda
Tues 4	07h15	Muse Morning - Wantage auditorium
	09h00	Form V IEB final Sesotho oral moderation
	15h30	Form V Geography revision lectures at St David's Marist, Inanda
	18h00	Junior best speaker competition - Wantage Auditorium
Wed 5	07h30	Leaders' assembly
	14h45	Junior inter-house squash
Thurs 6	14h15	Form IV Art prac
	15h15	Athletics at Germiston
	16h00	SRC meeting
Fri 7		PTA golf day

You have a tendency to obsess about doing the right thing, which you won't lose as you get older, but I want to assure you that your desire for the truth will be your most sure compass and will lead you to valuable life lessons.

Remember, the world owes you nothing. You've got to work hard for the things you want, believe in yourself and fight to stay positive, despite the inevitable disappointments and failures.

Bonnie, you have so much potential, and you'll do a great many things, but you must learn to forgive – both yourself and others. Setting such a high standard of perfection isn't realistic or attainable and it will lead to more disappointment than success.

Acting is clearly what you were born to do, so continue to nurture that gift. And here's a tip I hope you'll remember when you give your Oscar acceptance speech: try not to cry too much. The whole world will be watching and you wouldn't want them to remember your quivery lip instead of your heartfelt thanks.

So, in closing, let me urge you to travel as much as you can, never lose your love for reading, and always keep your school motto, Veritas (truth), in mind. The truth really will set you free.

Lovingly
Bonnie

Bonnie Henna is a wife, mother and actress. She was discovered at the age of 13 and has been acting ever since. If she could change one thing about her youth, it would probably be her peroxided hair.

Deanne King
Head of school

From the chaplain

What has struck me of late, is how hard Jesus tried to make sure that no one was left out.

Think, for example, of the parable of the lost sheep in which the shepherd left 99 sheep in order to locate the one that went missing, and of the shepherd's joy upon finding that poor lost sheep (Luke 15:1-7). Think also of Matthew the tax collector, disliked by his peers because not only did he collect taxes for the Romans (read: the oppressive government of the day), but many tax collectors also added a mark-up on the stipulated amount to be taxed, so that they could take a portion for themselves. Yet when Jesus spotted Matthew he called Matthew to be one of his disciples – and Matthew left everything

he had to follow Christ (Matthew 9:9-13).

Such was Jesus' passion – to include all. Are there ways in which we could more consciously make it ours, as part of our daily and hourly awareness? Are there ways in which we do things, or things we say, that unintentionally exclude some people?

Revd Claudia Coustas
Chaplain

Term II collection

In Term II, we encouraged our girls to contribute to our chapel collection as it, in turn, would be used to benefit our community affairs programmes. We are delighted to announce that R4 000 from our chapel collection fund will go towards the project of improving the Waverley Girls' High sports facilities.

Muse Morning

All parents are welcome to participate in our Muse Morning on Tuesday 4 October.

Time: 07h15-08h30 with coffee served from 07h15 at the tennis pavilion

Venue: Wantage Auditorium

Speaker: Tracey Farber, clinical psychologist

Topic: "Setting Boundaries with love and respect, are you your child's parent or best friend?" Tracey's talk will be based on recent research, as well as her clinical experience as a psychologist in private practice.

RSVP: sharon.san@stmary.co.za

Bush School

When we arrived at St Mary's, the tension was lingering in the air - Bush School had begun. We thought we knew what was in store with us for the next two weeks, but little did we know that in the days to come we would be challenged mentally, physically and emotionally.

When we arrived at Wagondrift, the weather was very cold and stayed cold for many days. Despite this, we persevered, trudging through mud and dam water. In hindsight, this experience brought us closer together as a form. We complained, motivated and cared for one another. Being around our friends helped us to reflect and laugh about the daily challenges.

