



5 February 2021

Dear members of the St Mary's DSG Community

Student Wellness

The school psychologist has begun with groupwork consultations with the students in the boarding house. The purpose is to assess what their support needs are for the year, to discuss types of stress and anxiety as well as how to cope in these situations. She has continued providing emotional support in one-on-one consultations and conducts Wellness Check-ins during the CCA and Tutor group periods.

Arts and Culture

Physical Theatre

Physical theatre, a type of performance where movement is the primary way of telling a story, is now part of the sports offering at St Mary's DSG. Seniors will be allowed to participate on Wednesday and Thursday afternoons from 15:30 – 16:30. Please direct all queries to Mrs Purchase.

Music

The Performing Arts Centre started individual Music lessons this week and it was lovely to hear the music and to see everyone again. The St Mary's Singers auditions have been completed and the successful candidates will receive their letters of congratulations soon. There are still a few positions available in the choir. Anyone who is still interested can contact Mrs Celia Burger at ceburger@stmarys.pta.school.za.

The auditions for the Salon vocal group will be held next week. The Chapel Choir auditions will commence next week as well. All the girls who are interested in being part of the choir must contact Mrs Celia Burger.

Afrika Phenduka rehearsals will commence in the week of 15 February. All the girls who are interested in joining this group must contact Mrs Celia Burger.

The Song Writing Club will start next week. All the girls who indicated that they are interested in joining this group must keep a close eye on the emails for communication from Mr Christiaan Rabie, the facilitator of this group.

Tel: 012 366 0500

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Academics

Life Orientation programme

Life Orientation at the school has put on a completely new jacket the past week! The Grade 8 to 11 girls experienced two full days of informative topical discussions and a variety of physical activities.

The Grade 8s learnt about imposter syndrome, discussed bullying, eating disorders and self-esteem strategies. The Grade 9s were advised to design their lives by setting goals, learnt organisational and time management skills while learning more about the value of grit. The Grade 10s learnt about developing a personal brand and the importance of their social media reputation. They also addressed relevant topics such as gender-based violence and their social and environmental responsibility. The Grade 11s discussed that with rights came responsibilities as stated in the Constitution and the Bill of Rights. They also discussed transformational leadership, the value of interpersonal skills and learnt about the importance of embracing multiple perspectives.

The physical activities for all included mindfulness, self-defence and first aid sessions topped off by a Yoga or Zumba session.

All these discussions were led by various experts in the field and complimented by some of our own staff.

We thank Miss Samara Pillai, our new English, and Life Orientation teacher, for steering the organisation of this new programme.

Grade 12s started their final year with gusto while the 2019 matrics are still waiting.....

The Grade 12's kicked off their academic year with a good dose of Mathematics. Intensive revision on Functions was done during an almost full day of Mathematics during the past week.

We are looking forward to a successful and productive academic year while we are still looking forward to the release of the 2019 matric results due to happen on 19 February.

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Friday Feedback


St Mary's
DIOCESAN SCHOOL
FOR GIRLS

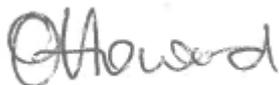
Sport

The onsite sports programme will begin on Monday 8 February. We look forward to seeing your daughters participating in the sports programme on offer.

Apology: We would like to extend an apology to Owethu Mbonga for a misspelling in last week's edition.

Have a wonderful week ahead.

Best wishes.



Mrs Odelle Howard
Head of School