



St Mary's School  
Waverley  
Founded 1888

# JUST JUNIOR



First day in Grade 1: Nakita Hacker, Arya Ninan, Valentina Passoni, Hayley Wise, Khumo Makgamathe

## From the headmistress' desk

Dear parents

My staff and I enjoyed meeting many of you at the "meet the teachers" on Tuesday evening. The evening commenced in the chapel with a short Evensong service, led by Revd Gill Lee. This new opportunity for our community to meet in the chapel was well received, and reminded us of the importance and value of being part of a church school.

The teachers presented class details for the upcoming year, and the management team shared general information regarding the plans for the year, including academics, music, sport, dance, drama,

communication and support. Detail of these elements of our busy school is included in this newsletter.

Please contact the relevant person should you have any queries.

My best wishes for a happy and successful year of learning for our girls and a blessed year for our families.

Yours sincerely

*Des Hugo*

Headmistress: Junior School

## Dates to diarise

### JANUARY

Mon 26	10h18	Grade 7 tea with the headmistress
	18h00	PTA AGM – Junior School auditorium
Tues 27	10h18	Grade 4 and 7 buddy picnic
	14h00	Grade 7s visit Sandton SPCA
Thur 29	14h00	Tennis at home and away
	10h18	Grade 7 cake and candy sale
Fri 30	14h00	Galas at home and away
Sat 31	08h00	Grade 6 and 7 tennis festival at home and away

### FEBRUARY

Mon 02	18h00	PTA meeting – boardroom
Tue 03	08h00	Grade 5 tour departs for Lapalala
	08h30	Grade 6 tour departs for Kloofwaters
	10h18	Grade 7 tea with the headmistress
	13h30	Grade 7 buddy reading
Thur 05	07h30	Junior School class reps' meeting – Junior School auditorium
	14h00	Tennis at home and away
	12h30	Grade 6 tour returns
	13h30	Grade 5 tour returns
Fri 06	14h00	Galas at home and away
Sat 07		Midmar Mile
Sun 08		Midmar Mile

## Meet the heads of the Junior School



Di Gordon (deputy headmistress: Junior Primary), Des Hugo (headmistress: Junior School), Robynne Dunkley (deputy headmistress: Senior Primary)

## From the Chaplain



Welcome to a new year at St Mary's. Did you make any New Year's resolutions and have you already forgotten them?

Here is one that is certainly challenging:

*"Language should be 'positive' ... It is not so much concerned with pointing out what shouldn't be done, but with suggesting what we can do better ..."*

Pope Francis

Our words have immense power – power to encourage or power to break down; power to heal or power to hurt; power to inspire or power to demotivate; power to bring forth creativity or stunt growth. We can craft words cunningly to get our way or we can speak simply and honestly to ensure truth is presented and known. In the daily barrage of words, as information swamps us from every side, words can lose their efficacy. We might

be tempted to forget just how powerful our words are and the potential they hold.

Perhaps we could make this our prayer for this term and consider the effect our words may have:

*Lord, you know the power of the Word, you spoke your creative word and the world was brought forth.*

*Help me to speak creative and motivating words to everyone this week.*

*May all my words creatively encourage, heal and inspire.*

Amen

(Reproduced from the *Weekly Reflection* by Fr Russell Pollitt of the Jesuit Institute)

**Revd Gill Lee**

Chaplain

## Tribute

### Clare Rossouw (1935-2015) Junior School headmistress 1985-1997

On 9 January 2015, we lost our beloved Clare after a long period of suffering. Clare was headmistress of the Junior School from 1985 to 1997, and she is remembered with great affection by the girls who passed through her hands. Her staff were devoted to her. Among them are Shirleen Raubenheimer and Robynne Dunkley, whom she appointed as a teacher and later a deputy headmistress.

Clare was educated at Durban Girls' College and the University of Pietermaritzburg. Her specialities were botany and zoology, but she taught Mathematics at St Stithians Preparatory School before she became librarian at the Johannesburg College of Education and then headmistress of the Junior School.

