



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

4 NOVEMBER 2022



Tel: 011 531 1800 | info@stmary.co.za | www.stmaryschool.co.za



Our congratulations are extended to Zamantungwa Khumalo for being the 7th recipient in the school's 134 years of existence to be awarded the prestigious *Victrix Honorum* blazer. Zamantungwa received honours in academics, service and cultural.

FROM THE HEAD'S DESK

"Education is leading human souls to what is best, and making what is best out of them; and these two objects are always attainable together ..." John Ruskin

The topic for my regular newsletter article is an attempt to give parents insight into the experience of their daughters at St Mary's. Our pupils are our priority, and their activities, achievements, opinions and interests are the focus of our planning and daily routine.

My attention this week, however, is focused on the teachers. I have been meeting with individual teachers for the past weeks in what we refer to as 'review and development' meetings. These meetings are a focused conversation about teaching and learning. The topics include the commitment and duty of teachers; their expectations of their students; the privilege and enjoyment of being in the classroom; the different

approaches to guiding and supporting students in their learning; teaching resources; curriculum; communication; personal growth and ambitions.

In a moment of reflection this week, I was aware of how much I enjoy these meetings with teachers. Their sense of joy and wonder that comes from working with their students in the classroom is distinctive. St Mary's teachers are committed to their own professionalism and development but always through the lens of the success of their students.

Teachers are the force within a school as they generate and guide thinking, creativity and meaningful learning for pupils. I extend my gratitude to the St Mary's teachers who are integral to the vibrant learning environment of our school.

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN

Last week, we hosted our 2023 new parents' and pupils' evening. As part of whom we are, we opened the evening with prayer. Thinking about all the new girls and their families joining St Mary's in 2023 made me remember the following statement by Elijah Obinna:

For many Amasiri Christians, the transition process into a new religion is characterized by experiences of change and continuity. This uncertain process, normally expressed in terms of understanding a new culture with new requirements, highlights many Christians' endeavours to regain equilibrium. That is, they attempt to integrate their context, culture, and experiences into the existing frame of reference, or they attempt to repudiate their past (Obinna 2017: 1).

Rereading this passage made me think about the new girls joining the school, coming from different schools, some religious, others not. They must get used to the weekly chapel services and that we are a faith-based school. It sheds light on the challenges the new girls and their families face, adjusting to our school culture.

It also poses questions to us, as a school, about how we, through our Christian identity and ethos, and educational philosophy, respond to the girls as they negotiate their identity and what is a new cultural and social space, not to forget the religious aspect. The dialogue that will take place between the school and the new girls is not an encounter between systems in abstract ways but rather a meeting between persons who share a common human nature (Obinna 2017:145).

In our dialogue with one another may we hold fast to our values of Love, Community and Integrity.

REVD RAKGADI KHOBO
CHAPLAIN

MEET THE LEARNING FACILITATOR AND LIBRARIANS



Casey Macaulay - learning facilitator
BA (Rhodes), PGCE, ACE, BEd Hons (UNISA)



Olivia Johnstone - campus knowledge resources
and librarian
BINF (UNISA)



Jayne Murewa - assistant librarian
BINF Hons (UNISA)

CULTURAL HONOURS BLAZER



On Friday 28 October, Lesedi Mochela was awarded a Cultural Honours blazer. Lesedi qualified to be in the B team that will be representing South Africa at the 2023 DanceStar World Dance Masters in May 2023.

Congratulations, Lesedi!

MENTAL HEALTH AWARENESS

As we reach the end of Mental Health Awareness Month 2022, I have been grappling with the thought of what else should be said on this very important, but seemingly ignored, topic. I was reminded that the numbers don't lie - one in five South Africans suffer from anxiety, depression, or substance abuse disorders. These numbers are more sobering when we filter them down to the intimate circles in which we function, as they force us to realise that someone in our office, book club, in our home could be in the midst of a silent and difficult battle with their mental health.

Many a time we attempt to separate ourselves from mental health conversations and initiatives, because we understand mental health and mental illness as synonymous. Which they are not. Mental illness refers to a health condition that involves changes in emotion, thinking or behaviour (or a combination of these), whereas mental health refers to a state of well-being that encompasses emotional, psychological, and social well-being - which all contribute to how we handle stress, function in inter-personal relationships. This affects the decisions we make. Our confusion with these two important states of wellness makes us believe that 'this doesn't apply to me or my family'. Contrarily, it does because, as much as mental illness might not affect everyone... mental health does.