A week into the camp, we were greeted by a much welcomed friend: the sun. It was time to take off our tracksuit pants and put on our shorts. What followed was the three-day journey: a day of hiking, a day of canoeing and a day of physical "torture". We hiked across a train track and down a rock face, under barbed wire and through thorn trees. We canoed across a dam and cooked our own potatoes.

This was Bush School - two weeks of sleeping in tents, braving the cold, surviving without electronics, overcoming our fears and, most importantly, being in it together. This camp made us all realise how grateful we should be for all the things we take for granted. None of this would have been possible without our teachers: Ms Andrew, Mrs Ellis and Reverend Claudia, who were always there to give us a hug or a Corenza C.

Bush School 2016, we made it!

Isabelle and Renata

Form II

Thanks are extended to Ms Mullan for organising Bush School and being the best postwoman!



Playing the the mud



Canoeing on the Wagondrift dam



Beautiful scenery



Bonding as a form



A three-legged race

Form III Spirit of Adventure camp



Scenes from our team-building activities at the Spirit of Adventure camp

After the wonderfully relaxing August holidays, the Form IIIs abseiled straight back into reality with our four-day camp at Spirit of Adventure. On our first day, we were taught the STAR strategy towards leadership: S for Support, T for Togetherness, A for Attitude and R for Robust. We were encouraged to implement STAR in every activity in which we participated during our time there.

Our days were filled with numerous thought-provoking, body-straining activities (such as go-karting, abseiling and orienteering), with the main focus of working as a team and leading one another. Our stay culminated in an adventure race on Thursday. The race involved orienteering around the farm, with the use of a map, to certain checkpoints, where we would do activities.

We participated in obstacle courses, kayaking, paint-balling and flying foxes (which involved jumping off a huge structure), among other activities. The girls tested their limits and found ways to work with people we would not have socialised with unless given the opportunity on this camp. Despite one of the groups spending 11 hours and 32 minutes on their adventure race, every girl had a smile on her face, knowing that she had pushed herself beyond her capabilities, had had a wonderful experience and got to know great new people. Our time at Spirit of Adventure will be one that we shall never forget as we bonded as a form and created lasting memories together.

Emma

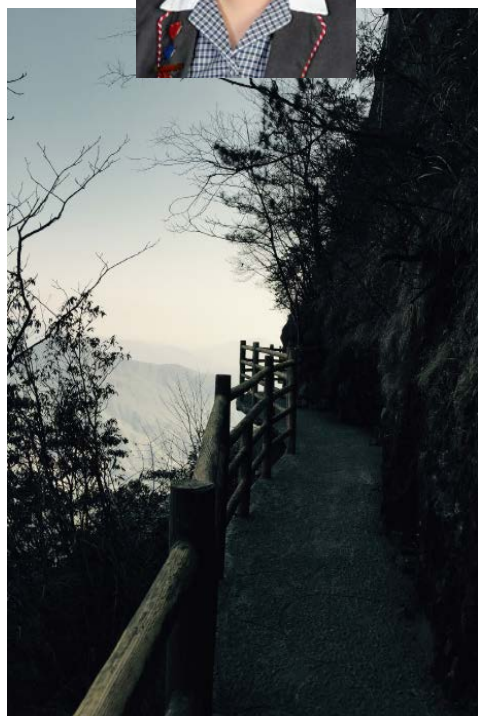
Form III

Photography

The Photographic Society of South Africa has awarded Certificates of Excellence to Bronwyn, Justine and Cara. Bronwyn is the first girl in the school to have been awarded the certificate with distinction.

