



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

31 MARCH 2017

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Matric dance 2017

FROM THE HEAD'S DESK

The beautiful autumnal days that we are experiencing turn our thoughts to the St Mary's Investec Hockey Festival. This tournament contributes much to our community. It is a celebration of sport and, particularly, girls' sport but it has also come to play an integral role in community building. All our stakeholders come together, including staff, girls, parents, alumni and the local community, to support this event.

The hockey festival brings schools from across the country to our campus and it is a time for our community to meet up with old acquaintances and to make new friendships. The spirit at the hockey festival is quite tangible, and the players and spectators seem to revel in what sport brings to our lives.

At the same time as our hockey festival, our netball 1st team participates at St Andrew's School for Girls, Senderwood. We wish them success in what is the toughest competition of the netball season. I encourage our community to support the netball girls over this tournament, which attracts many of the same schools as our hockey festival does.

During the hockey festival we will also host a cultural programme that will be staged in the school hall. This will consist of dance, drama and music. The break in our usual timetable also provides the opportunity

for the girls to catch up with and consolidate their studies.

Our matrics enjoyed a spectacular evening in perfect weather as they celebrated their matric dance, *Dancing in the Moonlight*. The Form IV girls, Lynn Northmore and Clarise Dippenaar, devoted an extraordinary amount of time and energy to create a magical atmosphere.

Our workshopped Senior School play, *The Nature of Things*, provided the opportunity for many girls to showcase their considerable talents in a variety of theatre modes: acting, singing and dancing. The play proved to be thought-provoking and delighted audiences. Congratulations are extended to the cast, the technical support cast, and the choreographers and directors: Jane McMurray, Claire van Niekerk, Barry Strydom, Joni Barnard (matric 2003) and Benjamin Mills (lighting engineer).

As this is the final newsletter of the term, I wish our families a happy Easter and a restful holiday.

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN

Saturday 25 March marked the church's celebration of the Feast of the Annunciation: the announcement made by God's messenger, Gabriel, to a seemingly unlikely recipient – a young girl, Mary, betrothed but not wed. It was an announcement that would change the course of history – that Mary would give birth to a son, who would be God-with-us, Jesus Christ our Lord.

Sunday 26 March marked "Mothering Sunday", called thus because it was the day historically when Christians went to the "mother church" in their diocese – the cathedral – and also because that was the day when those who worked far from home were given leave to visit their mothers. The day's proximity to the Feast of the Annunciation brings to mind Mother Mary, our Lord's mother, patron saint of our school and a woman of God who represents each who has played the role of mother in our lives.

One of the readings for Mothering Sunday is 1 Samuel 16:1-13, which tells of the anointing of another unlikely person, David, to be king of the nation Israel and "a man after God's own heart" (1 Samuel 13:14). Surely the eldest son in a family, already a grown man and fit for battle, would be worthy of a kingdom, yet God chose the youngest of Jesse's sons, a mere boy, fresh from tending the family's flock of sheep, to be king.

Two intertwining themes strike me in the above: firstly, that God chooses a path for each of us to walk, no matter how unlikely a candidate we consider ourselves (or each other!) to be for this path. Our prayer in Lent must be to recommit ourselves to this path with God, to seek to discern the next step on that path, and to make that step happen.

Secondly, in all of the above there is an upholding of family and of our greater community: Mother Mary, those who have played the role of mother in our lives, David in relation to his family. This week, let us take time to uphold our families and our communities in prayer, in recognition of how both family and community have loved us and formed us.

In particular, let us uphold this community of St Mary's School in our prayers. Community is a vital and core value of St Mary's, and one which is lived out profoundly, and felt the more keenly when we lose one of our own. On Sunday 19 March, Refilwe Mokgatle, who matriculated in 2013, was killed in a car accident. She was laid to rest on Tuesday 28 March at a service at Christ the King Anglican Church in Sophiatown, followed by a burial at West Park cemetery. She is survived by her mother Maureen and her sister Lerato (matric 1999), and mourned by us all, particularly the staff who taught her and the matric year of 2013.

Rest eternal grant unto Refilwe oh Lord, and let light perpetual shine upon her.

REVD CLAUDIA COUSTAS
CHAPLAIN



PUBLIC SPEAKING



Public speaking teams



Trophy team: Jordan, Sophia, Kristin



Best individual speaker section

This has been a fruitful year for the public speakers. St Mary's entered the 56th High Schools' Public Speaking Festival, held under the auspices of the South African Speech and Drama College of South Africa.

