



St Mary's Patronal Festival: Ms King and Dr Warner with the head girls and girls who celebrated their birthdays on 25 May

## FROM THE HEAD'S DESK

The past weeks have been filled with cultural activities, which displayed the talent of our pupils and diversity in the cultural programme.

*Naledi* was unique and inspirational with wonderful reviews from the audience. The St Mary's senior orchestra and jazz band played with incredible spirit and musicality at the Kingsmead Ensemble Festival. The debating teams competed in the finals of the Atheneum league on Saturday and the senior team went on to win - a worthy achievement. The chess team won their league, and two girls will go on to compete at provincial level. The corridors have been filled with beautiful music and voices this week as the musicians and choir prepared for our Patronal Festival.

The Patronal Festival, where we celebrated our school's 135<sup>th</sup> birthday, was spiritually uplifting and a happy gathering. Much fun was had at the picnic that followed the service.

St Mary's School has a busy schedule, which at times must be checked against the balanced lifestyle that we want for our children. But, in her latest book *The Emotional Lives of Teenagers*, Lisa Damour writes, "As teens develop their own interests and skills, their independent identities are outlined and filled in, and they develop a healthy sense of standing apart from their parents."

Being a busy teenager may seem overwhelming at times, but it is also valuable in that it leads to personal growth, skill development, and a sense of purpose. By learning time management, developing a strong work ethic, achieving goals, and building social connections, busy teens are setting themselves up for success in the future.

DEANNE KING  
HEAD OF SCHOOL

## FROM THE CHAPLAIN

This week, we celebrated our Patronal Festival, a day acclaimed in the spirit of hope and love. In our gathering for the Patronal Festival, we are asked to witness God's redeeming action. God chooses to inhabit the mundane so that we might experience His transformational presence, and we can access His presence by giving thanks for the blessings we have received. We gathered for this sacred celebration as a community with signs of sorrow and festive rejoicing around us. Called to "come together in one place," to bring our lives, our very "world" with us and to be more than what we were; a new community with a new life.

The Gospel reading was from Luke 1: 39 - 45 (Mary visits Elizabeth)  
 Mary went with haste and gladness to Elizabeth to share the joy designed for all the world with her. It is not easy to imagine what a collision of joys was at this blessed meeting (Taylor 1613-1667). Celebrating our Patronal around the Feast of the visitation reminds us that hospitality is an essential aspect of our school's value of community. The visitation is an encounter which calls forth the Magnificat. A hymn of praise declaring personal blessedness and worth, along with a call to responsible stewardship.

<sup>46</sup> And Mary said:

"My soul glorifies the Lord

<sup>47</sup>and my spirit rejoices in God my Saviour,

<sup>48</sup> for he has been mindful  
 of the humble state of his servant.

From now on all generations will call me blessed,

<sup>49</sup> for the Mighty One has done great things for me—  
 holy is his name. (Luke 1: 46-49)



Bishop Luke Pato (centre), preacher and celebrant at this year's Patronal Festival, Revd Rakgadi (second from the right), Ms Dingle (far right) with Junior and Senior School chapel servers

REVD RAKGADI KHOBO  
 CHAPLAIN

## MEET THE FRENCH DEPARTMENT



Carla Gordon  
 HoD  
 BA, PGCE (Wits)



Brigid Rawlings  
 BA, PGCE (UNISA)



Seipati Shiakallis  
 BA, Dip Nutrition (UNISA)

## CHESS NEWS



The team: Miranda Nyarendu (Form IV), Kgaugelo Makgato (Form III), Thama Mafinya (Form IV), Neha Hurgobin (Form III) and Kyla Makomva (Form I)

Our congratulations are extended to our chess team which, on Wednesday at an awards ceremony, were awarded the 2022 D9 - Girls Championship trophy for Johannesburg East Schools' Chess League. Thama and Miranda were awarded Best Player - Girls in their respective age groups. Well done girls.

In a separate league, both Thama and Miranda made it through to the Provincial Schools' Individual Chess Finals to be held this Saturday in Benoni. Congratulations girls and all the best for Saturday.

