



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

03 NOVEMBER 2017

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



FROM THE HEAD'S DESK

As we approach the final weeks of the school year, it is usual for the management team and me to reflect on the value and intent of our academic and co-curricular offering. The St Mary's model of education includes character development as a key element in what we want to achieve and we, therefore, place emphasis on participation in the co-curricular programme and on leadership. The many and varied opportunities on offer create the context in which the girls can discover and form their individual selves.

Academic achievement is pursued and celebrated but we believe that our girls must use their ability and potential to be useful in the world and contribute to the enhancement of our society.

We believe that the aspects of our programme and approach, as outlined below, are of value in building character.

The mentor groups provide a small group gathering where relationships can be formed across age groups and teachers can monitor the girls' schedules and general well-being. This daily routine and familiarity should present a safe environment in which the girls can explore their experiences and personal development.

From Form III, the girls have opportunities to lead in different ways with the fashion show as the first experience of developing autonomy and taking responsibility for a major event. The majority of girls have tested their leadership skills by the end of Form IV.

All involvement in co-curricular activities is of equal importance in the school and whether the girls serve the Community Affairs department, participate in the Performing Arts or play sport



Karabo (captain) and Samantha (vice-captain) celebrating as St Mary's wins inter-high athletics for the 10th consecutive year

for an elite team, they need to feel valued for who they are as individuals and affirmed for their abilities and talent.

Competition excites and encourages adolescents but it also helps them develop and appreciate the virtue of perseverance. The girls learn to deal with failure through

competition and the ability to bounce back enhances their confidence and self-belief.

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN



This past week, in the life of the church, saw the celebration of All Saints' Day (Wednesday 1 November) and All Souls' Day (Thursday 2 November). All Saints' and All Souls' Days are of particular significance to us as a community, as there have been several deaths in girls' families over the past year or more. Last week, we received sad news concerning two families. Thandiswa's (Form II) mother, Mavis Buthelezi, passed away on Saturday 21 October. Cobus Britz, father to Kaylyn (Form IV) and Alayna (Form II) and Anabel (Grade 1), passed away on Thursday 26 October..

Rest eternal grant unto Mavis Buthelezi and Cobus Britz, oh Lord, and let light perpetual shine upon them.

Thus, this week, we took the opportunity to mark All Saints' and All Souls' Days in our chapel in the Senior School, in services of Morning Prayer. Girls were gently encouraged to prayerfully reflect upon the lives of the saints, both known and unknown to us, as well as all the faithful who have departed this life, within the story of Christ and of God's journey with God's people as told in the readings for the day.

I encourage us all to reflect on the words of the Psalmist in Psalm 139:1-18, and to find reassurance in God's constant presence with us, no matter the situation:

¹ *O Lord, you have searched me and known me.*

² *You know when I sit down and when I rise up;
you discern my thoughts from far away.*

³ *You search out my path and my lying down,
and are acquainted with all my ways.*

⁴ *Even before a word is on my tongue,
O Lord, you know it completely.*

⁵ *You hem me in, behind and before,
and lay your hand upon me.*

⁶ *Such knowledge is too wonderful for me;
it is so high that I cannot attain it.*

⁷ *Where can I go from your spirit?*

Or where can I flee from your presence?

⁸ *If I ascend to heaven, you are there;*

if I make my bed in Sheol, you are there.

⁹ *If I take the wings of the morning*

and settle at the farthest limits of the sea,

¹⁰ *even there your hand shall lead me,*

and your right hand shall hold me fast.

¹¹ *If I say, "Surely the darkness shall cover me,*

and the light around me become night,"

¹² *even the darkness is not dark to you;*

the night is as bright as the day,

for darkness is as light to you.

¹³ *For it was you who formed my inward parts;*

you knit me together in my mother's womb.

¹⁴ *I praise you, for I am fearfully and wonderfully made.*

Wonderful are your works;

that I know very well.

¹⁵ *My frame was not hidden from you,*

when I was being made in secret,

intricately woven in the depths of the earth.

¹⁶ *Your eyes beheld my unformed substance.*

In your book were written

all the days that were formed for me,

when none of them as yet existed.

¹⁷ *How weighty to me are your thoughts, O God!*

How vast is the sum of them!

¹⁸ *I try to count them—they are more than the sand;*

I come to the end—I am still with you.

REVD CLAUDIA COUSTAS
CHAPLAIN

APPLE EXCELLENCE IN EDUCATION

The Visual Arts department had three entries in the finals of the Apple Excellence in Education competition. An awards evening was held at The Venue at Melrose Arch on 26 October.

Seva and Neo placed second in the Curriculum Challenge category for their iBook on African art. Their colourful creation made use of interactive widgets using iBooks Author.