In recognising that mental health affects everyone, you too will begin to recognise that it affects your children: children who in a 24-hour cycle have to deal with waking up to loadshedding, their parents' road rage as they drive them to school, witnessing a smash and grab on the same school run, walking through the school gates where they are expected to function optimally when they get to class... all on top of their attempts at navigating their everchanging friendship groups. These compounding realities, together with their already existing inter-personal traumas, make it hard to function, and place additional strain on their already fragile mental health needs.

It is time that we realise that our children are living in a difficult time and the demands placed on them exceed their capacity. It is time that we change our perspective regarding mental health and begin to introduce four simple (and do-able) steps in our engagements with our children:

- Understand that human beings feel. Your children feel and experience everything that you do. Embrace them, their realities and the feelings that accompany these realities
- Understand the purpose of the difficulty your child is experiencing. Understanding this difficulty and its purpose, will deepen your understanding of the impact it has on your child
- Resist the urge to distract yourself from your child's difficulties and their reality. Even when they seem trivial - the feelings that accompany these realities are not
- Focus on what you can learn from the feelings your child experiences and how these feelings can guide you into being responsive to your child's needs

Even though the month might be over, we cannot stop talking about mental health. We cannot stop talking about the impact of the world on our children and on their everchanging emotional needs. The discussion cannot end. Talking about what we need to do to be more responsive to our children's needs cannot end because, unfortunately, we don't have the luxury of picking it up once a year and putting it down when the month of October is over. I implore us all to heed the crisis that our children are in, heed to their needs and heed the magnitude of their emotional needs - whether or not it's mental health awareness month!

THE OPEN DOOR DEPARTMENT

LITTER CLEAN-UP

About three weeks ago, a few of my friends and I went on a litter clean-up. We were accompanied by my mom. All of my friends were St Mary's girls; our clean up took place on Louis Botha Avenue. The "team" split up and we spread out along both sides of the road. I think that it is important to pick up litter around our school because we should show others that we take the time to make a difference in the world. We shouldn't blame others for litter, even if we didn't make the mess. We, as St Mary's girls, should realise that we are very fortunate and should be willing to clean up others' messes. Community service points are just the upside of cleaning up litter. After I had finished, I felt proud of what we had accomplished. I feel that people should be motivated to pick up litter and not be bribed by service points or treats. Thank you to everyone who participated in the clean up and I hope that others will realise the importance of what we are doing.

NATALIE MAHER
FORM I



DANCE CREW

Congratulations to the dance crew who were awarded a high gold for both their entries into South African Dance Championships (SADSC) competition held at Lewende Woord in Centurion.



The girls performed a lyrical jazz routine choreographed by Shelley Innes called *Stand By Me*



They also performed their hip hop item called *This is Us* choreographed by Daniel Lenka



Dance crew: Naomi Quinn, Caitlyn Govender, Agape Mhlanga, Khumo Mochela, Christine Nyamaropa, Tawananyasha Muchineripi, Yanda Magudumana and Venus Chow

CLAIRE VAN NIEKERK
DANCE AND DRAMA TEACHER

CLIMATE CHANGE

On 28 September, we held a peaceful protest which was all about climate change. Seeing so many girls participating in the protest was heart warming. The girls encouraged one another and had fun. Many girls wore green and held up the posters they had made in mentor time.

Climate change is a serious issue that we have to deal with. This is something that should not be taken lightly: we need to start trying to save the planet. It starts with one girl, or a few, to make a change. Even if it's a small change, the impact is amazing. Children are the future of the world. So if you do it, and get your friends to do it, we could all save our planet.



REITUMETSE MOREO
FORM IV

ISIZULU OLYMPIAD

We extend our congratulations to the following girls who achieved 80% and above in the final round of the isiZulu Olympiad:

Form III Sthabile Mphahlele (Certificate and silver medal)
 Form III Thando Msane (Certificate)
 Form III Thandeka Ntuli (Certificate)
 Form II Sinenhlanhla Gasa (Certificate)
 Form I Nothile Maphalala (Certificate)

THEMBI NGOBESE
 ISIZULU TEACHER



Thandeka Ntuli, Nothile Maphalala, Sthabile Mphahlele, Sinenhlanhla Gasa
 (not in picture: Thando Msane)

WATER POLO

Water polo has been making a splash over the past few weeks with many tournaments being played and exciting water polo displayed.

