



St Mary's School
Waverley
Founded 1888

SENIOR SCHOOL NEWS

19 OCTOBER 2017

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FROM THE HEAD'S DESK

We said farewell to the class of 2017 last week at assembly, the Valedictory service and dinner, and we celebrated their prizegiving on Friday night. These ceremonies and rites of passage provide time for us to reflect on each girl's personal development and achievements at St Mary's.

Each one of the girls has walked a personal journey through senior school. For some it was easier than for others but what stands out for me is that each individual was known and appreciated in the community. Prizegiving is about celebrating individual success, and there certainly was much to celebrate. The class of 2017 has been particularly talented and it was a pleasure to recognise a significant range of achievement in academics, the arts, sport and service.

More important than recognition and achievement is the personal growth of each individual. Sandile in her speech said, "We celebrate every girl's achievements tonight, although it is imperative to remember that the blazers, the badges and the titles one has received in senior school are not the defining characteristics by which one will be remembered. It is the you who walked the corridors every day and made an impact on someone's life, the you who embodied the core values of love, community and integrity and the you who participated, worked hard and dared to face new challenges that will be remembered for years to come."

Robert van Leeuwen reminds us, "Imperfections and failure are as much a blessing as our talents and success. Together we must dare to be ourselves so that we may live beyond our wildest dreams."



We congratulate our heads of houses elect for 2018

DEANNE KING
HEAD OF SCHOOL

FROM THE CHAPLAIN



Revd Claudia Coustas

As we reach the halfway mark of Term III, we have bid the Form Vs farewell as they prepare to write their final examinations and welcomed the Form IV girls into the leadership of the school in their various roles. At the Matric Valedictory Eucharist, I made reference to the following reflection by Joyce Rupp, from her book, *Out of the Ordinary: Prayers, Poems, and Reflections for Every Season (2010)*. It is pertinent to both the Form IV girls and the Form V girls at this stage of their school journeys, but also of great relevance to each of us as we daily “go” about that to which God calls us.

Take nothing for the journey.

Then Jesus called the twelve together ... and he sent them out to proclaim the kingdom of God and to heal. He said to them, “Take nothing for your journey ...”

- Luke 9:1-6.

Heal and proclaim...

Were the twelve afraid?

Did they wonder if they could do those things?

Compared to the quality of your ministry, did they feel inadequate and unworthy?

What persuaded them to go? Your words?

Your friendship? Their enthusiasm?

Your deep belief that they could do it?

And you said:

“Take nothing for the journey.”

What did you mean?

Trust or more than trust?

Did you perhaps imply that we can’t wait until we have all the possible things we need?

That we can’t postpone “doing” until we are positive of our talents?

That we can’t hold off our commitment

until we are absolutely sure

we won’t make a mistake?

I think of all the excuses and reasons we can give for not serving and giving: no time, no talent, no knowledge, no energy, no assured result.

You say, “Take nothing.

Don’t worry about your inadequacies.

I will provide for you.

Go! Just go! Go with my power.

Risk the road, risk the work.

Go! I will be with you.

What else do you need?”

REVD CLAUDIA COUSTAS
CHAPLAIN

INNOV@TION HUB



The e⁴ skills programme culminates in a research essay

Alvin Toffler stated that, "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and re-learn." In order to be proficient in "learning, unlearning and re-learning", children need the skills necessary to construct their own understanding, not just to accept what others or the internet might say.

The first step in this process is that children must be able to access reliable information, but in the information age, the amount of information (and misinformation) is overwhelming. Therefore, the skills of analysing and evaluating information, as well as assessing the reliability of the information, are critical. Knowing which information is relevant to a particular question involves the skills of task analysis and evaluation before pupils can think of synthesising their thoughts and creating their own academic opinion.

In e⁴, the Form I girls are close to finalising their first research essay, complete with a reference list and citations based on the Harvard method. Girls were able to choose from a diverse range of essay topics in order to cater for their individual interests. In addition to the internet, our school database and library books, the many outings they have experienced this year were also considered to be evidence. A full research essay may seem like a tall order for pupils of this age. However, given the correct scaffolding and coupled with the fact that all work takes place during class time with their e⁴

teachers present for consultation, pupils were able to produce work of a very high quality.