SASHA EHLERS  
 TEACHER IN CHARGE



## FROM THE VISUAL ARTS DEPARTMENT

On Friday 19 May, the Form III Visual Art students visited the Origins Centre, a museum that celebrates the history of hominin innovation that began over **two** million years ago. The museum also delves into the fascinating beliefs of The San. The girls were given a tour by Dr Tammy Hodgskiss, an archaeologist. They were taught about ancient African stone tools, carbon dating, the oldest human remains **discovered to date in South Africa**, the sacred **Trance dance** and **\*Ochre rock paintings**. **At the end of** the tour, the girls were given the opportunity to try their hand at creating their own rock art by grinding down Ochre pieces and creating artwork with their new paints.

The consensus from the girls **was** that the experience was mind-blowing **and it** was fascinating to learn about the history of our home from an artistic perspective. This trip was a hands-on effort towards learning of content **for the** quickly approaching theory examination. The girls thoroughly enjoyed the excursion and would gladly return on short notice.

\*Ochre - a soft rock that releases pigment when ground. **It** can also be used as paint when the powder is mixed with a liquid.



LILY VAN LOGGERENBERG  
FORM III

## DEBATING NEWS

On Saturday 20 May, our debating teams achieved spectacular results in the Atheneum Saturday League Break Rounds.

Two senior and two junior teams entered the tournament. We had a team in each category comprising mainly of girls who only joined debating this year. One team in each category broke into the quarter finals. The junior breaking team, Thabisile Dube (Form I), Jemma Tresling (Form II) and Owami Msomi (Form I), debated extremely well, and Jemma and Owami went on to place 3<sup>rd</sup> and 6<sup>th</sup> respectively in the overall rankings - a very impressive result.

The senior breaking team, Danika Neuhooff (Form V), Francesca Lewitton (Form IV), Juhi Baboolal (Form III), Reitumetse Molapo (Form III) and Hayley Laithwaite (Form V) went on to win the senior category in a final against Rhodesfield Engineering School. Reitumetse (Tumi to us) placed 12<sup>th</sup>, I (Hayley) and Danika tied in 8<sup>th</sup> place, Juhi placed 6<sup>th</sup> and Francesca (Frankie) was ranked Top Senior Speaker.

While it was our first time at Atheneum, our teams excelled, and everyone was able to grow and develop their debating skills. I am proud of each debater who participated as, having seen and worked with most of them, I have watched their talents grow throughout the tournament. We really enjoyed the new tournament - the motions (topics) were interesting and very engaging and we thoroughly enjoyed the close competition throughout. Our teams will have some well-deserved celebrations before we begin the preparations for provincials later this year.



HAYLEY LAITHWAITE  
HEAD OF DEBATING (FORM V)

Reitumetse Molapo (Form III), Juhi Baboolal (Form III), Danika Neuhooff (Form V), Francesca Lewitton (Form IV)

\*Hayley Laithwaite (Form V) in absentia

# BEYOND THE CLASSROOM: EXCHANGES, THE OXBRIDGE ACADEMIC PROGRAM AND IMMERSION TOURS

We have partnerships with the following schools:

- India, Auckland House School in Shimla:** this reciprocal exchange takes place in June (India) and January (South Africa)
- UK, Framlingham hockey exchange:** this reciprocal sport exchange occurs in the third term (UK) and second term (South Africa)
- UK, Sherborne Girls:** this reciprocal exchange takes place in January (UK) and June (South Africa)
- Switzerland - Kloster Disentis:** this reciprocal exchange takes place in January (Switzerland) and in October (South Africa)
- Germany - Hans-Sachs Gymnasium Nürnberg:** this reciprocal exchange takes place in December (Germany) and February (South Africa)
- Ghana cultural visit to St Mary’s Senior High School in Ghana:** we are hoping to visit in September

**French exchange programme:**

At the end of the Form IV year, St Mary’s offers a French exchange programme, which runs completely separately from the rest of the school’s exchanges. This means that girls may still apply for any other school exchange and will still be able to apply for the French exchange as long as she is studying French at St Mary’s.