The Junior School media centre was named after her when it was opened 10 years after her retirement as headmistress. This was most apt, given Clare's love of literature. Clare was something of a visionary where the education of children was concerned, and she believed that one should never underestimate a child's intelligence. She challenged the girls and pushed them to new frontiers. They learned and sang *Nkosi Sikelel' iAfrika*, raising some parental

eyebrows in the 1980s when the ANC was a banned organisation.

One innovation was the introduction of outings to expose girls to the realities of life in South Africa, and the diversity which we now take for granted. On one memorable occasion, a class in the Junior Primary visited the artist Jackson Hlungwane in downtown Johannesburg.

By the time she retired, the Junior School had undergone profound changes in outlook, had acquired new classrooms and a science laboratory, and had almost doubled in size.

Clare was a wonderful friend and mentor. She treated everyone, from the youngest child to the most venerable teacher, with the same respect. After she retired she worked closely with Dean Yates, a former headmaster of St John's College, for the Alexandra Education Committee. She believed, unequivocally, that all children should have the chance of a good education.

## From the PTA chair

Dear parents

The PTA wishes you all a wonderful year ahead and we hope that your girls have all settled nicely into their new classes and routines, and are getting to know their teachers. This year, the PTA will continue to host social events and activities that will enhance the community spirit of the school, and we hope that you will be as involved and supportive as always.

The PTA also assists the school by contributing towards various school projects, such as the heating of the swimming pool, lights for the hockey field and upgrading the seating area, the upgrading of the Little Saints playground area, the provision of refurbished church pews for the chapel, electronic notice boards and iPads for the Music department.

We acquire funds through the Club 100 initiative and MySchool Card.

Club 100 is an initiative whereby a family contributes R100 per family per term and stands a chance to win 100%, 20% or 10%

off that term's fees. The draw takes place once a term. The St Mary's Club 100 is a PTA initiative and membership is not compulsory. The Club 100 winners for the first term are:

100% Georgina Latter:	Grade 4
20 % Abigail van der Watt:	Grade 000
10% Gemma Ireland:	Grade 5

If you do not already have a MySchool Card for St Mary's you can collect a form from the Junior School reception office and email it to [lisa.grobbelaar@gmail.com](mailto:lisa.grobbelaar@gmail.com). Your support would be greatly appreciated.

Our annual AGM will be held on Monday 26 January at 18h00 in the Junior School auditorium. If you would like any information regarding the PTA – the structure, objectives and initiatives – or would like to get involved please come along and join us. Refreshments will be served afterwards.

Should you like to get hold of me, you can send me an email at [sfbowden@gmail.com](mailto:sfbowden@gmail.com).

I look forward to a successful year with you, the staff and pupils of this wonderful school.

Regards

**Yvette Bowden**  
PTA chairperson





## From the Music department

The Music department welcomes Daniel Hutchinson, who will be teaching class music in the Junior Primary and will be involved in the music learning taking place at Little Saints.

The Junior School Music department offers many opportunities for the girls to get involved in music-making.

The Senior Primary choir has a focused term of preparation which includes the annual choir camp to the Wag-'n-bietjie campsite. This is where the girls come together as a

team to do final preparations for the exciting St Mary's Singing Sistas concert at the end of this term.

The junior jazz band and junior orchestra will be joining together this year to create a larger orchestra. This will allow for a stronger sound which will help towards each unforgettable performance. Other opportunities for instrumentalists include the chapel band, playing in assemblies and piece playing at the end of each term.

We offer marimba groups in the Senior

Primary, and in the coming months, are looking towards being able to offer this to the Junior Primary girls, too.

Instrumental music lessons are also offered in a wide range of different instruments.

Please contact [troy.stead@stmary.co.za](mailto:troy.stead@stmary.co.za) should you wish to enrol your daughter in these private lessons.

