



## FROM THE HEAD'S DESK



We welcome Thandi Chaane as the new chairperson of the school Board and Andile Mazwai as the deputy chair. We extend our thanks and gratitude to Nigel Carman for his years of leadership at St Mary's

At an assembly last week, I read an extract from Life's Greatest Lessons by Hal Urban (2003) to the girls. The passage was about self-esteem. The teachers and I are aware that self-esteem is often the determining factor in an individual girl's choices, her ability to achieve and her general well-being. Self-esteem often remains elusive throughout a woman's life and it is a continual challenge to separate the inner self from the ego. The age in which we live also means that exposure to and interaction on social media may undermine the development of self-esteem or hamper the maintenance of a healthy self-esteem. Our girls face this challenge every day.

I share the extract below, with the hope that it will lead to a valuable conversation between you and your daughters.

### *From Dependence to Independence*

*There is a time in our lives when both our self-image and our self-esteem are determined by other people. When we're small children, our lives are dominated by adults and older kids. We see ourselves through the messages we receive from them. Good messages, good self-image. Bad messages, bad self-image. The point is that when we're at a tender age, we respond to the messages we hear most often. We form a picture of ourselves, and then we develop feelings that are consistent with it. We tend to become what we're told about ourselves.*

*But one of the most important things to understand about self-esteem is that as we get older we have to learn to think for ourselves. We need to realise that we have a choice about how we're going to respond to the messages from other people. Eleanor Roosevelt once said, "No one can make you feel inferior without your consent." It would follow, then, that no one can make you feel anything without your consent.*

*It's what we believe about ourselves that counts. Whether we were treated rightly or wrongly as children, our self-esteem is now our responsibility.*

*Don't get me wrong. I'm not saying that other people aren't important in regard to our feelings. All of us need to be told from time to time that we're loved, appreciated and valued. We need our hugs, too. It's not only necessary, but fantastic, to be affirmed by other people. But we can't sit around and wait for others to applaud us in order to feel good. We have to do things that make us feel good about ourselves even without the praise. Then when it comes, it reaffirms what we're already feeling. It's a great bonus.*

*Other people can do a lot for things to make us feel good. But ultimately, how we feel about ourselves is the direct result of what we do and what we think. Real self-esteem is respect that we have to earn from ourselves.*

DEANNE KING  
HEAD OF SCHOOL

NOTICE BOARD – PLEASE SEE PAGE 8 FOR ALL OUR IMPORTANT NOTICES

## FROM THE CHAPLAIN

*After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him. They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). – Mark 15:20-22 (NRSV)*

Simon unwillingly takes up the cross. He is strong and Jesus is battling to carry the cross on His way to Calvary, weak and exhausted. The African influence is shown again in Simon's appearance. The figures at the top represent our journey through life towards Jesus. We diminish as He becomes greater. – Joseph Capelle

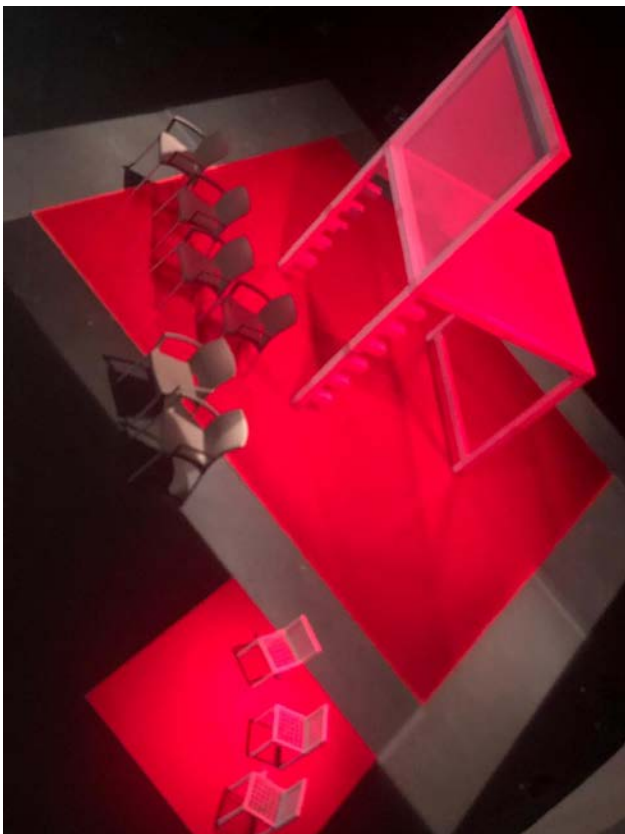
In our journeys through life, if we choose to look at our experiences of suffering through the lens of Christ's suffering, we can only draw nearer to Christ, as depicted in the progression of figures at the top of this Station. However, we do so inexorably as who we are, as who God created us to be – which is why Simon's figure stands out for me. Simon's figure does not change, despite the progression in the figures at the top of the Station. Through Simon's journey with Christ, he is integrally who he is – with his accompanying emotions. So too, are we. In the Anglican Church, the colour green represents growth, regeneration, newness. To me, the green strip on the right of this Station represents the restoration that is to be found in Christ, through our drawing near to him even in his suffering.



