



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

3 FEBRUARY 2017

Tel: 011 531 1800 | smsenior@stmary.co.za
www.stmaryschool.co.za



Matric girls having fun at the St Mary's social

Our children
must be
encouraged
to take time
to know
themselves

FROM THE HEAD'S DESK

The beginning of each year is usually busy as we welcome our Form I girls and new girls in other forms to the Senior School, and our matrics settle into their leadership positions. I welcome all the families who have joined our community and trust that we shall have a long and happy partnership as we join in this educational journey. Our role, as educators, is to be aware of global educational practices to ensure that our girls are equipped to face the challenges of the future.

The Future of Jobs report, by the World Economic Forum, presents the updated skills that are predicted to be essential in the job market in 2020. As a school, we are guided by these skills in our curriculum planning, as it is our aim to prepare St Mary's girls for tertiary success and future employment. It is imperative for us to balance the needs of the current exit examination that the girls will write with the future requirements of the job market.

The top 10 skills described in *The Future of Jobs* report include:

- Complex problem solving
- Critical thinking
- Creativity
- People management
- Co-ordinating with others
- Emotional intelligence
- Judgement and decision-making
- Service orientation

LOVE.COMMUNITY.INTEGRITY

Negotiation
Cognitive flexibility

What strikes me about this list is the time, patience and awareness that is required to develop such skills. The world we live in is time poor and our biggest threat is insufficient time to explore, to linger and to develop fully. Our children must be encouraged to take time to know themselves, to know others, to explore, to try and try again.

The Form I and Form II girls are involved in alternate curriculum programmes, which we believe will address the development of these skills, and provide them with a sound foundation on which to build their 21st century profile.

Our co-curricular programme also contributes to the development of these skills. St Mary's was involved in a number of sporting competitions over the weekend and I always marvel at the opportunities for character development through sport. All girls are expected to involve themselves in sport, cultural activities and service. It is in the co-curricular programme where many girls discover hidden talents and form lasting interests and firm friendships.

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN

Matthew 5:1-12: The Beatitudes

¹ *When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him.*

² *Then he began to speak, and taught them, saying:*

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.*

¹¹ *"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.*

¹² *Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."*

Jesus reinstates as "blessed" all those whom society may have brushed off or discarded. To me, the tone of his message is "No! You are not less, or bad, or unwanted, or silly – you are so much more: you are blessed!"

In our hurry or in our focus on our "to-do" lists, or in our striving to be noticed by those whose attention we feel is important, it takes but a moment to brush off or rush past other people, *en route*. I sense Christ saying to us, "Wait: blessed is that person, in that moment – notice that person."

It takes a moment to acknowledge that that person in that moment is blessed. A simple pause in pace and turning to face the person deems "how are you?" so much more than a pleasantry. It acknowledges God's blessing.

REVD CLAUDIA COUSTAS
CHAPLAIN

HONOURS BLAZERS

The following girls were awarded Honours blazers at the end of Term III 2016:

ACADEMIC HONOURS BLAZERS



SERVICE HONOURS BLAZERS



SPORTS HONOURS BLAZERS



ST MARY'S DELICIOUS FOOD GARDEN



"The ultimate goal of planting a vegetable garden is not the growing of crops, but the cultivation and perfection of human beings."

[Masanobu Fukuoka, *The One-Straw Revolution*, adapted].

The Form IIs embarked on an exciting project during the past week, when they successfully planted St Mary's first delicious food garden. The aim of this project is to develop an awareness and appreciation of food and its origins. Increasingly, we feel it important and relevant to expose the girls to the principles of sustainable urban living, since these concepts are essential in the creation of sustainable urban systems, for which we are all responsible.

Many of the subject disciplines will be utilising the garden and elements of the garden as teaching resources during the first term. It is intended that the girls will use their garden produce as a part of their course on nutrition and food preservation in their Technology lessons, to create tasty pickles, pesto and other delicious treats.