**The Oxbridge Academic Program:**

Every year, a cohort of Form II and Form III pupils attend The Oxbridge Academic Program convened by World Strides. Our pupils choose academically demanding university-like subjects, which then informs their decisions of whether to attend Cambridge or Oxford University. The Programs run for two or four weeks in July, depending on personal preference and structure of the courses.

**The 2024 Cambodia expedition:**

This expedition is a life-changing adventure where girls have the added responsibility of earning part or all of their place on the expedition, by fundraising. Whilst in Cambodia they will also take on a variety of different roles including cooking for themselves, taking part in a trek, leading the team, and managing their group budget. This expedition will happen in April 2024.

LAUREN FROST, CARLA GORDON, JESSICA BUCHER, MELANIE BLAIR  
TEACHERS IN CHARGE

## EQUESTRIAN

SANESA inter-schools Qualifier **3**. (13 and 14 May at Kyalami Equestrian Park)

Congratulations to the equestrian girls on their excellent results at Qualifier 3. We are currently 1<sup>st</sup> in our pool.

**Stadium eventing:**

On Saturday 6 May, Emma Frahm-Arp, Juliana Haden-Smith and Sydney Pollock took part in the third SANESA stadium eventing qualifier at Inanda Country Base and rode in the 75cm class. Juliana placed 2<sup>nd</sup> and Sydney 3<sup>rd</sup> out of 10 entries.

- Results:
- 13 Riders
  - 18 Horses
  - 53 classes entered
  - 37 placings
  - 11 First places
  - 10 second places
  - 9 third places

Name:	Horse:	Place:	Discipline
Jade Anderson	Capital Holden	6 <sup>th</sup>	Show Jumping 110cm Accumulator
		1 <sup>st</sup>	Show Jumping 110cm Normal competition
	Callaho Leah Dara	2 <sup>nd</sup>	Show Jumping 120cm Accumulator
		1 <sup>st</sup>	Show Jumping 120cm Normal competition
Lucy Barrow	Zax Flame	5 <sup>th</sup>	Prix Caprilli: Level 3 Novice test 3
		8 <sup>th</sup>	Equitation: Level 3 Welcome 80cm (horse class)
		11 <sup>th</sup>	Show Jumping 80cm Accumulator
		17 <sup>th</sup>	Show Jumping 80cm Normal competition
Jenna Blaauw	Gondor UFO	7 <sup>th</sup>	Show Jumping 100cm Accumulator
		17 <sup>th</sup>	Show Jumping 100cm Normal competition
		2 <sup>nd</sup>	Dressage: Level 6 Medium Test 3
		2 <sup>nd</sup>	Dressage: Level 6 Medium Test 4
	Seeis Lapric	2 <sup>nd</sup>	Equitation: Level 7 110cm Open (Horse class)
		1 <sup>st</sup>	Show Jumping 120cm Accumulator
		4 <sup>th</sup>	Show Jumping 120cm Normal competition
	Eragon Star	5 <sup>th</sup>	Show Jumping 100cm Accumulator
		14 <sup>th</sup>	Show Jumping 100cm Normal competition
Kathryn Breedveld	Odin	1 <sup>st</sup>	Equitation: Level 2 Welcome 70cm (horse class)
		11 <sup>th</sup>	Show Jumping 80cm Normal competition
		9 <sup>th</sup>	Prix Caprilli: Level 1 Beginner test 2