Feelings among the girls of uncertainty and, at times, confusion are an expected and necessary part of the process as the girls learned to deal with a measure of ambiguity and navigate the process of constructing their own knowledge. Pupils learned the value of approaching a teacher for assistance, thereby establishing a close collegial relationship that mirrors the 21st-century skill of collaboration and networking. Frequent checkpoints throughout the process provided ample opportunities to practise and gain feedback on the many skills necessary to write a research essay and to ensure that all girls are set up for success in the final submission.

These are life-worthy skills that will enable pupils to flourish on their journeys through their secondary and tertiary education and in the world of work. I would like to thank the e⁴ teachers and, particularly, our librarian Olivia Douglas without whom this process would not have been possible.

LAURA SPENCER AND CLARE SEARLE

MUSE MORNING

All parents are welcome to join us at the Muse Morning on Tuesday 14 November
Time: 07h15 to 08h30
Venue: Senior auditorium, resource centre
Speaker: Dr Ela Manga
Topic: "The Energy Code – sustained vitality"

Coffee is served from 07h15 for a prompt start at 07h30. Refreshments will be available at the tennis pavilion, outside the auditorium of the resource centre (Wantage).

RSVP: sharon.san@stmary.co.za

St Mary's Talk

Energy Management for Families

In a world of exponential technological advances and information overload, more demands are being placed on children in terms of performance and achievement than ever before. Are we equipped enough to support our children to adapt rather than maladapt to these demands? As parents, how do we manage our own energy to deal with the physical and emotional demands of highly functioning children? In this discussion, Dr Ela Manga will unpack the basic principles of energy management, how to support body, mind and heart to support authentic energy vs 'adrenalised energy'. She will leave you some simple and practical take home tools that can be integrated into your family life.

Dr Ela Manga, author of The Energy Code, is a medical practitioner who is committed to bringing heart back into medicine. The Energy Code tackles the challenges of mastering health, vocation and meaningful relationships, guiding us to an authentic life of inner change and sustained vitality. It is the crystallisation of Ela's experience and insights gained in the cutting-edge science of mindfulness based energy management.

FROM THE MUSIC DEPARTMENT

SACRED HEART FESTIVAL



The jazz band's saxophone section warming up before their performance at Sacred Heart



Emma's band *The Indecisives* in concert on 7 October

On Saturday 7 October, the St Mary's jazz band performed by invitation at the annual Sacred Heart Festival. This year, there were many food stalls as a new focus for this community festival. Unfortunately, the weather promised rain, so the music events were moved inside.

Not to be deterred while the rain poured down at that moment, *The Indecisives* – made up of Emma (vocals and guitar), Melissa (drums) and Zaneli (piano) – took to the stage in the early afternoon, and gave a riveting performance. Emma has extraordinary charisma, and we feel privileged to watch this young musical star rise!

The jazz band gave a soulful, polished performance of mostly South African standards and compositions to a warm response from the audience. In particular, Veneka impressed with her silky vocals on *Don't*

Know Why and *Black Coffee*, and Jemma Aldworth brought the house down with her riveting rendition of *At Last*. Yashmiri, 2017 bandleader, also had the crowd on their feet with her virtuosic, soulful tenor saxophone playing as she took centre-stage to perform *Zebra Crossing*. Yashmiri also performed this piece at the prizegiving on 13 October in recognition of her having achieved the top mark in the matric Music class, a spectacular 95%, for her IEB music practical examination.

Thank you to the jazz band of 2017 for the hard work and commendable team spirit

CERI MOELWYN-HUGHES
MUSIC TEACHER

FROM THE SPORTS DEPARTMENT



WATER POLO



Reddam tournament team

The 1st water polo team took part in the Reddam U19 Water Polo Tournament and placed seventh. They lost in the quarterfinals narrowly to St Stithians by one goal. The score was 4-3 to St Stithians.

EQUESTRIAN



Girls who received Gauteng colours at the Equestrian Gauteng Awards event

SANESA Nationals 2017 was extremely successful for the St Mary's equestrian team. All girls who participated are commended on their commitment, talent and success. Congratulations are extended to India who had a brilliant show, placing second and third in her Prix Caprilli classes, second in the Open Working Hunter, fourth in Level 5 Performance Riding as well as winning her one 1.10m Jumping class and placing second in the other. Megan and Nicola D made an excellent team, achieving third place in their Level 7 Handy Hunter, while Nicola B achieved a third place in Level 7 Working Riding. Additionally, Lia



India

placed fourth and fifth in her Elementary Medium Dressage classes. All the girls rode phenomenally well and pushed on through the terrible weather that weekend. Well done to every girl who helped the St Mary's team to flourish!