In order to prepare for the planting of the garden, girls have participated in a series of interactive workshops and planning sessions. Claire Reid, of Reel Gardening, launched our project with an inspiring presentation of her personal journey as young female entrepreneur-scientist who has successfully established her company. Reel Gardening manufactures a biodegradable colour-coded paper strip that encloses correctly spaced organic fertiliser and seeds, preventing birds from eating the seeds and keeping the seeds hydrated.

The girls have used some of these seed strips in their own planting beds, together with seedling plants.

A visit to the Siyakhana Community Garden on Friday 20 January was arranged to assist our young gardeners in understanding a little more about planting, weeding, mulching and watering, to list but a few of the necessary skills required. Ms Harrison ran a workshop on garden landscaping, assisting girls with the notion of companion planting and maximising small spaces. Girls will be documenting their progress and observations in the garden through the creation of personalised blogs. Pupils will be using the Seesaw app for this purpose. Please encourage your daughters to share their blog updates with you, so that parents can also be a part of the project.

A big thank-you is extended to the St Mary's gardening staff, for assisting the girls in preparation of the final planting bed. I hope you will visit our garden and feel inspired to start a planting revolution in your own back gardens!

SALLY JAMES
DEPUTY HEADMISTRESS

CHESS

Inge received a gold medal at the African Youth Chess Championship held in Port Elizabeth in 2016 where she also received the title: Woman International Master (WIM); the bronze medal at the African Zonal Chess Championship (Seniors) in Mauritius where she received the title Woman Fide Master (WFM); and gold at the South African Junior Closed Chess Championships, U18 Girls.



Inge received two trophies at the SA Junior Chess Championships:

- International Player of the Year
- Special Achievement Award

ST MARY'S WELCOMES GIRLS FROM AUCKLAND HOUSE, INDIA



We extend a warm welcome to our three exchange students, who join us for three weeks from Auckland House in India. They are currently being hosted in Burn and Mitchell Houses. These girls are true citizens of the world, hailing from Thailand and attending school in India. It has been a pleasure hosting them at St Mary's. To complete the reciprocal exchange relationship, Auckland House will host our Form II exchange girls later on this year, during June. This is a reminder to all Form IIs wanting to apply for the Auckland House exchange to ensure their applications are in by Monday 6 February.

Any exchange-related queries can be directed to our head of exchanges, Mrs Lauren Frost, at lauren.frost@stmary.co.za.

SALLY JAMES AND LAUREN FROST
DEPUTY HEADMISTRESS AND HEAD OF EXCHANGES

IKUSASA LETHU

The class of 91 matriculants in 2016 achieved a 99% pass rate, scoring 85 distinctions and 60 pupils achieving bachelor degree passes. The top three pupils each scored seven distinctions, with one pupil scoring 100% for Mathematics. Four pupils achieved six distinctions and another four achieved three, four and five distinctions. Most of the top 10 were girls.

Thirty pupils have been accepted at universities and many have won bursaries from Zenprop, the Ernest Oppenheimer Trust, DPW and the

Vincent Tshabalala Trust.

The top Grade 10 pupil in 2016 was awarded a scholarship to St Mary's, and is now a boarder in Mitchell House.

LINDA GIURICICH
DIRECTOR OF COMMUNITY AFFAIRS

FROM THE FOUNDATION



The St Mary's Foundation welcomes five Form I pupils onto its scholarship programme this year. The girls and their parents, in partnership with the St Mary's Foundation, have a common goal – to have access to a top-class education in order to change the trajectory of their lives.

A pupil from the Ikusasa Lethu Saturday School programme was identified as a young woman with great academic potential and, after writing the St Mary's entrance examination, has been enrolled to attend St Mary's in Form III this year.

The achievements and commitment of the pupils from surrounding communities to attend Saturday School at St Mary's is commendable. This is made possible by the generosity of donors who are keen to

invest in education to change lives, and make a difference to society in our country.

