



Our annual Patronal Festival was held on Friday 31 May

FROM THE HEAD'S DESK AND THE CHAPLAIN

Last Friday, on the Festival of the Visitation of the Blessed Virgin Mary, our patron saint, we celebrated our Patronal Festival, marking our 131st year as a school.

Our Patronal Festival is a highly anticipated event and a true reflection of the spirit of St Mary's School. This year, the service began with the hymn, *O God Beyond All Praising* as the altar party processed up the Queen's Path. The Ven Moses Thabethe, Vicar General and the Bishop's representative on our school Board, preached and celebrated. The Biblical readings for the day included Jeremiah 3:14-18, a sung version of Psalm 91, *On Eagles' Wings* by Michael Joncas, and Luke 1:39-49. The service was a wonderful celebration in song and music, led by Dudley Trollope, our Director of Music, and his team. Maxine Pritchett's solo echoed through The Close and will remain etched in our memories.

Father Moses was relaxed and sincere in his message, and engaged all the girls from Grade 2 to matric. His sermon focused on the Blessed Virgin Mary and the often-difficult journeys that characterised her life. Mary was a pilgrim and her faith and courage should encourage us to be bold as we seek to live out our purpose at St Mary's School.

During the course of the service, Father Moses also blessed our new

mosaic on the front of The Edge building. The mosaic was designed by Lindsay Gaydon (class of 1985), Mrs Sue Heydenrych (HoD: Art) and some of the St Mary's art students. The mosaic reflects the ethos of our school, some loved details of the campus, as well as the spirit of our daily routine with regards to music, art, drama, dance, sports and reading in the artwork.

Following the service, we all moved to the multi-purpose field for our traditional picnic and cutting of the birthday cake. The field was a colourful array of picnic blankets and lunch boxes and girls of all ages, with staff and guests being treated to a lunch in the paved area between the fields. The matrics of 2019 gathered in the centre of the field, and led the younger girls gathered in a circle around the field in our school war cry, *Oh when the Saints*. The spirit of the St Mary's girls is wonderful to behold, particularly on this special occasion.

DEANNE KING, HEAD OF SCHOOL
REVD CLAUDIA COUSTAS, CHAPLAIN

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

DEBATING



Following the stellar performance in the SACEE Central Region rounds, the debating teams progressed to the SACEE Championship rounds which were held at various schools across the province over the past four weeks. St Mary's was fortunate to have four teams participate in three leagues of six rounds. Each of our teams secured a place in The Break rounds which will be held on 3 August.

The Senior Championship team tied with Roedean in seventh place, with four wins, securing a spot in the quarter-finals at St David's. The school was represented by two teams, Red and Grey, in the SACEE Junior Championship league. The Red team placed third in the league with five wins, securing a place in the quarter-finals; while

the Grey team placed 12th with four wins and will be competing in the Plate break at St David's.

SACEE introduced a concurrent league, the Development League, and St Mary's has one team participating. The Junior Development team placed second in the league, with four wins, and have secured a place in the semi-finals at Brescia.

Thank you to the coach, Leon (Jamie) Mithi and Dr Zoia for their support and tutelage.

SEIPATI MOHAPI
DEBATING CO-ORDINATOR

FEDA



Mikateko with her award

A few weeks ago, Mikateko (Form IV), won the Best Clown award at the prestigious Festival of Excellence in Dramatic Arts (FEDA) awards ceremony. This is the first time this prize has been won by a female. Mikateko won it for her performance as Betty 3 in *Raging Beauties*.

This was the 14th year of FEDA, which boasts attendance by the very best senior school drama departments Johannesburg has to offer.

IKUSASA LETHU



Pupils from Alexandra attend our Ikusasa Lethu Programme (Saturday school) from 08h15 to 14h00 at St Mary's for 10 months of the year. We have 300 Grade 10, Grade 11 and Grade 12 pupils this year from the five high schools in Alexandra. The pupils use the classrooms, computer room and Science labs at the Senior School. The project has a small library stocked with novels that pupils take out to read on a weekly basis.

LINDA GIURICICH
DIRECTOR OF COMMUNITY AFFAIRS

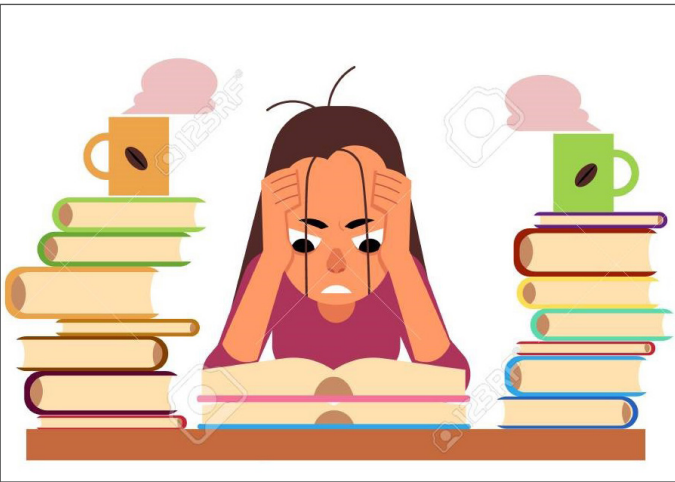
FROM THE SPORTS DEPARTMENT



WHY PHYSICAL EDUCATION AND SPORT ARE AS IMPORTANT AS ACADEMICS

With mid-year examinations, formal assessments and cycle tests underway, it is important to remind you and your daughters of the long-term benefits of sport and physical exercise. Physical activity has been proven to enhance brain function, reduce stress and contribute to healthy life choices.

