St Mary's
DIOCESAN SCHOOL FOR GIRLS

ST MARY'S MATTERS

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JULY 2018

St Mary's

DIOCESAN SCHOOL FOR GIRLS

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Dear St Mary's Community

Be quiet and listen!

"You talk so much I can't hear a word you are saying."

We all know those people who can't stop talking and we may even know people that we avoid, not because we dislike them, but because we don't have the time!

I think that we need a timely reminder of the importance of listening…listening to each other, listening to God. We need a lesson in the importance of being quiet and silence. Effective communication is founded much more on listening than on speaking.

I was listening to an interview this weekend where the polarisation of many segments of humanity was being decried. It was essentially about Brexit, and how the pros and cons of the argument on both sides of the debate have been forgotten, with the result that people are categorized as good or bad, simply on their direction of support. Similarly, America seems hopelessly divided by President Trump. Following a recent tragedy he declared that the victims and their families were in his thoughts and prayers. Soon the on-line comment was being made that this can only happen "If the President thinks and prays." We have our own rhetoric by some in South Africa, one of deliberate polarisation, where sides have stopped listening to each other, if they ever were!

I have had the pleasure of reading Thandeka Gqubela's biography of previous Public Protector Thuli Madonsela recently, which I very much enjoyed. The quality of writing was exceptional, and I came across many expressions which I need to re-visit. The one that I particularly remember is "Learning to listen so hard that you hear what is NOT being said."

Of course one must listen to spoken words. This requires setting aside one's own notions for a while. Listening must require more than listening in order to refute. It requires the ability to stand in another's shoes. It requires setting aside antagonism and recognising common humanity first, even if your "opponent" appears not to!

It also requires patience. Many a time I have been asked to allow a speaker to finish what they were saying. My discourtesy existed because I want to argue and get my own way. That is not listening.

Listening means learning to interpret body language, and knowing one's own body language to facilitate discussion. It is pointless trying to understand someone's point of view if you are sitting with folded arms in front of them. Unconsciously you have already shut that person out.

As *"No Longer Whispering to Power"* suggests, one also has to listen to what is not being said. A person, for example, who is not able to ascribe any personal responsibility or suggest ways in which they might have contributed to a situation is saying clearly that he or she fears vulnerability.

Sometimes one has to listen to people who represent others, or purport to represent others. Usually the legal principle of *habeas corpus* is the most useful with individuals expressing their own views but there are times when official representatives are very useful. There is a very common tendency for people to gather support before having the gumption to present their grievance. “People are saying…..” must be listened to but is impossible to act on unless evidence and individuals stand up. Another common action is *“I just want you to know, but don’t want you to do anything.”*

I have spoken to the Senior School about the trend of walking around with head phones on, which not only disengages one from the world, but can become a very poor substitute for silence. We are simply not wired to be in a world of silence anymore it seems, even for a moment.

On a light note, I am reminded of the song that held number 1 on the Australian hit parade in 1981 by Joe Dolce, which was a parody of the archetypal Italian mom.

What's-a matter you? Hey! Gotta no respect?
What-a you t'ink you do, why you look-a so sad?
It's-a not so bad, it's-a nice-a place
Ah shaddap-a you face!