Anneli Silvennoinen

Senior School librarian



Justine - a path less travelled



Bronwyn - drop of autumn

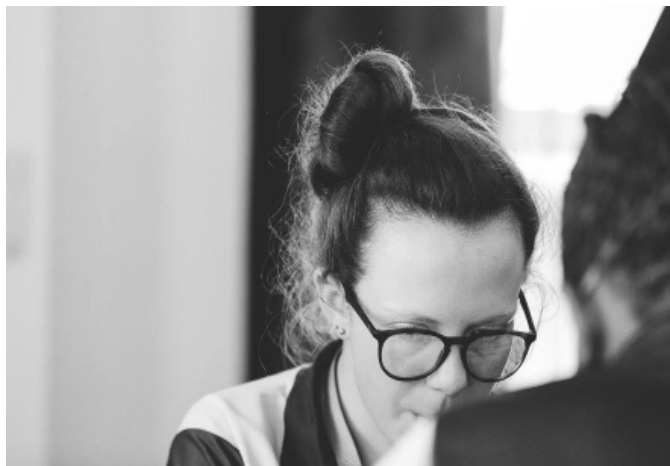


Cara - standing out

Chess

During the holidays, Inge competed in the Johannesburg Metro Open Chess Championship and finished first in the U18 section. She has been selected for the U18 A Johannesburg metro team to participate at the SA Chess Championship during the December holiday. Inge also finished 2nd in the African Women's Open Chess Festival.

As part of the SA team, Inge participated in the African Youth Chess Championship, which was hosted in Port Elizabeth. Fourteen African countries were present. Inge is the U18 Girls' Champion and was awarded the title of Woman International Master.



Inge



Inge being awarded her African Youth Chess Championship trophy

Geography Form II contour cakes

Creativity was the order of the day as the Form IIs assembled their contour cake islands as a Geography mapwork assessment. This exercise combined interpretation of landforms, slopes and teamwork. Each group had to decorate their island and dress according to their chosen theme. Their rationale, photographs and videos were uploaded to Google Drive on the day using their devices and they were marked using an online rubric created by Google Forms. The Isle of Flintstone and A Court of Mortal Hollows were awarded full marks for their technical interpretations.

Cindy Len

Geography teacher



Best dressed group: The Great Escape



Marvel vs DC Comics



Most creative island: Lit Island



Best theme: Kontour Kweens



Best-dressed individual: Kayleigh, a patient at "Saint's Anatomy"

Dance

Bronwyn participated in the WLDF (World Lyrical Dance Federation) competition, which was held on 4 August at St Peter's College. She was awarded 2nd place in the Level 2 for 16-19 years category.



Bronwyn



Bronwyn with her trophies and certificates

Bronwyn also entered the Ultimate Dance Challenge, which was held at the Victory Theatre from 11 to 13 August. She won trophies in the following categories:

Ultimate Competition Winner of all age groups

Ultimate Senior Female Dancer 16-19 years

Ultimate Senior Dancer 16-19 years

Ultimate Ballet Award

Ultimate Lyrical Award

Certificates were given to Bronwyn for Top Choreography Award, Ultimate Shine Award, 1st place in Senior Solo Lyrical Award, 1st place in Senior Solo Ballet Award and 1st place in the Senior Section of the Ultimate Round.

We are also proud to announce that Bronwyn will be performing as part of the *corps de ballet* in *Cinderella*, a heartwarming ballet about a girl who finds her prince.

Well done, Bronwyn!

Artistic Gymnastics

Kristen-Leigh has recently competed in two women's artistic gymnastics competitions.

At the regional (district) competition, held on 13 August, Kristen achieved 1st place for her floor and beam routines in the Level 5 category.

Overall she placed 2nd with a total score of 34.9/40 and was again awarded her Central Gauteng colours.

The inter-provincial competition was held on 9 September, where Kristen-Leigh placed joint 3rd in her floor routine.

She ended the competition with a total score of 34.2/40. She qualified to represent the Greater Gauteng team at the National Gym Games, being held in Cape Town from 7 to 10 October.

Well done, Kristen-Leigh!



