



Athletics captains Holly-Rose Brady and Ella Babaya holding the trophy at inter-high

FROM THE HEAD'S DESK

In the past week, there have been some significant changes to the Covid-19 regulations and restrictions for schools. This comes at the same time as the rollout of vaccines is extended to children over 12 years. These developments bring hope that our school will experience greater freedom in our daily routine, in hosting co-curricular activities and in welcoming parents onto campus. Although the threat of a fourth wave looms, we will make the most of these liberties in the final weeks of the school term.

This time of the year, marked by the beauty of the jacaranda trees, is dominated by final examinations. I am aware that the Senior School pupils are preoccupied with their examination preparation. In any given year, this causes increased stress in schools but after the past 18 months, many of our girls may feel even more emotionally drained than usual, or they may be experiencing heightened anxiety. For parents and teachers, this may be an opportune time to assess the daily routine of our girls and provide support structures for their health and well-being.

The South African Depression and Anxiety Group (SADAG) is an active organisation that reports regularly in the media. They inform us that one in six South Africans suffer from anxiety, depression or substance-use problems. This group also provides sound advice on how to manage mental health. It is important for all of us to acknowledge that mental health is as important as physical health and to seek professional help if necessary. There are also basic lifestyle approaches, which help one to manage stress and anxiety, such as a balanced diet with choices that include protein, complex carbohydrates, fatty acids and healthy fats. Exercise and sleep are extremely important, and both should be prioritised by our girls in the lead up to examinations. Screen time should be managed. Another valuable support is the use of breathing exercises which release emotions and stress.

DEANNE KING
HEAD OF SCHOOL

Please see page 11
for all notices

FROM THE CHAPLAIN

In his most recent pastoral letter, Bishop Steve referred to the two upcoming festivals in the Christian church, All Saints on Monday 1 November and All Souls on Tuesday 2 November. These feast days are there for us to pause and remember the saints, whose lives have been recognised as showing us how to be faithful to Christ and be of service to our communities.

The example of Manche Masemola and Jane Furse come to mind as examples of saints who lived lives of commitment and faithfulness to their faith. Manche Masemola is recognised widely in the Anglican Communion as a martyr who died for her faith. Jane Furse, daughter of Michael Furse (of Furse House), is relatively unknown. Masemola and Furse are located within the history of the Anglican Church in South Africa and that of Sekhukhune land. Both died at the age of 14 years. What stands out about the life of Jane Furse is her love and concern for the people when she accompanied her father, then Bishop of Pretoria, during his pastoral visits around the diocese. Although they did not leave us any written testimonies, by their way of life, they have shown us what it means to live a life where daily prayer is *Lizalis' idinga lakho*.

Often, when we think of saints, we think of men and women of great faith who have gone on to perform miracles. However, in his letters, Paul often refers to the community he is addressing as saints. In his greeting in his letter to the Ephesians, he says "Paul, an apostle of Christ Jesus by the will of God, To the saints who are at Ephesus and who are faithful in Christ Jesus" (Ephesians 1:1). It is essential to remember that saints are local. They belong to a community. It is their love, self-giving and faithfulness that makes them transcend space and time. The example of Manche Masemola and Jane Furse shows us that it is possible for each of us to be a saint by being faithful in our work and life.



REVD RAKGADI KHOBO
CHAPLAIN

GEOGRAPHY

Form II pupils have been studying plate tectonics in Geography. They created resultant features of plate movements using oreo biscuits. The Form III pupils have been studying the development of geological folds. Various fold structures were created using fizzers.



CINDY LEN
GEOGRAPHY

DEBATING

Recently both our Senior and Junior teams won in the Gauteng Provincial Schools' Debating Championships. This is the first time since 2012 that a school has won both Senior and Junior divisions of the provincials.

The Junior team consisted of:

- Juhi Baboolal
- Franscesca Lewitton
- Reitumetse Molapo
- Orefile Motsukunyane
- Bemnet Worku

The Senior team consisted of :

- Folasade Adebule
- Nyasha Mazarura
- Danika Neuhoff
- Dalila Spinazze



We are incredibly proud of both teams!



Gauteng Schools' Debating Board
 A constituent provincial member of the South African Schools' Debating Board.
 NPO: 026-935
 Website: www.gsdb.co.za
 Email: gautengdebating@gmail.com
 Facebook: facebook.com/GautengSchoolsDebatingBoard
 Twitter: @Gauteng_Debate

Gauteng Senior Team 2021

Congratulations to the following individuals who have made the Gauteng Team for 2021.