Should you wish to help us change lives, click on the "donate now" button on the St Mary's app, or contact the Foundation office at foundation@stmary.co.za or 011 531 1800 or go to www.stmarysfoundation.co.za. R6 000 educates an Ikusasa Lethu pupil for a year.

GILLIAN O'SHAUGHNESSY
FOUNDATION MANAGER

FORM I CAMP



Last week, the Form Is concluded their orientation programme with a four-day team-building exercise at Konka Camp. Spirits were high and the girls participated enthusiastically in all the challenges. Highlights included the much-anticipated obstacle course and the hotly contested *potjie* competition. Chef Claudio, an international chef specialising in African cuisine, had high praise for the teams and raved about the succulent chicken and accomplished seasoning of the meat dishes. There are many positive signs that the group is forming a sound identity of what it means to be a St Mary's girl. Many thanks go to the tutors and Ms Paules, who accompanied us on camp and for their willingness to be part of the fun.

BELINDA WILLIAMS
FORM I CO-ORDINATOR

PRESIDENT'S AWARD

Our congratulations are extended to Daniela on obtaining her Gold President's Award, and to Jaeger and Lucy on achieving their Bronze awards.



For more info:
call 083 226 2871

DANCE

The programme offered at St Mary's provides opportunities for girls to experience a variety of dance genres on offer. Dance develops skills such as co-ordination, strength, flexibility, stamina, endurance and control, all of which require regular practice. These classes also create an opportunity for the girls to develop skills needed to join the dance crew. We audition annually for the St Mary's dance crew, who then compete for the coveted title of best school dance crew.

Modern dance: Wednesdays 17h30 to 18h30
 Modern dance: Thursdays 16h00 to 17h00
 Modern dance: Fridays 14h30 to 15h30
 Latin dance: Tuesdays 16h00 to 17h00
 Hip Hop dance: Thursdays 17h00 to 18h00

OPEN DRAMA

On-camera modules include acting for film, television and commercials. The actor is encouraged to make decisions and to take responsibility in a creative way. Training is offered in performance techniques, communication skills and service excellence. Thursdays, 14h45 to 15h45 and 15h45 to 16h45.

TRINITY DRAMA EXAMINATIONS

Trinity College London offers an unrivalled choice of qualifications for students of drama and speech subjects, at all levels of experience and ability.

The syllabuses provide a structured framework designed to encourage the progressive development of integrated performance and communication skills over time. The solo and pair graded examinations and diplomas are fully accredited in the UK and recognised in many other countries.

Examinations can be taken by individuals, pairs or groups. Study strands include speech and drama, individual acting skills, group performance, Shakespeare, choral speaking, communication skills, musical theatre and performance arts.

Candidates enjoy an entirely free choice of repertoire in all examinations, and we actively encourage girls to explore the literature and drama of their own culture. Our teacher is Craig Morris, who has had much success with the girls' results in past years.

Thursdays, 14h45 to 15h45 and 15h45 to 16h45

For more information and fees involved, please go to:
www.5678productions.co.za.

CLAIRE VAN NIEKERK



MUSIC DEPARTMENT



Thabang Senekal (Leporello)

Don Giovanni 18 - 29 JAN www.brooklyntheatre.co.za



Don Giovanni

18 - 29 January www.brooklyntheatre.co.za

On Sunday 22 January, the Form IV and Form V Music girls watched Salon Music's opera production of Mozart's *Don Giovanni* at the Brooklyn Theatre in Pretoria. The small scale of the ensemble, the close proximity of the audience to the stage and the excellent acoustics of the theatre made for an intimate opera experience, with outstanding singing. In this opera, the Don Juan-inspired character of Don Giovanni is an untameable misogynist who, through his wicked actions, creates

his own bitter downfall. The afternoon was enjoyed by all of us, and we thank Dudley Trollope for organising such a memorable outing.