Dance crew

The St Mary's dance crew created two new dance pieces, which they performed at the inter-high dance competition at Dainfern College on Wednesday 21 September. Shannon Leitch and Michela Passoni choreographed the contemporary dance with nine of the girls from the crew, and Ziyanda Dhlamini choreographed the hip hop dance with 15 of the dancers. The girls worked hard and these dances not only showcased their talent but their technical skills, understanding of the genre and performance ability. This was a great choreographic opportunity for the girls. The girls have made it to the finals of the inter-high dance competition which happens at Dainfern tonight, Friday 23 September at 17h00. Good luck, girls!



Dance crew

Modern dance classes

The afternoon dance classes had the opportunity to perform at the On the Edge cultural festival. The two classes performed the same work, choreographed by Claire van Niekerk. The dancers studied Bob Fosse's jazz work this term, culminating in a four minute routine to *All That Jazz*.

My congratulations are extended to Taryn for being awarded her Cultural honours blazer.

Claire van Niekerk



From the Sports department



Rowing

On Saturday 17 September, St Mary's rowers participated in the annual St Andrew's ergo regatta. The regatta was fun with all girls and coaches racing in the single and team events. St Mary's placed 1st in the U14, U15 and U16 categories. The real highlight was the coaches' event, where coaches from all schools formed teams and raced their own event. St Mary's entered three teams: the women, the men and the Junior National Squad. The Junior National Squad girls are currently not racing school events, as they are resting.

South Africa entered the women's eight event for the first time in history at the Junior National World Rowing Championships during August. Six of the nine crew members are St Mary's girls, with Caitlin Dace (St Mary's head of rowing) as the women's eight coach. The eight rowed phenomenally well and placed 9th overall. It is an honour to have these girls rowing for our club this coming season.

The St Mary's rowing club really bonded during our first camp, which took place at the end of the August holidays. The girls are all looking forward to an exciting season with the new U14 girls and some new coaches.

St Mary's will host a regatta at Roodeplaats Dam this weekend. This is an U16 and Open event, which promises to present some breathtaking racing. If you would like a day at the dam, come and join the girls and parents for a day of red fun!

Alexa

Form III



Training hard



The eight on the water



The St Mary's rowing club at the St Andrew's ergo regatta



Proud of their medals from the ergo regatta

Rhythmic gymnastics

At the end of Term II, the rhythmic gymnasts took part in a rhythmic show. The show included some girls from our Waverley Girls' High rhythmic programme.

At the end of July, the St Mary's senior gymnasts took part in the Gold Reef competition in Johannesburg. Romy and Jessica also participated in the Ocean competition held early in August at St Mary's School in Kloof, KwaZulu-Natal. Romy placed 3rd in Level 7 and Jessica 1st in Level 5.

During the August holidays, the seniors trained for many hours. Caitlin, Romy and Jessica qualified to represent Central Gauteng at the Gauteng championships. Romy and Caitlin placed 2nd and Jessica 3rd in their respective levels at the Gauteng Championships and will go on to represent Gauteng at the SA Gym Games in Cape Town in October. During the Games, Romy and Jessica will also be part of a group that will do a hoop routine as part of the Gym for Life competition.