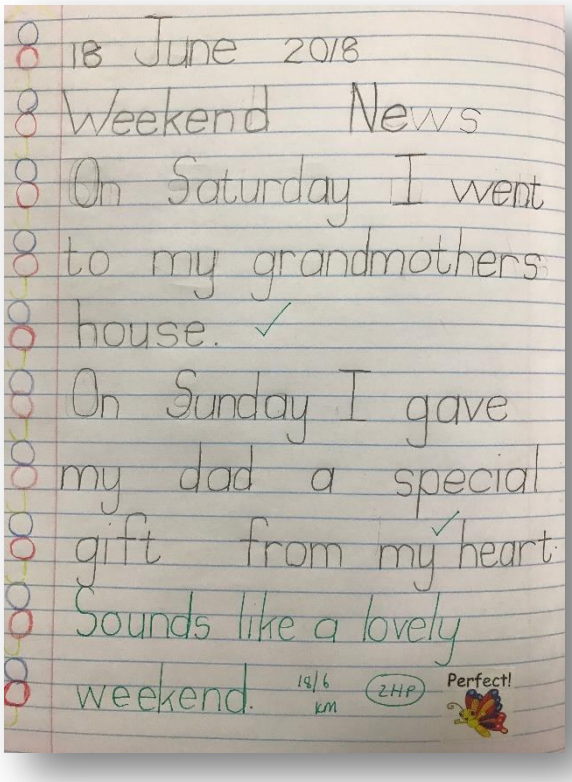
Let us becoming a listening society and School!

The Revd Canon A W Paterson
Head of School

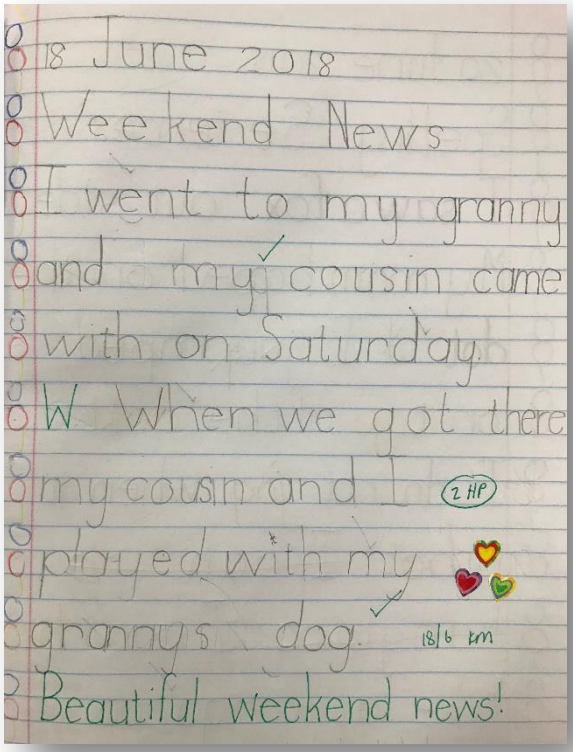
Grade 1

How has this year gone by so fast? Grade 1 is in full swing and the girls are writing beautifully. They can write sentences independently and can use punctuation. Their sentences are interesting and they use their spelling words. Our favourite day is a Monday, when we get a chance to write about our weekend.

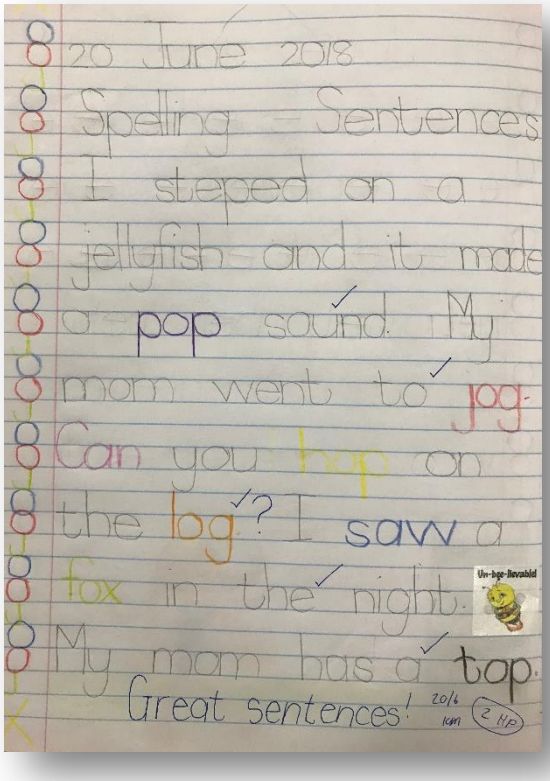
Examples of girls' writing:


18 June 2018
Weekend News
On Saturday I went
to my grandmothers
house.
On Sunday I gave
my dad a special
gift from my heart.
Sounds like a lovely
weekend.
19/6
2HP
Perfect!