MICHAEL WATT
MUSIC TEACHER

JOHANNESBURG MOZART FESTIVAL

The 9th Johannesburg International Mozart Festival takes place between 27 January and 5 February. There will be one week of amazing concerts and cultural events, all under the motto "That's All Folk(s)!" All bookings through Computicket. Concerts taking place at St Mary's School are:



Buskaid Soweto String Ensemble

SATURDAY 4 FEBRUARY, 16H00
ST MARY'S SCHOOL, THE EDGE
CHAMBER ORCHESTRA CONCERT BUSKAID SOWETO
STRING ENSEMBLE; ROSEMARY NALDEN (CONDUCTOR)

Programme includes works by WA. Mozart, Edvard Grieg, Ralph Vaughan-Williams and Fritz Kriesler, as well as traditional township kwêla.



Neo Muyanga

SUNDAY 5 FEBRUARY, 17H00 ST
MARY'S SCHOOL, THE EDGE
CLOSING CONCERT NEO MUYANGA
(PIANO); FLORIAN UHLIG (PIANO);
MEMBERS OF THE JOHANNESBURG
FESTIVAL ORCHESTRA 'MOZART TO
MUYANGA'

Programme will include the premiere of a new work by Neo Muyanga, commissioned especially for the Festival, as well as works by Ludwig van Beethoven and WA Mozart.

FROM THE SPORTS DEPARTMENT



TELKOM 947 CYCLE CHALLENGE

Last year Sarah, Hannah, Julia, Rebecca and Josie decided to ride the Telkom 947 Cycle Challenge.

They rode for a charity called the Love Trust, which is involved in education and teacher training, and also has its own donor-based, self-supporting school.

The girls all did very well to cross the finish line and get their medals for this rather tough race, which was full of highs and lows. Some of the comments from the girls were, "I learned a lot about myself on this race" and "So glad I never gave up."



TENNIS



Tamsin won the Gauteng North U16 singles title at the beginning of the year

Tennis is in full swing and I should like to welcome all the new Form I tennis players. I also welcome Ms Murray, who will be helping with tennis at St Mary's. Ms Murray is a Eunice old girl who represented Free State and the University of the Free State on the tennis courts. She is a qualified teacher and Level 1 coach. There are more than 90 players on the Senior School ladder, and I know her help and coaching expertise will benefit all the players. I am pleased that many of the players have entered the Senior (Forms III, IV and V) and Junior (Forms I and II) School championships. I look forward to tracking all the results.

The first league matches took place on Tuesday 24 January, and the St Mary's A and B teams played well to beat St Stithians A and B in a convincing manner.

Congratulations to Tamsin on her outstanding results in the December tennis tournaments in Port Elizabeth. Tamsin placed 3rd and 4th in the two U16 singles events, and also won the U16 doubles title at the second tournament. Tamsin started off the New Year by winning both the singles and doubles titles in the U16 age group at the Gauteng North tournament in Pretoria. We hope this is the first of many more singles titles for Tamsin! Keep up the good work.

Our congratulations are extended to Alexis, who also played the tournaments in Port Elizabeth. Alexis placed 7th in one of the U18

Tennis is in full swing and I should like to welcome all the new Form I tennis players.

singles events. She also started the year off well, with an excellent 3rd placing in the U18 singles event of the Gauteng North tournament. Well done, Alexis!

Our new Form I, Sarah, also did extremely well on the tennis courts during the past few months. Sarah was runner-up in the U14 singles event of the Gauteng North Summer tournament. She also placed 4th in the Western Province U14 singles event and reached the semi-finals of the doubles with another St Mary's player, Hannah. Sarah started the year off well by winning the Gauteng North U14 doubles title.

Well done to Ruth, Hannah, Izabela, Nina and Tegan, who competed in tournaments during the holidays. Keep up the enthusiasm, dedication and hard work.

Good luck to all the players. I hope you have a smashing tennis season.

