



Ms King, with the 2023 swimming captains (see pg 4)

## FROM THE HEAD'S DESK

Over the past weeks in staff meetings and in management meetings, the teachers have discussed the girls' schedules and whether or not they present a balanced and healthy approach to study, physical and artistic activities, and rest. The teacher mentors were tasked with capturing the girls' involvement and schedules and then making recommendations for a balanced lifestyle, which includes study, recreation and rest.

The data gathered from mentor teachers shows that some girls do too much, while others do little, and others have a balance. The management team will meet again this week to assess how we can guide the girls to find a balance that ultimately leads to their flourishing in school.

These thoughts were the backdrop to a week when we celebrated the Form V girls at their matric dance, and we watched the swimmers excel and win against the other girls' schools in both the Premier and A inter-high galas, supported by the exuberant spirit squad.

There was no doubt in my mind as I watched these events over the week, of the value that exists in embracing school life. The girls who immerse themselves in school activities seem to gain from the challenge, the friendship, and the life lessons. The social support that exists in participation and sharing is something that should also not be ignored.

Suffice to say that I so enjoyed witnessing these moments when your daughters showed a sense of joy and fulfilment in their participation and achievement.

We now look forward to basketball matches and water polo in the next days and then the inter-high diving, which will end the aquatics season. The rowing season will culminate in the SA Schools' Rowing Championships.

As we look to enjoy a break in the term, our school says farewell to Sister Leigh who is taking up a position in the United Kingdom. It is difficult to say goodbye to someone who has been an integral member of our community for many years. Sister Leigh has treated and cared for so many individuals and she is well loved across the campus. She leaves with our gratitude, love and best wishes.

The half-term arrives to provide some rest and a change of routine, which resonates with the importance of balance. I wish all our families a restful weekend.

**DEANNE KING**  
HEAD OF SCHOOL

## FROM THE CHAPLAIN

The Franciscan priest John-Francis Friendship describes Lent as follows:

The Season of Lent (beginning with Ash Wednesday), Holy Week and Easter is of fundamental significance both in the Church and in our understanding of human life. For the pattern it presents holds before us the means whereby we can live life to the full in the way that God intended. It reminds us, in a startling way, that pain and loss are inevitable part of what it means to be human, and the integration of this reality in our lives is the means whereby we discover the fullness of our humanity.

On Wednesday 22 February, we had our Ash Wednesday Eucharists with the imposition of ashes. The first reading was from Joel 2:12- 18: `

Yet even now, says the Lord,  
return to me with all your heart,  
with fasting, with weeping, and with mourning,  
rend your hearts and not your clothing.  
Return to the Lord, your God,  
for he is gracious and merciful,  
slow to anger and abounding in steadfast love,  
and relents from punishing.



Lent is about love. It is also an opportunity to consider our relationship with ourselves, God, and our neighbour. We are created by the love of God, who says, "you are precious in my sight and honoured, and I love you" (Isaiah 43:4a). God's love embraces us with our beauty, frailty, strength, and weaknesses.

God's love for us could be described as love with ashes: a love that speaks the truth and holds us accountable for our actions. The call to repentance in the message for Lent is to turn from our separate selves, from our sin, to come together in community.

**REVD RAKGADI KHOBO**  
CHAPLAIN

## MEET THE VISUAL ARTS DEPARTMENT



Danielle Mowatt  
HoD: BA Hons, PGCE (Wits)



Bianca Parirenyatwa  
BA(Wits)

## STAFF NEWS

Quix, our director of sport, swam the Midmar Mile for a staggering 47<sup>th</sup> time. The Midmar Mile, the world's largest open-water swimming event, commemorated its 50<sup>th</sup> anniversary this year. Only one woman, Gail Bristow, has completed more Midmar Miles than Quix.



Quix together with her sister, Mary, and her niece, Derryn Millward, completing her My 47<sup>th</sup> mile.

## FROM THE TRANSFORMATION AND LEARNING COMMUNITY

TLC (formerly known as the staff diversity committee), was started in 2009, and was renamed when the group expanded in 2021. Presently, 11 Senior School staff members, with diverse sets of interests, form part of this community. The expansion of this group came about because of the work done with staff under the guidance of Lovelyn Nwadeyi. Ms Nwadeyi conducted several thought-provoking training and planning sessions with the group towards the end of 2021.

TLC works alongside the student diversity committee and its sub-committees, e.g. the focus groups, assemblies, and the Queer Students' Association (QSA) which was formed in 2022. The results of our work can be seen in student-led assemblies, focus groups, annual parent sessions, staff discussions within our weekly Professional Learning and Growth (PLG) slot, and staff peer presentations. In this platform many topics are covered: student and staff wellness, religious engagement, matters of diversity and much more.

