



HERSCHEL PREPARATORY SCHOOL

MUSIC

LIBRARY

PRE-PREPARATORY

FOUNDATION

INTERMEDIATE & SENIOR

Message from our Head

Dear Parents

Assembly this week was led by Rev. Lorna. Her message to us was about how important it is to be prepared and organised in order for things to go well. Jesus was preparing for a time after Easter when he would no longer be with his disciples and he wanted them to be prepared too. He also told the disciples that he was going to prepare a place for them, and that one day he would come back. John 14: 1-3

Rev. Lorna demonstrated the importance of being prepared by attempting to make a cake from a recipe, with the assistance of one of the pupils. A lot of ingredients were missing, however. Rev. Lorna forgot the scales and there was nothing to get the juice from the oranges and to Rev. Lorna's dismay she completely forgot that the Hall did not have an oven to bake the cake. It was a disaster because Rev. Lorna was not prepared. What we ended up with was a whole load of dried fruit and no cake.

Next week is the start of a very important time for Christians. To prepare for Lent we have Ash Wednesday when we say sorry for all that we have done wrong and God forgives us. But before Lent we have Pancake Day or Shrove Tuesday, when traditionally Christians would eat up all the rich foods to prepare for the start of fasting on Ash Wednesday.

To help us prepare for Easter Rev. Lorna reminded us of the Fruits of the Spirit. We all need, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.



2019

Mon 4 Mar	SS Gr 8 Alternate Entrance Exam Date SS Production (Theatre)
Tue 5 Mar	Gr 6 St John's Exchange Departs 09:30 – 11:00 Pre-N Grandparents Day 09:00 – Gr 1 – 7 Ash Wednesday Service (Hall) SS Production (Theatre)
Wed 6 Mar	Ash Wednesday 09:30 – 11:00 Nursery Grandparents Day Gr 5 Camp Departs to Simonsberg SS Production (Theatre)
Thu 7 Mar	08:30 – 12:30 Gr 2 Outing to Kirstenbosch Gardens 09:30 – 11:00 Gr R Grandparents Day 18:30 – 19:30 Gr 6 & 7 Parent Workshop (Hall) SS Production (Theatre)
Fri 8 Mar	Gr 5 Camp Returns U13 Reddam Water Polo Tournament 14:20 B Gala @ Wynberg SS Production (Theatre)
Sat 9 Mar	U13 Reddam Water Polo Tournament 10/03 Aras Cycle Tour



Pre-Prep

Grade Rs are learning about their neighbourhood and city. The children worked as a group building roads, houses and shops they know in the area using planx and lego. We bought our teddy bears to school when we were reading the story 'Goldilocks and the Three Bears'. We sketched observational drawings of them using chalk pastels.



The Little Lambs and Cuddly Kittens had a lovely time on MESSY DAY. They were exposed to all the messy stuff and they had so much fun.



Foundation Phase

On Friday the 22 February the Grade 1s went on an outing to the Hout Bay Museum. The girls learnt more about their Life skills theme on rock pools and what to find in them. We visited the rock pools in Hout Bay and discovered many creatures of the sea. They were able to touch starfish, cushion stars, limpets and many more.



Intermediate Phase

On the 15 February we celebrated Founders Day. The Grade 4 girls presented a special assembly about our School and the values that are taught at Herschel that allow our girls to develop into strong and unique women. Our first Head Mistress, Ms Morley Armitage Ralph set the scene in 1922, 97 years ago. She said, "No one should work for fame but each for the joy of working and every child should do what has to be done just as well as she is capable of doing it." The girls highlighted a few of our unique Old Herschelians who are making a lasting impression on the world. Brendalyn Stemple, a philanthropist; Nicola Clegg, a scientific researcher, Nicky Newton-King, an acclaimed business woman and Lethu Ntshinga, a medical researcher. The girls then identified values that they have been taught at Herschel that will help them to one day make a difference in the world. Values like: generosity, loving others, not being afraid to stand out, being themselves, working as a team and having courage, were just a few. The Grade 4s are very proud to be part of the Herschel family and are embracing the challenge to also one day make a difference in the world.



Grade 7

The Grade 7s walked to WPPS on Thursday last week, for a Valentine's Day visit. Girls were placed in teams with the WPPS boys and collaborated in a fun, problem-solving activity. They were treated to cupcakes in celebration of Valentine's Day.



Grade 7 Fair



The annual Grade 7 Fair will take place on Tuesday 30 April 2019 and the proceeds will go to Grade 7 Community Outreach Projects as well as the annual Grade 7 gift to the school.

The Fair is an important aspect of the year as we try to develop social awareness in the girls. The Grade 7 girls are working very hard at school and at home making interesting items for sale to make this a fun-filled and exciting day for the rest of the school. A range of very worthy causes benefit from their hard work and dedication through the year.