Tennis results:

23 January

St Mary's A beat St Stithians A 51-30

St Mary's B beat St Stithians B 58-23

RENÉ PLANT
HEAD OF TENNIS

WATER POLO



Courtney



Lacey



Daniela

Courtney has been selected to represent the U17 A South African water polo team at the CANA Zone IV Swimming and Water Polo Championships in Bulawayo, Zimbabwe, from 16 to 19 February.

At the end of last year, Daniela and Lacey (class of 2016) took part in the U18 FINA World Women's Youth Water Polo Championships, where they

played for the U18 South African team in Auckland, New Zealand.

KELSEY WHITE
WATER POLO COACH

ROWING

The captains of 2017 would like to welcome the Form Is to St Mary's, and recommend they test out their competitive side and join the rowing team. Check out the rowing board for more information.

ST MARY'S WIN THE BOAT RACE FOR THE TENTH TIME



Boat Race squad powering to victory



Boat Race squad with their trophy and big red!

With five girls attending the World Rowing Junior Championships in August last year, the 2016 St Mary's Boat Race crew set a high bar for the season and had pressure to succeed. The month or so leading up to the 2016 South African Schools' Boat Race was a competitive and challenging time for us as our two strongest opponents, St Andrew's and Holy Rosary, trained together and worked off each other. It was through this time that the five of us and our strong reserve, Paige, came together as a team and tried to raise the bar a few centimetres higher. Thanks to our dedicated and passionate coach and head coach,

Dan and Caitlin Dace respectively, it was one of the most enjoyable and successful rowing tours we have experienced. After winning our heads race on the Friday, we raced St Andrew's in the A Final, where we continued the St Mary's legacy and claimed the tenth South African Schools' Boat Race win for St Mary's.

Boat Race squad 2016

JANUARY ROWING CAMP

The St Mary's rowers began the second half of the 2016-2017 season with a bang. After setting the bar high at the end of last year, the girls approached the second half of the season ready to train hard. When the girls arrived on the first day of January camp, they had the wonderful

surprise of eight brand-new Swift racing boats. All the girls trained under extremely hot conditions and the junior and senior age groups bonded well. The girls showed off their hard work, and proved they are deserving of the new boats at the Holy Rosary regatta on 21 January.

VLC SPRINTS



New Swift octuples' maiden voyage



St Mary's won overall girls' school



Vice-captains accepting the trophy with Olympian Sizwe



Women's A eight with Olympian Sizwe

This past weekend, the rowing club competed at the Victoria Lake Club National Sprint Regatta. The junior age group raced on Saturday with the U14 age group breaking three course records and taking the new Swift octuple out for its maiden voyage, resulting in a 45-second win. The U15s claimed gold again in the octuple. The U16 and Open groups competed on Sunday against the universities and older clubs. The girls held their own, gathering up some silverware in the form of gold, silver and bronze medals.

The club claimed the women's eight for the second consecutive year, as well as winning the overall trophy for the third consecutive year.

Well done to the team. We had several parents racing for VLC Club. Congratulations to the parents for being prepared to take on the fun challenges of rowing!

The Open age group is looking forward to the annual Buffalo Regatta in East London, and all girls will continue training in preparation for South African Schools' Rowing Championships in March this year.

**ALEXA AND CAITLIN DACE
FORM IV AND HEAD OF ROWING**

SWIMMING

The swimming season is very short at schools, with some important galas in the first three weeks of term. Coach Michelle Zumpt has been hard at work since early January, trying to work on fitness and speed.

The first Friday early-morning training session of the term is traditionally the matric "aerobics warm-up session".