We believe that learning comes about when transformation is openly discussed so that blind spots and impact can be made known and positive practice can be shared across all spheres where discrimination is identified.

At the beginning of 2023, we teamed up with the Junior School staff who work on matters of diversity and inclusion. This was done in the hopes of having a more unified approach across the entire school. To this end, the TLC (including members of Junior and Senior School staff) met on Saturday 14 January to work on a mission statement.

Our working mission statement is as follows:

Our mission is to create a welcoming and inclusive environment where all members of our community feel respected, valued, connected, and supported, regardless of their race, ethnicity, culture, language, religion, gender, sexual orientation, or any other aspect of their identity.

Our work with the Junior School also extends to sharing several common commemorations and celebrations. The first of these shared commemorations will be on Tuesday 21 March to mark Human Rights Day.

TLC COMMITTEE



Some Senior School members of the TLC \* Dani Cooper in absentia

## MATRIC DANCE



On Saturday night, 18 February our matrics celebrated their matric dance in style.

# FROM THE VISUAL ARTS DEPARTMENT

**Foreshortening:** A method of rendering a specific object or figure in a picture in depth.

The Form III Visual Art students were assigned the task of drawing themselves from different perspectives. The technique they were required to utilise is foreshortening. It is when objects in the foreground of each picture appear much larger than those behind, which creates the distortion seen by the eye when an object or figure is viewed at an unusual angle.

A quick example of this is the 0.5 camera feature on newer iPhones which has taken Generation Z by storm.

This project was designed to stretch the girls' imaginative capacities to the next level and was a lesson in light and shadow. It involved critical thinking and hands-on application, which are two parts of our academic focus at St Mary's. All the drawings submitted were strikingly different from one another and displayed each girl's individual art style. Creating depth and texture is challenging with just graphite pencils, but as expected, the girls coped splendidly and efficiently with this project.



Comments from Form IIIs:

"I loved this project! I enjoyed combining my crazy 0.5 photos into a tangible drawing. This project has given me a taste of the fantastical ones yet to come. This assignment taught me to manage my time efficiently. But overall, I thoroughly enjoyed bringing my TINY FEET vision to life." - Lily van Loggerenberg

"I thoroughly enjoyed the experience of this project. While drawing, I was able to explore a medium that I had never used before. The preparation was highly amusing as the class took silly pictures of one another standing on chairs from a variety of angles. While completing the artwork, I utilised lead blenders which I found very effective in creating realistic depth. Although I faced a few challenges, overall, I am hugely satisfied with the end result and I am super excited for what's to come." - Milla Morse

LILY VAN LOGGERENBERG  
AND MILLA MORSE  
FORM III

## SPORTS

### INTER-HIGH GALA

The swimming season has been short but intense this year. With the inter-high galas two weeks earlier than normal, the swimming coaches had to ensure the girls were ready to peak by 21 February.

The season started off well with a good win at the annual Summer Splash gala. This was followed up with a second place finish at the National Aquatics event. The team lost out by three points to eventual winners, Our Lady of Fatima, from Durban. With successful results at these two big galas, the team was more determined than ever to perform well at the main event of the season, inter-high.

This year both the Premier and A inter-high galas were held at St Stithians. The spirit squad, along with the Form IIs and IIIs, were out in full force supporting our swimmers throughout the day which inspired the swimmers to swim even faster.

There were some outstanding performances (and personal best times) from our swimmers which made for some very exciting racing throughout the day.

The final results from both galas are as follows:

Premier inter-high gala:

1	St Mary's A	399
2	St Stithians	344
3	St Andrew's	343
4	St Dominic's	285
5	Assumption	219
6	Holy Rosary	187
7	Roedean	164
8	Brescia	160
9	Kingsmead	159
10	Parktown	100

A inter-high gala:

1	St Mary's B	390
2	Jeppe	323,5
3	St Catherine's	316,5
4	St Teresa's	305
5	St Andrews B	268
6	Kingsmead College B	249
7	Brescia B	201
8	Potchefstroom Girls' High	142
9	Assumption B	123



This is the first time that St Mary's has won both the Premier and A Inter-high galas in the same year, which is an exceptional achievement and shows the depth of talent at St Mary's. This result can be attributed to the hard work of the swimmers during the season and this is something each one of them can be proud of.

CINDY BROWN  
HEAD OF SWIMMING

# DIVING



Zalika Methula (Form IV) has been a diving sensation in South Africa over the past two years. She has competed in various diving competitions such as World Junior Championships and World Senior Championships. In November 2022, Zalika was nominated to receive the award of the Most Promising Young Athlete of 2022. Zalika attended the Gauteng Sports Awards finals, to our great delight, Zalika won the prestigious award.