The prepared public speaking teams excelled. The teams that participated in the Open Section were the overall winners of the Senior Section and the runner-up in the overall team results. For the first time in many years, St Mary's Trophy team and the Individual speaker were among the finalist teams of this year's Public Speaking Festival and they were invited to attend the Finals' Night.

This remarkable accomplishment attests to the calibre of speakers the school produces. The trophy team, of Kristin, Sophia and Jordan, was outstanding. Annabel, who received an A+ symbol, walked away with title of the best Individual speaker of the 2017 festival.

The impromptu teams set an incredibly high standard and St Mary's was the runner-up in this discipline. All participants are congratulated on their success, and these outstanding results are indicative of hard work, the high level of speechwriting and confident deliveries.

JANET MILASINOVICH
PUBLIC SPEAKING CO-ORDINATOR

COMMUNITY AFFAIRS

WAVERLEY GIRLS' HIGH SCHOOL

Over 200 girls from Waverley Girls' High School attend tennis, art, dance and rhythmic gymnastics at St Mary's on weekday afternoons. One group also has tennis on the two courts that have been resurfaced by St Mary's via some charity donations.

LINDA GIURICICH
DIRECTOR OF COMMUNITY AFFAIRS

FORM I PICNIC IN THE PARK

The soggy start to March subsided just in time for the annual Form I Picnic in the Park.

The aim of the picnic is to coax the girls into the library to select a title from the wonderful array of teen novels. Mrs Douglas set out a dream selection, encompassing several genres, which the girls eagerly browsed. The girls came to school dressed in picnic outfits, which included a sunhat, sunglasses and slops. A book and iPad bag were presented to the best-dressed picnicker in each class.

Delicious picnic fare was safely stored in the library kitchen until each class's lesson. Slices of succulent watermelon were devoured along with brownies, burgers and bite-sized treats.

It was a memorable day that helped to highlight the pleasure associated with reading.

JESSICA BUCHER AND BELINDA WILLIAMS
FORM I READING PROGRAMME TEACHERS



Tables loaded with teen titles



Food, glorious food



Best-dressed winner – Jo



The fellowship of friends, fiction and food

FORM II EMS DAY



On Tuesday 14 March, the Form II girls participated in a business simulation day facilitated by the Johannesburg School of Finance. They were divided into teams, each of which formed their own business and competed against one another to make the most profit. In each round of the simulation game, the teams made important pricing, marketing and purchasing decisions. After each round, decisions were fed into a computer programme designed to recreate a "real-life" market environment and produce instant results.

Based on their results, teams had to make adjustments to their strategies for the next round. The winning team is the one that can out-strategise the competition over the four rounds played.

The girls had a fun-filled day and congratulations to the following two victorious teams: Banango Grove were winners on Beach A, making R35 507 profit, and Bae-Nangoes were winners on Beach B, with profit of R39 882.

WENDY IEVERS
HOD: ACCOUNTING AND EMS

STAFF BOOK CLUB



Thandiwe Mahasa and Eva Fleming, contemplating the African reading journey



Staff members listening attentively

The first staff book club for 2017 revisited an old favourite way of book discussion, themed "Read Across Africa".

The book display offered a richly-textured palette of African and South African writing. Carolyn Huysamer led the discussion by introducing her diverse reading taste to the staff. She spoke eloquently about her choice of books.

The staff members listened attentively and it spiked an interest in eclectic choices.

OLIVIA DOUGLAS
SENIOR SCHOOL LIBRARIAN



Carolyn Huysamer starting her discussion



Karen Bucher, Pritha Chetty and Tinhiko Nkuna discussing their reading choices

GEOGRAPHY GIRLS ENJOY THE URBAN JUNGLE!



The girls enjoying lunch at The Canteen in Maboneng

The matric Geography girls have had a busy term, with two highlights being a dinner and talk at St John's College, and their Maboneng Urban Trail.

The evening function at St John's impressed the girls with what one described as "matric dance-style decor", while providing a fascinating set of talks at the same time. Issues around urban architecture and regeneration, as well as a discussion about mapping systems and using GIS to plan urban developments, were held and the St Mary's girls impressed the speaker with their excellent questions and understanding of urban city planning. The evening was a chance to learn as well as mingle and have fun, as many other girls' and boys' schools were present. Many thanks to St John's for an excellent evening.