An article entitled *Physical Activity, Brain, and Cognition* by Kirk Erickson, Charles Hillman and Arthur Kramer, reveals the benefits of physical activity or aerobic fitness on brain structure and function, cognition, and scholastic performance and understanding how these health behaviours promote effective functioning within the context of learning. The University of Missouri Health Care published its own article which encourages all children to participate in sport and other regular physical activity as this is good for the mind, body and spirit.



Playing team sport helps children to learn accountability, dedication and leadership. Many athletes do better academically than their less active counterparts as sport, while taking time and energy, requires memorising, repetition, learning, as well as determination and goal setting. These are skills that can be transferred to the classroom. Added to this, sport teaches the life skills of teamwork and problem-solving.

The health benefits of participation in sport and physical activity are well documented and include reaching fitness goals and maintaining a healthy weight. Sport participation encourages healthy decisions around smoking and drinking and, most importantly, has long-term health benefits in reducing the likelihood of osteoporosis, cancer, anxiety, depression and other stress-related diseases.

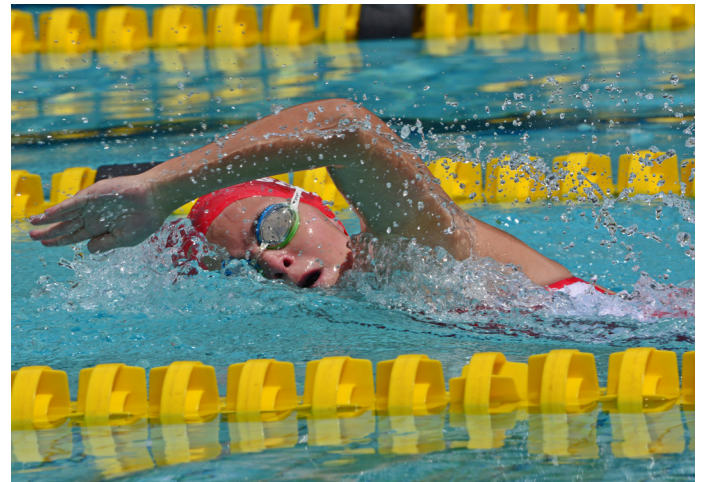
Stress results from feeling there is too much work to do in too little time. It is a major productivity killer as it slows down the functioning of the pre-frontal cortex. Under stress, we make mistakes and bad decisions and correcting these takes even more time.

Discipline is an essential component of time management. One of the easiest ways to build discipline is to develop an exercise habit or sports routine. These skills have a domino effect on both discipline and

productivity. (Peta Banerjee: *3 Reasons Why Exercising Will Boost Your Time-management Skills*)

The sports department has engaged in activity and fun totalling 40 minutes per week with the Form I girls. They have been working on a gymnastics sequence in a mixed-ability group of five or six. We are seeing a group of girls arrive at the lessons lethargic and leave happy, energised and enthused.

Any form of exercise makes us feel more alert, in control and happier. This is because when we exercise our bodies release endorphins – neurotransmitters which make us feel happier! The St Mary's sports department has a long-standing protocol of continuing with team sports



during the examination and cycle test period. This allays stress-related conditions and ensures that the girls remain active and motivated during this time.

I encourage you to remind your daughters of the importance of sport and physical activity and encourage them to invest in lifelong activity.

QUIX
DIRECTOR OF SPORT



ST MARY'S INVESTEC HOCKEY FESTIVAL AND THE RHINO



Ferdi the ribbon rhino



Horned rhino



De-horned rhino

As many of you are aware, since 2013, the hockey festival has used "saving the rhino" as its social awareness campaign. Over the years, we have used various methods of raising this money. Each team that plays makes a contribution and Investec has always made significant contributions. In 2018 and 2019, St Mary's ran a highly successful raffle. Up to the end of 2018, the total amount raised by the festival was R446 620. I was determined that this year we had to push past the half-million mark. Investec came on board with a fantastic challenge: it would match whatever was raised by the festival up to a value of R150 000. The festival, taking into account the raffle, all donations and the Grade 7 face-painting efforts, made R184 312, which Investec has now agreed to match, giving us a 2019 total of R368 624. Since 2013 our grand total now sits at R815 244 – leaving us no option but to push past the one-million mark at the 21st St Mary's Investec Hockey Festival in 2020. Please click the link to see a powerful partnership video of Investec and St Mary's teaming up for the rhino: https://www.investec.com/en_za/welcome-to-investec/corporate-responsibility/our-environment/rhino-lifeline.html#stmarys

QUIX
DIRECTOR OF SPORT

SQUASH

Boys' league

St Mary's A played St John's C on 23 May and beat them 11-6. Well done, girls.