The U15 team participated in the Cup of Honour hosted by Reddam Helderfontein. They placed third overall and won the bronze medal by beating St Dominic's 3-2. The tournament consisted of 10 teams from all over Gauteng.

Simran Soni, Jenna Blaauw and Skyla Roberts were all selected into the "All Star" team that played an additional "All Star" match at the end of the tournament.

The 1st team played in the final round of the Roedean Prestige Cup and placed 7th overall with their win over Randpark 14-8.

Over half-term, the 1st team stepped up and played some spectacular water polo. The team placed in the top 10, placing 10th overall out of 20 teams from all over the country: the best placing in the overall tournament in a few seasons. The team placed third in their pool after winning a thrilling match versus Pearson winning 5-2 which sent them through to playoffs to get into the quarter-finals against Reddam House Cape Town.

The team played enthusiastically with a goal for goal match but, unfortunately, were tipped out in the last minute of the match and lost 10-8. The team still fought hard and beat Kingswood College 5-4 to play their final placement match where they placed 10th.

Well done to the water polo teams that have grown from strength to strength and taken on this season with every opportunity they could.

KELSEY THOMSON
 HEAD OF WATER POLO

The following players are commended on making the final cut into their relevant Gauteng teams. They will be competing at the inter-provincial tournament from 10 to 14 December in Durban, KwaZulu-Natal:

U14 A: Jenna Blaauw and Kathryn Thorburn

U14 B: Nicola Faber and Jessica Green

U15 A: Julia Joseph, Isabella Rajak and Skyla Roberts

U15 B: Simran Soni and Victoria Staples

U15 reserves: Kganya Kodisang, Emily Tannenberger and Maxine Teasdale

U16 A: Jessica Black and Amy Smith

U19 B: Emma Morley



BASKETBALL

Recent fixtures were played against St Dunstan's and Rand Girls. St Dunstan's regularly provide tough opposition, with all teams competing for a win. The U14 match was played in good spirit. Both teams gave of their best, moving the ball well in attack and defending with all that they had. St Dunstan's were the winners in the end, but our players can be very proud of their efforts.

The U15 team played against a senior team from St Dunstan's and lost by only one point. Our U15 age group is made up of talented, exciting, and committed players. They have made great strides in their basketball and we look forward to watching them progress in the future.

The afternoon ended with the 1st team fixture. Our girls created many opportunities for themselves and, although they could have converted a few more, they ended the afternoon victoriously.

Following the St Dunstan's fixture, we hosted Rand Girls for a wonderful afternoon of basketball. Rand Girls have a small group of players who started playing basketball only this year. The aim was to celebrate the sport and create a happy experience for all involved. All players from both schools had a super afternoon together. We hope to do something similar again soon!