The Geography Urban Trail is an opportunity for the matric Geography



At the top of the Carlton Centre

students to experience Johannesburg's buzzing inner city and surrounding precincts, on foot, while learning about how the city has evolved and continues to evolve. This forms part of their matric settlement curriculum and the city provides an interesting example of how urban regeneration can sow the seeds for the successful turnaround of neglected urban spaces. The girls enjoyed an excellent tour given by Jo Buitendach, whose company P.A.S.T. Experiences specialises in the regeneration and gentrification of the Johannesburg inner city area. The opportunity to learn about both the past and present from the top of the Carlton Centre to the hot spot of Maboneng was thoroughly enjoyed by all.

MEGAN DEVINE
HOD: GEOGRAPHY

INNOV@TION HUB



In the previous newsletter, I wrote about St Mary School's approach to technology and the integration of technology into teaching and learning throughout the school.

The fact that technology has fundamentally impacted every aspect of our lives is undeniable and this often leaves parents with questions and concerns about the way in which their daughters are coping with the technology they are expected to use at school, and the broader effects that technology has on them. While the misuse or abuse of technology is detrimental to academic progress and hinders social interaction, used correctly, technology offers exciting opportunities for deep and meaningful learning, and can strengthen interpersonal relationships.

The question of how much screen time is appropriate is often posed to us and is a question with which we ourselves grapple. Perhaps the enquiry should be directed not at the amount of time spent on various devices but rather on the quality of the time. The key lies in the move away from passive consumption of content to being active and engaged users of technology and creators of content. Apps that should be discouraged or deleted are those that might foster feelings of inadequacy or the need for constant approval through "likes" and "follows"; those that promote the passive consumption of content and those that lead children to isolate themselves.

Used correctly, technology offers a world of possibilities previously inconceivable to generations past. "Activating" apps can help children develop a range of 21st-century skills such as curation, collaboration, creativity, critical thinking and problem solving. Perhaps most importantly, technology used responsibly and appropriately offers our children the opportunity to be connected to others not only within their community, city and country, but throughout the world. This offers

the prospect of developing our girls into truly international citizens with a global network.

At St Mary's there is continuous support for our girls as they approach all of the technical, social and academic challenges that technology might hold. The technology help desk situated in the Wantage library, and run by senior pupils who have trained as Resource Monitors, means that girls can receive almost immediate assistance and advice with their technology challenges. Podcamps are run frequently by pupils during break times in order to empower girls in particular skills or applications, and are attended on a voluntary basis. In addition to this, Mrs Bradfield's, Ms Shuping's and Mrs Douglas' offices are located in the same building, and they are also available for technology-related enquiries and support.

What can we as parents do? It is important to keep track of your daughter's use of her devices and limit "junk" screen time. There are apps available to facilitate this process, allowing parents to set usage schedules and to turn off their children's devices remotely at any time. These are useful tools to automate and manage this process efficiently, but our roles as parents go beyond this. We need to examine the example and the tone that we ourselves set in terms of how we relate to technology and our own devices. Are gadgets put away as we arrive home and greet our loved ones, or do they feature front-and-centre around the dinner table? The patterns of behaviour that we display will likely be adopted by our children, too.

CLARE SEARLE

VISUAL ARTS



Visual Arts girls having fun

On 22 and 24 March, the Form IV girls were given the wonderful opportunity to visit two galleries in Rosebank. In the gallery, 100 Everard Read, the girls enjoyed viewing the works of Brett Murray in his exhibit *Again Again*. Murray exhibited interesting sculptures and political works of art. In the other gallery, the Goodman Gallery, the girls loved walking across the floors, which were covered in sand,

and watching the artistic film that was being played. On behalf of the Form IV Visual Arts girls, I thank Mrs Heydenrych for giving us this opportunity.

NEO
FORM IV



Last week, the Form IV Visual Art classes went on a cultural trip to the Everard Read and Goodman Galleries. We were inspired by Mikhael Sabotzky's innovative artistic techniques in his exhibition, *WYE*. He used sticky tape to transport parts of his photography and create a mesh of diagonal image fragments. We were also impressed by his 45-minute film, which focused on the theme of white guilt. We were able to relax



in beach chairs in the sand while we watched the wonderful techniques displayed over three large screens. It was an exciting and stimulating experience, which we were happy to share as a class.