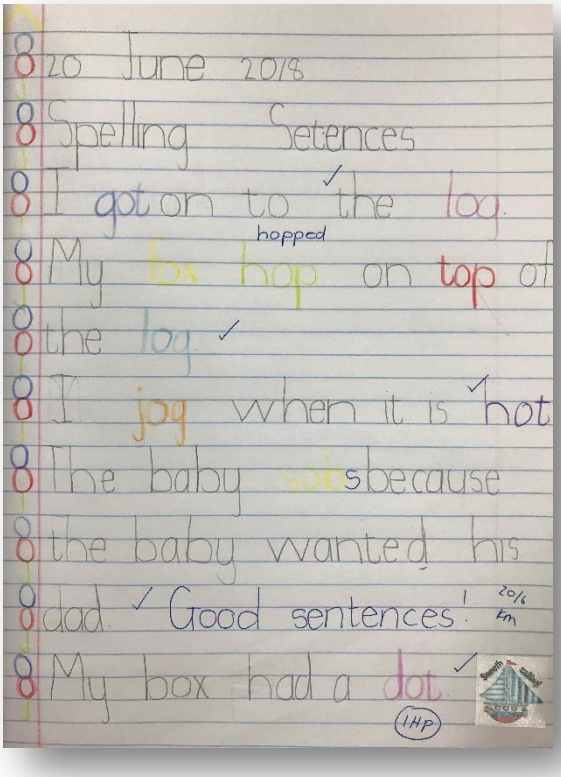
Malakhai Mokhari


18 June 2018
Weekend News
I went to my granny
and my cousin came
with on Saturday.
When we got there
my cousin and I
2 HP
played with my
granny's dog.
18/6
Beautiful weekend news!