The Fifth Station: Simon of Cyrene helps Jesus to carry the cross

REVD CLAUDIA COUSTAS  
CHAPLAIN

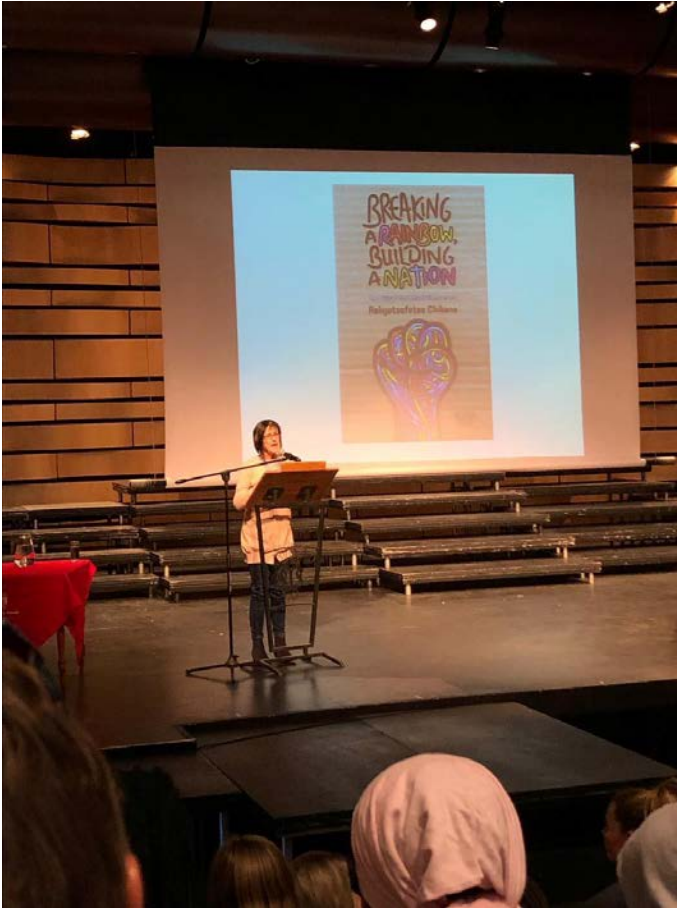
## METAMORPHOSIS



The Senior School attended a brilliant performance of *Metamorphosis* by Kafka at UJ to celebrate our Stamp Day. It is a universal story about "othering" and how cruel we can be to "different" people. The girls really enjoyed it and it was special to share this wonderful piece of theatre together.

JANET BAYLIS  
HEAD OF DRAMA

# STUDIUM APERTUM



Linda Mark opening *Studium Apertum* 2019



The St Mary's community contributed books for a book sale, R2 710 was raised and will go towards the Ikusasa Lethu Programme



Play: *Burning Rebellion*

*Studium Apertum* on 13 July was a resounding success. Students were deeply moved and powerfully inspired by the sobering words of Oxford graduate, activist and writer, Rekgotsofetsa Chikane, who confronted issues of racism, complacency and citizenship.

Students then had a selection of five dynamic speakers from whom to choose: artist Lady Skollie, knighted gender violence lawyer Bonita Meyersfeld, journalist and writer Fred Khumalo, teacher and film critic Digby Ricci, and Professor Sarah Nuttall.



Bonita Meyersfeld

*Studium Apertum* is a wonderful opportunity for students to be exposed to a wide range of challenging ideas, which spark debate and critical thinking.

LINDA MARK  
STUDIUM APERTUM CO-ORDINATOR

## MANDELA DAY

Our thanks are extended to everyone for their help on Mandela Day. Between the girls' and staff cake sale we managed to raise R5 000, which will be donated to CANSA.

The girls knitted squares, which will be sewn into blankets. Thank you for encouraging your girls!

We were also thrilled with the number of EcoBricks made. Our attempt to create furniture is a work in progress. EcoBricks is going to be an ongoing project, so please don't stop recycling.

The Ikusasa Lethu office had many bags of clothing donated to them. Every pupil in the programme will be allowed to take a bag, which is most gratifying!

The girls made posters for a library in KwaZulu-Natal. In August, 10 of our pupils, Phumzile Sithebe and I will visit Newcastle to install a library in a rural school that has no books at present.

LYNN NORTHMORE  
HOD: LIFE ORIENTATION



Some of the squares the girls knitted



Matrics selling cakes, the proceeds from which were donated to CANSA



EcoBricks being assembled into furniture

## FROM THE PEER COUNSELLORS: ANSWER THE QUESTION

Sisterhood. The word is familiar to the ears of the St Mary's community. It is not something many consider in their actions and words. Stereotyping dictates that girls are catty, devious females that movies such as *Mean Girls* portray, but stereotypes are not always true.

Where to begin to defy this stereotype? This is a common question. Its answer lies not in some words; rather, it is in our actions. The answer could simply be those small and seemingly insignificant gestures that show "girl love" within and outside St Mary's. Love and community are not only words – they represent the answer to the aforementioned question.