**NICOLA B
FORM III**

TENNIS



Maja, Sarah and Alexis

The tennis league is in full swing and nearing completion. All the teams continue to do well despite facing some strong opposition. The AB teams have won all their matches and the last match of the season against St Andrew's will decide the winner of the premier league. A special mention must be made of the F team who beat Holy Rosary B and the G and H team who beat the Rand Park A and B team. These were excellent results. Well done to all the players.

Congratulations to Maja, Alexis and Sarah who were all chosen to compete in the prestigious South African Growthpoint Masters that was held in Potchefstroom from 12 to 15 October. Maja and Alexis were in the field of eight players who were selected in the U18 age group and Sarah was selected in the U14 age group.

Well done to Maja and Tamsin who heard recently that they have both been selected for the South African U18 tennis squad. Only 10 players were selected for this squad. This is a fantastic achievement for our top two tennis players.

Results 10 October

- St Mary's A beat Brescia A 50-13
- St Mary's B beat Brescia B 42-21

- St Mary's C lost to St Peter's/Beaulieu A 27-36
- St Mary's D lost to St Peter's/Beaulieu B 30-33

- St Mary's E lost to Holy Rosary A 13-50
- St Mary's F beat Holy Rosary B 34-29

- St Mary's G beat Randpark A 36-27
- St Mary's H beat Randpark B 52-11

RENÉ PLANT
HEAD OF TENNIS

TRAIL RUNNING

Caryn ran the 4 Peaks Mountain Challenge. This is a 24km trail run that takes place in the Free State/Lesotho mountains. She was the fifth female home in a time of four hours and 30 minutes. Well done, Caryn.



SQUASH

Junior inter-house squash was held on 5 October. Well done to all players who participated with much spirit and energy. The final results were as follows: Furse – 1st, Clayton – 2nd, Phelps – 3rd and Karney – 4th.



Furse



Clayton



Phelps



Karney



St Mary's girls with the Jesters

St Mary's was invited to the Johannesburg Country Club on the evening of 4 October to play the Jesters – singles, doubles, hardball and racquetball. The event was a great success and the comments from the Jesters group were, "lovely girls and great ambassadors for the school...". After all the matches the girls were treated to a scrumptious dinner.

NETBALL FAST FIVE

St Mary's entered two senior teams and one junior team into the Fast Fives Tournament held at St Stithians over five weeks on Monday evenings. Fast fives is a quick and exciting game and is a great way to keep our netball skills up during the off-season. It has been a great opportunity for all the girls to gain experience. Congratulations to the St Mary's Senior 1st team that placed 1st overall. This achievement will

give us greater confidence going forward. Thank you to everyone who participated during their busy schedules and we look forward to a great netball season in 2018.

**GEORGIA AND TEAGYNNE
NETBALL CAPTAINS 2018**



ATHLETICS

Sadly, in the important build-up to inter-high, both training and meets have been affected by inclement weather. On Thursday 21 September, we participated at Brescia. On 28 September, the same day as the

Our results were as follows:

21 September

• PHSG	233
• St Mary's	226
• Brescia	212
• St Teresa's	73

28 September

• St Mary's	228
• Kingsmead	189
• Assumption	156
• Holy Rosary	140

fashion show, we hosted a small meeting here at home, minus the majority of the Form IIIs. I commend the Form Is on the contribution they are making to the athletics team.

12 October

1 St Mary's	446
2 Kingsmead	407
3 Brescia	345
4 St Andrew's	333
5 Assumption	319
6 Holy Rosary	287
7 Jeppe	228
8 St Teresa's	99

QUIX
HEAD OF SPORT



Breaking news

The 2017 athletics season has ended successfully for our athletes as the team competed in the inter-high athletics on Wednesday 18 October and were victorious. The St Mary's team won this event with 439 points, followed by Kingsmead College with 389 points. This is the tenth consecutive year in which St Mary's has won the inter-high athletics shield.

