



The dance crew presenting *A breath of fresh air* for which they achieved a special award (see page 7 for more details)

FROM THE HEAD'S DESK

The next few weeks begin a time of transition for our students. The Form II girls are thinking about their subject choices and their further studies; the Form IVs are contemplating their final year of schooling and their roles as leaders in the school and the Form Vs are preparing for exit examinations and the world beyond school.

These are all exciting transitions but, for many individuals, such times also result in heightened anxiety and feelings of trepidation. I want to remind parents and our students that there is support available through the house tutors, mentor teachers, subject teachers, and the Open Door department. The deputy heads and I also welcome meetings with parents and individual pupils.

I met with the Form IV group last week to acknowledge the beginning of the application process for leadership positions. It was a good opportunity for us to reflect on leadership and what it means in a school context before they apply for the various leadership positions. There is much material available on the topic of leadership - books, articles, workshops, courses, evaluation tools and assessments - and yet, successful leadership continues to pose a challenge, not only at student level. The Form IV girls will have time in the first week of Term III to participate in a leadership seminar on campus, which aims to further their understanding of their roles as leaders, the expectations of those they lead, and the accompanying responsibility.

On Monday 18 July, the school will celebrate Mandela Day. We shall reflect on the life and leadership of Nelson Mandela, and we will participate in service activities to honour his legacy. This is an opportune time to focus on why Mandela remains a revered global leader and role model. In the words of Archbishop Njongonkulu Ndungane, "We are inspired by [Mandela's] faith in humanity, his trust in Ubuntu and his love for our land and all its people."

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN

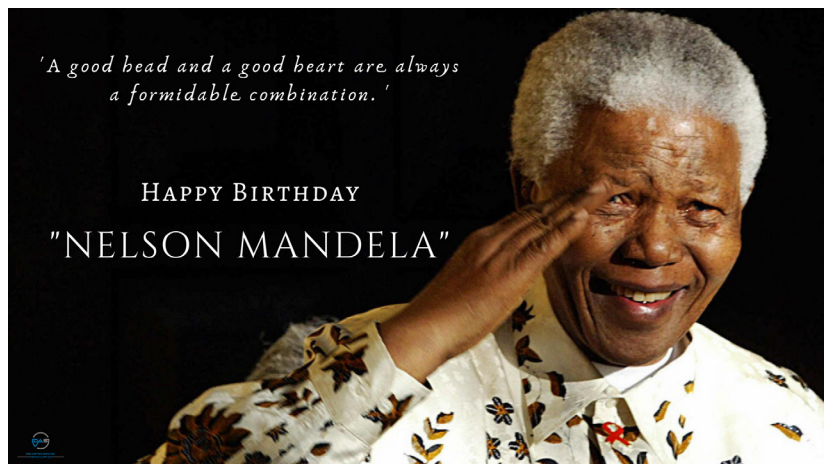
On Monday 18 July, we shall celebrate Mandela Day as a school. Nelson Mandela rejected the label of saint. When referring to Mandela as a saint, we recognise in a biblical way that he is a saint. Biblically, a saint is a person who was baptized into the Christian faith and who displayed the fruit of the spirit. A saint is also someone who lives out faith sincerely and fully. Mandela did this quietly and with humility.

One of the lessons we can learn from Mandela is from his speech in 1964, where he said:

I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society where all persons live together in harmony and with equal opportunities.

His words in this speech are a reminder that, when we strive for a just society, it begins with us. We must ask ourselves: am I willing to have less? Less power? Less money? Take up less space? Mandela's life shows us that taking up less space and power is not easy. Sometimes it means breaking walls and bringing people who disagree together.

The saints for whom we give special thanks in our calendar are a continual encouragement to us. They provide a varied pattern of selfless devotion to God and love for neighbour, each in their different circumstances.



We extend our prayers to Luyanda and Noluthando Mshengu and their family on the loss of their father. May you find peace and comfort in this time of loss.

REVD RAKGADI KHOBO
CHAPLAIN

MEET THE EDTECH DEPARTMENT



Mariette Adam
BEd (Wits)



Themba Ndimande
BEd 4th year student (Wits)

SOCIAL MEDIA

Uniquely stupid?