Before then, please use this opportunity to have a clear out and send donations to Mrs Barrett's office for:

Whole school appeal:

- TOMBOLA: any items suitable for prizes;
- WHITE ELEPHANT: any items suitable for sale at school;
- SECOND HAND: books, clothes, DVDs, CDs etc.
- PLANTS: seedlings, shrubs, bunches of flowers & herbs

Grade specific appeals are as follows:

- Grades 1 and 2 – cakes, cookies, cupcakes;
- Grades 3 and 4 – sweets for prizes and sale;
- Grades 5 and 6 – small prizes.

Please send your donations (non-edibles and plants) to school any time from now until the 30 April.

Plants should be brought to school the day before the Fair and home bakes on the morning of the Fair.

Thank you very much for your support of this important event on the Herschel calendar.



The Sparkle Centre

“Everyone’s a spark, and in the night, together we make a light, a fire burning bright”

The Sparkle Centre at Herschel is the home of your daughter’s academic and emotional well-being. We have a team of caring and passionate professionals who work together to support the girls, be it in the Learning Support, Enrichment or Emotional Wellness arena. The Team is run by Robyn Stakemire, Terri Aubin, and Lizette Steenkamp. We are also lucky enough to work with a group of private Occupational Therapists, Physiotherapists, a Speech and Language Therapist and facilitators. You can find us in the main building, above the reception area. Please contact us should you have any questions.

Every year, the Sparkle Centre presents a talk for parents in each grade, which covers the Social and Emotional well-being of the girls at a particular age. We encourage you to attend these talks and to please contact Lizette Steenkamp should you feel there is a particular topic around Social and Emotional development that you may need guidance on.

Meet the Team:

Robyn Stakemire: Head of Learning Support and Thinking Skills
Foundation Phase Learning Support and Thinking Skills Teacher
rstakemire@herschel.org.za

Terri Aubin: Intermediate Phase Learning Support and Thinking Skills
taubin@herschel.org.za

Lizette Steenkamp: School Counsellor
lsteenkamp@herschel.org.za

Private Service Providers:

Jade Antunes Shield: Occupational Therapist Laurette Malengret: Occupational Therapist

Tammy Martin: Physiotherapist Melissa Cooper: Physiotherapist

Arlene Bloch: Speech and Language Therapist

Cathy Louw: Facilitator

Kim Jackson: Facilitator



Counselling:

Liz Steenkamp is a licensed Social Worker with a Master's Degree in Child and Family studies, skilled to address any personal, social or academic developmental needs of the girls. She is governed by the ethics and legislation in light of the S.A. Constitution and the Children's Act 38 of 2005.

Her services are provided to the girls, parents and to school staff, through structured sessions to establish personal goals and to develop future plans. Matters that may need support from a school counsellor could range from:

- Trauma such as the death of a loved one or pet, a divorce in the family, abuse, etc.
- Academic pressure causing performance anxiety, depression, managing time and goals
- Any form of bullying issues
- Behavioural issues such as a poor self-image, eating disorders, peer pressure, poor coping skills etc.

A consent letter will be sent home for the parents/ guardians before engaging with a girl for continued counselling sessions and preferably a meeting to discuss the process.

Please take note of the following important points:

- ❖ Always connect with the class teacher first. If the matter is of a sensitive nature please contact Ms Steenkamp on (021) 670 7590 or email at lsteenkamp@herschel.org.za to set up an appointment.
- ❖ The role of a school counsellor is to assess, contain and to manage a crisis. Ms Steenkamp will not see girls for long term sessions.
- ❖ Usually after approximately three sessions, she will refer a girl externally if need be, but this depends on the nature of the situation.
- ❖ The duration of a session is normally 30min.
- ❖ Referrals may stem from the girls themselves, parents/ guardians or teachers.

Please do not hesitate to contact any of the Sparkle Team should you have any questions or concerns.



Outreach

Ice Cream Sales: Grade 1 - 7

Ice creams will be sold at first break every Wednesday and Friday outside the Studio. All proceeds go towards the Herschel Outreach Fund. Thank you for your continued support!



Easter Egg Collection Pre-Prep – 3

We are collecting EASTER EGGS! All contributions of Easter eggs (only marshmallow eggs – boxes or strips) may be sent to Mrs Martin's office. Thank you in advance for your generosity.



Soap and Toothpaste Collection Grade 4 – 7

We would like to appeal to all of our Grade 4 to 7s to please contribute bars of soap, toothpaste or wet wipes. These will be allocated to various organisations that deal with the homeless and destitute.

Can Collection

Our next Can Collection is on the 14 March, outside the tennis courts. Remember to rinse the cans before crushing and storing them for Can Collection Day. Please keep a tally of the total cans your daughter hands in on the day.