Linda Giuricich

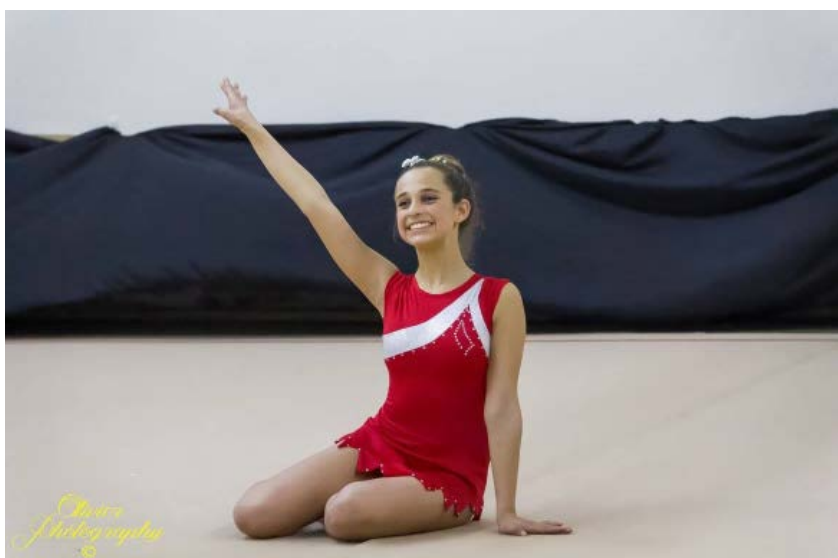
Rhythmic gymnastics coach



Romy



Caitlin



Jessica

Equestrian

At the beginning of August, the SANESA Gauteng Finals were held at Eaton Farm and our congratulations are extended to all the girls who represented Johannesburg Metro at Gauteng. SANESA Nationals are being held at Misty Meadows during October, and the girls below have been selected to represent Gauteng at this event:

A team

Level 7 - Caitlin (Working Riding, Working Hunter), Lia (Working Riding, Performance Riding)

Level 6 - Kiara (Eventing)

Level 5 - Caitlin (Performance Riding), Lia (Dressage)

Level 3 - Caitlin (Performance Riding), India (Performance Riding), Nicola (Equitation)

B team

Level 7 - India (Working Hunter), Caitlin (Performance Riding)

Level 5 - Lia (Working Riding), Caitlin (Working Hunter, Dressage), Nicola (Performance Riding), India (Performance Riding)

Level 4 - Caitlin (Show Jumping)

Level 2 - Jessica (Dressage)

Level 1 - Nicola (Dressage)

C team

Level 6 - Meg (Equitation)

Level 3 - Kate (Working Riding)

Level 1 - Nicola (Working Hunter)

The SA Championships were held during July. Lia and Caitlin both received awards in the Showing Discipline. Caitlin received the Showing Association of SA 2016 2nd Highest Ranked Junior Rider Award in SA, and Lia was awarded the Showing Association of SA 2016 Pony Rider Victor Ludorum and the 2016 Top Ranked Pony Rider in South Africa.

Our St Mary's Eventers were also very successful during the year. Kiara won the 2016 Gauteng Amateur League 90cm Junior Eventing award and Andrea won the 2016 Amateur League 1m Junior Eventing Award.

Shirley Doublas

Chef d'equipe



Caitlin - SA Showing 2nd Highest Ranked Junior Rider Award



Lia - SA Showing Pony Rider Victor Ludorum



Nicola on El Encanto Conchita



Jessica on Calvaro of Tipuana

Squash

Boys' league

The last boys' league match against Helpmekaar was played on Friday 22 July, which we won 14-2. Well done to a great team effort throughout Term II. St Mary's has won the U19 A boys' league.

Gauteng Junior Squash inter-provincial

U19 A - was lead by No 1 in South Africa, Panashe

U16 A - was ranked 9th and ended with the bronze medal. Well done to Georgina and Jemma



Pahashe, Georgina, Cara and Jemma



Megan, Demi and Alexia made the U14 B inter-provincial team. Well done on a great achievement for your first year on the squash court

Jarvis/Kaplan Cup Interprovincial Squash Championships



Panashe made the senior inter-provincial B team - congratulations



Panashe received the prestigious award for Most Promising Player at the awards evening of the Jarvis/Kaplan Cup Inter-provincial Squash Championships

Jennifer Fox
Squash coach



The World Junior Squash Championships took place in Bielsko-Bialwa, Poland, from 5 to 12 August. The event hosted 26 countries from all over the world. I played six matches overall, won three and lost three. The competition at the tournament was tough because I was playing against top players from all over the world. I placed 53rd overall. World Juniors exposed certain areas in my game on which I need to work. Competing there was an amazing experience. I learned a lot and I made friends with people from other countries. When I wasn't playing squash, I was exploring the city with the rest of the South African team. I had a great time and I am very thankful to everyone who contributed towards the tour.