Stunned Form I girls



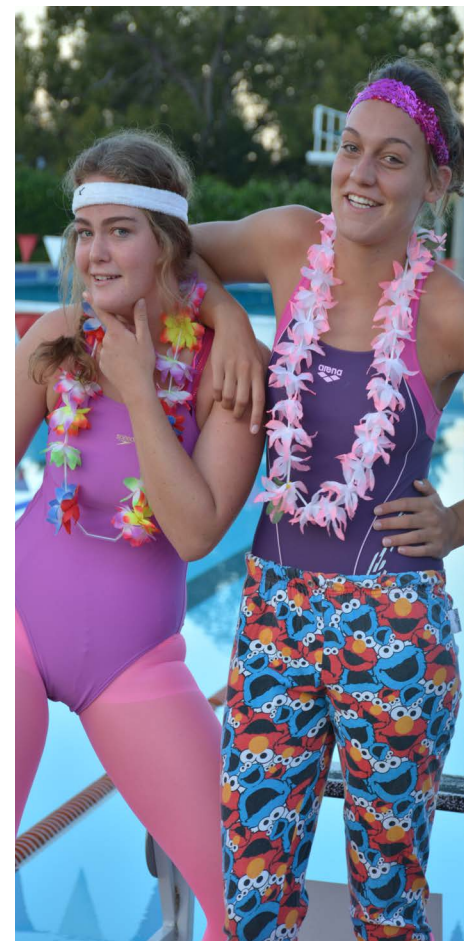
Carly (captain) and Daniela (vice-captain)



Julia



Georgina and Sarah



Brittany and Jordan

On 19 January, the second day of term, we swam a nine-team gala at St Mary's. We gave as many girls as possible a chance to swim, in the hope that we could get times under competition circumstances.



Tlamelo was named swimmer of the day for the B lane



Jade

Last week, we swam in the gala at Roedeaan. We were well beaten by St Andrew's, but it is difficult to judge accurately as we were without our Form I girls, who were away on camp.

This past weekend, we took part in one of the major aquatics festivals of the season: the National Aquatics Festival, hosted by Pretoria High School for Girls.

The highlight of the morning was the U14 4x50m breaststroke team, which won our only gold medal.

They won this event by a wide margin and were in the top placings of all their events, narrowly missing gold in other races. Congratulations also to the other relay teams, which earned silver and bronze medals.



Captains of swimming, diving and water polo

The gala was exceptionally tough and what becomes clear is which schools have an abundance of club swimmers, and which have a majority of school swimmers.

We had a disastrous start with one of our top swimmers, Jade, feeling ill while swimming event 2. This resulted in her being unable to swim her next event, but she courageously swam her other four races, feeling extremely poorly.

We congratulate Jade on her silver medal in the 50m Dash for Cash, with a time far from her quickest.



U14 breaststroke relay team with their gold medals

The final results of the gala were as follows:

1 st	C&N Sekondere Meisieskool Oranje	425
2 nd	Durban Girls' College	411
3 rd	St Mary's School, Waverley and St Stithians	327
5 th	Clarendon High School for Girls	319
6 th	Eunice High School	297
7 th	Our Lady of Fatima DCS	249
8 th	Pretoria High School for Girls	207
9 th	St Mary's DSG, Kloof	
10 th	Durban Girls' High School	



The water polo team did well to reach the finals, where they gave St Stithians a fight, having been heavily beaten by them in the pool game. We played well in the semi-final against Durban Girls' College, where we went into the fourth chukka 2-2 and won the game 4-2.

Our path to the final was as follows:

- Lost 1-9 to St Stithians
- Beat Pietermaritzburg Girls' High 15-0
- Beat St Mary's Kloof 6-3
- Beat Durban Girls' College in the semi-final 4-2
- Lost 5-9 to St Stithians in the final



New, young diving coach Kate Shepherd can be extremely proud of the performance her nine divers produced in their competition. The competition was tough, but all the girls dived consistently. This is the 6th year in a row that we won the diving.

U15 section, Alexandra, who achieved a silver in the U16 section, and Nonceba, our captain, who achieved bronze in the Open section.