Emma Frahm-Arp	Waterside Fidelio	21 <sup>st</sup>	Show Jumping 80cm Accumulator
		15 <sup>th</sup>	Show Jumping 80cm Normal competition
		4 <sup>th</sup>	Dressage: Junior Elementary Test 3
		4 <sup>th</sup>	Dressage: Junior Elementary Test 4
		3 <sup>rd</sup>	Working riding Level 7
		3 <sup>rd</sup>	Working hunter Level 3 80cm
		4 <sup>th</sup>	Handy hunter Level 3 80cm
Katherine Franck	Caritou Z	3 <sup>rd</sup>	Prix Caprilli: Level 1 Intermediate test 3
		2 <sup>nd</sup>	Show Jumping 130cm Accumulator
		2 <sup>nd</sup>	Show Jumping 130cm Normal competition
Juliana Haden-Smith	Seeis Spook	3 <sup>rd</sup>	Equitation: Level 7 110cm Open (Horse class)
		5 <sup>th</sup>	Equitation: Level 7 110cm Open (Horse class)
		3 <sup>rd</sup>	Show Jumping 120cm Accumulator
Lucy Haden-Smith	Roy	3 <sup>rd</sup>	Show Jumping 120cm Normal competition
		3 <sup>rd</sup>	Show Jumping 90cm Accumulator (Pony class)
	Spark a Rhythm	3 <sup>rd</sup>	Show Jumping 90cm Normal competition (Pony class)
		2 <sup>nd</sup>	Working riding Level 7
Ellah Jackson	Savanna	3 <sup>rd</sup>	Working hunter Level 7 100cm
		1 <sup>st</sup>	Equitation: Level 3 Welcome 60cm (Pony class)
Erin Jackson	El Vanna	1 <sup>st</sup>	Handy hunter Level 3 80cm
		2 <sup>nd</sup>	Equitation: Level 6 100cm Intermediate (Horse class)
Ella Mundell	Zenzele Starstruck	2 <sup>nd</sup>	Show Jumping 110cm Normal competition
		1 <sup>st</sup>	Show Jumping 80cm Accumulator (Pony class)
		1 <sup>st</sup>	Show Jumping 80cm Normal competition (Pony class)
		1 <sup>st</sup>	Equitation: Level 6 80cm Intermediate (Pony class)
Ella Syndercombe	Champagne Bubbly	1 <sup>st</sup>	Prix Caprilli: Level 3 Novice test 2
		17 <sup>th</sup>	Show Jumping 100cm Accumulator
	Dresden <b>Fortune's</b> Child	19 <sup>th</sup>	Show Jumping 100cm Normal competition
		2 <sup>nd</sup>	Handy Hunter Level 3 80cm
Amanda Wilford	Pegasus Winter Ash	12 <sup>th</sup>	Equitation: Level 3 Welcome 80cm (Horse class)



Sydney Pollock and  
Voigskritch



Emma Frahm-Arp and  
Waterside Fidelio



Jenna Blaauw and Seeis Lapric, Katherine  
Franck and Catritou Z



Jade Anderson and Capital Holden, Erin  
Jackson and El Vanna

MELANIE BLAIR  
TEACHER IN CHARGE

## GOLF

Gia Raad placed first in the Freestate Women's Open at Maccauvlei Golf Club. This was her first national win. Congratulations Gia!



**TARYN DE WINNAAR**  
HEAD OF SPORT

## HOCKEY

Our hockey players have had a busy start to the term with fixtures played against local opposition as well as teams from Pretoria. We have experienced mixed results thus far and the players have learned valuable lessons from their respective games. We look forward to some improved performances over the next few weeks.

The results from the first games are as follows:

	v Noordheuwel	v Affies	v Helpmekaar	v Garsfontein
1 <sup>st</sup> team	2-0	0-0	6-0	0-2
2 <sup>nd</sup> team	0-2	0-2	5-0	1-1
3 <sup>rd</sup> team		0-1		1-0
4 <sup>th</sup> team		0-3		
U16A	2-2	0-2	0-1	0-2
U16B	0-2	0-0	0-0	2-1
U15A	0-3	1-2	2-2	0-5
U15B	0-0	0-0	0-1	0-1
U15C		0-3		0-1
U14A	2-0	1-1	3-3	0-1
U14B	0-0	0-9		2-2

Southern Gauteng hockey teams were finalised last week, and St Mary's is proud of the following girls who have made provincial teams:

**U18 A- Hannah White**  
**U18 B- Zenande Mbatsha**  
Amy Smith  
Tayla Gibbs

**U18 D- Ava Economakis**  
**U16 A- Kyla Grobbelaar**  
Bailey Gresty  
Zara Colyn

**U16 B- Tanaka Matambo**  
**Bokamoso Swazi**  
**U16 D- Victoria Staples**  
**U14 B- Leah Viljoen**  
Faatimah Ebrahim

**U14 C- Chloe Takawira**  
Holly Cairns

**U14 D- Rebecca Phillips**



\*Leah Viljoen in absentia

**CINDY BROWN**  
HEAD OF HOCKEY



# NETBALL

## Netball derby vs St Andrew's

Wednesday 17 May was a big day for St Mary's netball. Premier inter-schools sponsored and broadcasted the St Mary's vs St Andrew's derby live on SuperSport channel 216. The netball display was exciting, with both schools performing well.