- Aaliyah Cassim, Parktown Girls
- Ayanda Rongo, Jan de Klerk
- Brandon Goncalves, Randfontein High School
- Christina Vaudran, Parktown Girls
- Dalila Spinazze, St Mary's
- Ethan Batista, St David's
- Ethan Kalell, St David's
- Jessica Biesman-Simons, HeronBridge College
- Johann Kok, Pretoria Boys
- Katlego Mkgosi, St David's
- Khalipha Moni, RESOSA
- Khathutshelo Masilo, Randfontein High School
- Khumo Kumalo, St. John's College
- Lesego Serobatse, Randfontein High School
- Marcus Cordeiro, KES
- Miceala Smith, Parktown Girls
- Ntando Shamase, RESOSA
- Nyasha Mazarura, St Mary's
- Okuhle Sibeko, Randfontein High School
- Olerato Thebeyagae, Jan de Klerk
- Russell Davis, KES
- Tiger-Anne Cupido, Parktown Girls
- Yufei Gao, Roedean
- Zahra Kucuk, Roedean



Dalila Spinazze

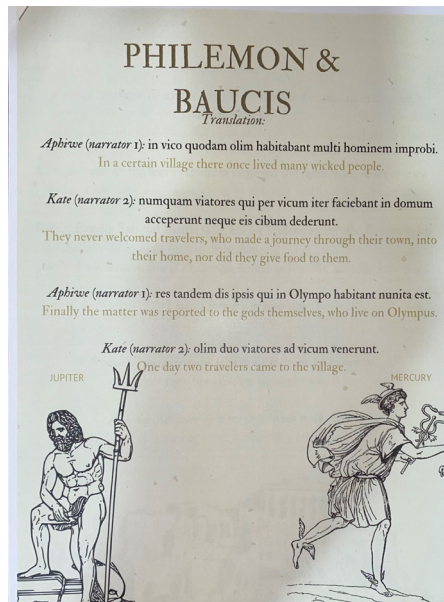


Nyasha Mazarura

SIMON IDEMA
 DEBATING CO-ORDINATOR

LATIN

The Form II girls performed their Latin plays last week. They had to work in groups to adapt and perform one of the stories they had read during the last two terms. To be able perform the stories, they had to make various changes, such as rewriting the story in dialogue format, adding or combining characters, and merging dialogue. They also had to make their own props and costumes, and they were required to submit a pamphlet which included a Latin text and translation for their play.



SIMON IDEMA
LATIN TEACHER

DIVING



St Mary's congratulates Zalika Methula (FII) who has been selected for the South African team to compete in the 23rd FINA World Junior Diving Championships, which will be held in the Ukraine from Thursday 2 December to Thursday 9 December.

Zalika will make history as the first black female junior diver to qualify to represent the country in a diving international. She will be competing in the U16 age group on both the 1m and 3m springboards and has also been selected to compete in synchronized diving.

Zalika has been an integral member of the Junior and Senior School diving teams since 2016.

We are exceptionally proud of Zalika and are aware of all the hard work she has put into her diving and the sacrifices she has made to attain this impressive standard.

KATE SHEPHERD
HEAD OF DIVING

ATHLETICS

The 2021 season got off to a shaky and unfit start and, as usual, athletics was up against the girls' commitments to tennis, water polo, rowing, squash, equestrian, diving and, a major added extra for this year, in JHL hockey. We gave of our best at weekly meetings but our relay transitions were poor. Having said this, the relays are never 100% finalised before inter-high. Coach Cobus Kruger and Jeanette Rambuda patiently, and Ms Quix, not so patiently, kept working with the team, inspiring confidence, tweaking run-ups, improving techniques and oiling the relay take-overs.

The team setoff for inter-high on Wednesday 20 October, nervous but determined and, from the first jump, we never looked back. Although we won 25 out of 46 events, it was our depth that was impressive. Despite not winning all the sprint events, we won three out of four relays.

Congratulations are extended to Jasmin Vermeulen who broke the U16A 400m record in a time of 59,59 seconds and the U16 relay team of Isabelle Barrow, Jasmin Vermeulen, Sofia Bollo and Serena Wolfenden who broke the U16 4 x100m record set by St Mary's in 2010, with a time of 51,69 seconds.