Ruby and Candice won the Artistic Excellence category for their video entitled "The world is our Canvas". Ruby was also a finalist for her video entitled "Chaotic Capabilities".

SUE HEYDENRYCH
HOD: VISUAL ARTS



Winners of the Apple Excellence in Education Artistic Excellence category, Ruby and Candice



Screen shots of the winning video



"A Re Sebetseng [Let's work!]: Building a cleaner and better Jo'burg together"

– Herman Mashaba: Daily Maverick, 20 September 2017

On Thursday 26 October, the Form I girls took part in a dynamic, experiential day of learning that revolved around the themes of urban development, sustainability and extending the girls' understanding of the meaning of citizenship and community. The first activity for the day was dedicated to a litter pick up in and around St Mary's. This response to Johannesburg Executive Mayor Herman Mashaba's "A Re Sebetseng clean up Jo'burg" campaign allowed the girls to see first-hand the blatant disregard not only for the environment but the impact that litter has on wildlife. The significance of this activity went much further than the physical beautification of the suburb and nearby river; it highlighted the importance of becoming powerful change agents in society.

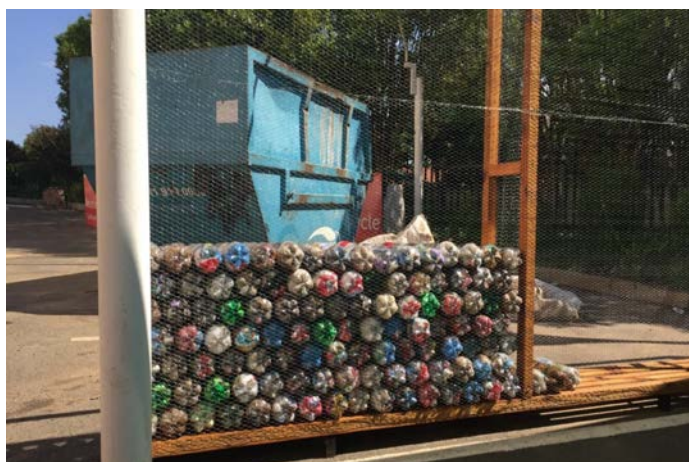
The girls brought their "treasure" back to school to sort and stuff into discarded 2l Coke bottles, transforming them into Coke bottle bricks. These were destined to become part of the upcycled wall positioned at the recycle depot below The Edge building.

The message here is that learning is ongoing. We all strive to be better, more conscious of the individual being that is part of a bigger whole, as well as being more environmentally aware. The experience was intended to be humbling, allowing the girls to look beyond themselves and be active contributors to ensuring we all have a future of which we can be proud.

CLARE SEARLE AND JANE MCMURRAY



St Mary's girls do their bit for the community and the environment



The Coke-bottle wall that beautifies the area behind The Edge building

MUSE MORNING

All parents are welcome to join us at the Muse Morning on Tuesday 14 November

Time: 07h15 to 08h30

Venue: Senior auditorium, resource centre

Speaker: Dr Ela Manga

Topic: "The Energy Code – sustained vitality"

Coffee is served from 07h15 for a prompt start at 07h30. Refreshments will be available at the tennis pavilion, outside the auditorium of the resource centre (Wantage). Dr Manga's book will be available for purchase at R250.

RSVP: sharon.san@stmary.co.za

Energy management for families

In a world of exponential technological advances and information overload, more demands are being placed on children in terms of performance and achievement than ever before. Are we equipped enough to support our children to adapt rather than maladapt to these demands? As parents, how do we manage our own energy to deal with the physical and emotional demands of highly functioning children? In this discussion, Dr Ela Manga will unpack the basic principles of energy management, how to support body, mind and heart to support authentic energy vs "adrenalised energy". She will leave you some simple and practical take home tools that can be integrated into your family life.

Dr Ela Manga, author of *The Energy Code*, is a medical practitioner who is committed to bringing heart back into medicine. The *Energy Code* tackles the challenges of mastering health, vocation and meaningful relationships, guiding us to an authentic life of inner change and sustained vitality. It is the crystallisation of Ela's experience and insights gained in the cutting-edge science of mindfulness based energy management.

FORM I READING RACE 2017



Victorious Form IM: winners of the 2017 Reading Race

Every year, the Form I girls are challenged to complete six reading tasks over the course of nine months. These include reading a magazine, a poem selected from the Senior Phase anthology, a short story, a graphic novel, a prize-winning book and a book recommended by someone else.

After a sluggish start, the girls returned rejuvenated from their August break and the race became a hotly contested sprint between Form IM and IR. In the final week of the challenge, IM edged ahead to win with an impressive 93% of the class completing all of the reading

tasks. Form IR is commended for their spirited effort where 86% of the class cleared all six hurdles.