RUBY
FORM IV

SENIOR SCHOOL PLAY



The school play this year has been both a journey and incredibly special to me because it is my final year of being involved. *The Nature of Things* follows the theme of human nature, questioning what in fact it is. Workshopping a play requires a lot of individual effort as well as team work. Initially, the girls found devising their own work and creating their own characters quite challenging.

Throughout the process, one needs to keep their eye on the bigger picture. As the stage manager, I have learnt about the techniques of directing a workshopped play as this role is significantly different to taking a scripted piece from page to stage. Often, the girls and the crew struggled in the workspace, being unfamiliar with thinking on the spot, and having to constantly reflect and critique. This alone shows how we have grown as a cast, as a family and as individual drama students. This process has been tiring and filled with uncertainty, but everyone has cherished every moment. To my crew and cast – well done for enduring this process. You were all brave and your efforts paid off.

CLARISSE
FORM V



MUSIC DEPARTMENT



ENSEMBLES IN CONCERT

On Thursday 2 March, the St Mary's Music department hosted a successful ensemble evening with St John's College, Kingsmead College and Sacred Heart College. The girls and their peers from other schools presented pieces they have been preparing for performance this year, which ranged in genre from classical to contemporary and jazz.

St Mary's opened with the St Mary's saxophone ensemble, led by new staff member Jemma Falkov, playing *September Rain* by British saxophonist and composer Rob Buckland. The St Mary's orchestra, led by Dudley Trollope, then performed two contrasting pieces, both of which featured soloists. Rutter's *Aria* on the flute, a piece with beautiful, lyrical lines, accompanied by delicate orchestral playing. A clever arrangement of the well-known Gershwin tune, *Summertime*, followed which featured vocalist Maxine Pritchett. Both pieces were well received by the audience.


Led by Ceri Moelwyn-Hughes, the St Mary's jazz band was the last St Mary's ensemble to perform. The band showcased catchy melodies and various soloists who showed off their impressive improvisational

abilities in the performance of two South African jazz classics, Hotep Galeta's *Sister Fania* and Abdullah Ibrahim's *Soweto's Where It's At*.

It was wonderful to see such variety in the other schools' ensembles too, which indicates that instrumental and ensemble playing is thriving among our youth. The schools exhibited multiple different ensemble groups, which accommodated all kinds of instrument groupings and allowed for true expression in their preferred genres.


Overall, it was a successful, enjoyable evening. Thank you to all of the staff members and pupils who have put the time and effort into rehearsals throughout the term. The performances clearly exhibited the dedication and passion of all involved. It was a night when the music connected us all.

TESSA AND YASHMIRI
HEAD OF ORCHESTRA AND HEAD OF JAZZ BAND



St Mary's School
Waverley
Founded 1888

Ensembles in Concert



St John's College
Kingsmead College
Sacred Heart College
St Mary's School, Waverley

St Mary's School, Waverley

presents

"Singing Sistas"

Monday 3 April 2017
Assumption Convent School
St Andrew's School for Girls
Brescia House School
Oprah Winfrey Leadership Academy for Girls
St Mary's School, Waverley

Tuesday 4 April 2017
St Stithians Girls' College
Kingsmead College
St Teresa's School
St Mary's School, Waverley

Free Entrance The Edge at 18h30

FROM THE SPORTS DEPARTMENT



WATER POLO



Courtney has been selected for the U17 SA water polo team and will be competing at the EU Nations Cup from 15 to 25 April in Prague, Czech Republic. The Gauteng team, including Daniela and Courtney, won the Currie Cup nationals

ST MARY'S INVESTEC HOCKEY FESTIVAL



It is difficult to believe that it is that time of the year again, when the school is abuzz with sponsors, vendors, visitors and, most importantly, hockey players. This year's festival begins on Thursday 6 April, culminating on Sunday 9 April with the finals. We hope to see you all supporting the 1st and festival hockey teams.

Not only are we looking for your support at the side of the AstroTurf but, equally importantly, we are looking for your support for the rhinos. This is the fifth year of our support for rhinos and, to date, as a direct result of the festival, R180 000 has been contributed to this worthy cause. Our target for 2017 is to reach R200 000 and we are asking everybody to donate a "Rhi-note" (a R10 banknote).

Every player participating in the festival has been asked to bring at least one "Rhi-note", and we are urging every St Mary's girl and staff

member to do likewise. For the week of the festival there will be a box in reception at Little Saints, the Junior School and the Senior School, or girls can give their "Rhi-notes" to their mentors, who will hand in the money.