Credit must go to the 2021 captains, Ella Babaya and Holly-Rose Brady who lead the team by example and played an important role in the countdown to the big day. It was a great honour for them to collect the trophy that we won for 13th time in 14 years. In 2020, we were unable to compete owing to Covid-19.

Final points for the day

6 th	Kingsmead	187 (they were missing an entire grade that was away on journey)
5 th	Holy Rosary	245
4 th	Assumption Convent	280
3 rd	Jeppe	300
2 nd	St Andrew's	321
1 st	St Mary's	422

QUIX
DIRECTOR OF SPORT



NETBALL

Over the past five weeks, netball girls from Form I to Form IV participated in the St Stithians fast five night league, on Thursday nights. Matches were challenging as our season was cut short owing to Covid-19 and many girls had never played fast five netball before. Despite these setbacks, the girls gave it their all and improved from game to game. Being able to play netball again was an extremely exciting experience, especially under the bright floodlights. Well done and thank you to all the girls who participate in this league.

The teams that participated are as follows:

Juniors

- St Mary's Juniors
- Dainfern
- Go-getters (St Stithians)
- Hot shots (Fourways High)
- Fourways Legends
- Dainfern Pride

Seniors

- St Mary's Seniors
- Lindt Excellent (St Stithians)
- Elite Eagles (Kings Linbro Park)
- Stithians Queens (St Stithians)
- Dainfern Lions
- Saints Eagles (St Stithians)
- Dominators (St Stithians)
- Shooting Stars (Roedean)
- Blazing Stars (Fourways High)



SHAMISO SHIRILELE AND ROBYN STAINFORTH
CAPTAIN AND VICE-CAPTAIN

BASKETBALL

Our basketball teams played against St Dunstan's on Wednesday 6 October. Our 1st team played an impressive game, winning 28-5. The U15s suffered a narrow defeat and a very promising U14 team enjoyed a convincing win.

Our senior teams made up their fixtures against Holy Rosary on Tuesday 12 October. The teams ended the afternoon with two solid performances. The 1st team won 42-17 and the U16 / 2nd team won 36-4.

On Wednesday 13 October, fixtures were played against Redhill. The two junior teams lost their matches and the two senior teams won theirs. Our last fixture of the season was against Michael Mount. The teams ended the season with a wonderful afternoon of basketball. The U14s won their match, ending their very successful season on a very high note. The U16s lost their match, however, this group has shown great potential and we look forward to seeing them back on the court in 2022. The 1st team match was closely contested from the start. Michael Mount have always produced teams of high calibre and our girls did extremely well to compete with and test the opposition. At full-time the teams were equal! It was then decided that extra time would be played to determine a winner. After much excitement and three rounds of extra time Michael Mount emerged as the winners, beating St Mary's by one basket only. Matches such as these are a wonderful advertisement for schoolgirl sport, basketball especially. Well played everyone!

Thank you to our coaches for a wonderful season. We are fortunate to have a group of extremely committed and experienced coaches who always put the needs of the girls first. Without them we would not enjoy the successes that we do.

We thank our table officials, Marubini Koka, Tsweleng Pitse, Jessica Nobela and Reitumetse Moreo who look after our teams at both home and away fixtures. We cannot run our matches without these girls! They have been committed and open to learning and are commended for their service this term.

District basketball

The Johannesburg Basketball Association recently held U15 district trials. These teams will participate in an inter-district tournament which will serve as provincial trials.

Our congratulations are extended to Nalina Naidoo and Clare Stewart-Selvan, who have been chosen for the district team. We wish Nalina and Clare the very best!

TARYN DE WINNAAR
HOD: SENIOR SCHOOL SPORT; BASKETBALL



Nalina Naidoo



Clare Stewart-Selvan



Table officials: Marubini Koka and Tsweleng Pitse



Table officials: Jessica Nobela and Reitumetse Moreo



Coach Emma cooling down with the girls

TENNIS

The St Mary's tennis players have had a few busy weeks on the tennis courts here at school and further afield.