Earlier this term, the girls were exposed to an inspirational talk on #EndGirlHate. In a girls' school, it becomes paramount to love and support one another in our endeavours. One might think that showing support for another does not benefit oneself at all. This is not entirely true. When one person shines, her light reflects on you, too. Community is part of the St Mary's ethos because when one succeeds, we all do, as a

community, as sisters. This being said, tolerance builds an institution but support truly builds a community. It is assumed we all want to be part of the latter.

#EndGirlHate is about being part of this community, and showing love to one other as a sisterhood. A kind and meaningful "well done" or, more popular, a "shine" can make a fellow sister feel appreciated. It does just as much for the giver. It leaves you with a sense of fulfilment and purpose.

Perhaps it is important to know that "to end girl hate" and "to start girl love" are different concepts. These are ideas to consider but, most importantly, to do. After all, actions speak louder than words. But where to begin to defy this stereotype of "mean girls" and "girl hatred"? The answer lies within the essence of who we are as a St Mary's community.

TARUMBIDZWA  
FORM IV

# FROM THE MUSIC DEPARTMENT



Congratulations to the following girls who have passed their music examinations recently:

## ABRSM

Isabel	Clarinet	5	Pass
Ofentse	Clarinet	3	Merit
Mia	Cello	3	Pass

## ABRSM THEORY

Emma	5	Distinction
Samantha	5	Distinction
Megan	5	Merit

## TRINITY ROCK & POP

Zion	Vocals	7	Pass
Julia	Vocals	6	Pass
Tannah	Vocals	5	Merit
Caitlin	Vocals	5	Merit
Hailey	Vocals	5	Merit
Samantha	Vocals	4	Distinction
Gabriella	Vocals	3	Distinction
Alexandra	Vocals	2	Distinction

## TRINITY COLLEGE PRACTICAL

Danika	Piano	2	Merit
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## ABRSM Practical (150 marks)

Pass	100
Merit	120
Distinction	130

## ABRSM Theory (100 marks)

Pass	66
Merit	80
Distinction	90

## Trinity Rock and Pop and Trinity College Practical (100 marks)

Pass	60
Merit	75
Distinction	87

## Rockschool (100 marks)

Pass	60
Merit	74
Distinction	90

DUDLEY TROLLOPE  
DIRECTOR OF MUSIC



# FROM THE SPORTS DEPARTMENT



## HOCKEY



St Mary's and St Andrew's players

Just before half-term, the U14 C hockey players travelled to St Andrew's to play a friendly match against their U14 B team. It was one of the most wonderful afternoons of hockey that I can remember. The game was played in great spirit, and both coaches helped their players when and where necessary. Most exciting was the fact that we scored a super goal from a short corner. It is not often that we see afternoons of such value – sport was played, fun was had and learning happened. I am grateful to St Andrew's for playing us, and hope that this will be the first of many such afternoons. The St Mary's U14s also enjoyed an end-of-season milkshake on the way home.

QUIX  
DIRECTOR OF SPORT

## INTER-HOUSE HOCKEY AND NETBALL



The Term II inter-house competitions provided a few afternoons of great excitement, friendly competition and lots of laughter.

The house leaders, the players and the supporters, contributed to the success of the various afternoons by choosing to be involved, be enthusiastic and play in the right spirit. Ultimately, each girl did her very best for the house that she represented.



Inter-house netball

We were impressed by the level of play, the manner in which the matches were played and, most importantly, the camaraderie. Well done, girls!

Netball results:

Senior

- 1 Furse
- 2 Phelps
- 3 Karney
- 4 Clayton

Junior

- 1 Clayton and Karney
- 2 Phelps
- 3 Furse

Hockey results:

Senior

- 1 Phelps
- 2 Karney
- 3 Clayton
- 4 Furse

Junior

- 1 Furse
- 2 Phelps
- 3 Karney
- 4 Clayton

**TARYN DE WINNAAR**  
HEAD OF SPORT: SENIOR SCHOOL



Inter-house hockey

## SQUASH



Emma, Jemma (captain), Megan, Tayla, Rachel and Rebecca



St Mary's attended the SA Top Schools Squash Tournament from 18 to 21 July, which was hosted by Epworth School in Pietermaritzburg. The tournament format comprised two pools of four schools in each with cross-over playoffs.

St Mary's played and beat Epworth 19-7, Parys 16-6 and Midstream College 17-3. They then went over the pool section and, although our girls played exceptionally well, we lost to Clarendon High School for Girls and Queenstown Girls' High School, the latter going on to win the title.

St Mary's placed 4<sup>th</sup> overall. Well done, girls, you played like champions and in the true spirit of St Mary's, gave it your all!

JENNIFER FOX  
HEAD OF SQUASH

## IMPORTANT NOTICES

Book now for the  
St Mary's  
PTA Golf Day

Friday 18 October

Parkview Golf Course



Price includes arrival drinks, goody bag, halfway house, loads of awesome prizes, and our annual auction dinner hosted by the brilliant Nico Kritsiotis

Staggered T-off from 11h30

R4 400 per four-ball or R1 250 per single player

Go to the App (under Alerts) or [www.stmaryschool.co.za](http://www.stmaryschool.co.za) for more info and to book your place