

Self love



No 03 - 05 Mar 2021

HERSCHEL PREPARATORY SCHOOL

MUSIC

LIBRARY

PRE-PREPARED

FOUNDATION

INTERMEDIATE & SENIOR

Message from our Head

Dear Parents

In assembly this week Mrs Juries read from the Gospel of Mark. Jesus made it clear when He said that the greatest commandment is "We are to love God with all our heart, with all your, soul, with all your mind and all your strength. The second commandment is equally important and that is to love your neighbour AS YOU LOVE YOURSELF".

Mrs Juries asked the girls what self-love and compassion looked like. She then said that the bible described this so beautifully; that we need to be gracious, kind and gentle with ourselves. This is important because you cannot give to others what you do not hold dear to yourself. So take some time this week to focus on God and love who you are now.



2021

Mon 8 Mar	08:30 Gr 6 & 7 iPad Parent Webinar
Tue 9 Mar	Gr 4 – 7 Interhouse Gala 13:30 Closure for Gr 4 – 7
Wed 10 Mar	Gr 2 & 3 Fun Gala 13:00 Closure for Gr 1 – 3 10:00 – 11:00 Pre-Prep Parent Webinar: Support Offered at Herschel
Mon 15 Mar	Water Week Hearing Screening Gr N – 7
Tue 16 Mar	Hearing Screening Gr N – 7
Wed 17 Mar	Hearing Screening Gr N – 7
Thu 18 Mar	Hearing Screening Gr N – 7 16:00 – 19:00 Gr 8 2022 Entrance Assessments
Fri 19 Mar	World Wetlands Day Hearing Screening Gr N – 7



Staff

Meet part of our Security Team, we are so grateful for all that they do at Herschel.



MEET OUR SECURITY STAFF

CHURCHILL NONDWLANA

Churchill has been working at Herschel for 13 years.

In order to relax he enjoys watching movies & sport.

Orlando Pirates is his favourite soccer team.



MEET OUR SECURITY STAFF

BRIDGET CROWLEY

Bridget has been working at Herschel for 14 years.

In order to relax she enjoys cooking and spending time with her grandchildren.

Briget's love for cooking only started recently so she is excited to try out some new recipes.



MEET OUR SECURITY STAFF

ANDILE KONZA

Andile has been working at Herschel since May 2020.

In order to relax, he enjoys playing soccer, watching tv & going to church.

Andile is a die hard Orlando Pirates supporter.



Staff continued...

The staff below make up our Grade R Academic Team in the Pre-Preparatory.

MEET OUR GRADE R STAFF

TESSA BROGAN (LADYBIRDS)

Tessa has been working at Herschel for 17 years.

Her hobbies include spending time in nature, reading, painting and baking.

Tessa is passionate about teaching young children, travelling and exploring new places and spending time with family and friends.



MEET OUR GRADE R STAFF

SHARONDINE GOBEY (BUTTERFLIES)

Sharondine has been working at Herschel for 9 years.

She enjoys reading and watching rugby and cricket.

Sharondine has a love for baking, working in her garden and enjoys the fact that she gets to work with children every day.



MEET OUR GRADE R STAFF

TAMSYN DAVIDS (LADYBIRDS)

Tamsyn has been working at Herschel for 14 years.

She is very family orientated & some of her hobbies include doing outdoor activities, spiritual dancing and singing.

Working with children & motivating them to always do their best is her greatest passion.

MEET OUR GRADE R STAFF

JANINE BEARNE (BUTTERFLIES)

Janine has been working at Herschel for 3 years.

She enjoys hiking, watching movies and reading.

Janine is passionate about teaching, dancing, learning something new and having an adventure.



Foundation Phase

The Grade 3s enjoyed a First Aid Course presented by Vanessa from Safe Med. The girls learnt how to respond to emergency situations such as choking, burns, cuts, broken bones and how to place someone in the recovery position. This practical demonstration and discussion was hugely beneficial and was very well received by our girls.



Grade 2s enjoying activities on their outdoor mat.



Intermediate Phase

Grade 5 Friendship Workshop 2021

On Wednesday, 3 March, Ms. Steenkamp, our school counsellor spent time with the Grade 5 girls in a workshop that included the following areas:

- ✚ What does friendship mean to the girls?
- ✚ What do girls worry about at school regarding friendships?
- ✚ “Getting to know someone” activity, where girls paired with a peer in their Grade that they were unfamiliar with, to ask questions with the intention of discovering common interests and unique differences
- ✚ Qualities that they admire in friends
- ✚ Identifying unhealthy friendships
- ✚ How to express emotions honestly in dealing with conflict
- ✚ How to terminate an unhealthy friendship with kindness

The girls engaged in individual and group discussions about their positive and negative experiences in relation to others. They discussed the importance of sincerity when apologizing, normalising arguments in any relationship, respect, effective communication, the danger of assumptions and resilience to move forward. The purpose of this workshop was to create awareness that there will always be exclusion, unkindness, mean behaviour, and rejection of some sort, and that in life, there will be people who will not always like you.