The 1st tennis team participated in the Pat Uys Tennis Festival held at Eunice School in Bloemfontein. There was much excitement as this was our first tennis tour in 18 months. The team, comprising Tyrah Cook, Moroosi Tuoane, Isha Madhu, Jessica Lansdown, Natasha Jenkins, Tayla Gibbs and Alexia Bakos did extremely well in hot and windy conditions. The St Mary's team beat the teams from Pearson, St Stithians and Eunice in a convincing manner. Unfortunately, they lost an extremely close and exciting match to Waterkloof and also to Voortrekker, a strong team from Bethlehem, who were the overall winners of the festival. Congratulations to all the players who gave of their best and much fun was had on and off the court.

Over the past weekend, St Mary's participated in the national finals of the BNP Paribas Rising Star event which was held in Pretoria. The St Mary's team qualified for the U17 girls' high school event by first winning the district and then provincial sections of the event. St Mary's School represented the whole of Gauteng. Lilitha Ndungane, Moroosi Tuoane, Natasha Jenkins and Tayla Gibbs played outstanding tennis to win their first two pool matches against Potchefstroom Gimnasium and Clarendon. In the semi-finals, St Mary's drew the number one seeds Oranje Meisieskool. The St Mary's team lost in a very close and exciting tie by two matches to one. Oranje were the eventual winners of the event. The St Mary's team kept their best tennis for the last day when they beat a strong team from Bloemhof by two matches to one to end in third position and take the bronze medal. Congratulations to the whole team for keeping the St Mary's flag flying high.

Congratulations to Sarah Millard for winning a mini-masters event held in Pretoria recently. Sarah trounced the player who beat her in the finals of the South African Junior Championships 6-2, 6-3 to clinch the title.

The tennis league has now been completed. Congratulations to the A and B team which was unbeaten throughout the league. Well done to all the players for their commitment and enthusiasm. Thank you to Mrs Corbett for her assistance at practices this term and to Mrs Lowndes and Ms Nicol for accompanying the players to their matches.

League Results

12 October

St Mary's A beat St Andrews A 35-29

St Mary's B beat St Stithians B 51-12

St Mary's C lost to Roedean A 23-40

St Mary's D beat Roedean B 33-30

St Mary's E lost to Trinity House A 10-35

St Mary's F lost to Trinity House B 39-6

19 October

St Mary's A leading Northcliff A 27-14

St Mary's B leading Northcliff B 25-17

St Mary's C beat to Brescia A 35-28

St Mary's D lost to Brescia D 23-40

St Mary's E lost to St Peter's A 8-49

St Mary's F losing to St Peter's B 24-28



St Mary's team with bronze medals



St Mary's tennis team participating in the Pat Uys Festival at Eunice

RENÉ PLANT
HEAD OF TENNIS

RHYTHMIC GYMNASTICS

On Saturday 16 October, St Mary's held its annual rhythmic gymnastics prizegiving.

Staff and online spectators were treated to performances that began with group routines from dozens of excited Grade 1s to 4s, who eagerly showed off their artistry and acquired skills. The senior gymnasts (levels 4 - 7) all performed beautifully. The displays concluded with performances from St Mary's voluntary level gymnasts Zeinab Kone and Lesedi Mochela, as they performed their competition ball and club routines respectively, displaying a range of skills developed from hours of practice, five days a week.

Huge thank yous are extended to all the staff and parents who volunteered their time to making sure that the prizegiving ran smoothly despite the pandemic. A special thank you is extended to members of St Mary's sports and academic staff as well as distinguished guests, involved in various support roles within the sport, for taking time out of their weekend to celebrate the gymnasts.

All St Mary's gymnasts are commended on an excellent season. The gymnasts won participation ribbons and certificates. Trophies were awarded to senior gymnasts Naledi Diale, Bontle Kganyago, Caitlyn Govender, Tshgefotso Modise, Reece Williams and Lesedi Mochela for various achievements. Special congratulations are extended to South African Junior Olympic gymnast Zeinab Kone (Form I), who was awarded the trophy for Gymnast of the Year in the Senior School. Molebogeng Pitje in level 7 received the trophy for best Junior School gymnast.