Technology

The Design and Technology classroom is in urgent need of the following items:

- 12 or 24 bottle size wine boxes
- Clean, empty glass jars with lids – any size welcome
- Garden and Home type magazines
- Clean jars



Eco Club

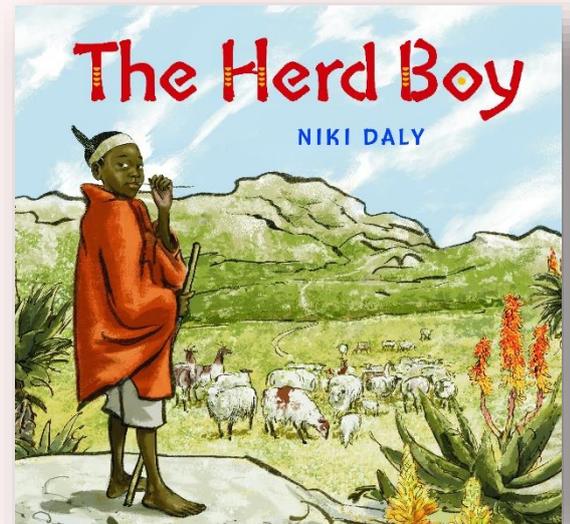
On Friday 22 February, the Eco Club girls planted indigenous succulents. They decorated and designed their own planters, using plastics bottles. Their unfailing enthusiasm is always appreciated!



Library

On Monday 25 February we were happy to have Ross Metcalf and Aubrey Hitchcock visit our Foundation Phase girls to share their passion and knowledge of South-African books and authors. They shared about their own creative journeys and encouraged us to boldly give expression to our creative voices in all that we do.

Audrey told how the children at the school where she taught some years ago, had trouble with her surname (Hitchcock) and ended up calling her 'Mrs Hedgehog' and Ross, with his deep, melodic voice, told the story of *The Herd Boy* by Nikki Daly. A tale of how children from all walks of life can find inspiration in the story of Nelson Mandela, who went from herd boy to President of our country. They focused on South African authors and illustrators which included the work of Niki Daly and Joan Rankin.



I am sure you will have noticed on the Term Planner that this year's Ash Wednesday service will be held on Tuesday, 5 March. The service will be held on Tuesday as Rev. Lorna is involved with the Senior School on Wednesday. All parents are welcome to join the service from 09:00 – 10:00 in the Prep Hall and we look forward to seeing you there.

Our Grade 6 UK Exchange pupils, accompanied by Miss Khan and Miss Cowie depart for St John's-on-the-Hill on Tuesday, 5 March. We would like to wish them everything of the best as they embark on this exciting adventure. We look forward to hearing all about their travels when they return on 20 March.

The Grade 5s are also looking forward to their camp to Simonsberg from Wednesday to Friday next week and I look forward to hearing all about their adventure.

**“The best preparation for tomorrow
is doing your best today.”
Anonymous**

As we approach the last few weeks of Term 1, I wish you a weekend filled with rest and good quality time with your loved ones.

Warm regards
Mrs B. Heidmann
Head of Preparatory



Art Workshop

COME AND GET CREATIVE ...JOIN OUR EASTER WORKSHOP!

When? The workshops will run from **9 am – 1 pm**. Since each project will take 2 mornings to complete, **you will need to attend on both days** for your age group. On the last day, the Friday, anyone from Grade 2 - 7 may attend, and we will complete that project in a morning.

Mar 25 and 26 Grade 1 – 3

Mar 27 and 28 Grade 4 – 7

Mar 29 Grade 2 - 7

Where? Art room, Herschel Prep

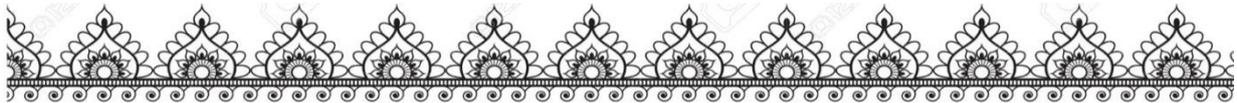
Cost? R260 per day (this includes all materials)

What to bring? Juice and a snack, art overall

Lynette Hampton

Mobile: 084 2574288

email: lynette.hampton@gmail.com



Parents in Prayer

Parents in Prayer meet on Friday mornings from 7:30 - 8:00 to pray for our school family. We are an informal group of passionate parents desiring to cover our girls and staff in prayer. We are currently meeting in the Foundation Phrase HOD office along the way from the bottom Grade 3 class. All parents, grandparents etc. are warmly welcomed - we look forward to meeting you! Please feel free to give Caren Fürst a call if you have any questions - 0829994777.