For every goal scored at the 2017 St Mary's Investec Hockey Festival, Investec will be donating R200 to the Hoedspruit Endangered Species Centre (HESC). Last year, 443 goals were scored. HESC is home to several rhino orphaned and/or injured in the Kruger National Park and surrounding reserves in Limpopo province. This centre is recognised as a leader in the research, treatment and breeding of endangered species.

QUIX
HEAD OF SPORT

SWIMMING



Spirit squad – Varaidzo and Claire



Supporters – Emily, Hannah and Nicola



The St Mary's captains, Daniela and Carly, collecting the A gala trophy from the head of Kingsmead College



Last gala for the matrics: Jordan, Brittany, Georgina and Shannon

PRIDE – there is no other word to describe the feeling I had when leaving the Ellis Park swimming pool after the completion of the Premier inter-high gala. Our B team swam at the A gala on Thursday 9 March and came away victorious, beating nine other teams to take this

honour. I thought it worth noting that the St Andrew's B team ended in sixth position and St Stithians, which is the new powerhouse, did not enter a B team. The effort and quality of the performance from our B team was superb.

THESE WERE THE FINAL PLACINGS IN THE A GALA: U19 B

1 st	St Mary's B	6 th	St Andrew's B
2 nd	Potchefstroom Girls' High	7 th	Holy Rosary B
3 rd	Assumption Convent A	8 th	Parktown B
4 th	St Catherine's Convent	9 th	Brescia B
5 th	Jeppe Girls' High	10 th	Assumption Convent B

The Premier gala on Saturday 11 March became a nail-biting affair as we fought valiantly to keep St Stithians in our sights and, with three races to go, we were a mere two points behind them. Despite maximum

effort from all concerned, we finished 7 points adrift but 37½ points ahead of St Andrew's, which has dominated the swimming scene for the past decade.

THESE WERE THE FINAL SCORES FROM THE PREMIER GALA:

1 st	St Stithians A	376	6 th	St Teresa's	184
2 nd	St Mary's A	369	7 th	St Dominic's	168
3 rd	St Andrew's A	331.5	8 th	Brescia A	149
4 th	Holy Rosary A	279.5	9 th	Kingsmead	148
5 th	Roedean	228	10 th	Parktown	124

It would be remiss of me not to mention the heads of spirit, the spirit squad and all the supporters for the phenomenal support they showed at both galas. "You move like this ..."

I mentioned this noteworthy point in my short address at the Summer Sports dinner: in the first term sports of basketball, diving, equestrian, rowing, squash, swimming, tennis and water polo. We have been first or second in virtually every event. It is quite phenomenal that this is achieved with no sports bursaries. I salute the sustained excellence of St Mary's girls.

TENNIS



Four players from St Mary's were chosen for the Gauteng Central inter-provincial tennis teams: Ruth U19 B, Sarah U15 A, Tamsin U19 A and Alexis U19 A. The U15 A team and U19 A team will be playing in the South African Schools' Interprovincial Tennis Tournament, in Pretoria from 1 to 4 April. Tamsin Hart was chosen as the number one player in the Gauteng Central U19 team

Well done to the St Mary's AB tennis team for winning the Premier league title, beating St Andrew's in a convincing manner in the last match of the season. St Mary's D team was unbeaten. The St Mary's EF team beat St Dunstan's AB, Fourways AB and Randburg AB, and drew with St Teresa's AB team. St Mary's GH posted good wins over Randpark AB and Bryanston AB. Well done to all the players on a successful tennis season.

Congratulations to all the winners of the trophies and certificates at the Summer Sports dinner. All the tennis players can be proud of what they have achieved this season. I thank all the matric players for the contributions they have made to the tennis at St Mary's, and I wish them everything of the best for the rest of their matric year.

The following trophies were handed out to most worthy recipients:

The Gail Murray Trophy for the most improved junior tennis player
Jessica

The René Plant Trophy for the best junior player
Sarah

The Karen Haswell Trophy for Outstanding Tennis
Maja and Tamsin

The Tracy Plant Tennis Trophy for the love of the game
Kirsten and May

The Imaan Hassim Trophy for being a teamplayer
Roxanne and Shannon

The Alison Sanders Trophy for sportmanship
Tegan

I wish Tamsin, Alexis and Sarah the best of luck for the forthcoming schools' inter-provincial, which is taking place in Pretoria from 1 to 4 April. Good luck to all the tennis players participating in the South African National Championships, taking place in Bloemfontein.