They discussed ways of dealing with rejection and widening a friendship net to meet diverse people and to spend time with those who are interested in forming friendships. They also touched on the differences between mean and bullying behaviour. Happiness and health is key in any friendship and as our girls are developing, it will be important for them to learn these valuable lessons in order to cope with life and form relationships that are beneficial to them.



Grade 7 Integrated Studies

As part of their Identity and Heritage theme in Integrated Studies, the Grade 7s were required to conduct an interview with either a grandparent, family member or family friend. Using the information collated from their interview, they then created a Biography Lapbook on their chosen subject. The Lapbook highlighted their subject's early life, adulthood and any struggles or challenges they have faced, as well as a timeline of significant life events. The Grade 7s tackled the project with enthusiasm, resulting in some excellent and creative Biography Lapbooks. Well done to all the girls for their hard work.



Grade 6 and 7 Elevate workshops

The Grade 6 and 7 girls attended study skills workshops during school on Wednesday 3 March. These were presented by Elevate Education. Herschel Prep have partnered successfully with Elevate for a number of years. The details of this week's workshops are as follows:

Grade 6: The Study Skills Kick Start seminar:

- Dynamic reading skills
- Mind-mapping and visual notes
- Note taking and structure
- Standing out through independent learning
- Conceptual learning to develop deep understanding.

Grade 7: Time Management and Beating procrastination:

- Understanding the elements of time management
- Finding time
- Creating a weekly planner
- Prioritising
- Reducing the work
- Doing the work

Please click on the attached link for information about Elevate, an overview of the programme and tips on how parents can reinforce the skills at home, as well as an outline of the resources included in the programme. [Elevate 2021 Parent Seminar](#)

Here is another the link to the recording of a time management parent webinar that took place last week, which you might find very useful: [Parent Webinar Recording](#)



Grade 7 Fair



The annual Grade 7 Fair will take place on Wednesday, 31 March and the proceeds will go to Grade 7 Community Engagement 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 Holtzhausen's (Gr 7A) office for:

- TOMBOLA: any items suitable for prizes;
- WHITE ELEPHANT: any items suitable for sale at school;
- SECOND HAND: books, clothes, etc.
- Strips or packets of sweets that can be used for prizes.

Please send your donations to school any time from now until the 29 March.

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



Sustainability

Wetlands Photograph Competition

Huge congratulations to all the winners and well done to everyone for entering the competition. It was wonderful to see some of your scenes and hear the adventures you had whilst taking your photographs. We are extremely grateful to Mr and Mrs Goldschmidt for judging the competition. Our thanks is extended to the Two Oceans Aquarium for donating 5 tickets and to Mr Roebert who made the flower boxes.

The winners of the photographic competition are as follows:

GRADE 1 – 3

- **FLORA**
 - 1st A Rich Am I an Alien
 - 2nd M Lobert Home Sweet Home
 - 3rd R Milne Ferns
- **FAUNA**
 - 1st A Grey Frog and waterlily
 - 2nd A Rich It's a dog's life
 - 3rd R Milne Spider in its web
- **WETLANDS**
 - 1st M Lobert Reflections
 - 2nd M Lobert Pac man
 - 3rd J Indiana Babbling brook

GRADE 4 - 5

- **FLORA**
 - 1st E Floquet Flower picture
 - 2nd S Keers Treasure Pod
 - 3rd A Chagan Natural Beauty
- **FAUNA**
 - 1st S Keers Beware - Kiss Me I'm Your Prince
 - 2nd Z Govender
 - 3rd I Gafoor Birds in water
- **WETLANDS**
 - 1st I Gafoor Birds on structure
 - 2nd A Hundermark Hide and Go Seek
 - 3rd A Tresfon Farm Dam

GRADE 6 - 7

- **FLORA**
 - 1st C Ratcliffe Bee Paradise
 - 2nd S Leinberger Nature Plays Music for Those Who Listen
 - 3rd C Lobert Inner Beauty
- **FAUNA**
 - 1st C Ratcliffe Wingman
 - 2nd C Ratcliffe Froggy Yoga
 - 3rd S Lobert Nature's Symmetry
- **WETLANDS**
 - 1st S Ashbolt Rocky River
 - 2nd S Leinberger Every movement makes a ripple
 - 3rd L Mulder A bridge to happiness