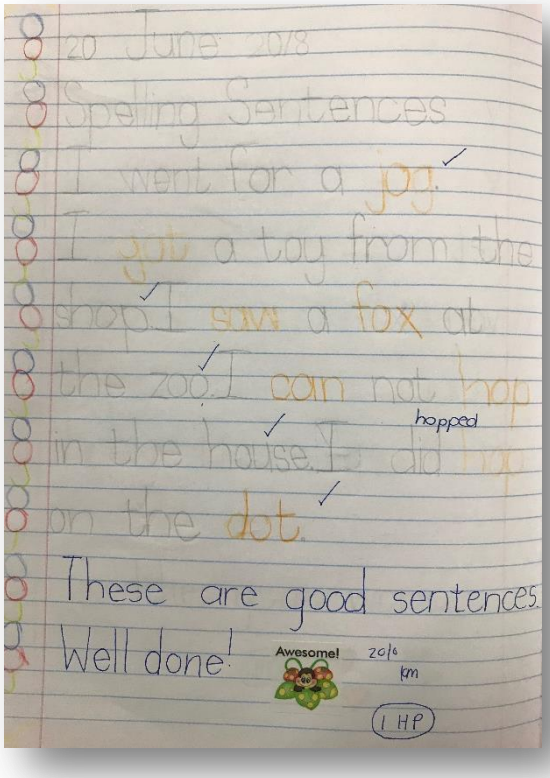
Amantle Tlhapane



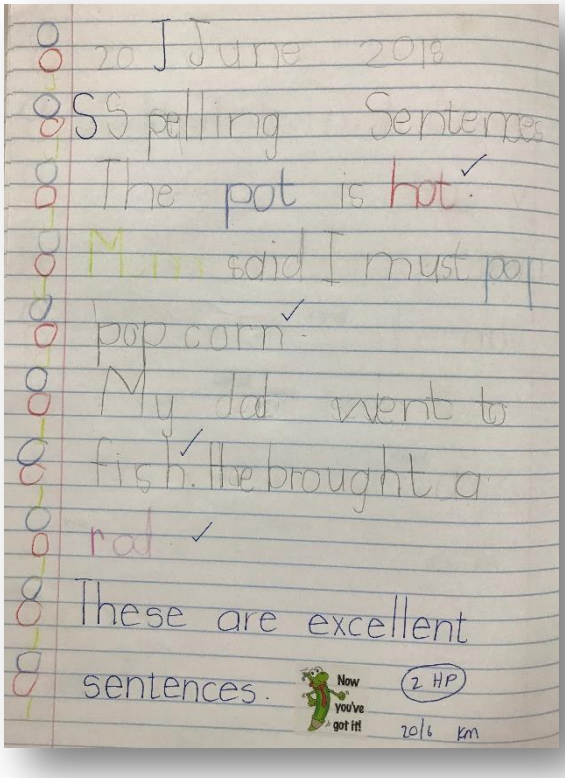
Nicole Nasser



Oagile Monareng



Rivani Govender



Tshiamo Maroleni

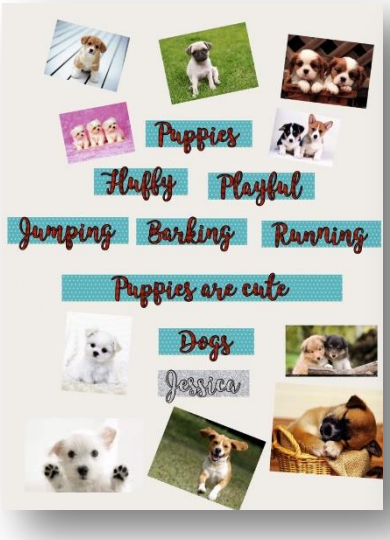
Mrs Karen Matos

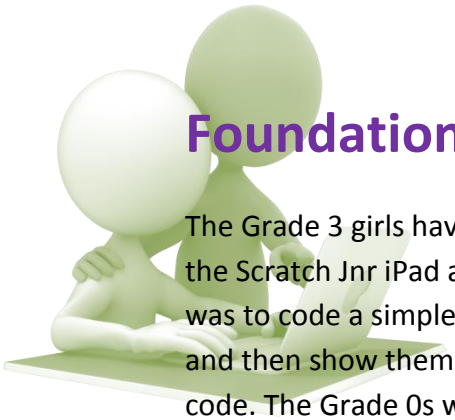
Writers Club

The Grade 1-3 girls have been busy at Writers Club. They have learnt the format of writing a cinquain poem and have published their poems on the iPads using an app called ‘Edu Pic’.

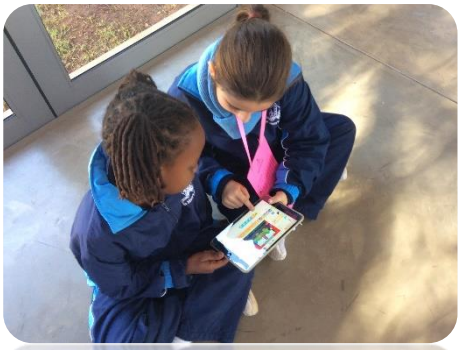
Girls also created wonderful memory books for Fathers’ Day, which we shared with our dads on 20 June. Girls published their books on the iPads using the app ‘Book Creator’ (use your QR code readers to watch our special videos). It was wonderful to have our dads join us for Writers Club!
The next half of the term will be spent on planning, drafting, writing, editing, and publishing our own stories. Lots to look forward to!

