



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

2 NOVEMBER 2018



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Winners of inter-high athletics for the 11th consecutive year

FROM THE HEAD'S DESK

As we enter the final month of school for this year, our attention is on the examinations. It is a difficult time to settle into studying as the outdoors, socialising and holidays beckon. There is also significant pressure on the girls to achieve excellence in order to access tertiary education. Our girls need encouragement and nurturing during this time, and they need our guidance as to how best to approach the final examinations. I believe in balance as an approach that is enduring and mostly, one that delivers good outcomes.

I often turn to Dr Ela Manga's writing when I am looking for guidance on how to find a balanced approach in our adrenalin lifestyle. This is some advice that has relevance for our girls as they prepare for the examinations:

Be discerning

Be conscious of the information that you allow into your space. How much negativity from media and social media do you allow into your space? And what is the impact on your energy? Be mindful of what

you watch and listen to, and how it is benefiting you. Who do you follow on social media and why? Detox your space from the people and information that drain your energy. When it comes to watching television, do you waste time and energy mindlessly flipping channels because you are bored and tired? Choose what you enjoy watching on television and allocate the time to watch just that programme. Having the television in the background fills our awareness with unnecessary clutter. Each of us are unique in the way that our brain works and what supports our focus. For some of us, listening to music while working supports focus, while for others it is a distraction. Be aware of how your brain works to support focus and energy. Psychologists call this "metacognition", which is the ability to be aware of your own mental processes and understand your brain and how you deal with incoming information.

DEANNE KING
HEAD OF SCHOOL

NOTICE BOARD – PLEASE SEE PAGE 12 FOR ALL OUR
IMPORTANT NOTICES

FROM THE CHAPLAIN



Girls who were confirmed with Bishop Steve as the celebrant and preacher

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ "Blessed are those who mourn, for they will be comforted.

⁵ "Blessed are the meek, for they will inherit the Earth.

⁶ "Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷ "Blessed are the merciful, for they will receive mercy.

⁸ "Blessed are the pure in heart, for they will see God.

⁹ "Blessed are the peacemakers, for they will be called children of God.

¹⁰ "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven

– Matthew 5:3-10 (NRSV)

Biblically, all Christ-followers are saints (e.g. Philippians 1:1); thus on All Saints' Day we remember those, past and present, who have tried to walk in the footsteps of Christ in going about their daily lives. All Saints' Day is also a reminder that because all Christ-followers are saints, we are part of a greater community of faith.

The Beatitudes, as Matthew 5:1-12 are known, are Christ's words to his followers at the beginning of his sermon delivered on the Mount of the Beatitudes. On the feast days of All Saints' and All Souls', these words help us reflect on the lives of those who have aimed to live out the kingdom of God here on Earth, and who have impacted our own lives and the lives of those we know and love.

In the Anglican Church, Thursday 1 November marks All Souls' Day, while Friday 2 November is the feast of All Saints. The word "Halloween" derives from the word "hallowed" or "holy" – originally referring to the "holy evening" of All Souls' Day. On the feast day of All Souls, we remember and pray for those who have gone before us, while on All Saints' Day we celebrate those canonised by the Church as well as those not (yet) canonised, those well-known and those less well-known, yet who should be celebrated within our contexts.

REVD CLAUDIA COUSTAS
CHAPLAIN

MEET THE BOARD

Graeme Codrington is an author, futurist and business strategy consultant. His work involves understanding disruptive change and helping organisations and individuals prepare for the workplace of the future. He has been a member of the St Mary's Board for more than 10 years and has helped shape the thinking of the Board in the areas of technology, future trends and innovation.

Graeme has been married to Jane for 27 years and they have three daughters. Amy matriculated from St Mary's in 2017 and Hannah is going into matric in 2019. Their youngest daughter, Rebecca, attends Star Academy, across the road from the school. Amy and Hannah both attended St Mary's from Little Saints, with a five-year break when the family moved to London to establish Graeme's business there in 2008.