In a viral essay entitled *Why the Past 10 Years of American Life Have Been Uniquely Stupid* published in the May 2022 print edition of *The Atlantic*, social psychologist Jonathan Haidt uses the biblical story of Babel as a metaphor for the splintering of modern conversation.

As told in the book of Genesis, the people of Babel built a great tower to “make a name” for themselves. Disdainful of their vanity, God decided to fracture the unity of the people by “confus[ing] their language” so that they were unable to understand one another. The metaphor, as Haidt explains, works not as an explanation of tribalism or groups against groups but of something more granular and far-reaching, of how social media has infected and influenced communication between individuals.

While this article is, as its name suggests, distinctly US-centric, the issues and concerns it deals with are, to a large extent, equally relevant in a South African educational context.

Haidt outlines the evolution of social media from an innocent connector and medium for positive social growth (e.g. The Arab Spring and the Occupy movement) to a means of encouraging “dishonesty and mob dynamics”.

Haidt discusses the negative effects of punishing internal dissent. Citing John Stuart Mill (who famously stated that “He who knows only his own side of the case, knows little of that”), Haidt highlights the importance of welcoming the views of critics. Themselves finely attuned to the nuanced workings of human interaction, the mechanics and algorithms of social media such as Twitter and Facebook operate to amplify outrage and, ironically, stifle nuance itself. Instead of critical engagement, anyone who puts forward views which are contrary to those of the vocal extremes on the political left or the right are met with vilification or, in modern parlance, ‘cancellation’.

Whilst Haidt’s article discusses in detail the corrosive effects that social media has been documented to have on “trust in governments, news media, and people and institutions in general”, it also addresses the effects that it has on children.

Haidt makes specific reference to how more time online comes at the expense of more unstructured “free play” which helps develop critical social skills. Furthermore, studies have revealed a causal link between social media use and increased rates of anxiety disorders (not to be conflated with feeling anxious in stressful situations, which is normal), depression and self-harm (particularly in relation to girls) among adolescents. There is no question that this paints a bleak picture. As Haidt suggests, any potential resolution will need to be multi-faceted.

On this note, St Mary’s has and continues to implement measures to help enable students to make the best use of devices at and outside school. Examples of these measures include the publication of the school’s Social Media Policy; the students completing an online course on *The dangers of social media, and how to avoid them* given by renowned social media law expert, Emma Sadleir; technology-free project-based learning, such as the Form I Term II self-eSteam project; limitations on the use of devices during school time; as well as daily, in-class efforts to ensure that devices, when used, are used appropriately.

These measures and others still to come will hopefully balance the opportunities and dangers presented by social media and prevent St Mary’s becoming a fragmented, intellectually intolerant, academic Tower of Babel.

References

<https://www.theatlantic.com/magazine/archive/2022/05/social-media-democracy-trust-babel/629369/>

<https://jonathanhaidt.com/socialmedia>

<https://www.theatlantic.com/ideas/archive/2021/11/facebooks-dangerous-experiment-teen-girls/620767/>

[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(18\)30060-9/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(18)30060-9/fulltext)

<https://www.thefire.org/catching-up-with-coddling-part-two-trigger-warnings-screen-time-v-social-media-covid-19-and-the-continuing-decline-of-gen-zs-mental-health/>

<https://www.theatlantic.com/magazine/archive/2020/05/childhood-in-an-anxious-age/609079/>

JAMES BEALL
ENGLISH TEACHER

GLOBAL FORUM ON GIRLS' EDUCATION - BOSTON

Esmalet van Zyl and Ingrid Zlobinsky-Roux attended the Global Forum on Girls' Education in Boston (USA) from Monday 27 to Wednesday 29 June. This conference is organised by the ICGS (International Coalition for Girls' Schools) of which St Mary's School is a member.