Mrs Tarryn Molver





Foundation Phase IT

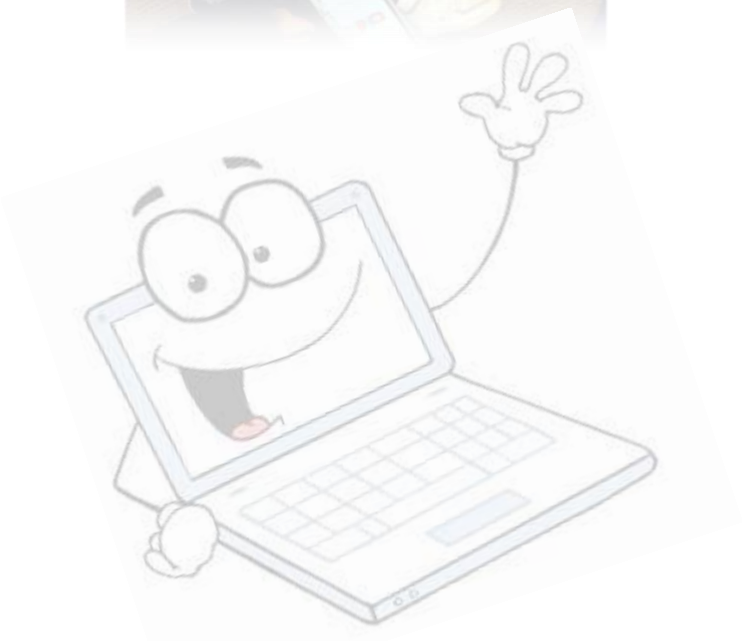


The Grade 3 girls have been perfecting their coding skills using the Scratch Jnr iPad application. One of their latest challenges was to code a simple story sum, present it to the Grade 0 girls and then show them how the story was created using blocks of code. The Grade 0s were then helped to code a character so that it could move.

Once the Grade 3s had planned their ideas, they launched into coding their story with great enthusiasm. Lots of trying and testing was evident so that the code did just what was needed to illustrate their Maths problem.

The highlight for us all was a visit to the Grade 0 classes. It was interesting to see our girls interacting with each other, some very easily and others needing time to feel comfortable with this new situation.

Our girls, both big and small, certainly learnt more than coding skills during their time together.



Fun in the Science Lab

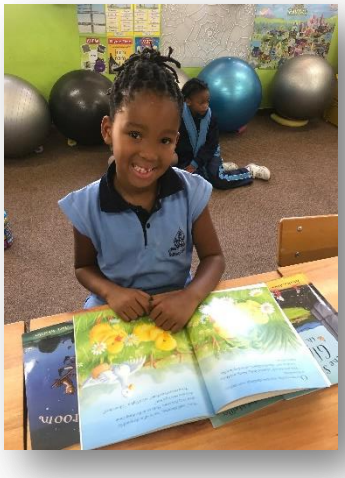
The Grade 4 girls have really enjoyed doing Science this cycle. They have been able to conduct their own experiments now that they know the scientific method to follow. They learnt how they could create carbon dioxide by mixing bicarbonate of soda and vinegar to inflate a balloon. This helped them to understand the acid-based reaction that was created. They now know the importance of following the method carefully to complete the experiment successfully. The Grade 4s also conducted an experiment independently when they compared a wooden spoon with a metal spoon. The experiment was to find out if a metal or a non-metal conducts heat better.

Reading / Book Club

Reading Club is a great way in which the girls get together and share their enthusiasm and love for reading. On Thursday afternoons we have the opportunity to enjoy and explore reading through fun games, activities and, of course, lots of reading.

In the beginning of the term we made bookmarks. The girls were thrilled that they could be used at home and for any book that they pleased.

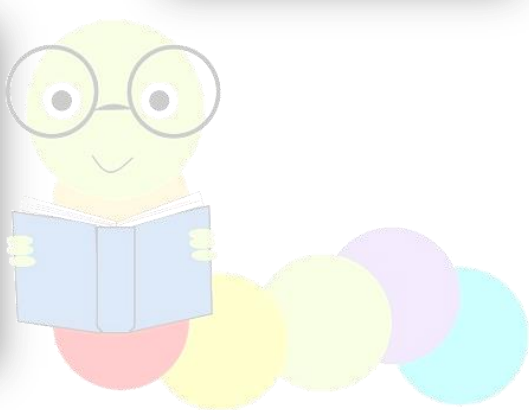
Examples of girls' bookmarks



We have read some classic favourites such as "The Gruffalo" by Julia Donaldson and many more.