As CEO of strategic insights firm, TomorrowToday Global, a company he co-founded nearly 20 years ago, Graeme travels to about 20 countries every year working with the leaders of some of the world's most well known companies. He is one of South Africa's best-selling authors, probably best known for *Mind the Gap*, which he co-authored with St Mary's Old Girl, Sue Grant-Marshall. He contributes regularly to various publications and is a prolific political and social commentator.



CULTURAL AWARDS EVENING

The cultural awards evening is a much-anticipated event for everyone involved. Friday 5 October proved to be a spectacular evening, with activities ranging from dance to robotics. The cocktail party was comprised of a myriad of the cultural offerings. Sipping on virgin cocktails and nibbling on delicious snacks, the girls and their parents could dabble in gaming, 3D-printed ten-pin bowling, a photo booth or marvel at the designs from Project Runway 2018. A few of the performances prior to the awards evening included the modern dance group, traditional choir and original poetry from the girls. As the glamorously-attired audience moved into The Edge, the newly-recorded original song, *Boy in my Mirror*, written by The Indecisives, set the mood for the ceremony. Veneka Paradza touched the audience with her nostalgic memories on leaving The Edge, her home at

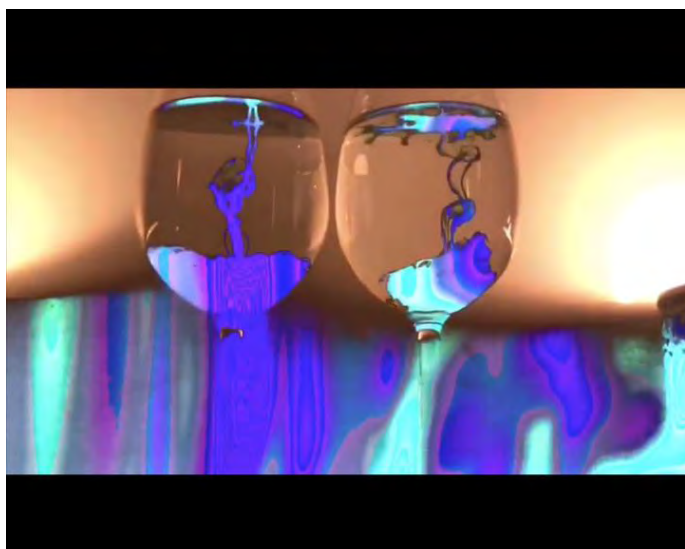
school. The jazz band and their vocalists dazzled the audience with their two toe-tapping numbers. The audience collectively celebrated the various awards with roaring applause for the nominees and winners. Dramatic monologues, duologues, poetry and staged readings punctuated the evening. A highlight was certainly the dance crew's two inter-high dances.

The night ended with The Indecisives performing *Best Friend* by Rex Orange County. It was a night of celebration, talent and pure delight.

CATHERINE
FORM IV



THE APPLE EXCELLENCE IN EDUCATION AWARDS



A screenshot from Caitlin's video *Sober*



Katherine's video *The Kiss*

The Apple Excellence in Education awards evening was held at The Venue at Melrose Arch on 25 October. This is a national competition, which attracted more than 500 entries from more than 80 schools. The Visual Arts department had two entries in the finals of the Artistic Excellence category. Katherine placed third for her creative video, *The Kiss*, and Caitlin placed second for her video, *Sober*. The girls made use of a variety of special effects

and apps using Apple technology to create their videos. Well done, girls!

SUE HEYDENRYCH
HOD VISUAL ARTS

5678 Productions

For more info:
call 083 226 2871

DANCE



Tatum

Tatum competed in a series of national competitions held in various provinces during the course of 2018, and has qualified to participate in the International Dance Organisation (IDO) World Modern and Contemporary Championships.

This competition takes place in Rawa Mazowiecka, Poland, in December.

It is indeed an honour to participate in this event where more than 3 000 of the top dancers in the world will compete.

The International Dance Organisation hosts the annual World Championships, and participants are selected from more than 250 000 dancers from six continents.