TARYN DE WINNAAR
HEAD OF SPORT: SENIOR SCHOOL



St Mary's and Rand Girls

SWIMMING

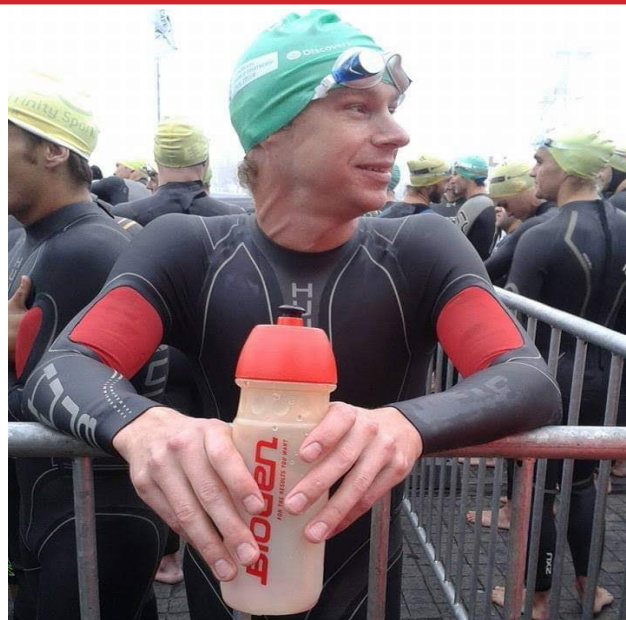
Welcome to swimming coach, Cobus Kruger

Cobus is not a stranger to St Mary's but to date he has graced the athletics track with his quiet, calm presence. He now moves to the pool and will be the head swimming coach, working from Grade 3 to the senior team. He has spent much of his adult life as a triathlete, even being a professional for five years. The swim forms a vital component of a triathlon. Cobus understands training concepts, rotations, sets, technique and the need for efficient speed.

We wish him the best of luck in his new role.

QUIX
DIRECTOR OF SPORT

Coach Cobus ready to race



ATHLETICS

The day of inter-high athletics dawned a fraction cooler than the extreme temperatures that we had been experiencing. Despite a few illness and injury concerns, we were ready to compete.

It was not an easy meet owing to 10 schools (this is unusual as there are only eight lanes on the 400m track) being in the competition. All races on the 400m track needed to be run in two heats and there would be no final. This was difficult for competitors, as well as the organisers, and resulted in it being difficult to announce results or scores during the morning.

We certainly did not have our best showing in the long jump pits but were outstanding in the 80m hurdles and 400m events with many good results in other events. As we moved into the last four events which are the 4x100m relays, my instinct was that if we could run the relays unscathed, we were in with a chance of the title. All went well until the last heat of the last event when, sadly, the Opens ran out of the takeover zone and were disqualified. When we received the final results, the following day, we discovered that we had lost our title to St Andrew's by seven points.

We gained 13 second places and 11 first places out of 48 events and the final results are as follows:

1 st St Andrew's	671
2 nd St Mary's	664
3 rd Jeppe Girls'	577
4 th Brescia	535
5 th Holy Rosary	522
6 th Assumption Convent	464
7 th Kingsmead	394
8 th St Stithians	290
9 th Potchefstroom Girls'	228
10 th St Teresa's	219



I congratulate all the girls who participated in athletics this term. Many of them have been committed to more than one sport and made an effort to get to the practices that they could. The captains, Isabelle Barrow, Amy Sharpe and Olivia Krüger, led by example and were well supported by a wonderful contingent of talented Form IVs, who all gave of their best.

To husband and wife coaching duo, Cobus and Philna Kruger, we thank you for your time and commitment to the team.



Isabelle Barrow - captain



Amy Sharpe - vice-captain



Olivia Krüger - vice-captain

QUIX
DIRECTOR OF SPORT

TENNIS

Unfortunately, the rain over the past few weeks forced league matches to be postponed and the annual junior inter-high to be cancelled. St Mary's was going to field three teams and it is a pity that our younger players missed out on participating in the junior inter-high event.

Over half-term, the St Mary's 1st team participated in the Pat Uys Tennis Festival hosted by Eunice School in Bloemfontein. The team, comprising of Lilitha Ndungane, Moroesi Tuoane, Bashali Phatshwane, Bailey Selvam, Tayla Gibbs, Madison Corbett and Kirsten Hadiaris, played tennis of an extremely high standard. This year, the festival was increased to eight schools with Afrikaanse Hoër Meisieskool Pretoria and Rhenish Girls' High School from Stellenbosch joining. This festival offers tennis of a very high standard and the St Mary's team beat Pearson High School, Afrikaanse Hoër Meisieskool Pretoria, Voortrekker and Hoërskool Waterkloof in a convincing manner. The St Mary's team lost in a close match to a very strong team from Rhenish. Congratulations to both Lilitha and Moroesi who won all their singles matches during the festival.

Final positions:

- 1 Rhenish
- 2 St Mary's, Waverley
- 3 Voortrekker Hoërskool
- 4 Hoërskool Waterkloof
- 5 Afrikaanse Hoër Meisieskool
- 6 Eunice High School
- 7 St Stithians College
- 8 Pearson High School

The final league matches were completed, and the AB team beat Linden to win the Premier Section of the league. Congratulations to the CD teams for beating St Theresa's A and B teams and for the F team on beating Parktown B and the G team beating Roedean C. Well done to all the players on their high standard of play and commitment to the tennis teams. A big thank you to Mrs Corbett for all her help with coaching the Senior School players and to Mrs Lowndes and Ms Nicol for their assistance on match days.