Panashe
Form III

Tennis

The tennis season has started with much enthusiasm from all the players. This is a term packed with league matches, tours and the junior inter-high event on 15 October.

I wish our captains Roxanne, Shannon and Tegan all the best for the season ahead. I have already been impressed with their approach and demeanour. The captains have chosen being a "team player", having a "good attitude" on and off the court and "for the love of the game" to be the standards of our team. I am hoping that each and every player on the tennis teams will embrace these standards which, in turn, will lead to a successful season.

I should like to welcome a new tennis player, Alexis, into the St Mary's tennis family. Alexis is an excellent player who has been home-schooled for the past two-and-a-half years. I know that she will make a meaningful contribution to tennis at St Mary's.

Congratulations to Maja, Tamsin and Alexis, who have qualified for the South African Masters event to be held in the Boland in October. This is a great achievement as only the top 16 players in each age group in South Africa are chosen to play in this prestigious event. Good luck, and give your best effort.

Results 13 September

St Mary's A lost to Helpmekaar A 19-44
St Mary's B beat Helpmekaar B 47-16
St Mary's C lost to Holy Rosary A 16-47
St Mary's D beat Holy Rosary B 41-22
St Mary's G lost to Rand Park A 30-33
St Mary's H beat Rand Park B 54-9

René Plant
Tennis coach

From the Foundation

The St Mary's Foundation wine auction, held on Friday 16 September, was a very successful evening of fun, food, wine and fundraising for the St Mary's Ikusasa Lethu programme. The auctioneer, Gift Ngwenya, led the auction and engaged guests with great humour and persuasion to raise an amount of R334 500.

The Ikusasa Lethu programme is a Saturday school programme held at St Mary's, attended every week by 275 learners from Alexandra and surrounding communities. These learners receive tuition in the GDE syllabus to help them achieve better matric results and, hopefully, to gain access to tertiary study.

Gavin Dittmar (St Mary's parent) and Heidi Duminy (St Mary's Old Girl) and the rest of the team at Meridian Wine Merchants did an amazing job of approaching the wine estates to donate wine for the auction. The auction evening was held at La Vie en Rose, Killarney Country Club, where guests were treated to a delicious meal and a fun evening.

The Foundation is truly grateful for the overwhelming support received from the St Mary's community of current and past parents.

Gillian O'Shaughnessy

Foundation manager



APP

Please remember to download the St Mary's app.

- The app is available from the Apple App Store and the Google Play Store. Search for it by using "St Mary's School"
- Once you have located it, click "download" or "get icon". When the app has downloaded and been opened, a window will pop up, which requires an access code to be entered. Enter the access code stmary16 and click "OK"
- You will then be taken to the loading screen, and to a screen that will ask about push notifications. Please allow for push notifications to be sent through
- In the menu you will see an icon button that reads: "My school profile". Email kathy.mittendorf@stmary.co.za to get your unique personalised access code. This will allow you to bookmark pages, create a personalised schedule and lots more. Remember also to click on "notification settings" to select the areas of the school that are applicable to you

This will ensure that you only get urgent notifications that are relevant to you and your daughter.



THE DISCOVERY ST MARY'S GOLF DAY

2016

GET YOUR SWING BACK INTO ACTION
AT THIS YEAR'S FUN-FILLED GOLF DAY
HOSTED BY DISCOVERY & ST MARY'S SCHOOL

Date	Friday 7 October 2016
Format	Four-ball alliance: Shotgun start
Venue	Parkview Golf Club

For more information or to sponsor a hole/prizes, please visit
www.stmarysschool.co.za/news/entry/the-discovery-st-marys-golf-day
or email golf@stmary.co.za

Discovery is an authorized financial services provider.