



Head girls elect 2022: Marubini Koka (deputy head girl), Mahlatse Chocho (head girl), Danielle Grobbelaar (deputy head girl)

FROM THE HEAD'S DESK

The pandemic has necessitated the increased and effective use of technology; one may even talk about an immersion into the digital world for schools.

The digital revolution has provided unprecedented access to knowledge and learning, and it has enhanced the educational experience of children. It is possible to say that children now spend much of their time on devices. The digital environment is a complex and challenging one, which our children are expected to navigate in many aspects of their lives. The balancing act required to use it for education, for socialising and for communication is one of the most complex challenges of this century.

Within the cyber world lurk many dangers, from which we need to protect our children, however, we also need to ensure that they have digital access, which gives them advantage in the cyber era. Some of the cyber threats are well documented such as pornography, adult predators and cyber bullying. One of the threats gaining public attention is the harvesting of personal data by tech giants and the right to personal privacy. Other threats are less obvious but have real consequences for our children.

A recent *Wall Street Journal* article exposed an internal Facebook investigation into one Instagram app. One of the findings of concern was that 32% of teens who were surveyed stated that when they feel bad about their bodies, Instagram made them feel worse. The app also clearly operates as an addictive product and takes a toll on mental health. The investigation has prompted Facebook to research ways into how it can nudge teens to look at different topics and content that inspires and uplifts.

Schools and parents have a responsibility to protect and educate our children about these dangers or harms of the cyber world. Our children, particularly adolescents, must be made aware and reminded that they are also responsible for their behaviour and interactions in the social media space.

**Please see page
10 for all notices**

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN

As I write this, we have just celebrated Heritage Day as a country. At St Mary's, we had our Senior School Heritage Day service on Thursday 23 September. The liturgy was a celebration of our Christian heritage with influences from the Jewish worship tradition and early Greek Orthodox.

September is also the month when we commemorate the martyrdom of *Bantu Stephen Biko*, 12 September. The ACSA Liturgical Commission citation reads as follows:

Bantu Stephen Biko was a South African anti-apartheid activist, intellectual, father of the Black Consciousness Movement (BCM), and martyr.

[... he challenged the institutional church to be an instrument of human dignity and freedom. He worked towards fulfilling a vision of a transformed South Africa and world.]

A lifelong Anglican, Biko had an ecumenical outlook and practised an explorative religious consciousness, especially with ideas from African culture and religion, and the politics of religions. However, he engaged passionately in African liberation theology, in Christ-like justice and righteousness, and had a clear vision of a redemptive, compassionate God. Biko had as his inspiration the mystic-activism of the Christian faith seeking to embody a radical Christ-Presence in the world for the lives of all. Fr Aelred Stubbs of the Community of the Resurrection named Bantu Stephen Biko a Martyr of Hope.

It is thanks to people like Steve Biko, who dedicated their lives to fighting for freedom and justice, that we are in a position to celebrate our shared heritage as South Africans with all its diversity with joy and pride.

Let us be thankful.

REVD RAKGADI KHOBO
CHAPLAIN



Girls and staff alike, celebrating Heritage Day


ACCOUNTING

PROVERTO



2021 National High School Olympiad

On Wednesday, 4 August 2021, 13 of our girls participated in Round 2 of the Accounting Olympiad which took place online. Special congratulations go to Yana Cai in Form III who was placed first in the country in the Form III Accounting Olympiad. This is a fantastic achievement.



**2021
National
High School Olympiad**

WINNER ANNOUNCEMENT

ACCOUNTING

★ Grade 12
Mordechai Krengel * Yeshiva College * Gauteng

★ Grade 11
Mari Keyur * Crawford International La Lucia * KwaZulu-Natal

★ Grade 10
Yana Cai * St Mary's Waverley * Gauteng

PUBLIC SPEAKING



The week of the 13 to the 17 of September saw the school's best public speakers deliver refreshing speeches which rejuvenated the small Covid-friendly audience's minds. The six junior best speakers delivered remarkable speeches, addressing (you've guessed it) the prefix "re". The competition was adjudicated by our head of academics, Felica Tobias, who awarded the runner-up position to Tenjiwe Sithole (Form II). Kyla Grobbelaar in Form I was the youngest speaker of the night and she walked away with the prestigious title of Junior Best Speaker. The transcript of her witty speech follows:

JESSICA BUCHER
ENGLISH TEACHER

Re-examining the meaning of repurpose

I've been on a journey for the last while in search of the right word with "re" as a prefix. I felt like I've swallowed a dictionary. Did you know there are thousands of words starting with "re" where it is not a prefix? I know this is less than helpful, but I did consider a few before moving on to the actual requirement.