The fixture results were as follows:

U14 A	10 - 17	to St Andrew's
U14 B	4 - 21	to St Andrew's
U14 C	13 - 6	to St Mary's
U14 D	8 - 3	to St Mary's
U15 A	9 - 10	to St Andrew's
U15 B	15 - 9	to St Mary's
U15 C	13 - 2	to St Mary's
U16 A	12 - 12	Draw
U16 B	10 - 6	to St Mary's
U17 A	19 - 9	to St Mary's
U17 B	24 - 7	to St Mary's
U19 A	20 - 19	to St Mary's
U19 B	8 - 22	to St Andrew's

## D13 regional challenge

D13 netball hosted the regional challenge from Friday 19 to Saturday 20 May. St Mary's entered four teams in the challenge: the U14 A, U15 A, U17 A and the 1<sup>st</sup> team.

The regional challenge is an event where only the winning school goes through to the Gauteng Championships.

Congratulations and good luck to the U15 A team for the Gauteng Championships.

The results of our teams were as follows:

U14 A		
vs De la Salle	6 - 7	to De la Salle
vs St Andrew's	11 - 6	to St Mary's
vs St Dunstan's	8 - 11	to St Dunstan's
vs Dainfern	7 - 18	to Dainfern

U17 A		
vs Alma Mater	16 - 6	to St Mary's
vs Roedean	17 - 17	draw
vs St Andrew's	20 - 11	to St Mary's
vs Kings School Linbro	15 - 17	to Kings School Linbro

U15 A		
vs Kings School Linbro	20 - 0	to St Mary's
vs Dainfern College	25 - 3	to St Mary's
vs Saheti	23 - 10	to St Mary's
vs De la Salle	21 - 7	to St Mary's
vs Roedean (semi-final)	17 - 11	to St Mary's
vs Redhill (final)	15 - 11	to St Mary's

1 <sup>st</sup> team		
vs Dainfern College	13 - 14	to Dainfern College
vs St Dunstan's	13 - 16	to St Dunstan's



U17 A team



U15 A team

**PALESA MASINGA**  
HEAD OF NETBALL

## ROWING

The South African Schools' Rowing Union (SASRU) is an organisation that is dedicated to developing young rowers in South Africa. One of their most exciting initiatives is the SASRU rowing tour to the United Kingdom, where the top U16 rowers in the country compete in the British racing scene.

To be selected for the squad, athletes must qualify in certain events and boat classes at the annual South African Schools' National Championships regatta. Athletes from schools nationwide are welcomed, creating a diverse feeling in the team that is reflective of the wider South African society. This year, it was incredible to see six St Mary's girls (five rowers and a cox) as well as a coach selected.

In the UK, the squad competed in three different regattas: Wallingford, Scullery, and Bedford. The standard of racing is completely different, presenting a challenge to those who dare. It's not all just about racing; the tour also included sightseeing and visits to famous British rowing institutions and clubs such as Leander, Oxford, and Cambridge.

The SASRU tour was an incredible opportunity for rowing development, making new friends and learning about rowing in a different country. An experience that will enrich the school clubs and ultimately the future of South African rowing.

This year's SASRU tour squad had an amazing time. They were able to compete at a higher level, which challenged and pushed them beyond their limits. The tour was also an opportunity to experience new cultures, meet new people and visit historical sites.

The SASRU tour is not only an opportunity for South African rowers to develop their skills but also to promote cross-cultural understanding and respect for different ways of life. The experiences gained on the tour will shape the lives of these young athletes for years to come.

Overall, the SASRU rowing tour to the UK is an incredible initiative that provides young rowers with unique opportunities to develop their skills, make new friends, and broaden their horizons. It's an experience that will stay with our girls for the rest of their lives and will ultimately contribute to the future of South African rowing.

**LILY VAN LOGGERENBERG**  
FORM III

Bring the pride and the passion!