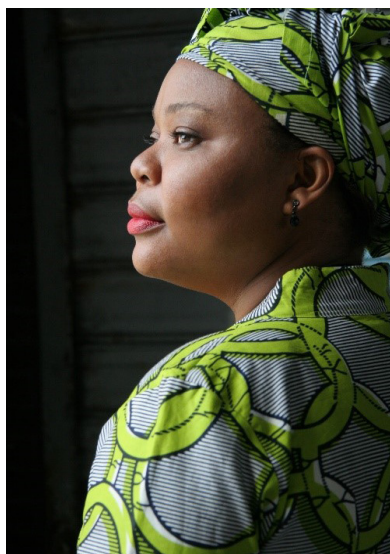
Esmalet was part of the Global Action Research where she conducted 18 months of research in her Form II class and presented her findings at the conference. Her topic was *Strengthening Comprehension Skills in Grade 9 Girls Learning Afrikaans as an Additional Language*.

The conference kicked off with a panel discussion entitled *Staying Mission-True in a Gender Non-Binary World*. The panel included a psychotherapist, two heads of schools, a transgender young person, their mother and the dean of a college for women. The discussions were robust, open and transparent.

The first keynote speaker was Shabana Basij-Rasikh. She co-founded the School of Leadership, Afghanistan (SOLA). This school was the first only girls' boarding school in Afghanistan, enrolling nearly 100 students. She spoke about the evacuation of the entire school from Afghanistan to Rwanda in August 2021 when the Taliban took control of Afghanistan and it became illegal for girls to be educated. She is a fascinating and engaging speaker and a champion of girls' education.

For the rest of the day, there were many sessions from which to choose, including *Art Education as a Tool for Social Advocacy* and *Developing Leadership Through Sport*.

Tuesday kicked off with the second keynote speaker, Leymah Gbowee. She is a Liberian peace activist, trained social worker and women's rights advocate. She was the leader of the Women of Liberia Mass Action for Peace movement which played a pivotal role in ending Liberia's civil war in 2003. Leymah is also a Nobel Peace Laureate. Her presentation was inspirational and she captivated her audience with interesting anecdotes and her profound love for humanity. Her memoir, *Pray the Devil Back to Hell*, was made into a film and it was clear to see why it was awarded the Best Documentary award at the Tribeca film festival.



Tuesday also saw all the research fellows having the opportunity to present their research. St Mary's (Esmalet's) presentation was very well received and interesting conversations emerged from her talk.

Wednesday was the last day of the conference and a number of breakout sessions took the form of round-table discussions. These discussions were interesting and tackled diverse topics and issues in girls' education. We attended sessions on oracy, unity in troubled times, teaching with tech, can fashion be sustainable and more. The day ended with a visit to a school and Harvard University.

We thank Ms King and the school management for the opportunity to attend this conference. It was a learning experience and also highlighted, once again, that we are a South African school that upholds global standards.

INGRID ZLOBINSKY-ROUX
HEAD OF MATHEMATICS

THE WONDER OF IT ALL

On Tuesday 12 July, the first images and spectrographic data from the James Webb Space Telescope were released to a world eager to see what the \$10 billion infrared telescope would reveal. The Webb telescope is the culmination of 30 years of scientific endeavour on the part of 20 000 engineers, astronomers, scientists, technicians, public servants, small businesses and major corporations.

In general, the headlines announcing the publication of the images this week cannot contain their excitement: *NASA's Webb Sheds Light on Galaxy Evolution, Black Holes, Webb Reveals Cosmic Cliffs, Glittering Landscape of Star Birth, James Webb Telescope reveals deepest, sharpest view of universe*. Clearly scientists and astronomers have much to celebrate - but how should South Africans laid low by loadshedding and reeling from petrol price hikes respond to this glorious galactic slideshow?

I suggest that we should celebrate it. The images provided by the Webb telescope bring hope, a path to a better future, and a calming and profound perspective on our hurried and fragmented lives.

Hope is provided by the fact that this powerful space observatory is the result of global collaboration involving not just NASA, but also the member countries of the European Space Agency, the Canadian Space Agency, and many other partners across the world. Thousands of scientists, including South Africans, are already collaborating on research projects using the data that the Webb will be gathering for decades to come. As Webb shows, when expert and dedicated people from all over the world work together, we can achieve almost anything.