We have played a variety of games, our favourite being the "Reading Adventure" board game.

What better way to improve our reading skills than by playing games.



Putting Pen to Paper: How to Improve your Child's Writing Skills

Writing is an essential skill that is a process of communication that plays an important role in your child's life - both in and out of the classroom. Parents can support their child, by encouraging writing activities that are simple and fun. Here are some activities you can do with your child to promote writing at home.

Writing Activities

- **Send a Message** - Frequently leave notes on pillows, desks, mirrors, wherever. Have your child write you a note in return. A family chalkboard or message board is a great tool for encouraging your child to write messages.

- **Letters** - Make letter writing a habit for your child. Have your child write letters to family and friends.

- **Give Writing as a Gift** - For birthday presents or for other gifts, have your child write a story for the recipient. Pretty paper, special pens and other writing tolls also make a great gift to encourage writing.

- **Postcards** - Have your child write and mail postcards on family vacations or special outings.

- **Say "Thank You"** - Let your child get in the habit of writing "Thank You" notes for gifts or whenever it is appropriate to do so.

- **Journals** - On your child's birthday, give her a special journal. Encourage her to write in her journal as often as possible.

- **Make a Menu** - Let your child design and write the menu for a family dinner. This is a great activity that will keep a child busy while mom or dad is cooking. If some of the words are difficult, write them down on a separate sheet of paper for the child to copy.

- **Travel log** - When you go on holiday, trips, or special outings, have your child record new sights and experiences from her journey.

- **Copy** - If your child likes a particular song, have her copy the lyrics .Children can also copy their favorite poem, quotation, or short book. Encourage neatness for legibility.

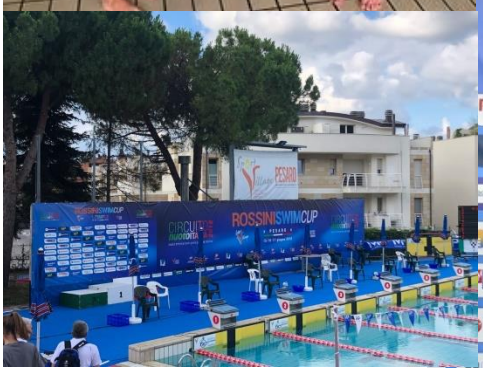
Remember
Fostering good writing habits will make a big difference in your child's attitude about writing. Help your child learn to write well—and enjoy doing it!

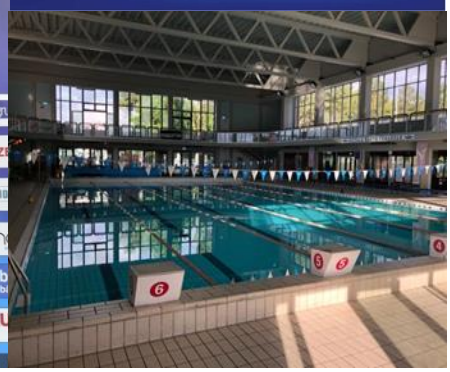
Mrs Gillian Wöcke *(Adpated from Audrey W. Prince)*

NEWS FROM ITALY

Mieke Muller and Kelsea Munro from St Mary's DSG are currently in Italy participating and training in various swimming galas in Pesaro and Treviso with Italian and International swimmers.

The past weekend they participated in the Rossini Swim Cup in Pesaro and will move on to participate in the Treviso Swim Cup in Treviso from 22-23 June 2018.