SASRU development team for 2023



Learning about British rowing history



Introduction to the boathouse at Eton Dorney

## ROWING NEWS

Congratulations to Danelia Price-Hughes (**Form IV**), Reece McGregor (**Form FV**) and Sinead Erasmus (**Form V**) for the selection to the Junior National rowing team. This team will travel to Paris in August to compete at the U19 World Rowing Championships. Caitlin Dace (**St Mary's head of rowing**) will be the head coach on this tour.

Congratulations to Ziyanda Gwamanda (**Form IV**) on her selection to the Coastal Rowing National team. Ziyanda will be competing at the All Africa Games in June.



Daniela Price-Hughes



Reece McGregor



Sinead Erasmus



Ziyanda Gwamanda

**CAITLIN DACE**  
HEAD OF ROWING



## LATE ARRIVALS AND EARLY DEPARTURES

### Signing out (and in again) procedure for Senior School girls during school hours

For the protection of your daughters, St Mary's insists that, should a girl need to leave school during school academic time for a valid reason e.g., orthodontist appointment, a parent/ guardian must fill out an exit slip. Exit slips can be found on the school app.

Before leaving school, girls must collect a hard copy of the exit slip from the Senior School reception office. This exit slip must be signed by a member of the Senior School management team. No girl will be allowed to leave the campus without a signed exit slip.

Upon returning to school during school academic time, girls must first report to the Senior School reception before going to class.

It is imperative that the school always knows the whereabouts of your daughters during school academic time, hence we request the above procedures be adhered to at all times.

**DEANNE KING**  
HEAD OF SCHOOL

## RHYTHMIC GYMNASTICS

This year's rhythmic gymnastics invitational competition was a great success and a delight to attend for gymnasts, coaches, parents and the judges. We had clubs attending from around Gauteng and parts of the North West province. Many of our St Mary's girls placed well in their respective levels and age groups. Two of our Senior School rhythmic gymnasts as well as myself, were able to further work our abilities and judge levels one to three as well as four and five. I'm very proud of the work that all the gymnasts, coaches and parents contributed towards the event.



Various age group gymnasts.

**LEBONE TSHETLO**  
RHYTHMIC GYMNASTICS CAPTAIN

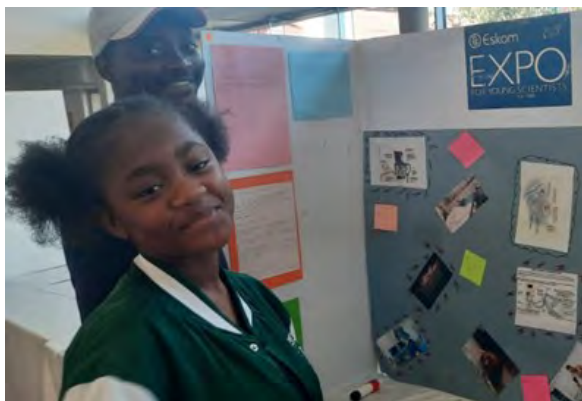


Rhythmic gymnastics qualified judges: Lebone Tshetlo (**Form V**), Reece Williams (**Old Girl**), Lesedi Mochela (**Old Girl**), Bontle Kganyago (**Form III**), Naledi Diale (**Form III**)

## IKUSASA LETHU

### Eskom Science Expo

On Saturday 20 May, 161 Ikusasa Lethu learners from Grades 8 to 11 participated in the Eskom Science Expo. The District Director, Jane Wasonga, was impressed by the learners' dedication and innovation. Many of the learners will now be given the chance to work on their projects further and present them at the second round of the Eskom Science Expo competition, which will take place at Wits University on Saturday 29 July.



**ROBYN KNOWELS**  
HEAD OF IKUSASA LETHU PROGRAMME

## SIZANANI MENTORSHIP PROGRAMME



The Sizanani Mentorship Programme invites you to join our annual Sizanani talent show on Saturday 3 June from 14h00-15h00 at the St Mary's Edge Theatre. This is a great opportunity for the learners from the Ikusasa Lethu and Sizanani Mentorship Programmes to showcase their talent.