It has been rewarding to watch diverse reading palates develop and to share in the pleasure of listening to girls enthuse over their novels. Author Mark Haddon summed up this experience succinctly when he said, "Reading is a conversation. All books talk. But a good book listens as well."

BELINDA WILLIAMS
FORM I ENGLISH TEACHER



FOR MORE INFO:
CALL 083 226 2871

DANCE

The jazz dancers learning a new musical theatre combination



TRINITY DRAMA EXAMINATIONS

The Trinity drama examinations took place in the AV Room on Wednesday 20 September and we await the results, which are due soon.



Khanyisile, Ruvarashe, Nakai and Dramatic Arts teacher, Kyle



Emma, Hannah and Kate

CLAIRE VAN NIEKERK
WWW.5678PRODUCTIONS.CO.ZA



INTER-HIGH ATHLETICS

The team was well led by the captain, Karabo, and her vice-captain, Samantha, and coached by a very patient Cobus Kruger. Despite four injuries on the day, St Mary's was able to win their 10th consecutive inter-high competition. It has been a tough season as the girls are committed to many activities and were not able to train as often as they should.

It was awesome to have a large contingent of girls and the spirit squad also came out to Germiston to support us. The atmosphere changed the minute the "Saints" supporters arrived and their enthusiasm spurred on the athletes.

• 1 st St Mary's	445
• 2 nd Kingsmead College	390
• 3 rd Brescia House School	378
• 4 th Pretoria High School for Girls	366
• 5 th St Andrew's School	343

• 6 th Assumption Convent School	314
• 7 th Holy Rosary School	288
• 8 th Jeppe School for Girls	207

Jenna is congratulated on breaking the junior 1 500m record by a whopping eight seconds. She also won the 800m, missing the record by one second after helping the team by running the 400m before that race. The team had excellent results in the field events and the hurdles. Jade was a tenth of a second off the U14A 80m hurdle record and the U14 4x100m relay team (Khanyi, Holly, Abigail and Jade) also had a convincing win and were only a tenth of a second off the record. Well done, athletes, on your short but successful season.



Jenna powering her way to the 1 500m record



Form IV girls celebrating



The successful team

Our annual inter-house athletics was held the morning after inter-high, before we closed for half-term. Many girls took part and it was a fun yet competitive morning with the egg-and-spoon race playing a major part in the final results. The event was won by Karney, on 309 points,

followed by Clayton, Phelps and Furse. By a unanimous decision, Furse were the winners of the spirit prize. They set the tone with their grand entry.

QUIX
HEAD OF SPORT

SQUASH

St Mary's entered the Stayer's Tournament in Cape Town in October. We played well against Epworth, Wynberg Boys, Boulders, Suikerbossie and Disas.



Georgina (2018 vice-captain), Hannah, Panashe (2018 captain), Alexandra, Jemma and Tannah

The SOS Gauteng Junior Squash Tournament in October was held at the Parkview Squash Centre. Well done to all St Mary's girls who entered the "start of the 2018 season" to obtain rankings for next year.

U19 ranking

- Jemma – 1st
- Tannah – 8th
- Hannah – 10th

U16 ranking

- Megan – 4th
- Demi – 5th
- Alexia – 10th
- Megan – 12th
- Ghita – 15th
- Kerry-Lynn – 23rd

U14 ranking

- Sasha – 7th

JENNIFER FOX
HEAD OF SQUASH



Megan, Jemma, Hannah, Demi and Alexia

TENNIS



The A junior inter-high tennis team: Amukelani, Sarah, Julianne and Hannah



St Mary's tennis team that participated in the Eunice festival: Izabela, Sarah, Ruth, Tamsin, Nina, Hannah and Amukelani



B inter-high team: Simone, Clio, Sarah and Jessica



AB team that won the league:

Back row: Nina, Sarah, Julianne, Simone, Hannah
Middle row: Georgina, Ruth, Sarah, Kate, Amukelani
Front row: Maja, Izabela
Not in picture: Tamsin, Alexis, Anthea

The past few weeks of this term's sports schedule have been busy for all the St Mary's tennis players.

The AB team played in their last league match against St Andrew's. The AB team won the match in a convincing manner and, therefore, won the Premier league. This was an awesome team effort by all the players and especially the B team who were unbeaten throughout the season. Congratulations to the players in the EF teams whose combined effort posted a credible win over Parktown AB.