Consider replenish, it has no prefix, and we all know what replenish means, refilling, restocking, generally adding back to what it was before. It's strange, we can't say "plenish", but what happened to the first time we did it? We can say we filled or stocked, so why can't we "plenish"? Similar to reflect. No "flect"? Give me a moment to think back on what I've just said.

Refuse, of course is a little different. Fuse is a word, a strong noun or verb. Fuse in electrical appliance or perhaps you can have a short fuse as in a bad temper. But refuse is altogether different and also depends on where you put the accent. I refuse to do that ... or please take the refuse out. English is a strange language.

So on to what I was probably supposed to be thinking. Repurpose. Great word. All things have a purpose, and we should always be thinking about how to use them for an alternative purpose once they have lived their life or expired. Think about the enormous opportunity in recycling and saving our planet.

I was attempting to cut off a label on a pair of pyjama pants I own because we all know how irritating and itchy, they can be. When I noticed that my pyjamas were made from 100% recycled plastic. Now that's a great way to repurpose and quite funny to think I'm wearing some old straws, or takeaway containers to bed!

There are many different ways to give items a new life which was also the case with an African mask we created for our art project earlier this year. Our masks were made entirely from recycled materials. As well as using these materials to create something beautiful it was also easy to dispose of - that sounds as if I have no appreciation for the work create but that is not the case. I say this because we have all had old art projects laying around in our home, forgotten about. Instead, our cardboard mask could be repurposed into paper.

I read an article about a company called Insectta run by Chua Kai-Ning, who is a farmer based in Singapore. She spends her time repurposing Singapore's 2 billion metric tons of food waste into fertiliser and animal feed. They do this by feeding the waste to the black soldier fly larva. I now know the battle to conquer Singapore's food waste crisis is mainly in the hands of a fly or should I say wings.

Once they have fed the maggots the food waste, Insectta can flash dry the larvae into animal feed and turn the insect's excrement into fertiliser. But that's not all these slightly gross bugs have to offer, they also contain valuable biomaterials in the byproducts namely chitosan and melanin. Insectta obtains chitosan from the exoskeleton they leave behind from the metamorphosis of a maggot to a fly. Chitosan, believe it or not is used in most moisturisers. Chitosan could also potentially replace thickeners and preservatives in cosmetic products. Imagine that fly exoskeletons in our face creams! But I would rather not dwell on the gross factor and rather on the fact that this is an incredible way to repurpose.

Now that was a good topic, but I continued my search and thought about reexamine. Well- structured word, but funny looking with so many e's. This wouldn't do. I like to examine complex items but when I have done it once I'm not really into reexamining them, so I left that word alone.

And suddenly it dawned on me ... I landed on the best word for my speech and now I'm ready to rewrite.

KYLA GROBBELAAR
FORM I

SELF-ESTEAM: PUBLIC ART



The Form IIs ended Term II with a self-eSTEAM project that asked if they could “activate a space within the school to make a statement about our diversity?”

To start the process, the students were educated on what constitutes public art and were provided with examples of works in South Africa. We were very excited to host Gerhard Marx who presented his design of *Fire Walker* and spoke to the latest developments around its renovation as a result of the degradation of the 10-metre-tall statue. We also heard from a team of art activists - Taryn Millar, Aarti Shah and Sarah Cairns, who are dedicated to highlighting ecological concerns in their work. An important question arose around one’s footprint and the gravitas and responsibility of creating something that did not exist before. The girls were encouraged to think about the chances of their designs becoming a reality on the campus.

The results were inspiring. Owing to the short time dedicated to the project, the Form IIs could not dally. They researched, interrogated, shared, designed, iterated and modified up to the last moment of the project. Sadly, many came down as soon as they were erected but all was captured and documented on Google sites. Going forward, the ideas with the most potential to represent diversity and what that means within the St Mary’s community, will be approved by ‘the powers that be’ and become actual features on campus.