We wish Tatum everything of the best when competing at this prestigious event.

CLAIRE VAN NIEKERK
www.5678productions.co.za

DEBATING

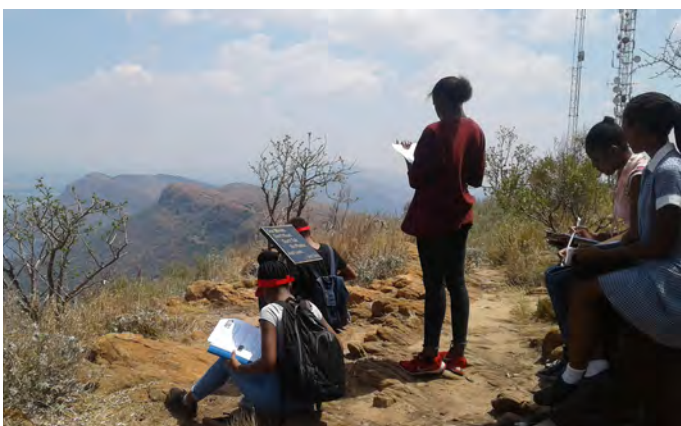


Anqi and Ande

Ande (Form II) and Anqi Qu have been selected for the Gauteng Schools' Debating Board provincial team and will participate in the national competition at the end of the year.

SEIPATI MOHAPI
HEAD OF DEBATING

FROM THE GEOGRAPHY DEPARTMENT



On 15 October, the Form III and IV Geography pupils visited Hartbeespoort Dam to look at the dam and its surrounding landforms. We stopped on the dam wall where, despite the water hyacinth on the water and the eutrophication, the view was spectacular.

Next, we climbed into cable cars and rode to the top of the Magaliesberg mountain range, where we ate lunch overlooking the Hartbeespoort Dam and its surroundings. We examined the *cuestas* (homoclinial ridges),



which form the Magaliesberg range, and learned about the geology of the Hartbeespoort area.

It was a privilege to be able to learn new information about an area of South Africa which, despite being so close to home, is not often visited. Thank you to Mrs Devine and Mrs Len for the opportunity.

KATE
FORM IV

INNOV@TION HUB

The e4 curriculum is a largely skills-based programme. Even more important than the skills taught and practised in class and on excursions, is the application of the skills which are gained to everyday life.

Recently, the Form I girls visited Alexandra as part of a "beyond the classroom" learning experience. To consolidate and enhance this learning experience, the girls have been required to create an interactive digital guide of Alexandra. This task affords them the opportunity of applying digital skills to a real-life experience.

The use of technology at school provides another way in which the girls are able to learn. In this exercise, the girls practise using spreadsheets to create the interactive guide. Data is entered, manipulated, validated with a rating scale and formatted according to the pupil's individual choice. To enhance the guide further, pupils are required to add interactive images and make a

customised map. The use of code is also introduced. Google Apps Script is a scripting language based on JavaScript and allows the user to add a new dimension to G Suite products such as Docs, Sheets, Slides, and Forms. In our activity, the girls are using it to add sidebars to their spreadsheets.

By making use of Google's Applied Digital Skills, the girls follow a series of videos to complete the interactive tour guide. Pupils work collaboratively, using organisational skills and applying critical thinking skills, as well as finding the activities engaging and fun. The use of video material allows valuable time for teacher-student relationships to develop in which the teacher can interact with the girls individually to provide support and feedback.

LINDA BRADFIELD
EDTECH TEACHER



FROM THE MUSIC DEPARTMENT

The Associated Board of the Royal Schools of Music (ABRSM) is the UK's largest music education body, one of its largest music publishers and the world's leading provider of music examinations, offering assessments to more than 600 000 candidates in more than 90 countries every year. The ABRSM's mission is to inspire achievement in music. In partnership with the Royal Schools of Music, it supports high-quality music-making and learning around the world. The ABRSM offers pathways and resources for students and teachers, which help to build musical skills, provide goals and encourage progress.