RSVP closes on Monday 29 May. A special thanks to Chipkins Puratos, who have sponsored cakes for the day.




## SIZANANI MENTORSHIP PROGRAMME

Our next mentor induction session takes place on Saturday 24 June from 12h30 at St Mary's. If you would like to become a mentor, please contact us at [info@sizanani.org.za](mailto:info@sizanani.org.za). Please share with your friends, family, colleagues and anyone you know who would be interested.

RSVP by Tuesday 20 June.

We look forward to welcoming and meeting you!



Save The Date!

**SUPPORT**

# Sizanani

Mentorship Programme

**JUNE, 24TH AT 12:00PM FOR 12:30PM**  
**ST MARY'S SCHOOL, WAVERLEY**

TO REGISTER  
 CALL: KIM 0619984939  
 EMAIL: [KKMKHUSH@GMAIL.COM](mailto:KKMKHUSH@GMAIL.COM)

**RSVP BY JUNE, 20TH!**

*Sizanani Mentors*

## AQUATICS CENTRE MOSAIC

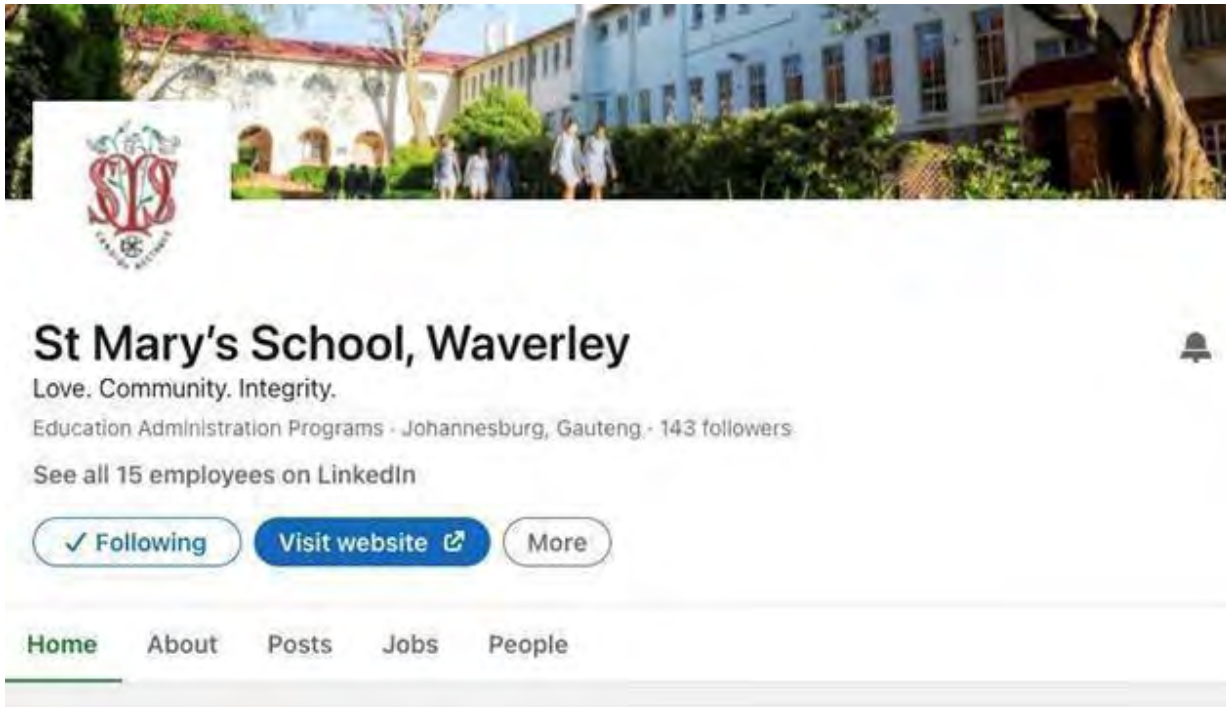
Calling all swimmers, divers and water polo players!

There are only 11 more tiles needed to complete the border of the aquatics centre mosaic (see image below). This mosaic can be seen on the entrance wall at the St Mary's Aquatics Centre.