The Webb shows us a path into a better future because it embodies the power of expertise and of the scientific method. It was built by people whose attention spans are much longer than a Tiktok video; by men and women who can create and follow a plan that's a lot more detailed and profound than any Twitter thread. It was created by people who embody real expertise - who really can 'do their own research' in a way that is lightyears more detailed and profound than a quick Google. It shows us that a better future for humanity won't come from quick fixes, or populists who are 'tired of experts'.

Finally, the Webb also grants us an extraordinary perspective on the universe and ourselves. Because space and time are one, and both are bounded by the speed of light, the Webb enables us to look back - completely literally - to the origins of the universe, 13.8 million years ago. The Webb reminds us that we are just one species on just one tiny speck of matter in a nearly infinite spacetime.

Siphiwe Gloria Ndlovu, the author of the English matric network *The Theory of Flight* writes about the wisdom that is gained when we see ourselves as part of a vast and ever-expanding cosmos. She tells us that, 'There is a wonder to it all ... You become aware of your place in the world...You understand that in the grander scheme of things you are but a speck ... a tiny speck... and that that is enough ...There is freedom ... beauty even in that kind of knowledge ... It is the kind of knowledge that finally quiets you.'

The James Webb telescope has given humanity access to unparalleled vistas of scientific knowledge - knowledge that is beautiful, liberating and "the kind of knowledge" that should quieten a great deal of the noise with which twenty-first century life bombards us.

FELICIA TOBIAS
DEPUTY HEADMISTRESS



ACCOUNTING

Deloitte Young Executive Programme

Three of our Form IV students, Bianca Kritzman, Yana Cai and Kylie Gonçalves, attended the Deloitte VAC programme during half-term. The girls found it to be a beneficial experience which assisted them in developing an understanding of their future prospects.

The programme included having different universities addressing them about the chartered accountant (CA) career path. Deloitte has many offices across the world so this programme is widely recognised. The girls learned that completing articles at Deloitte allows one to join the JIT programme after articles. This gives new CAs the opportunity to work overseas at Deloitte firm.

Throughout the two-day Young Executives Programme, the girls worked in groups to which they were allocated at random. They had challenges to complete with their groups. Each challenge awarded the winning team the most points. The first challenge was creating a branded poster, a name and a slogan for the group. This was a fantastic first challenge as it allowed the teams to get to know their group members and discover each member's strengths. The main project was presented on day two, however, they had to start preparing from day one. They had to create a presentation after

researching one of Deloitte's clients, which is the introductory process of an audit. This not only gave them insight into auditing, but also trained their soft skills. At prizegiving on the last day of the programme, Yana Cai and her group won a prize for the best Deloitte video, which they had to make for one of the challenges. Kylie Gonçalves and her group emerged as the overall victorious group which accumulated the most wins and hence the most points.

"We express our gratitude towards Deloitte for providing us with this experience. We were able to have all of our questions about chartered accounting answered as well as getting an in-depth experience of the everyday work life at Deloitte. We highly recommend that anyone who is interested in accounting, finance and business attends at least one of the programmes that Deloitte has to offer!" - Bianca Kritzman, Yana Cai and Kylie Gonçalves

YANA CAI, KYLIE CONÇALVES AND BIANCA KRITZMAN
FORM IV STUDENTS

GEOGRAPHY



Geography goes virtual



In case you thought Geography was all about oxbow lakes or tropical cyclones, St Mary's is here to educate your daughters differently. Last week, the matric Geography girls walked through the Amazon, behind waterfalls in Canada and interpreted the sources of various river systems. This learning experience has allowed for collaboration, creativity and problem thinking skills. Some things you just cannot Google.

MEGAN DEVINE
HOD:GEOGRAPHY

VISUAL ARTS

Frida Kahlo self-portraits

The Form II Visual Art students were inspired by Frida Kahlo this term. They created self-portraits based on an artwork by Kahlo and were tasked with making adjustments to the original so that the new self-portrait was meaningful to them as individuals. Through this process, the students learned accurate facial proportions, painting techniques and the history of Frida Kahlo's life and her lasting legacy on visual culture today.