RENÉ PLANT
HEAD OF TENNIS

LEAGUE RESULTS

7 MARCH

St Mary's A beat St Andrew's A 69-14

St Mary's B beat St Andrew's B 52-29

St Mary's C lost to HeronBridge A 39-30

St Mary's D beat HeronBridge D 50-19

St Mary's E lost to Linden A 59-22

St Mary's F beat Linden B 45-36

SQUASH

GIRLS' LEAGUE

3 MARCH	10 MARCH
U19 A beat Roedean 14-0	U19 B beat Helpmekaar 12-5
U19 B beat Roedean 10-6	U16 A beat St Dunstan's 13-3
U19 C beat Roedean 14-0	U16 C beat Marist Brothers 11-3
U19 D beat Randpark High 11-7	U15 A beat St Dunstan's 14-0
U16 B lost to Roedean 5-12	U15 B beat Marist Brothers 14-0
U16 C beat Roedean 12-8	U14 A beat Northcliff 14-0
U15 A beat Roedean 14-0	U14 B beat Marist Brothers 14-0
U15 B beat St Dunstan's 14-0	
U14 A beat St Dunstan's 14-0	
U14 B beat Roedean 11-3	



Furse

Back row: Hannah, Tannah Panashe, Jessica
Front row: Alexandra, Sarah

SENIOR INTER-HOUSE SQUASH – 8 MARCH

Well done to Furse for winning the inter-house squash.

		F	P	K	C	POINTS	POSITION
F	FURSE	X	108	143	185	436	1 st
P	PHELPS	94	X	131	192	417	2 nd
K	KARNEY	102	106	X	149	357	3 rd
C	CLAYTON	50	46	56	X	152	4 th

SUMMER SPORTS DINNER – 15 MARCH

All the matches played by St Mary's girls have been played in the great spirit of skill and friendship, and the bonds will definitely become closer and tighter. There is no doubt that the talent on the St Mary's plate is overflowing. Well done to all winners of trophies and certificates.



Winner of the U19 Leslie Trophy (best U19 squash player) and Open School Championship Trophy: Panashe



Ghita: winner of U14 Elliot Trophy (best U14 squash player)



Josie – winner of the Jean Perry Trophy for the most improved squash player,
Georgina – winner of the Van Dyk Trophy for commitment
Jemma – winner of the U16 Ingersent Trophy for the best U16 squash player
Megan – winner of the U15 Ingersent Trophy for the best U15 squash player

SA SCHOOLS' CLOSED TOURNAMENT



SA Schools' Closed Tournament was held at Parkview from 17 to 20 March. A few St Mary's girls were invited by Central Gauteng Junior Squash to this prestigious tournament. The results were as follows: Panashe (1st U19), Georgina (6th U19 B), Jemma (9th U16) and Ghita (9th U14).

Well done on your achievements.

BOYS' LEAGUE

In our 1st boys' league match for U19 B playing in the U19 D league: St Mary's took honours against Parktown Boys', with the final score being 12-5.

Megan beat Gabriel 3-0
Tannah beat Musa 3-2
Demi lost to Michael 1-3
Alexia beat Tristan 3-0

JENNIFER FOX
HEAD OF SQUASH

PTA CLUB 100 WINNERS

100% R41 300: FORM III RAIYAH

20% R 7 560: FORM I CAITLIN

10% R 4 130: FORM III ISABELLE

BLOOD DRIVE

A reminder to the St Mary's community about the blood drive that will take place next week Friday 7 April in the Senior School chill room from 09h30 to 14h30.

Anyone who is 16 and older can donate blood. Please participate in this life-saving initiative as it gives such an invaluable gift to someone in dire need.

FROM THE NURSE

TETANUS

One of the questions asked on our indemnity forms when your girls go on school tours is: has your daughter been immunised against tetanus and if yes, when?

If you have vaccinated your child according to the South African vaccination schedule, she would have received a tetanus vaccine via a DTP injection at 6 weeks, 10 weeks, 14 weeks, 18 months, between the ages of 4-6 years and again at 12 years.

Tetanus disease, commonly known as "lockjaw", is a serious disease that causes painful tightening of muscles, usually all over the body. It can lead to locking of the jaw so that the person cannot open her mouth or swallow. Tetanus can lead to death in about one in 10 cases.