Congratulations to Kerry-Leigh, who achieved a silver medal in the

QUIX
HEAD OF SPORT

INTERNATIONAL STUDY FAIRS AND PRESENTATIONS



International Study – expos and presentations

- 16 Feb, 15h-19h00 EduLink Roadshow: Hilton, Rosebank www.int-edulink.co.za
- 21 Feb, 14h-17h00 Study in Canada: Standard Bank Business Incubator
5 Cradock Ave, Rosebank
- 02 March, 10h05 Netherlands institutions at St Mary's: Auditorium
- 04 March, 14h-16h00 CIS-AISA Expo of global institutions, Indaba Hotel
Register at www.cois.org/JohannesburgFair2017
- 06 March, 10h05 Rochester University (US) at St Mary's: Auditorium
- 07 March, 12h25 CIS Tour Group at St Mary's: Library
- 16 March, 13h-19h00 Global Education Expo: Wanderer's www.globaleducation.co.za
- 29 March, 10H05 Schiller University (Paris) at St Mary's: Auditorium

There has been an escalation in the number of international institutions wishing to recruit our students, and St Mary's has been inundated with requests from around the globe. We accommodate these institutions where possible in breaks, and interested students (and parents) are welcome to meet these representatives in the Wantage auditorium.

Please see the document above for the dates and times of a variety

of fairs and presentations. Your daughter is welcome to make an appointment with me should she require assistance in starting the process of an international application, at lynn.moony@stmary.co.za.

LYNN MOONY
CAREERS COUNSELLOR, THE OPEN DOOR

2017 SRC REPS

HOUSE	FORM	SRC REP
Clayton	II	Helen
	III	Lucy
	IV	Katherine
	V	Minenhle
Furse	II	Mikateko
	III	Lukhanyiso
	IV	Itai
	V	Michela

HOUSE	FORM	SRC REP
Karney	II	Zanele
	III	Khanyisile
	IV	Mufaro
	V	Clarisse
Phelps	II	Catherine
	III	Gabriella
	IV	Ntsimedi
	V	Oluwaseyi

FROM THE SCHOOL NURSE

As the school nurse, I often find myself having discussions with parents about health issues, which are not always easy for them to discuss with their friends but about which they seem to feel comfortable chatting to me.

This year I thought it would be a good idea to put a few snippets in the newsletter about some of the issues that have come up in conversation. My hope is that parents will become more informed and less embarrassed to have these conversations, as we realise that they are common to childhood and, by treating them early, we are preventing their spread and allowing our children to thrive while at school.

The topic I would like to address today is pinworms.

A pinworm is a parasitic intestinal worm (nematode). Humans are their only known host. They are most prevalent among pre-school and school-going children.

Most people think they are immune to worms; however, one out of two children may be affected.

Pinworms are small (2 to 13mm) and white. Adult pinworms live in the cecum (part of the large intestine). At night, gravid females migrate to the anus to lay eggs in perianal skin folds. The eggs usually hatch within hours.

Activity by adult pinworms and the mobile larvae causes perianal itching, the most common symptom of pinworm infection. Other signs and symptoms include trouble sleeping and general irritability. Patients with severe infestations may experience anorexia and weight loss. Many patients have only mild symptoms, or none at all.

Because of anal irritation, the sleeping host may scratch herself, acquiring pinworm eggs and larvae under her fingernails. She may then re-infect herself if she does not practice scrupulous hand hygiene. Scratching may also lead to a secondary bacterial infection.

Pinworms can spread when people handle contaminated objects (fomites), such as pyjamas, bed linen, and underwear, or anything the infected person has handled with unwashed hands. This is why pinworms are especially prevalent among young children in crowded settings, such as daycare centres and schools, and why mothers of infected children are far more likely to be infected than adults in the general population.

To eradicate pinworms and prevent reinfection, meticulous hand hygiene throughout the day is essential – especially before eating or food preparation, after going to the toilet, after handling bed linen or underwear, and after touching any potentially contaminated objects.

Infected patients need to keep their nails short, bathe every morning upon rising (using a fresh washcloth and towel each time), and change underwear, pyjamas and bed linen daily.