**Carol Shutte**

Junior School: head of Music

## Music news

Congratulations to the following girls who passed their practical music examinations in September and October 2014:

Rockschool results:

Babette Swart	Entry Level Popular Piano	(Distinction)
Sasha Berkowitz	Entry Level Popular Piano	(Merit)

Trinity results:

Angela Varghese	Piano	Initial	(Distinction)
Paige Milligan	Piano	Initial	(Merit)

Eva Mustapha	Singing	Grade 3	(Pass)
Samantha Collins	Piano	Grade 1	(Pass)
Talsia Rossini	Piano	Initial	(Pass)

Congratulations to Mira Kathawaroo, who passed her ABRSM Theory examination in October with a distinction.

**Dudley Trollope**

Director of Music

## The Buskaid Soweto String Ensemble

Originally organised in 2006, in commemoration of Wolfgang Amadeus Mozart's 250<sup>th</sup> birthday, the Johannesburg International Mozart Festival has developed into a highly successful and well-loved annual classical music event.

As part of the 2015 festival, the following concert will be held at St Mary's School:

### CHAMBER ORCHESTRA CONCERT – The Edge

Saturday 7 February at 16h00  
Buskaid Soweto String Ensemble conducted by Rosemary Nalden  
Melvyn Tan – piano

Works by Jean-Philippe Rameau, Pablo de Sarasate, Aram Khachaturian and other composers, as well as kwela music and Mozart's Concerto for Piano and Orchestra in A major K. 414.

Tickets: R180  
65+ and students: R140  
Book at COMPUTICKET  
T: +27 (0)861 915 8000  
[www.computicket.com](http://www.computicket.com)

For further information on the festival, please visit the website:  
[www.join-mozart-festival.org](http://www.join-mozart-festival.org)



The Buskaid Soweto String Ensemble

## Dance and Drama news

The On the Edge Dance and Drama project offers RAD ballet, Dance Mouse and Drama to the Junior School.

We welcome Leanne Vermaak to the team to teach Dance Mouse, and Michelle Emslie to teach RAD Ballet. Kyle de Boere is continuing with junior Drama and myself with Grades 4 to 7 dance.

All the information you need regarding these

co-curricular activities, as well as registration details, can be found on the website [www.5678productions.co.za](http://www.5678productions.co.za).

Ballet girls will be able to do their examination work through Michelle.

All junior Dance from Grade 0 to Grade 3 will be instructed in the Dance Mouse syllabus, which allows the girls to experience a diverse programme and exposes them to many

different forms of Dance in a fun and age-appropriate way. There will be an assessment in October for medals.

Grades 4 to 7 Dance and all Drama grades will perform in a showcase in October.

**Claire van Niekerk**  
5678 Productions



## Parent Corner

### FIRST-TERM JITTERS

Whether you have a child starting pre-school, primary or high school, the first day, the first week and even the first month in a new environment can bring out the jitters in the best of them – and us. Anxiety levels are always up at this time of the year when all things are new and take getting used to – a new teacher, a new classroom, a new playground, new friends and, of course, new rules to learn. Change is unsettling but it is also the stimulus for growth. The trick is to help your child keep perspective and dissolve their anxiety as quickly as possible, so that they can start enjoying themselves. Here are some strategies that may help:

**The lipstick kiss:** this was something I used to do with my children in their first few weeks when they were in pre-school. Before I left them I would plant a big lipstick kiss on the back of their hand to remind them that I would be thinking of them all day. It became a real ritual and a calming emotional anchor when it came time for me to leave. **Swop drop-off roles:** where flexibility allows, if your child displays more anxious tendencies on arrival at school with one parent than the other, then swop roles and don't feel guilty about it. My children were much better being dropped off by dad than by me because they were feeding off my maternal anxiety.

**Dangle a carrot:** sometimes children need

to have their focus extended beyond the the “scary” school day that is making the anxious, to “pull them through” the settling period at the start of a year. This works particularly well for pre-schoolers up to Grade 2. “After school today we are going to: buy a goldfish; have tea with granny; bake a cake; see the puppies and kittens at the pet shop (this one was a particular favourite of ours).” Just pick simple things that will excite your child. They don't have to be fancy or expensive, it's the anticipation that's important.