Grade 1 – 3



Am I Alien
A. Rich



Frog and Water Lily
A. Grey



Reflections
M. Lobert

Grade 4 & 5



Flower Picture – 2
E. Floquet



Beware
S. Keers



Birds on a Structure
I. Gafoor

Grade 6 & 7



Bee Paradise
Caitlin Ratcliffe 7a
Category: Plants

Bee Paradise
C. Ratcliffe



Wingman
Caitlin Ratcliffe 7a
Category: Animals

Wingman
C. Ratcliffe



Rocky River
S. Ashbolt



Surgical Masks

As Head of Sustainability, I think it is my responsibility to address the problems of surgical or disposable masks. They are threatening our Eco system. They are getting everywhere, and this not just a problem out of school, I have seen them lying around school, not even in bins. And they are getting into our oceans and strangling our wildlife. I am not making this up, just go and search images of this. I beg you not to wear surgical or disposable masks but rather wear a cloth mask. Gandhi once said “Be the change that you want to see in the world”. I want to change what is happening with surgical masks.

Grade 7 Gabriella Stodel, Head of Sustainability



Reminder: Beach Clean-up

Join us on Saturday, 06 March for the Muizenberg Beach Clean-up. We will meet outside the Shark Spotters building at Muizenberg Beach at 09:00. All pupils attending must please be accompanied by an adult.



BREAD TAGS for wheelchairs

This organisation was founded in 2006 by a retired nurse, Mary Honeybun and is an organisation that donates wheelchairs to disabled persons who are unable to afford their own chair. The organisation currently provides approximately 75 wheelchairs to deserving South Africans every year.

Bread tags are made of High Impact Polystyrene and have a good recycling value. It takes 200 bread bags full of tags that are packed into 10 black bags or 200kg of tags to bring in enough money to buy one wheelchair. So even broken bread tags, that are collected and brought to school can make a difference – not only to someone in need, but to the environment too. These tags are recycled into seedling trays, picture frames, coat hangers and other similar items.

Get your friends and extended family to collect their bread tags and place them in the container in the Library. Together, we truly can make a positive impact on our world.



Community Engagement

Puzzle, Books and Toy Collection

A huge thank you was received from Impendulo Public Primary School who received all of the puzzles, books and toys that were collected over the last few weeks. Thank you to all who supported this worthy cause.

Excerpt from the thank letter received from Mrs Ntlebi, SGB Deputy Secretary at Impendulo Public Primary School:

“We would like to express our most sincere gratitude for the generosity that you have demonstrated to the learners and their families.

The Support and love that you provide definitely makes a huge difference in the lives of all the beneficiaries of your donations. This, on the other hand, also enhances their interest in learning and taking part in school activities. The learning resources are of high quality and our learners will enjoy using them.

In our culture it is usually said, ‘Blessed is the hand that gives, than the one that receives.’”



Ice Cream Sales: Grade 1 - 7

Ice creams will be sold at first break as follows:

- Sales for Grade 4 – 7 will be on a Wednesday
- Sales for Grade 1 – 3 will be on a Friday

Girls can place orders with Class Teachers. 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.



Music



Music theory lessons at their best!

Much research has been done on the concept of self-compassion. It is said to be composed of three components:

- Self-kindness
- Mindfulness
- Common humanity

People are hesitant or resistant to self-compassion as it often makes us feel more vulnerable and it means that we need to remove the barricades and boundaries that we put up around ourselves. True self-compassion also enables us to break the mould of perfectionism and allows us to realise that making mistakes is part of learning and growth. Self-compassion yields a number of benefits including lower levels of anxiety and stress. Practicing self-love requires us to learn the art of loving ourselves and recognizing the good that we have, instead of focusing on our weaknesses. Ways in which we can do this are simple and much of it begins with taking the time to find out what others like about us purposefully looking at ways to make ourselves happy, refraining from comparing ourselves to others and surrounding ourselves with those who build us up and make us feel good.

As you enter the weekend, I encourage you to share with your daughter things that you feel are special and noteworthy about her, as the more we are told that we are beautiful, valued and loved as we are, the more we will begin to believe it.

We look forward to the galas next week. I know that the girls are so looking forward to having a bit of fun incorporated into the school day.

I wish you a weekend filled with rest and good quality time with your loved ones.

"Self-compassion is nurturing yourself with all the kindness and love you would shower on someone you cherish."
Debra L. Reble

Warm regards

Mrs B. Heidmann

Head of Preparatory