JANE MCMURRAY
HOD: CULTURALS

VISUAL ARTS

The Form IV Art students are exploring the art of the Abstract Expressionist movement. The process of action painting involves dripping, splattering and flinging paint on a canvas laid out on the floor and was seen as an event or performance which then led to a final product of an artwork. This type of art was founded in the 1940s and '50s in New York and was most closely associated with the artist Jackson Pollock. The art students certainly immersed themselves in the process and had a lot of fun producing their collaborative abstract piece.

DANIELLE MOWATT
HOD: VISUAL ARTS



LIBRARY NEWS

We celebrate Heritage Day on 24 September annually to mark our nation's diverse culture and heritage. The celebration has created a conducive environment for all to embrace and celebrate what we have inherited or has been bequeathed to us by our forebears. The St Mary's Senior School library is using Heritage Day to call on all pupils and staff to support the culture of reading and incorporate it into their daily lifestyles.



OLIVIA JOHNSTONE
SENIOR SCHOOL LIBRARIAN

TENNIS

The tennis league is in full swing and it is so wonderful to be competing against other schools again. The A and B teams have faced some tough opposition. Both teams played excellent tennis to beat both Helpmekaar and Linden. The other teams have been playing the A and B teams from the other schools and have competed well. The St Mary's F team lost in a close match to Assumption B. The St Mary's H team beat Redhill B and lost to Roedeane D by one game. Well done to all the tennis players and keep up your enthusiasm.

Congratulations to Moroesi Tuoane who placed fourth in the women's event at the Limpopo Pro Kennex tournament. Lilitha Ndungane has been participating in her first professional ITF 25 000-dollar events. Lilitha has competed well and gained valuable experience against tennis players ranked in the top 300 in the world.

Results Tuesday 14 September

St Mary's A beat Helpmekaar A 38-25
 St Mary's B beat Helpmekaar B 35-28
 St Mary's C Bye
 St Mary's D Bye
 St Mary's E lost to Assumption A 38-25
 St Mary's F lost to Assumption B 33-30
 St Mary's G lost to Redhill A 25-38
 St Mary's H beat Redhill B 40-23

Results Tuesday 21 September

St Mary's A lost to Linden A 27-36
 St Mary's B beat Linden B 46-17
 St Mary's C lost to Kingsmead A 22-41
 St Mary's D lost to Kingsmead B 24-39
 St Mary's E Bye
 St Mary's F Bye
 St Mary's G lost to Roedeane C 27-36
 St Mary's H lost to Roedeane D B 31-32



RENÉ PLANT
 HEAD OF TENNIS

ATHLETICS



Athletics captains: Holly-Rose Brady, Ella Babaya

It is absolutely wonderful to be involved in athletics on the Howell Hub in the afternoons and seeing our sports facilities back in action - swimming, diving and polo in the pool, tennis and netball on the courts and rowing training, basketball and athletics on the Howell Hub itself. Currently the athletes are not looking like lean, mean winning machines. In fact, our first meeting resulted in a number of quadricep and calf strains as we are not used to exerting ourselves on the sports field. We have now spent two weeks working on trying to build up a bit of strength and speed endurance in the hope that the next meeting will show improved performances. It was not all doom and gloom. We performed admirably considering the long pandemic-enforced lay-off. It was wonderful to see girls performing in U14 and U15 who have not yet had a chance to represent the red school. I urge all athletes to knuckle down and commit to training for the next four weeks so that we are able to turn in our best performance at inter-high. "Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it." - Lou Holtz

QUIX
 HEAD OF SPORT

HOCKEY

In our newsletter of Friday 17 September we announced the hockey provincial representatives. Recently it was also announced that Caitlin Breytenbach (FV) was selected for the U18B provincial team.



Caitlin Breytenbach

Over the long weekend, the U17 hockey team represented St Mary's at the U17 Top Schools' Tournament which was held at Paarl Gimnasium. Having not played a tournament for almost two years, owing to Covid-19, the players were raring to go and test themselves against many of the best hockey teams in the country.