**Togetherness time:** family activities done together with their parents really does reduce anxiety, such as playing cricket or rounders in the garden, hopscotch in the driveway or having a family swim. Togetherness time leads to bonding and creates a sense of security. Play your sillies away: play is the language of childhood and is a great stress-reliever. Pull out various games and toys and let your child get into their imagination and build and connect to their heart's delight without interruption.

**Multisensory magic:** when children use their senses it de-stresses them, particularly the sense of touch. Playdough and paint or baking biscuits can do wonders.

**Movement matters:** any activity that involves

the whole body helps children to reduce anxiety. Whether it's playing rough-and-tumble with mum and dad at home or playing hide-and-seek with friends and siblings, or even getting back into the routine and rhythm of school sport, movement helps them work their anxiety out without even thinking about it because it raises the endorphins – the happiness hormones.

**Routine relaxes:** a regular household routine helps children de-stress because they know what's going to happen next. This goes for both the morning and bedtime routines. Children feel a far greater sense of control and personal organisation when they have a routine to follow.

Bear in mind that children all settle at different rates. Your own sense of confidence and the belief that they will be just fine will have a major effect on them, too. So, mums and dads, put some of these tips into action and settle down.

**Nikki Bush**

Creative parenting expert, inspirational speaker and co-author of *Future-proof Your Child* (Penguin, 2008), and *Easy Answers to Awkward Questions* (Metz Press, 2009)  
nikki@nikkibush.com  
[www.nikkibush.com](http://www.nikkibush.com)

**R15 000**  
CASH JUST FOR YOU



Simply update your MySchool profile and stand a chance to win R15 000 cash.

14 Jan - 28 Feb 2015

Visit [www.myschool.co.za](http://www.myschool.co.za)  
Call 0860 100 445

Ts & Cs apply.  
Visit [myschool.co.za/terms](http://myschool.co.za/terms)

## Greek lessons

Greek lessons will once again be available for Junior School students.  
Please contact Elena Piperides on 082 565 6056 or [elenap@global.co.za](mailto:elenap@global.co.za)

## From the Sports department



### JUNIOR SCHOOL SPORTS WEEK AHEAD: 26 January-1 February 2015 (Week Ahead 3)

Date	Sport	Teams	Venue	Time	Transport	Teacher
Thursday 29 January	Tennis	A team vs Holy Rosary A B team vs Holy Rosary B C team vs St Andrew's C D team vs St Andrew's D	Holy Rosary Holy Rosary St Mary's St Mary's	14h00	Bus Bus	Mrs Lowndes Mrs Lowndes Mrs Plant Mrs Plant
Friday 30 January	Swimming	A team B team C team	St David's St Mary's St Andrew's	14h00	Bus	Mrs Samson Mrs Hallendorff Miss Wood
Saturday 31 January	Tennis	Grade 7 festival Grade 6 festival	St Mary's Roedean	08h00 08h00	Parents Parents	Mrs Plant Mrs Lowndes

## Sports news

The Junior School commences 2015 with swimming, tennis, squash, diving, water polo and rhythmic gym – all of which can be participated competitively or in a social/beginner sphere. We insist that all girls participate in at least one sport a term, and that they remain committed to that particular sport for the entire season.

Commitment and dedication are essential to sport and are not only character-building, but show the true spirit of a St Mary's girl. Playing sport allows one to meet girls from different grades and to interact in an environment other than the classroom.

### Grade 3s

The Junior Primary girls only participate in swimming competitively in Grade 3. If they are selected for the swimming team, they will be given a letter of notice each week as to what team they will be in and where they will be swimming.

### Transport

Each week there will be transport provided for girls who will be travelling away from St Mary's, and we ask that parents inform their daughters as to their travel arrangements.

### Kit

The correct kit must be worn at all times for both practices and match days.

### Information/notices

There is a notice board for the Senior Primary girls and we urge them to look at it for team selections and fixture lists.

### Excused

If your daughter is unable to attend either morning sport or afternoon activities, please ensure that she has an excuse note or that an email is sent to one of the Phys-ed teachers timeously.

We look forward to having fun, doing the best that we can do and enjoying 2015!

*Jane Samson*

Head of Department: Junior School sport