Congratulations to the following girls who passed their music examinations recently:

Danielle	Piano	5	Merit
Maxine	Singing	7	Merit
Zamantungwa	Violin	7	Merit
Wanjiru	Flute	4	Pass
Ameerah	Flute	1	Pass
Khanyisile	Piano	2	Pass

Maximum	150
Pass	100
Merit	120
Distinction	130

<https://za.abrsm.org/en/home>

ABRSM PRACTICAL

Mira	Piano	7	Merit
Lucy	Clarinet	8	Merit

DUDLEY TROLLOPE
DIRECTOR OF MUSIC

FROM THE SPORTS DEPARTMENT



ATHLETICS



Caroline and Tannah, captains of athletics

What a superb end to the season. On Thursday 4 October, the first opportunity that I had to run a full team and get a realistic idea of our opposition for inter-high, we ran superbly and totally dominated the meet. At our last weekly meeting on Thursday 11 October, we were able to tweak a few issues and finalise the vast majority of the team to participate at inter-high. One of the highlights of this season was the fact that we have been able to run virtually all girls every week. We have, on occasion, even been able to field more than one relay team per age group. All girls have tried hard and pushed others to be better.

St Mary's were the inter-high hosts this year and we could not have asked for a more perfect day. The fact that there was a power outage in Germiston for the entire day was unfortunate. St Mary's were hungry for victory and nothing could dampen our spirits or performance.

Out of 44 events we placed first in 24, second in 13 and we broke the following records:

Jade	U15A	80m hurdles
Holly	U15B	80m hurdles
Roxanne	U16B	200m
Danielle	U14B	400m

Owing to no electronic timing, the hand-held times were converted to the equivalent of electronic.

It would be remiss of me not to mention the great leadership from captain Caroline and vice-captain Tannah. They were both committed and passionate and made a great effort to unite the team. Well done, captains. Mention must also be made of the passion and expertise of our coaches, Anton and Monique Bouwer. Well done, coaches.

The final results were as follows:

1 st St Mary's	542
2 nd Holy Rosary School	392
3 rd St Andrew's School	375
4 th Kingsmead College	364
5 th Brescia House School	362
6 th Jeppe School for Girls	266
7 th Assumption Convent School	248
8 th The High School for Girls Potchefstroom	170

This is the 11th consecutive year that St Mary's has won this event. What an achievement, athletes.

QUIX
HEAD OF SPORT

TENNIS



B junior inter-high team



C junior inter-high team



Winners of the premier league



Tennis captain, Ruth, with the winning Junior inter-high team



Junior inter-high winners with Rene Plant

The past few weeks have been very successful for the St Mary's tennis players.

The St Mary's A and B teams beat Helpmekaar A and B in the last match of the league to clinch the title. It was a convincing win by both teams.

St Mary's participated in the annual Eunice Tennis Festival, which was held over half-term. The team, comprised of Tamsin, Sarah, Ruth, Amukelani, Hannah, Annika and Lexi, were unbeaten. The team from St Mary's beat teams from St Cyprian's School, St Stithians, Rhenish High School, Waterkloof and Eunice to top the log in the round robin format. The team won all their matches convincingly and only lost three matches of a possible 45.

On Saturday 27 October, the St Mary's A, B and C teams participated in the junior inter-high event and did extremely well. This event is specifically for tennis players in Forms I and II.

The A team comprised of Sarah, Hannah, Annika and Lexi won their pool matches in a convincing manner. In the semi-finals, St Mary's faced tough opposition from Northcliff but won by 12 games to 6. In the finals, the players from St Mary's played an exceptionally high standard of tennis to beat Helpmekaar who were the defending champions by 15 games to 5. Thank you to Ms Quix, all the parents and the captains who came to support the players at this exciting event.

The B and C inter-high teams competed in the B team section of the event and also did extremely well. The B team, comprised of Georgina, Isha, Kristy and Ashley, beat Helpmekaar B, Kingsmead B, Roedean B and Holy Rosary B. The B team lost to St Andrew's in a very close match and drew with St Mary's C team.