The format of the tournament was a tough one. Each team played five pool games followed by two cross-pool matches. We got off to a great start winning the first three pool games but then, unfortunately, lost a very close game to Collegiate in our third game of the second day. We met eventual finalists, Eunice, next and unfortunately also came off second best which left us playing for positions 5-8 in the cross-pool playoffs. Despite having played five tough matches already, the team put together two great performances to end the tournament in 5th position.

The tournament was a great success and was thoroughly enjoyed by all.

St Mary's match results:

- v Bloemhof won 1-0
- v Paarl Invitational XI won 3-0
- v Durban Girls' College won 2-0
- v Collegiate lost 0-2
- v Eunice lost 1-4
- v Pearson won 2-1
- v Clarendon won 2-0



CINDY BROWN
HEAD OF HOCKEY

BASKETBALL

After two lost seasons, owing to the Covid-19 pandemic, it has been wonderful being back on the court and playing matches again. The excitement and enthusiasm are tangible! The players are commended on their determination to improve and to learn, and on their commitment to training, the younger age groups especially. The coaches too, are commended on their dedication and their ability to inspire and motivate the players.

Our first fixture was against St Peter's. In the past, these matches have proven to be very competitive and 2021 was no different. Each team gave of their very best. Our attacking play and structures were in place, however, we need to improve our scoring abilities and, in turn, our conversion rate. The players worked incredibly hard in defence and, ultimately, this made the difference in most of our matches.

The results were as follows:

- 1st: 18-17
- U15A: 1-13
- U15B: 12-2
- U14A: 8- 6
- U14B: 4 -2



Coach: Ms Ledwaba



Coach: Ms Makhalanyane

TARYN DE WINNAAR
HOD: SENIOR SCHOOL SPORT; BASKETBALL

OUR 2022 HEAD GIRL ELECT IN 2010



Blast from the past: A photograph from the North Eastern Tribune in May 2010

MUSE MORNING

Date: Tuesday 5 October

Time: 08h30 to 09h30

Via Zoom:

Join Zoom meeting

<https://us02web.zoom.us/j/89459131890?pwd=QmY4RXR1blUwZkFRL1RIWHFiRGZVZz09>

Meeting ID: 894 5913 1890

Passcode: 658584

Theme: Living psychoanalysis

Speaker: Deborah Ashdown

About Deborah Ashdown:

Deborah is a clinical psychologist and candidate psychoanalyst in private practice. She works with teens, couples, as well as adults and has specialised in parent infant psychotherapy. She is deeply interested in “living psychoanalysis,” taking psychoanalytic thinking into the real world and inviting representatives from diverse disciplines to consider the common problem of what it really means to be to live a fuller expression of the self in all its conflicts, paradoxes and nuances.

There are many areas that interest Deborah in her clinical work but, of particular interest, is creativity, psychoanalysis and the mind/body relationship. Deborah is also interested in understanding how the human psyche is influenced by neurobiology, evolution, philosophy, history, literature and art.

Deborah has had experience running adolescent out-patient wellness programmes which incorporate individual therapy, family therapy, parent enrichment groups, and group therapy. She works as part of a multi-disciplinary team made up of psychologists, social workers, and psychiatrists who all work together to help teens and their families find their preferred way of being in the world.

Deborah received a travel award to the United States in 2006 to present her research, which involved a Substance Awareness Intervention Programme for Youth in South Africa. Deborah has also been interviewed on Carte Blanche and on SABC 3 about her therapeutic interventions aimed at teenagers who are at risk and about areas such as teen addiction, self-harm, body image and depression. She has also presented on these issues at various schools in Johannesburg. Deborah also runs Peer Mentorship Programmes at schools in Johannesburg, which have been very successful in empowering young adults with psychological skills to help and guide each other.

GOLF DAY

**St Mary's golf day
Booking now open**

**Thursday 14 October
Parkview Golf Course
Staggered T-off from 11h30**

[Click here to book](#)

- **Format: Four-ball alliance (2 x scores to count)**
- **Price: R3 600 per four-ball**
 - ❖ Price includes arrival drinks, halfway house and a light dinner at prize giving
 - ❖ Golf carts, caddy and drinks for your own account

For any queries or sponsorship offers, please contact Lisa Grobbelaar at lisa.grobbelaar@stmary.co.za