League results 25 October:

St Mary's A lost to Linden A	33-30
St Mary's B beat Linden B	38-25
St Mary's C team lost to St Theresa's A	30-33
St Mary's D beat St Theresa's B	48-15
St Mary's E lost to Parktown A	42-21
St Mary's F beat Parktown B	35-28
St Mary's G beat Roedean C	32-31

RENÉ PLANT
HEAD OF TENNIS



Tayla Gibbs, Bashali Phatshwane, Madison Corbett, Lilitha Ndungane, Kirsten Hadiaris, Bailey Selvam and Moroesi Tuoane

ROWING

Over the half-term break, the rowing club athletes participated in the October training camp at Bronkhorstspuit Dam. The girls worked hard training on the water and ergos, played an exciting (yet competitive) club game of *30 Seconds* and enjoyed the momentary peace and quiet of the camp naps. A big thank you is extended to the coaches for all their hard work and to the camp moms who provided the most delicious food.

Morale is high across the age groups as Gauteng Championships fast approaches, taking place from 4 to 6 November. This is the most important regatta of this half-season and will bring a close to this year's rowing season. It will be exciting for the U14s and U15s to compete in their first major regatta at Roodeplaas Dam.

On 29 October, the St Mary's rowing club hosted an U14/ U15 regatta at Roodeplaas. It was a huge success and many thanks go out to those who helped with the setup and ensured that the event ran smoothly. The St Mary's parents cooked and sold food, ran a gin bar and created a raffle which were all successfully supported. Well done to the U14 and U15 athletes who competed in this regatta.

We wish the St Mary's community well as the girls approach their November examinations.

St Mary's, Waverley GRSF U14/U15 Regatta		
Race	Place	Crew
JW14A 1x	12	Shah-Naidoo
JW14B 1x	5 6	Gunning Barry
JW14A 2x	4 7	Shah-Naidoo Barry
JW14A 4x	3	Shah-Naidoo
JW15A 1x	5 6 13 15	McGregor (L) Illgner Mbizi Masingi
JW15B 1x	9 10 11	Selvam Curtis (E) Ninan
JW15C 1x	1 3	Badat Msimanga
JW15A 2x	2	McGregor (L)
JW15B 2x	2 4	Mbizi Selvam
JW15C 2x	1 2	Osler Zephyrine
JW15A 4x	3 7	McGregor (L) Wanblad
JW15B 4x	3 4	Badat Osler
JW15A 8x	2	Wanblad

SOPHIA BABAYA
FORM III

RHYTHMIC GYMNASTICS

Rhythmic Gymnastics Competition Season 2022

The 2022 rhythmic gymnastics competition season recently drew to a close after an exciting and busy year. The season finale was the South African Gym Games (nationals), which took place at the Rembrandt Sports Hall at Pretoria University. For the first time, St Mary's Senior School showcased gymnasts from Form I to Form V, indicating an increased interest in the sport. Under 15 and Over 15 gymnasts competed at intermediate competition levels 5, 6 and 7 with set routines, while voluntary level 8, 9 and 10 gymnasts choreographed unique routines reflecting the sophistication and technical complexity of this magnificent Olympic sport.

The Central Gauteng Gymnastics Association (CGGA) district championships, held in August, was a victorious affair where every participating St Mary's Senior School gymnast qualified for the Gauteng Gymnastics Association (GGA) provincial championships held later that month. The qualifying girls then progressed to the South African Gym Games in October.

Some of this season's noteworthy performances:

Danielle Mihigo (Form I) took home the CGGA bronze medal for level 5 U15 free dance and hoop, a silver for ribbon and claimed bronze overall, after which she snagged a silver for her polished free dance routine at the Gauteng Provincial Championships.

Naledi Diale (Form II) shone in U15 Level 6, where she earned the CGGA silver medal for free dance, bronze for ball and clubs and an overall bronze medal. She went on to earn a bronze medal for her clubs routine at the GGA championships.