The St Mary's C team, comprised of Aaliyyah, Jaimie, Jessica and Samantha, beat Kingsmead B, Holy Rosary B, Roedean B and drew with Helpmekaar, St Andrew's and St Mary's B. The final positions were very close, with Helpmekaar taking the top spot, St Mary's B in second place and St Mary's C in third place. Well done to all these players and thank you to Ms Murray for her support and assistance with these teams at Roedean.

League results

16 October

St Mary's A beat St Andrew's A 45-18

St Mary's B beat St Andrew's B 49-14

St Mary's C lost to Linden A 42-21

St Mary's D beat Holy Rosary B 34-29

St Mary's E lost to Bryanston High School A 27-36

St Mary's F beat Bryanston B 36-27

St Mary's G lost to Parktown A 31-32

St Mary's H beat Parktown B 47-16

23 October

St Mary's A beat Helpmekaar A 37-26

St Mary's B beat Helpmekaar B 45-18

St Mary's C lost to Roedean A 19-44

St Mary's D beat Roedean B 33-30

St Mary's E Bye

St Mary's F Bye

St Mary's G lost to King David Linksfield A 39-24

St Mary's H lost to Linksfield B 31-30

Eunice Tennis Festival results

1 St Mary's 70 points

2 Waterkloof 54 points

3 Eunice 42 points

4 Rhenish 40 points

5 St Stithians 19 points

6 St Cyprians 8 points

A Junior inter-high results

1 St Mary's School A

2 Helpmekaar

3 Northcliff High School

4 St Andrew's School

5 Holy Rosary School

6 Linden Hoërskool

7 St Stithians College

8 Roedean School

9 Brescia House

10 Kingsmead

11 St Dunstan's

12 Assumption Convent

13 St Teresa's School

14 HeronBridge College

15 Trinity House

16 Bryanston High School

17 Redhill School

18 Rand Park High School

19 Jeppe High School

20 St Peter's College

21 Parktown High School

22 Hyde Park High School

B Junior inter-high results

1 Helpmekaar B

2 St Mary's B

3 St Mary's C

RENÉ PLANT
HEAD OF TENNIS

RHYTHMIC GYMNASTICS



Twenty-four provincial rhythmic gymnasts - three girls were absent for the picture

WATER POLO

St Mary's water polo made more than just a splash at the various tournaments which took place over half-term.

Thirty-eight water polo players competed for St Mary's at the following prestigious schools tournaments: U13 St Stithians Invitational, U14 Roedean Water Polo Tournament and the 1st Team St Stithians Invitational. All three tournaments hosted 20 competing top water polo schools from all over South Africa.

The U13 team placed third, beating Kingsmead in the bronze medal match. They won all their pool games to go straight through to the semi-final and then narrowly lost in an exciting penalty shootout, which placed them in the bronze medal position.

The U14 team had a consistent tournament with huge improvements made as a team. They placed 13th, beating Kingsmead in the 13/14th place match.

The 1st team made huge waves in the water over the weekend after placing 13th at this same tournament last year. They placed third this year. The 1st team placed second in their pool game matches, which lead them to play Clarendon in a play-off to get to quarterfinals. They beat Clarendon 4-3 and advanced through to play Roedean School. They beat Roedean in a very tense but exciting match where they overcame their opponents by two solid goals in the last two minutes of the day, taking a clear win. They lost to Pearson High School in the semi-final and were matched to play Reddam House Cape Town in the bronze medal match.

St Mary's took the lead in the bronze medal match with Kayleigh (vice-captain) scoring a long shot to get St Mary's on the board. Reddam equalised and then challenged again with the first quarter ending 2-1 to Reddam House Cape Town. The second quarter remained the same with no goals scored for either team and Francesca (captain) and Nicola (goal keeper) showing strong defence and holding the score line down. The third quarter saw St Mary's back on the score line with a fantastic goal from Rebecca and then later in the quarter, another great long goal from captain Francesca with St Mary's taking the lead going into the final quarter of the game. Reddam House Cape Town continued to challenge the St Mary's team and gained another 2 goals putting them in the lead with only 40 seconds left in the match. A team time out was called for a last chance at saving this game and Kiara Walsh gained a good position and scored yet another long range lob goal which equalized the match and lead to both teams going into a penalty shootout and St Mary's coming up tops, winning the match in the end, 7-5.