DANIELLE MOWATT
HOD:VISUAL ARTS



DANCE

Dance Association Nationwide for Communication and Education or D.A.N.C.E International took place between Monday 13 June and Saturday 18 June at Lewende Woord, Centurion.

Every autumn, the American Dance Awards holds an annual week-long competition in South Africa. This is a growing partnership with the South African dance community.

This year, the St Mary's dance crew competed and were awarded the ultimate gold for their hip hop dance entitled *This Is Us* choreographed by Daniel Lenka. They were also given a special award for this dance recognising their awesome attitude and named *Hip Hop Beasts* by Scott Sisbarro.

The girls also performed a contemporary item which was awarded a gold and obtained a special award, calling this dance *A breath of fresh air*. This dance was choreographed by Shelley Innes and was titled *Stand By Me*.

Please click on the link to view videos of the dances: https://drive.google.com/file/d/1JF9q_b6DgoDvdvODbjtZhrv5yF54-s9d/view?usp=sharing

CHRISTINE NYAMAROPA
FORM IV

EQUESTRIAN

SANESA inter-schools qualifier 4 (Saturday 18 June and Sunday 19 June at Kyalami Equestrian Park)

Congratulations to the equestrian girls on their wonderful results at qualifier 4. Welcome back to Erin Jackson after her knee operation and well done to Katherine Franck on her placings with her new horse Carrot.

Results:

13 riders

16 horses

46 classes entered

38 placings

11 first places

5 second places

6 third places

Noticeable achievements of each rider:

Name:	Horse:	Place:	Discipline
Jade Anderson	Lipizza Bannut Ooh La La	1 st	Show Jumping 120cm Accumulator
		1 st	Show Jumping 120cm Normal
Riley Bate	Cocorico	1 st	Working Hunter: Level 5 90cm
		3 rd	Equitation: Level 6 100cm
		4 th	Prix Caprilli: Level 3 Novice
		7 th	Show Jumping: 100cm Normal
Sienna Blaauw	Gondor UFO	1 st	Prix Caprilli: Level 7 Open test 2
		1 st	Prix Caprilli: Level 7 Open test 4
		1 st	Level 7 Performance riding
		3 rd	Dressage: Level 6 Medium
		4 th	Equitation: Level 7 110cm
	Katmandu	3 rd	Show Jumping 110cm Accumulator
		4 th	Show Jumping: 110cm Normal
Jenna Blaauw	Chandon	4 th	Dressage: Elementary Level 4 Test 2
		1 st	Dressage: Elementary Level 4 Test 4
	Gondor WigWam	1 st	Show Jumping: 110cm Accumulator
		3 rd	Show Jumping: 110cm Normal
		1 st	Handy Hunter: Level 7 Pairs
Julia de Villiers	Foyle's War	7 th	Show Jumping: 100cm Accumulator
		5 th	Show Jumping: 100cm Normal
Katherine Franck	Caritou Z	6 th	Show Jumping: 100cm Accumulator
		7 th	Show Jumping: 100cm Normal
		6 th	Equitation: Level 7 110cm
Juliana Haden-Smith	Seeis Spook	5 th	Equitation: Level 6 100cm
		1 st	Show Jumping: 100cm Accumulator
		8 th	Show Jumping: 100cm Normal
Erin Jackson	El Vanna	8 th	Novice: Dressage
			Novice: Dressage

Emma Lowndes	Silent Night	2 nd	Prix Caprilli: Level 3 Novice Test 2
		3 rd	Prix Caprilli: Level 3 Novice Test 4
		11 th	Show Jumping: 90cm Accumulator
		19 th	Show Jumping: 90cm Normal
Lunathi Mdlungu	Branic Cupidon	2 nd	Equitation: Level 4 90cm
		5 th	Show Jumping: 100cm Accumulator
		10 th	Show Jumping: 100cm Normal
		11 th	Dressage: Preliminary Test 2
		8 th	Dressage: Preliminary Test 4
Sydney Pollock	Voigtskirch Amarosso	2 nd	Dressage: Elementary Test 2
		2 nd	Dressage: Elementary Test 4
		3 rd	Level 7 Performance riding
Olivia Sorour	Elite Force	2 nd	Working Hunter: 70cm
		1 st	Handy Hunter: Level 7 Pairs
Amanda Wilford	Pegasus Cabernet	11 th	Dressage: Preliminary Test 2
		9 th	Dressage: Preliminary Test 4
	Pegasus Agnis	7 th	Show Jumping: 80cm Accumulator
		6 th	Show Jumping: 80cm Normal