We extend our congratulations to Zalika on this incredible achievement.

**KATE SHEPHERD**  
HEAD OF DIVING

# NETBALL



Alexa Stylianou (Form II) has been selected for the indoor netball U15 A team to represent Western Gauteng in the inter-provincial tournament taking place from 27 March to 1 April 2023. This is a prestigious tournament as all South African provinces compete.

**PALESA MASINGA**  
HEAD OF NETBALL

# WATER POLO

Congratulations to our water polo 2<sup>nd</sup> team and coaches on their outstanding performance at the Steyn City Tournament. The team finished 3<sup>rd</sup> overall. Simran Soni was selected as goalkeeper of the tournament.

Congratulations to our water polo 1<sup>st</sup> team and coaches on their outstanding results in the Roedean Prestige Cup and on winning the following matches:

St Mary's vs Beaulieu	20-0
St Mary's vs Kingsmead	4-3
St Mary's vs Crawford Lonehill	12-11

**ANKE PIRIE**  
HEAD OF WATER POLO



Water polo 2<sup>nd</sup> team and coaches



Simran Soni

# BASKETBALL

Our teams have played midweek fixtures against Holy Rosary, Helpmekeer and Sacred Heart. We have had mixed results, winning some matches convincingly, losing others and drawing one.

Owing to bad weather, the St Dunstan's senior tournament was cancelled. This was most disappointing for the teams involved but the seniors are looking forward to the Old Pet's Tournament over the half-term break.

Our U16 team played in the St Stithians tournament on 11 and 12 February. This tournament attracted a diverse group of entries. Our players did well to cope with different styles and strengths of basketball compared with those of our weekly fixtures. We were pleased to see the adaptability and improvement our girls showed during the duration of the tournament. Two wins and two losses were reflective of the good coaching and the high standard of play. Well done!



**TARYN DE WINNAAR**  
HEAD OF SPORT

# TENNIS

Well done to the A and B teams that are still unbeaten in the Premier league. Congratulations to the St Mary's C and D team for beating Kingsmead A and B and to the St Mary's G and H team for beating the A and B team from St Teresa's.

The following players have been selected for the Gauteng Central U15 and U19 teams respectively:

U15A	U15 B	U19 A	U19B
Bashali Phatshwane	Erin Krüger	Moroesi Tuoane	Tayla Gibbs
Bailey Selvam			

**League results:**

**7 February**

St Mary's A vs Randburg A	62-19
St Mary's B vs Randburg B	57-24
St Mary's C vs Kingsmead A	29-34
St Mary's D vs Kingsmead B	43-20
St Mary's E vs St Andrew's A	11-52
St Mary's F vs Holy Rosary B	13-50
St Mary's G vs Assumption A	16-47
St Mary's H vs Assumption B	28-35

**14 February**

St Mary's A Bye	
St Mary's B Bye	
St Mary's C vs Northcliff A	8-55
St Mary's D vs Northcliff B	26-37
St Mary's E vs St Peter's A	15-40
St Mary's F vs St Peter's B	21-42
St Mary's G vs St Teresa's A	34-29
St Mary's H vs St Teresa's B	34-29



**RENÉ PLANT**  
HEAD OF TENNIS

Back row: Tayla Gibbs, Moroesi Tuoane  
Front row: Bailey Selvam, Bashali Phatshwane, Erin Krüger

## HEALTH CORNER

One of the questions I get asked on a daily basis as the school nurse is: can I exercise if I'm ill? And it's not a question I take lightly as, in fact, strenuous activity when you're ill can be dangerous to your health.

This is because viral infections, such as the flu, can cause temporary muscle weakness that extends to the muscle cells in your heart - and a heart weakened by a viral infection can be further weakened by strenuous exercise. Placing strain on an infected heart muscle can lead to further inflammation, or even paralysis, of the muscle.

But remember, a cold is not the flu! Here's how to tell the difference, and what it means for your exercise regime:

- A cold is a milder respiratory illness that usually starts with a sore throat followed by a runny nose and a bit of a cough
- It usually lasts about five days
- Flu on the other hand comes on more quickly and lasts longer
- The most common symptoms of flu include a sore throat, fever, headache, muscle aches, congestion and a cough

The important question to ask oneself is: do I have a mild cold or is it flu? If in doubt, please consult a medical professional before embarking on physical exertion.

I would NOT recommend exercise if you have flu. Rather take time to rest and get better or you risk getting seriously ill and not being able to participate at all.