Kiara and Kayleigh were selected in the tournament's "All Star Team".

This was a very successful weekend for St Mary's water polo and we are looking forward to the rest of the season.

KELSEY WHITE
HEAD OF WATER POLO

1st and U13 water polo team

Kiara and Kayleigh



Rebecca in action



Nicola making a save



Winning bronze medal match after penalty shootout

1st team

Penalties shooters in bronze medal match: Kiara, Francesca, Abigail, Hannah and Rebecca

SQUASH



Junior inter-house squash was held on Thursday 4 October and the atmosphere at the squash courts was electric, with each house filling their respective teams.

Phelps placed first with 374 points, followed by Clayton with 333. In third place was Furse with 294 points and in fourth place Karney with 176 points. Well done to all houses. The most organised house was Clayton. Well done to Hannah Slettevold and Rebecca Sinner for an excellent job.

The Start of Season (SOS) Gauteng Junior Squash Tournament was held from 26 to 28 October and St Mary's yielded good results.

U16 – Tayla 2nd and Sasha 9th

U19 – Rebecca 8th

JENNIFER FOX
HEAD OF SQUASH

ROWING



Octuple training on camp



Proud U14 girls saluting their supporters



U15 quad



Weed at Roodeplaat Dam

The new U14 girls are a wonderful addition to the St Mary's rowing club. We hope that our club will continue to grow further, beyond the 25 years it has existed. As with past St Mary's rowers, we shall thrive and utilise all the training we have received from our coaches and use it on the water where, not for the last, or the first time, we will row with "our chests up and our hearts open".

The St Andrew's junior regatta on 27 October marked the last regatta of this half season before the grand finale – Gauteng Championships. Despite the highly anticipated races, the regatta was slightly delayed in the morning. This was all thanks to the large clumps of hyacinth in the Roodeplaat waters. Hyacinth, as all people familiar with rowing would know, is one of the greatest banes of all rowers – that and wind. In rowing, we are fond of saying the second last of any training set

– or in this case the second last of the half-season regattas – is the toughest. It is so close to the end, yet not close enough. The juniors handled this regatta, along with the mishaps, like champions. They participated in every race with pride for whom they have transformed into and what they are now a part of – a club and a family of incongruous parts that represent St Mary's rowing.