Each red tile features the name of a St Mary's girl who participates / participated in an aquatics sport. The tiles cost R500 each. Should you be interested in purchasing a tile (all proceeds go to the St Mary's Foundation) please email [lisa.grobbelaar@stmary.co.za](mailto:lisa.grobbelaar@stmary.co.za).



## ST MARY'S LINKEDIN HANDLE



Account name: St Mary's School, Waverley

The modern generation requires modern renovations. With additions to our physical presence, we recently added to our digital presence. LinkedIn is a platform used by employers and employees, although it extends past the world of employment. LinkedIn allows for a **better connection between members within an organisation. St Mary's has created a LinkedIn profile in order to** help notify Old Girls, parents, and prospective students of upcoming events and current achievements. We hope to help present students find job shadowing opportunities and to help past students with job placements, through this digital community. Our profile will allow students, from every decade, to keep in contact, along with validating the claimed qualities seen on student profiles. The benefits of this platform may be reaped by all members **of the St Mary's community.**

Connect to our LinkedIn page, and help us to paint the metaverse red.

**LUCA BOTES**  
FORM V (and champion of the St Mary's LinkedIn account)

## ST MARY'S HEALTH CORNER

### RISK FACTORS FOR CARDIOVASCULAR DISEASE.

Alcohol intake  
In-activity /Not exercising  
High blood pressure  
Excessive intake of sugar and meat  
Overweight/obesity

**THERESA PHOKONTSI AND ERIN BUYS**  
SCHOOL NURSES

## CLOTHES CUPBOARD

### Second-hand clothes:

The Clothes Cupboard welcomes all second-hand school and sport clothes.

If anyone has second-hand school and/or sport clothing that are no longer being used, please drop them off at the door of the Clothes Cupboard. The St Mary's branded kit will be resold IF it is still in good condition. If it is not in good condition, we will send it to a charity in another province. All non-branded items such as socks, white shirts, shoes etc. we give to the St Mary's support staff.

There are three different offering options when bringing second-hand items to the Clothes Cupboard:

- If your child is still a present student and the clothes are simply a donation, the bags don't need to be marked.
- If your child is still a present student and you want credit in the shop, please mark the bags clearly with your daughter's name. We will then note everything down in our shop credit file. When next your daughter needs any items, you/she can ask for the credit received to be used.
- If your child has left the school or is leaving imminently, please mark the bags with your daughter's name AND your banking details very CLEARLY. We will then note everything down and our admin department will make a direct deposit into your account for the amount owing to you.

ROSE HALLENDORFF  
CLOTHES CUPBOARD MANAGER

## MUSE MORNING

Please join us for our first Muse Morning for Term II:

Date: Tuesday 6 June  
Time: 07h15 for a prompt start at 07h30  
Venue: Seminar room in The Edge  
RSVP: [Lynsay.young@stmary.co.za](mailto:Lynsay.young@stmary.co.za)

### Topic

Friendship bombs and conflict situations: Advice for the bomb squad (AKA parents)

### Speaker

Jo Hamilton - educational psychologist

Jo will share her rich understanding of 'what, why and how' girls handle power dynamics and conflict situations. She will address common trends relevant to all ages and give particular focus to empowering parents with insight and tools as to how they can assist their daughters manage these tricky experiences.

Jo has sold over 2800 copies of her book, "The Ultimate Assertiveness Tool Box for Kids" and it will be on sale, at our Muse Morning, for a discounted price of R200.

Jo Hamilton is an experienced educational psychologist who has been working with children, adolescents and adults for over 20 years. She is a passionate, warm and caring therapist who thinks deeply, listens carefully and who values the privilege of journeying with clients.

In addition to individual therapy, Jo offers parental guidance sessions, workshops at schools and she runs 'Assertiveness For Kids' groups based on her book, "The Ultimate Assertiveness Toolbox for Kids".

Concurrent to private practice, Jo has worked in a variety of school settings, as an employee or consultant. These experiences have enabled her to have an in-depth, pragmatic understanding of many of the emotional, social and educational challenges faced by children, parents and teachers.

## ED-ADMIN PARENT PORTAL

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.stmarysschool.co.za](http://www.stmarysschool.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).