Squash

ISSF (8-9 June 2018)

Opponent:	Results:
Kingsmead	Won 6-0
St Waverley	Lost 0-6
St Stithian's	Lost 0-6
St Dominic's	Won 6-0
St Theresa's	Won 6-0
St Andrew's	Lost 0-6
Roedean	Won 4-2

Tennis

Tennis is a life-long sport. You can play this game your entire life. Especially, if your foundation and fundamentals are solid, you can really enjoy yourself as you grow older. We often put so much pressure on young players that by the time they are 14 or 15 they don't want to play anymore because the game isn't fun for them.

They don't enjoy their tennis and the worst thing that happens is they start losing to those players they did not want to play with when they were younger.
Why? The answer is because when these players were younger, they only focused on winning, winning and more winning, rather than addressing the fundamentals and their long term goals for tennis.

Tennis is a game where you can't miss many steps in the developmental process because it will come back to hurt you in the long run. We therefore need to take our time and focus one step at time in the process to make sure kids are enjoying the game of tennis. This will help players become true students of the game and problem solvers.

They will learn to be creative and efficient when things are not going well on the court. I learned tennis in a very simple way by focusing on it one step at time with solid fundamentals since I was 10 years old. Tennis has given me discipline, confidence, and helped me think quickly not only on the court but also in any situation I encounter in my daily life.

The tennis at St Mary's DSG has been focused on the small fundamentals of the game and we are starting to reap the rewards of the blood, sweat and tears.

Our U15 league results for the top 6 schools:

1. Menlopark A
2. Waterkloof A
3. St Mary's DSG A
4. Affies A
5. Garsfontein A
6. Midstream A

Our 1st team participated in the Independent School Sports Festival on the 8th and 9th of June and we went undefeated beating 6 schools in a row. This is the best result we have had here at the ISSF and we will continue to soar.

Junior School Hockey

Mini-Hockey

Our U7 – U9 teams participated in 2 hockey festivals. On 2 June, we hosted 7 schools with boys' and girls' sections. On 9 June, we attended the final festival of the season at Hatfield Christian School.

Our young players have had a wonderful season, where they have enjoyed their matches as well as learnt many new skills and improved on their match play. Well done to all the players and a big 'Thank you' to all the parents for supporting their daughters.

Junior Hockey

It has been a busy hockey season so far for our U10 – U13 teams. Our teams continue to improve and have enjoyed the tough competition.

Results:

1 June: St Mary's DSG vs Midstream College

Played	1
Won	1

8 June: St Mary's DSG vs St Andrews School for Girls and St Dominics

Played	14
Drew	2
Won	7
Lost	5

14 June: St Mary's DSG vs Tyger Valley College

Played	8
Drew	4
Won	2
Lost	2

15 June: St Mary's DSG vs Holy Rosary (U12 and U13)

Played	5
Drew	1
Won	3
Lost	1

21 June: St Mary's DSG vs Holy Rosary (U11 and U10)

Played	6
Won	4
Lost	2

Inter-House Hockey

On 18 July, our Mini-Hockey House teams participated in Inter-House matches. The girls showed the skills they have learnt this season and all performed well. There was loud cheering from the stands which encouraged their teams to play harder.

On 19 July, the U10 – U13 Inter-House matches took place. All the teams played with wonderful skills and team spirit. It was a tough competition, with St George taking 1st place overall.

Final results

4th place: St Andrew

3rd place: St Patrick

2nd place: St David

1st place: St George

Hockey Ahead:

We will be hosting the annual St Mary's DSG U12 and U13 Hockey festival from 20 – 22 July. We have top teams from Johannesburg, Pretoria and Durban attending the festival. Please come and support our girls and enjoy a weekend of Hockey.

SENIOR HOCKEY

The months of May and June saw us participate in a very busy hockey league, with some teams playing as many as three matches in the course of one week!

St Mary's DSG proved yet again that we are a force to be reckoned with by finishing fourth overall. A special word of congratulations is extended to our U14A team who qualified for Pretoria League play-offs by finishing second in their league.