LEIGH SULLIVAN  
SCHOOL NURSE

## NEW BUILDING PROGRESS



Images of the new building



# SIZANANI MENTORSHIP PROGRAMME

Did you know that St Mary's community members can now become mentors to a Grade 9,10 or 11 high school students from the Ikusasa Lethu Saturday classes? Please visit our website [www.sizanani.org.za](http://www.sizanani.org.za) to get involved.

The mentors organise outings with their mentees. These outings help young people improve their self-confidence and help strengthen their relationships. Mentors also guide and support, with their higher studies choices.

Click here to view a video by Kgothatso Lehong <https://www.youtube.com/watch?v=vXt3Wn60Nto>

The upcoming mentor induction dates for this year are as follows:

Dates: 25 March, 15 April, 20 May, 24 June, 22 July, 26 August

Time: 12h30

Venue: St Mary's School, Waverley

Contact:

Valerie Hirsch - 083 750 77 25 - [info@sizanani.org.za](mailto:info@sizanani.org.za)

Kimberly Mkhushulwa - 061 998 4939 - [kkmkhush@gmail.com](mailto:kkmkhush@gmail.com)



# HOCKEY FESTIVAL

*celebrating the 22<sup>nd</sup>*

## ST MARY'S HOCKEY FESTIVAL

proudly sponsored by Standard Bank

29 MARCH - 2 APRIL 2023

**500+**

TALENTED PLAYERS

**4955**

MINUTES OF PLAY

**188**

EXCITING MATCHES

**7500+**

PASSIONATE SUPPORTERS



***Competing in the 22<sup>nd</sup> prestigious St Mary's Hockey Festival in March and April 2023 are 32 TEAMS from Southern Africa***

St Mary's School will be hosting more than 500 competitors and their coaching staff, as well as the many supporters expected during the course of the festival.

ST MARY'S SCHOOL IS LOOKING FOR THE FOLLOWING SPONSORSHIPS:

- Sponsored boards on the AstroTurf
- A dedicated St Mary's Hockey Festival app with links to social media platforms will be used throughout the festival. The app has exciting advertising opportunities with great brand positioning for companies wishing to reach our considerable visitor numbers

If you would like to contribute and show your support, kindly complete the form on the next page and return it to

[lisa.grobbelaar@stmary.co.za](mailto:lisa.grobbelaar@stmary.co.za)



**St Mary's Hockey Festival**  
proudly sponsored by Standard Bank

# HOCKEY FESTIVAL



## SPONSORSHIP FORM

(Please check the appropriate box as required)

### AstoTurf advertising board sponsorship

- Boards to be erected around the perimeter of the AstroTurf
- Sponsorship of board is for a full calendar year, starting 29 March 2023, ending 28 March 2024

Board sizes:

<input type="checkbox"/>	1.2m x 2.4m	R15 000
<input type="checkbox"/>	3m x 2m	R22 000

I/we \_\_\_\_\_ (name/name of company)

would like to sponsor an AstroTurf board as checked in the boxes above.

### Display advertisement on the St Mary's events app

The St Mary's events app is dedicated to the Hockey Festival during the festival and is used throughout the year for St Mary's events, sport tournaments and festivals. A display advertisement on the St Mary's events app will be for one year from 29 March 2023, ending 28 March 2024. Annual cost for company details and a link to company website/social media on the app is R5 000.

I/we \_\_\_\_\_ (name/name of company)

would like to advertise on the St Mary's events app.

Kindly supply all artwork in jpeg or png format by no later than 28 February 2023.

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Please return to [lisa.grobbelaar@stmary.co.za](mailto:lisa.grobbelaar@stmary.co.za)



## ED-ADMIN

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St Mary's uses a school management information system called Ed-Admin to distribute termly school reports and to provide parents with an opportunity to inspect and amend personal information recorded in our database.

Below, please find details as to how to access the Ed-Admin St Mary's parent portal:

- You will require a Parent ID whenever signing into the parent portal. If you are unsure of your Parent ID, please email [portal@stmary.co.za](mailto:portal@stmary.co.za), with both your and your daughter's names and surnames, for assistance.
- To access the St Mary's parent portal, please visit the school website on [www.stmaryschool.co.za](http://www.stmaryschool.co.za) and click on the portal login on the top right of the page.
- Enter in your Parent ID and choose 'forgot password'. Please ensure that you enter the email address that St Mary's has on record and enter in the CAPTCHA code.
- You will then receive an email. Once received, click on the link in order to set up your password. Choose a secure password. You will then receive another email to confirm your password has been changed. You can now proceed to log into the portal.

If you experience problems logging into the secure portal, please contact [portal@stmary.co.za](mailto:portal@stmary.co.za).