The St Mary's 1st team participated in the Eunice festival over half-term and once again won all their matches losing only five games out of the 45 games played. St Mary's beat Eunice, Waterkloof, St Stithians, St Cyprian's and Collegiate to end top of the round-robin table. All the players played extremely well against some stiff opposition. The St Mary's players had great fun on and off the court. The St Mary's tennis team stayed in the hostel and their behaviour was a credit to the school. I thank Ms Murray for all her support and help and to Stanley who drove us safely to and from our destination.

Inter-high results (top eight)

1st Helpmekaar Kollege
2nd St Mary's A
3rd St Andrew's A
4th St Stithians A
5th Northcliff High school
6th Linden Hoërskool

7th Roedeaan School
8th St Dunstan's

Results 17 October

- St Mary's A beat St Andrew's A 43-20
- St Mary's B beat St Andrew's B 43-20
- St Mary's C Bye

- St Mary's D Bye
- St Mary's E lost to Parktown A 30-33
- St Mary's F beat Parktown B 34-29, 55-8
- St Mary's G Bye
- St Mary's H Bye

The annual junior inter-high competition was held on Saturday 28 October at four venues across Johannesburg. Congratulations to the A team, comprised of Sarah, Amukelani, Hannah and Julianne on reaching the finals of this event. The St Mary's A team won the section at St Mary's beating Fourways High School, Jeppe Girls', Linden Hoërskool, Kingsmead A and De La Salle Holy Cross College. St Mary's A then beat St Andrew's A in the semi-final in an excellent and closely contested match. In the other semi-final, Helpmekaar Kollege beat St Stithians. St Mary's A lost to a powerful Helpmekaar Kollege team in the final.

The St Mary's B team also did well and placed third in their pool section, beating Holy Rosary B, Bryanston A and tying with Roedeaan A. The B team ended in a very credible 12th position. Twenty-six schools participated in this event. Well done to all the players on their excellent play. I thank Ms Murray and all the parents for their support on Saturday. Thank you to Ms Quix and Ms King for coming to support the St Mary's players.

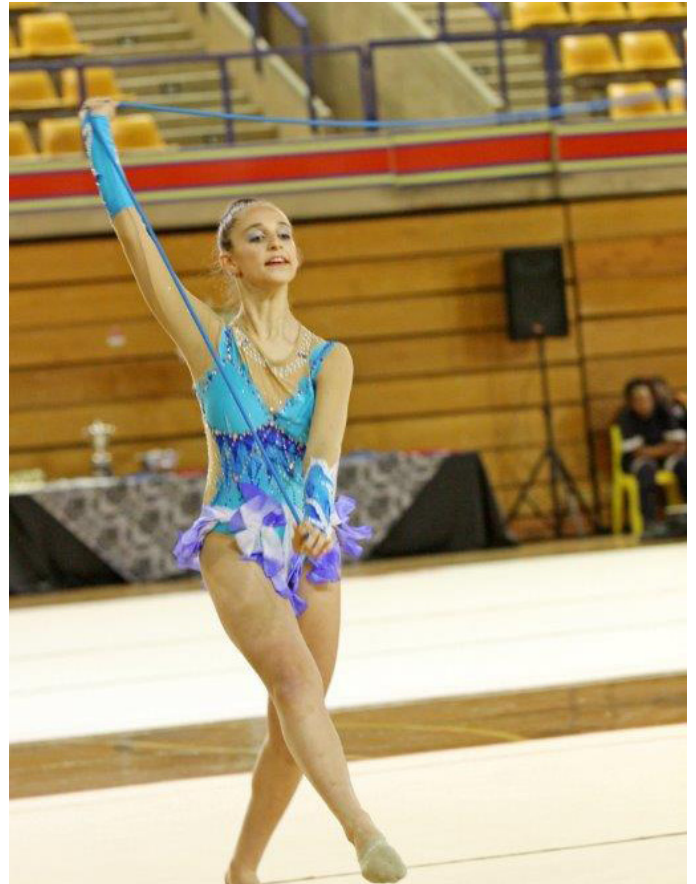
RENÉ PLANT
HEAD OF TENNIS

RHYTHMIC GYMNASTICS

Two of our Senior School girls represented Gauteng in Level 8 at the recently held South African Gym Games.



Romy



Jessica

WATER POLO

The following water polo players have been selected to take part in the SA Schools' Inter-Provincial Water Polo Tournament in Port Elizabeth from 7 to 13 December. They will compete in their respective age groups for the Gauteng A and B teams.



Back row: Francesca, Kiara, Abigail, Amy, Tatum, Kathryn, Siphosethu
 Middle row: Tasmin, Emily, Hannah, Rebecca, Nicola, Kristen, Kayleigh, Julia, Angela
 Front row: Courtney, Daniela, Brittany, Robyn, Tasmin
 Not in picture: Zoe and Nicola

KELSEY WHITE
 WATER POLO COACH