ANNOUNCEMENT OF 2018 LEADERSHIP POSITIONS (ELECT)

Diversity committee (matrics of 2018 only)

Katherine
Shreya
Ntsimedi
Katlego
Katileho
Rethabile
Thandi
Alexis
Veneka
Tarya
Panashe
Zaneli

Rethabile
Mufaro

Girls who have completed the leadership programme

Kamila
Caitlin
Josephine
Tanatswa
Thania
Jade
Tyra
Michaela
Jenna

Events committee (matrics of 2018)

Thalia
Theonichia
Lisa-Marie
Saskia
Njabulo
Karabo
Makopi
Rorisang
Kristen
Rethabile
Courtney

School leaders

Eleanor
Marijke
Chloe
Kyra
Emily
Dominique
Rachel
Jemimah
Tahlia
Romy
Kirsten

GIRLS committee (matrics of 2018 only)

Tanyaradzwa
Reatlilwe
Emma

SPORT

Athletics

Vice-captain Samantha
Captain Karabo

Basketball

Vice-captain Katlego
Captain Rethabile

Diving

Vice-captain Amy
Captain Emma

Equestrian

Vice-captain India
Captain Lia

Hockey

Vice-captain Samantha
Captain Georgina R

Netball

Vice-captain Teagynne
Captain Georgia

Rowing

Vice-captain Juliet
Captain Emma

Marketing committee (matrics of 2018 only)

Tanatswa
Shreya
Robyn
Itai
Kaitlin
Neo
Meg
Saskia
Njabulo
Rorisang
Veneka
Emma

Chapel servers

Nicole
Lauren
Lisa-Marie
Kaitlin
Justine
Njabulo
Rorisang
Alexis

ANNOUNCEMENT OF 2018 LEADERSHIP POSITIONS (ELECT)

Squash		PASTORAL CARE	
Vice-captain	Georgina B	Diversity	
Captain	Panashe	Deputies	Zaneli Rethabile
Swimming		Head	Thandi
Vice-captain	Georgia	Peer counsellor	
Captain	Georgina R	Deputy	Theonichia
Tennis		Head	Katleho
Vice-captain	Alexis	CULTURAL	
Captain	Maja	Art	
Water polo		Deputy	Neo
Vice-captain	Robyn	Head	Kaylyn
Captain	Courtney	Chess	
SERVICE		Head	(None)
Communication		Choir	
Deputy	Georgina B	Deputy	Heath
Head	Jordyn	Head	Veneka
Community affairs		Cinematography	
Deputy	Katherine C	Head	Tanyaradzwa
Head	Alexandra C	Dance	
Environmental service		Deputy	Ntsimedi
Head	Saskia	Head	Erin
Events		Debating	
Deputy	Kristin	Deputy	Rethabile
Head	Lisa-Marie	Head	Tarya
First aid		Jazz Band	
Deputies	Itai	Heads	Georgina v and Zaneli
	Alexis	Marimbas	
Head	Tanyaradzwa	Head	Rethabile
Marketing		Orchestra	
Deputy	Meg	Head	Indira
Head	Emma	Technical	
Public relations		Deputy	Lauren
Deputy	Georgina C	Head	Zaneli
Head	Jessica	Tech support	
Resource		Deputy	Lauren
Heads	Rorisang and Katleho	Head	Kaitlin
SAMS		Traditional choir	
Clayton	Georgina K	Head	Makopi
Furse	Catherine	CHAPEL	
Karney	(None)	Sacristan	Justine
Phelps	Kirsten		

ANNOUNCEMENT OF 2018 LEADERSHIP POSITIONS (ELECT)

HOUSE LEADERS

Clayton House

Form I Georgina K
 Form II Sophie
 Form III Amy
 Form IV Mallory

Furse House

Form I Sarah
 Form II Alexandra S
 Form III Shevaun
 Form IV Alexa

Karney House

Form I Jordyn
 Form II Alexia
 Form III Candice
 Form IV Lauren

Phelps House

Form I Nastasia
 Form II Rachel
 Form III Jenna
 Form IV May

GIRLS committee

Head Reatlilwe

Boarding

Deputies Itai
 Rorisang

Head Katleho

School spirit

Deputies Emma
 Katlego
 Head Rethabile

Chapel

Head Kaitlin

Culturals

Deputy Georgina v
 Head Veneka

Pastoral care

Head Michelle

Service

Head Saskia

Sport

Deputy Rosemary
 Head Kirsten

HOUSES

Clayton
 Deputies Veneka
 Rethabile
 Head Njabulo

Furse

Deputies Panashe
 Heath
 Head Itai

Karney

Deputies Katleho
 Shanae
 Head Mufaro

Phelps

Deputies Emma
 Georgina R
 Head Samantha

Head girls

Deputies Shreya
 Teagynne
 Head girl Reatlilwe