Our annual Inter-House Hockey was held alongside Inter-House Netball and we enjoyed participation by girls from various sporting codes! All four houses showed great commitment and house spirit, and final results will be revealed in the near future.

Thank you to each girl for making the afternoon such a wonderful success – and congratulations to our Matrics for once again beating the Coaches' team!

ISSF 8-9 June 2018 Results:

- Lost 1 - 0 to Durban Girls High School
- Lost 4 - 0 to St Stithians College
- Drew to Epworth College
- Lost 4 - 0 to 3rd ranked team in South Africa – St Mary's DSG Kloof
- Won 1 – 0 to Wykham Collegiate

During June the following girls represented **Northern Gauteng** at various inter-provincial tournaments and/or festivals:

- Mignon de Wet (U14A)
- Tshepiso Phaswana (U14A)
- Kamogelo Mahlangu (U14A)
- Ciara Truman (U14B)
- Anza Nebotalo (U15A)
- Thando Mothiba (U15B)
- Ziko Petse (U15B)
- Lebo Mateta (U16B)
- Khabi Honwana (U16B)
- Angel Nkosi (U18A)
- Reitumetse Nyakale (U18B)

2018 Hockey Captain, Angel Nkosi, had a stellar season and was rewarded by being selected for the South African Hockey 5's team to participate in the African Youth Games in Algeria later this year. This tournament serves as a qualification tournament for the Youth Olympic Games. Angel was also selected for the South Africa U18B Hockey Team at the end of the U18 Inter-provincial Tournament held in Pietermaritzburg. Congratulations, Angel!

Adolescents' increasing need for independence

Your child's development through adolescence towards adulthood is characterised by striving towards independence. This is an essential part of the journey towards becoming a mature and responsible adult. Achieving a balance between your adolescent child's growing need for independence and your own concerns about her safety can be quite challenging, but it is important to remember that children do need freedom to explore and try new things. This should be done within a healthy family environment where specific rules and boundaries are in place and are communicated within a loving and caring relationship to the teenager.

A few ideas on how to support your child in finding the right balance:

- Encourage your child to take more responsibility and depend less on you.
- Encourage her to make decisions, to solve problems and to take responsibility for the outcome.
- Discuss values with her. Many good decisions are based on a good value system.
- Show lots of love and support.
- Keep communication channels open. Make time to listen and be really interested in and show respect for her opinion, interests, friends, hobbies, ideas and dreams for the future.
- Regularly say how much you love her and what about her you appreciate and value.
- Give her some space and privacy, but make sure that there are still clear and fair family rules and boundaries in place to keep her safe and feel loved and cared for.
- Apply rules (and consequences for breaking them) consistently. Remember to discuss and make the principles behind the rules clear to your daughter.
- Do not be too strict about not giving her enough room to grow and experiencing new things.
- Treat your daughter age-appropriately, and allow age-appropriate experiences. Show her that you trust her, but stay in touch with what she is doing.
- Remember that your example and the values that you live out, are more important than (or just as important as) what you say to your child.

Dr Marthé Pienaar
Educational Psychologist

Heritage Day Celebration

Greetings to all our esteemed parents

As you may or may not know, our auspicious annual Heritage Day Celebration, organized by the Parents Association Team, is on its way on the 29th September 2018, from 09h00 til 19h00. We are offering a new and exciting opportunity to parents who want to sell traditional food on the day.

This year, upon purchasing of a stall for R150, parents will be allowed to sell their traditional foods as part of the cuisine that will be offered on the day. If you are interested in purchasing a stall, RSVP by 30 July 2018. This will be part of educating our children about their Heritage.

To RSVP email Dorah on dorah@dmock.co.za or contact me on 083 805 2522

St Mary's DSG
HERITAGE DAY

St Mary's

DIOCESAN SCHOOL FOR GIRLS

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