TARUMBIDZWA
FORM III

NOTICES

MUSE MORNING

Date: Tuesday 6 November

Time: 07h15 to 08h30

Venue: Wantage auditorium

Topic: Identifying depression and suicidality in adolescents

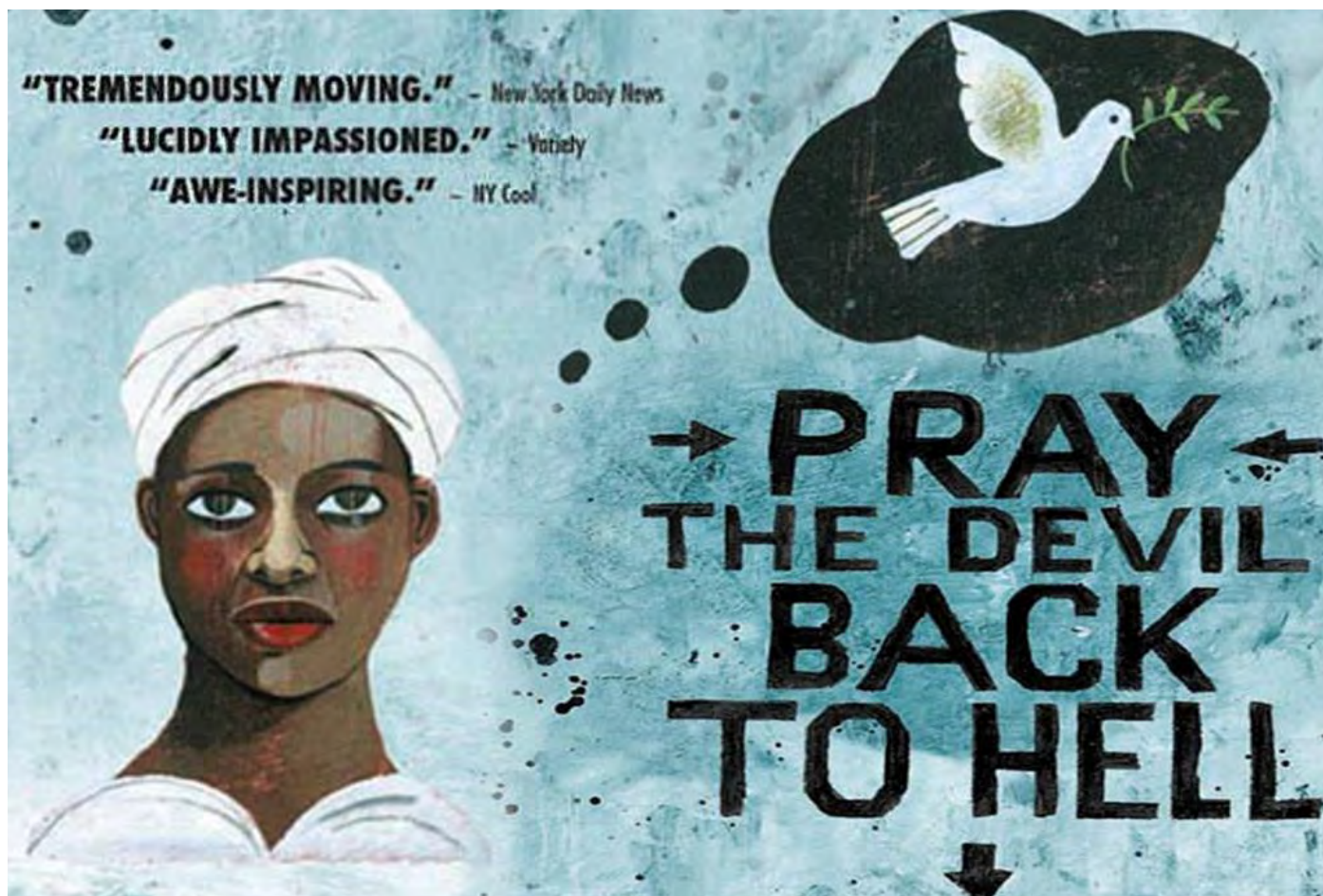
Our teens are under immense pressure and are increasingly suffering from depression and hopelessness. As parents, it is important to be able to identify if your teen is "just blue" or depressed, in order to seek appropriate treatment and counselling.

Speaker: Vanessa Hemp is a clinical psychologist in private practice. She is also the director of adolescent services at The Day Clinic in Oxford Road, which provides a range of clinical services for adolescents and their families.

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

RSVP: Lynn.moony@stmary.co.za

Although the topic relates mainly to adolescents, all parents are welcome to attend.



You are invited to a fundraising event for **Molo Mhlaba School for Girls**, Khayelitsha:

Pray the Devil Back to Hell film public screening

Pray the Devil Back to Hell is the "untold story of everyday women in Liberia who brought a warring nation to its senses, armed only with the courage of their convictions".

All proceeds will go towards Molo Mhlaba, a low-fee private school for girls which is addressing the need for quality education in poor communities.

Date: Wednesday 28 November

Time: 17h30 for 18h00 to 20h00

Venue: The Edge, St Mary's School Waverley

Tickets: R100 available on Quicket ([click here](#))

In partnership with:



Website:

<https://molomhlaba.org/>

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