Standard Bank Central Gauteng Junior Squash Closed

This prestigious tournament was held at Parkview Squash Centre from 24 to 26 May.

St Mary's was well represented and played extremely good squash!

U14 – Emma 1st

U16 – Rachel 2nd, Tayla 4th and Sasha 8th

U19 – Jemma 1st and Rebecca 7th

Gauteng Top Schools' Squash

This past weekend, St Mary's played in the Top Schools' Tournament held at St Stithians. Well done, girls, you excelled by winning the tournament!

JENNIFER FOX
HEAD OF SQUASH



Winners of Gauteng Top Schools' Squash
Back row: Jemma (captain), Rachel, Emma and Tayla
Front row: Rebecca and Megan

TENNIS



Sarah in action on the tennis court

Our congratulations are extended to Sarah on being chosen for the South African U16 tennis team to participate in the prestigious African Junior Championships in Algeria in June. Sarah is only one of three players selected to represent South Africa. This selection follows her outstanding result in reaching the finals in the singles of the U16 South African Junior Championships earlier this year in Bloemfontein. We wish her the best of luck on the clay courts.

RENE PLANT
HEAD OF TENNIS

HOCKEY



Back row: Jenna-Lee, Sasha, Kiara, Sarah, Hannah H
4th row: Zoë, Jade, Jaimie, Emma, Londeka
3rd row: Kristy, Dominique, Caitlin, Georgina, Josephine, Danielle, Ghita, Ella
2nd row: Megan, Samara, Olivia, Isabelle, Zenande
Front row: Hanna, Hannah W, Lwazi, Olivia, Alexia

Over the past few weeks, many St Mary's hockey girls have attended the Southern Gauteng hockey trials. Twenty-eight girls from St Mary's are congratulated on their selection to represent various Southern Gauteng teams.

EQUESTRIAN



Erin and Admiral Camden



Sydney and Waterside Lady Franchesca

St Mary's equestrian riders have competed in three SANESA events so far this term: Stadium Eventing Qualifier 3 (4 to 5 May) at Inanda Country Base, Core League Qualifier 3 (15 to 16 May) at Kyalami Equestrian Park and Eventing Qualifier 5 (25 May) at Northern Farms. The last qualifier for the Core League is on 15 and 16 June, after which Gauteng Johannesburg select teams to compete at the Gauteng finals in early August.

St Mary's are well ahead in their category with 14 560 points. Congratulations to the following combinations from the past three shows where riders had places in the top five of their classes.

Level 3

Dressage	Erin and Admiral Camden – placed 4 th in both classes Olivia and Elite Force 5 th
Working Hunter	Nina and Callaho Gold Tequila 3 rd
Handy Hunter	Nina and Callaho Gold Tequila 4 th

Level 4

Show Jumping	Nicola D and Nexus – placed 4 th in both classes
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Level 5

Stadium Eventing	Sydney and Waterside Lady Franchesca 2 nd , Nicola B and Prince Jamie 4 th , Nicola B and Voigtskirch Silvano 5 th
Show Jumping	Erin and Admiral Camden 4 th and 5 th
Working Hunter	Robyn and Baccarat Boy 5 th
Handy Hunter	Robyn and Baccarat Boy 1 st

Level 6

Equitation	Olivia and Elite Force 4 th
Eventing	Nicola D and Nexus 1 st

Level 7

Working Hunter	Erin and Admiral Camden 2 nd , Olivia and Elite Force 3 rd
Working Riding	Nicola B and Prince Jamie 2 nd
Performance Riding	Nicola B and Voigtskirch Silvano 3 rd

SHIRLEY DOUGLAS
CHEF de QUIPE

NOTICES

ADMISSIONS

We would appreciate your assistance with our admissions process.

Should you have a daughter who you would like to be admitted to St Mary's in 2020, please ensure that a completed application form is sent to Tracy Hagen at tracy.hagen@stmary.co.za so that we can prioritise a place.

Please remember that if your daughter is leaving St Mary's, at least one term's notice is required in order to avoid a further term's fees being levied.



LOVE, COMMUNITY, INTEGRITY


Deanne King, head of school, and the St Mary's HOPE committee invite you to a panel discussion on

**TRANSFORMING OUR SCHOOLS.
CONVERSATIONS WITH BONGANI BINGWA**

Participating schools: St John's College, Sacred Heart College, Crawford Schools, Jeppe High School for Boys and St Mary's School

Date: Thursday 27 June
Time: 17h30
Venue: The Edge

This event is open to the public and is free of charge, however you do need to secure a seat. To do so, please [click here](#).


St Mary's School
Waverley
Founded 1888