Julia de Villers on Foyle's War



Lunathi on Branic Cupidon



Riley Bate on Cocorico



Amanda Wilford on Pegasus Agnis

Congratulations to the following girls who have been selected for the team for SANESA finals on Saturday 30 July and Sunday 31 July:

- Sienna Blaauw: Elementary-Medium and medium Dressage, Level 7 performance riding, 1,10m Level 7 Equitation, 1,10m Show jumping, and Level 7 Prix Caprilli
- Jenna Blaauw: Elementary Dressage and medium Dressage, 1,10m Level 7 Equitation, 1,10m Show jumping, and Level 6 Prix Caprilli
- Riley Bate: 1,00m Level 6 Equitation, 1,00m Show jumping, 90cm Working Hunter, and Novice Prix Caprilli
- Juliana Haden-Smith: 1,00m Level 6 Equitation, and 1,00m Show jumping
- Erin Jackson: Novice Dressage, and 1,00m Level 6 Equitation
- Lunathi Mdlungu: 90cm Novice Equitation, and 1,00m Show jumping
- Sydney Pollock: Elementary Dressage, and Level 7 performance riding
- Olivia Sorour: 70cm Working Hunter and 1,00m Working Hunter
- Amanda Wilford: Preliminary Dressage and 80 cm Show jumping
- Jade Anderson: 1,10m Show jumping
- Emma Lowndes: Novice Prix Caprilli



Jenna Blaauw represented St Mary's in vaulting in the Africa Cup and at SANESA on Saturday 11 June. The article above was featured in the Fourways Review newspaper.

MELANIE BLAIR
TEACHER IN CHARGE

SOCCER



In early July, Reese Egberink (FI) was invited to attend a soccer coaching clinic (Global Soccer Schools International) headed by a Lead Academy Manchester United coach. It was a wonderful opportunity for Reese and, although the training was difficult, she relished every moment.

QUIX
DIRECTOR OF SPORT

DIVING



We extend our congratulations to Zalika Methula (FIII) and Keratile Manaka (FI) on being selected to compete at the FINA World Junior Diving Championships in Montreal, Canada, from Friday 25 November to Sunday 4 December.

Both girls have been working hard to achieve this goal and qualified for the event at Nationals in April. Swimming South Africa announced the team on Tuesday 6 July.

Zalika will compete in the U18 age group and Keratile will compete in the U16 age group.

KATE SHEPHERD
HEAD OF DIVING

HOCKEY



Three first team hockey players made waves on the national front:

Kristy Leonard, Form V and the current St Mary's hockey captain, was selected as captain of the South African U18 side which recently won all three tests against Namibia.

Hannah White, Form IV, was chosen as a member of the U17 South African High Performance training squad. This squad participated in a training camp in the first week of July.

Tayla Gibbs, Form III, was selected as a member of the U16 South African High Performance squad which is currently attending a training camp in Cape Town.

CINDY BROWN
HEAD OF HOCKEY

Notices

ST MARY'S 2022 SCHOOL MAGAZINE

As we did last year, we shall once again offer you the choice of receiving the annual St Mary's School magazine in a digital format version and/or a hard copy version.

Please click this link for further information and to make your choice:

https://docs.google.com/forms/d/e/1FAIpQLSeUx3Xr5yffqS222lecKEQB09xYqUC5JkKg3ao6f1oWmqMmfA/viewform?usp=sf_link

2020 Annual Magazine



2021 Annual Magazine



2022 Annual Magazine



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 with both you and your daughter's names and surnames for assistance.
- To access the St Mary's parent 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.