Naledi Diale displaying expert club handling

Tshegofatso Modise (Form III) captured an impressive O15 CGGA haul of bronze for free dance, silver for hoop, gold for ribbon and a silver overall standing. She didn't stop there as she went on to win silver for free dance and bronze for hoop at the GGA championships.



Tshegofatso Modise in a passe balance during her ribbon routine

Bontle Kganyago (Form II) used the season to refine skills developed over many hours and kept perfecting her ability to compete under pressure, resulting in pleasing clubs and ball results at the CGGA competition.

Reece Williams (Form V) ended a 12 year association with St Mary's rhythmic gymnastics on an impressive note and with some career highs. She won the CGGA O15 level 8 bronze medals for free dance and ball, a silver for rope and a bronze medal overall. She replicated these results at the provincial championships and secured the overall silver medal. For her participation at Gym Games, Reece earned full Gauteng colours for representing the province as a voluntary level gymnast at this South African Gymnastics Federation (SAGF) event.



Reece Williams perfecting her ball routine

RHYTHMIC GYMNASTICS (CONTINUED)

Special mention must be made of three gymnasts who persevered through injury to shine. Despite recurring knee complications, Caitlyn Govender (Form II) managed to compete up to the GGA competition, while the 2023 captain Lebone Tshetlo (Form IV) turned her skills towards coaching the younger girls when physical obstacles stood in the way of her own ability to be part of the competition team. Lebone also completed a judges' qualification, enabling her to judge levels 1-3 gymnasts. Lesedi Mochela (Form V) overcame a debilitating ankle injury and, despite months of being unable to train, was granted a coveted spot at the South African Gym Games with just weeks of training time left on the calendar. This was a credit to her grit, work ethic, determination and outstanding previous competition results. She went on to represent the province of Gauteng proudly at SA Gym Games and earn full colours. Both 2022 captains, Lesedi and Reece, have led the sport in the spirit of true St Mary's athletes.

Special mention must also be made of Zeinab Kone (Form II) who, at the start of the season, took part in the Junior trials for the 16th African Championships and placed 5th overall. Although Zeinab was unable to compete for the remainder of the season owing to her current focus on professional ballet, she remains valued as an inspiration to St Mary's rhythmic gymnastics.

For their dedication and contribution to this season's successes, heartfelt thanks go to coaches Sara Feldman, Londiwe Dube and Keabetswe Sesing. Appreciation is also extended to Linda Giuricich in recognition of her years of service towards the development of St Mary's rhythmic gymnastics and envisioning its growth, current and future successes.



Lesedi Mochela in a pose during her hoop routine

THE RHYTHMIC GYMNASTICS COMMITTEE

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 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.stmaryschool.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.

SIZANANI SPONSORSHIP PROGRAMME

Please support the Sizanani Sponsorship Programme: they will be hosting an end-of-year fundraising "party" on 10 December (14h00 to 17h00) at the Jabula Recreation Centre. Learners from Alexandra township will showcase their talents (theatre, dance and songs).

Afterwards, you can participate in a drumming session (30 drums, pre-booking essential) and/or 45-minute workshops (yoga, hip hop dance, gumboot dancing, drawing, graffiti, crafts, hairdressing, etc.) Cakes and delicacies (sponsored by Chipkins Puratos) and fruit juices will be offered. Proceeds from the event will be used to fund the activities and funding for learners and students from Alexandra. Cost of participation: R150/adult - R75/child - Early bird discount R120/adult and R 65/child (before 15 November). For catering purposes, booking is essential before 5 December: info@sizanani.org.za



SIZANANI FUN FAIR

Sponsored by
JO'BOURG ACCUEIL

Saturday 10th December
1.30m to 5pm
JABULA RECREATION CENTRE
ANNE ST, SANDRINGHAM,

ENTRANCE:
R75 /UNDER 18
R150 /ADULT

JOIN US FOR A DAY OF FUN!

- Talent Show (songs, drama, dance) •
- + • 10 Creative Workshops for kids & adults (art, music, dance, yoga, games etc) •
- + • yummy Cakes offered by **chipkins puratos** Food Innovation for Good ...and more!

RSVP: Kim 0619984939, kkmkhush@gmail.com

* Proceeds will benefit learners & students from Alexandra township