We extend our thanks to our wonderful team of coaches, who

ran around tirelessly and are the reason behind every medal and accolade. We have an enormous debt of gratitude to Linda Guirich, the head of St Mary's School rhythmic gymnastics, supported by Jane Lawther. Linda pioneered gymnastics at the school and has continued to nurture and grow the sport for 18 years, selflessly giving of her time above and beyond duty's call. She truly is a wonder woman and has immersed herself wholeheartedly not only as the sport's head and administrator but the behind-the-scenes driver of the annual St Mary's Invitational, the gymnastics prizegiving and the comforting, familiar face we have all seen urging us on at gruelling competitions. With utmost love and dedication, she does everything from running the sport, to coaching junior levels, to calming the little ones as they face the daunting spotlight of competing, and even hand-washing leotards. Thank you Linda for giving us a chance to shine. The joyous times and life lessons we experienced at the gym will stay with us for the rest of our lives and, no doubt, hold us in good stead. You have taught us that rewards are not only measured in medals, trophies or colours, but in consistent hard work and in the knowledge that we gave our best effort and that we represented proudly.

LESEDI MOCHELA
FORM IV



WATER POLO



U14 team at the Roedean water polo tournament



Lorin Kozinsky defender of the tournament at the inspired Reddam Bedfordview tournament

St Mary's had three teams competing in three different tournaments over half-term. We were so glad to play in tournaments and the girls thoroughly enjoyed competing again.

The U14 team competed in the U14 Roedean water polo tournament. They had an excellent tournament, placing 4th overall. The talent and skill shown by the girls was admirable. Their road to 4th was not an easy one with many closely matched games. The team scored a total of 74 goals and conceded 40. The team was captained by Julia Joseph for the tournament.

The 2nd team competed in the Inspired Reddam Bedfordview 1st team tournament where they placed 4th. They too had very close matches throughout the tournament. The 2nd team competed in this tournament to gain more exposure to the game, especially after water polo games not being played over the past few seasons. They did just that with many of the players showing rapid improvement game by game. Lorin Kozinsky won the award for defender of the tournament. The team was captained by both Kerry Gilmour and Jessica Spalding-Jones.

The 1st team competed in the prestigious St Stithians Invitational Tournament where top schools from all over South Africa come to compete. For nine members of the 1st team, this was their first ever St Stithians tournament. The team showed pure passion and grit throughout every match, with our win over Pearson High School 6-2 being a highlight. The team lost 4-3 in a very nail-biting match against St Anne's. They finished 14th overall. Captain Nyakallo Kodisang and vice-captain Samatha Faber led the team well over the weekend and are looking forward to more improvements to come over the remainder of their senior season.

The four days of water polo over half-term proved that there are great things to come for St Mary's water polo.

KELSEY THOMSON
HEAD OF AQUATICS



Nyakallo Kodisang 1st team captain



1st team - St Stithians Invitational Tournament

ST MARY'S GOLF DAY



St Mary's Golf Day 2021

A BIG thank you to our sponsors:



Please support our wonderful sponsors above.



Thank you to everyone who supported and contributed to making the St Mary's golf day a success.

Congratulations to the winning four-ball:
Paul Breedveld, Graeme Yates, Robbie Grota and John Hadiaris.

MUSE MORNING

Our last Muse Morning for 2021

Date: Wednesday 3 November

Time: 08h30 to 09h30

Via Zoom: <https://us02web.zoom.us/j/83638869048?pwd=ZlZiTFVma2RjWEpLdEd5ankzOGEzQT09>

Meeting ID: 836 3886 9048

Passcode: 668180

Topic: How to help your child navigate relational difficulties with friends

Speaker: Andrea Jacobs

Andrea is a lecturer and registered educational psychologist in private practice, based in Craighall Park. She currently works with children and adults and has extensive experience in the tertiary setting.

Andrea holds master's degrees in both Educational Psychology and Research Psychology, and a Post Graduate Certificate in Education. Her training took place at the University of Johannesburg (PsyCaD), Headway and the South African Depression and Anxiety Group (SADAG), where she worked with varied presentations, conducted various assessments and offered psychotherapy, play therapy and career counselling. She is also trained in crisis intervention and management, HIV and termination of pregnancy counselling. She has a special interest in Psychometric Assessment, specifically concessions. Therapeutically, she enjoys working with members of the LGBTQI+ community as well as with presentations of anxiety and challenges with adjustment and life transitions.

ED-ADMIN

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 this Ed-Admin St Mary's 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 with both your and your daughter's names and surnames for assistance.
- To access the St Mary's portal, please click on the link below or visit the school website on www.stmarysschool.co.za and click on the portal login on the top right of the page.
<https://stmarysw.ed-space.net/pparentportal.cfm>
- 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.