Young children should routinely be dewormed every six months, especially if they are displaying the symptoms already mentioned. If you are unsure about which treatment to use, there are deworming products that can be purchased over the counter, or you can visit your doctor for advice.

LEIGH SULLIVAN
NURSE

NOTICES

All Senior School parents are welcome to attend this parent evening on Tuesday 7 February, between 18h00 and 19h00 in The Edge. Judith Ancer, a clinical psychologist and popular speaker to whom our parents enjoy listening, will be discussing "When leaning in isn't enough –

raising fierce girls in a fierce world." Judith will look at how to raise young women who are able to face the world with confidence and courage.

APPEAL FOR VOLUNTEERS LITERACY AND NUMERACY AT HA JACK PRIMARY SCHOOL

"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN
USE TO CHANGE THE WORLD."
- NELSON MANDELA

Join our dedicated group of volunteers with this weekly literacy and numeracy programme for Grade 2's.
No teaching experience necessary just the wish to make a difference.
Fun and incredibly rewarding!

We follow government school terms.
We welcome scholars who wish to do community service in their school holidays.

Literacy: Wednesdays or Thursdays 8 – 10am
Maths: Thursdays 10.15 – 11.45am
HA Jack Primary school
Jauncey Road Waverley
(around the cnr from St Marys)

Contact Lee-Ann, Katinka or Jeanette for more information
Lee-Ann: zweigenthal@telkomsa.net (0834502072)
Katinka: daves@discoverymail.co.za 0828214298
Jeanette: dinglevj@telkomsa.net (0826867878)

MUSE MORNING:

Tuesday 21 February, 07h15-08h30. All parents are welcome to join us for our first Muse Morning of 2017.

Time: 07h15-08h30

Venue: Wantage Auditorium

Speaker: Luke Lamprecht, child protection and development specialist

Topic: The Difference between Try and Triumph is a little "Umph". Luke will discuss the central role of parenting in the development of their children, and the challenges the modern world poses to parenting and the developing child. In the talk, he deals with the multitude of roles children and parents occupy, and the spaces that they inhabit. The core of the talk is about the concept of "resistance" as an activity in the developing child, and the concept of "protest" as a way of looking at their behaviour.

Coffee is served from 07h15 for a prompt start at 07h30. Refreshments will be available at the tennis pavilion, just outside the auditorium of the senior resource centre (Wantage).

RSVP: sharon.san@stmary.co.za

Celebrate Valentine's Day with the St Mary's Rose

*Butterfly kisses and chocolate hearts, the joys of love that always lasts
The quite whisper that speaks so loud,
The dreamy feeling of floating on a cloud.
The magic of love the heart that glows,
To say I love you so the whole world knows. Support our gorgeous valentine fairies,
Buy a red rose at St Mary's.*

The **St Mary's Rose** was propagated to celebrate the school's 120th birthday. It has proven to be popular both as a part of St Mary's School in gardens and as a gift. The rose is a red hybrid tea which produces an abundance of medium to long stemmed, shapely blooms in bright velvet-red.



The PTA is proud to offer you the opportunity to pre-order the rose in time for **Valentine's Day**. The St Mary's rose is selling for R160. Our Valentine's stock will be sold on a first come first served basis, so please place your order by completing the order form and handing it at the Senior and Junior School receptions by Monday 6 February. The roses can be collected on Monday 13 and Tuesday 14 February in the St Mary's car park (stop-and-drop).

ORDER FORM

Parent full name	
Child's name	
Child's class	
Contact number	

Item description	Quantity	Total	Payment method	Parent's signature
St Mary's rose (R160)				

Payment Options:

1. Exact amount Cash.
2. Direct Deposit/EFT into ST MARY'S SCHOOL PTA ACCOUNT:

BANK	Standard Bank	
	Bramley	
BRANCH	Branch	44005
ACCOUNT NO	002988143	
REFERENCE	"Your child's name, grade and Rose"	

Please e-mail proof of payment to Masemarag@gmail.com