The bacteria that cause tetanus can be found in soil, manure and dust. It infects humans by entering the body through cuts, puncture wounds, animal bites, burns and dirty injections when taking drugs. Tetanus is not contagious, so you cannot acquire the disease from someone else.

The reason we ask you when your daughter was last immunised is that, in these environments (on camps) they will be more prone to sustain injuries that could lead tetanus, especially if the object causing the injury is dirty and the wound was quite deep. Knowing when the last injection was given is very useful to teachers on tours if your daughter needs to see a doctor.

If the injury occurs 10 years after the last tetanus injection, one would need to administer a booster vaccination. A booster vaccine is also recommended if you sustain a deep, contaminated wound and more than five years have passed since your last dose, since protective antibody levels may fall after five years in some people. If your daughter sustains an injury that might make her prone to getting tetanus and she has never received a tetanus vaccine, she would need to have a tetanus immunoglobulin injection followed by a series of tetanus-containing vaccines.

Serious reactions to the tetanus vaccine are rare. Mild reactions include localised swelling, tenderness and redness at the injection site, which usually persist for a day or two after vaccinations.

The next time your child goes on a school tour, please take the time to fill in the medical section with care. One never knows when it might be needed.

FLU VACCINE PROS AND CONS

With winter looming, I thought a short article on flu vaccines would be appropriate.

People tend to have very mixed feelings about flu vaccines and I'm often asked how I feel about them.

Flu is a viral infection that affects your respiratory system. It is quite different from a common cold. One of its distinguishing features is a very high temperature. The virus attacks your whole body and you may experience weakness, tiredness, decreased appetite, severe muscle aches, headaches and a dry cough. These symptoms can last for one to two weeks and vary in severity depending on the affected person's original state of health.

Although neither the common cold nor flu is particularly serious in healthy people, there are certain groups of people who can be more severely affected by it. These include the elderly, the very young, people with chronic illnesses (asthma, diabetes) and people with compromised immune systems (HIV-positive people).

The virus is spread by droplet infection, i.e. coughing and sneezing, and obviously touching infected surfaces with your hands would result in its being transferred quite easily. Careful and frequent hand washing is therefore one of the most recommended preventative measures.

In 2009, the H1N1 pandemic hit the world. While there was much hype about it and authorities recommended immunising against it, it turned out to be very similar to seasonal flu.

The WHO says everyone over the age of six months of age should be vaccinated annually, unless they are allergic to eggs (flu vaccines are grown on the embryos of chickens). The reason for this is that they say each year the strains circulating change and, by vaccinating yearly, you are sure to be protected against new strains.

Naturopaths are very skeptical about flu vacs for a number of reasons. If the vaccine is not purified, there could be other viruses in the mix aside from the intended one. Also, a lot of flu vacs contain thimerosal as a preservative, which is 49.6% mercury, which is very toxic to the body and doesn't leave the body easily once ingested.

How you choose to look after yourself through the winter season is a personal decision. Whether you choose to vaccinate or take more natural steps (exercise, Vitamin C supplements, reduce your stress levels, eat well or regular hand washing) to boost your immune system is your choice.

If you are in a high-risk group, you are advised to consider your decision more seriously.

LEIGH SULLIVAN
SCHOOL NURSE

NOTICES

ROWING GOLF DAY

CRAZY PANTS / SKIRT GOLF DAY
PLEASE WEAR YOUR LOUDEST,
BRIGHTEST AND MOST FANTASTIC
PAIR OF GOLF PANTS / SKIRT.

**PRIZE FOR THE BEST DRESSED
FOUR-BALL.**





St Mary's School
Waverley
Founded 1899

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

19 May 2017
Parkview Golf Club

Time 10h30 for 11h30
Shotgun tee off

Email Cindy Jackman on
cindjackman@gmail.com (NO "Y" in cind)
to book your four-ball and carts.
R4000 per four-ball.
Price includes four caddies, half-way house
and dinner (cash bar)

Please book golf carts for your own account at R300 per
cart, to be paid with your four-ball booking.
Booking on first paid basis.

We look forward to seeing you!

Please Save the Date

FOR THE

St Mary's  Foundation

Auction Evening

FRIDAY 14 JULY AT 18H00

THE RAND CLUB
33 LOVEDAY STREET
JOHANNESBURG

R350 per person or R3500 per table of 10
RSVP: Joseelyn.young@stmary.co.za
www.randclub.co.za



Standard Bank