

# Hope

Y SCHOOL



No 06 - 30 Apr 2021

## HERSCHEL PREPARATORY SCHOOL

MUSIC

LIBRARY

PRE-PREPATORY

FOUNDATION

INTERMEDIATE & SENIOR

### Message from our Head

Dear Parents

Welcome back! I do hope that you have had the most wonderful break with your daughter's and that as a family you were able to spend some time relaxing and restoring balance to your busy lives.

I would like to begin by welcoming our new families to Herschel. This term we have Kundiso Runyowa joining Grade 1al with her Mom, Victoria and Dad, Justin. In Grade 5A we welcome Kate Ward and her Mom, Lauren and Dad, Robert and finally in Grade 7, Samantha Miller with her Mom, Lara and Dad, Anthony. I have no doubt that these families will soon feel a part of the wonderful Herschel community and encourage you to reach out to them, make contact and invite them to join you and your girls over the weekend as you participate in activities or go on outings, as this will enable them to make friends and connections rapidly and feel a sense of true belonging as they settle in at Herschel.

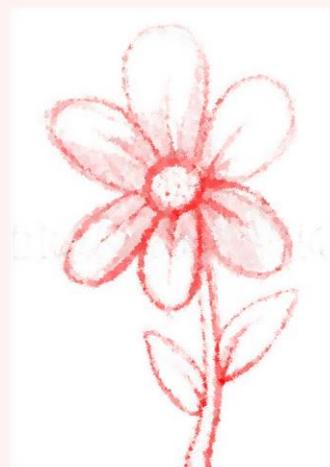
Our term began with a full staff Chapel Service for all Herschel staff members. It is tradition at the start of each new year that we gather together after the long holidays and celebrate our return to Herschel. This year, due to COVID, this was not possible. The full staff gathering always allows us to share in each other's news and just reconnect as a school body. Reverend Lorna spoke powerfully about Freedom Day and Human Rights Day and her message will be shared with parents in due course.

The service was followed by a staff development session on "Stress, anxiety, and acceptance in uncertain times." Daniel Rabinowitz (MA Clin Psych) was the presenter and he focussed on the unprecedented times in which we are currently living and the way in which uncertainty is manifested and impacts on adults and children. Daniel comes with a wealth of experience and he sees his role as someone who is privileged to be able to work with people at the most profound cognitive and emotional levels. He is passionate about what he does when providing psychological support to those in distress, and to always put the health of people first. He works as part of a multidisciplinary team, listening to others' perspectives, and is always motivated to learn. He is currently in private practice as the Director of Cape Town Psychologists in Sea Point. I have asked Daniel if he would be willing to do a presentation for parents during the course of this term, as I feel that his practical implementation and tools on how to distinguish between anxiety and stress, as well as the role that acceptance plays in informing our life choices, would be of great interest and benefit to parents, both for themselves, as well as in order to assist with their children's emotional growth, understanding and development. It will be towards the end of May and we will send out communication to parents prior to the presentations.



### 2021

Wed 5 May	08:30 – 12:30 Gr 3al Outing to Intaka Island 10:00 – 11:00 Gr 6 & 7 Parent Webinar: Age Appropriate Social and Emotional Development
Thu 6 May	08:30 – 12:30 Gr 3A Outing to Intaka Island 09:00 – 11:00 Nursery Classes – Classic Cuisine cooking lesson 09:00 – 10:00 Pre-Prep Class Reps Meeting
Fri 7 May	<b>12:00 – 12:30 Early Closure: Staff Meeting and Staff Development</b>
Sun 9 May	Mother's Day
Tue 11 May	Gr 1 – 7 Poetry Eisteddfod
Wed 12 May	09:00 – 10:00 Scoliosis Parent Information Gr 1 – 7 Poetry Eisteddfod
Thu 13 May	<b>Eid ul Fitr Ascension Thursday</b>
Sat 15 May	Eco Hike – Boomslang Cave



## Term 2 Theme



Hope, Listen,  
Learn & Love

Our theme for this term is HOPE: LISTEN, LEARN and LOVE. The theme came about due to the conversations had with girls during the first term, where at times, they felt quite hopeless in the face of all the uncertainty in the world, as well as the many changes that they have faced both in the home and school environment. I have become increasingly aware that the girls feel isolated, even when in company and this is due to the way in which all the COVID restrictions have created a sense of disconnect from people, routine and most importantly for the girls, family, friends and activities. In our assemblies, class connect time and family groups, we will focus on being beacons of hope for the girls. Helping them to accept that which they cannot change, look forward and focus on positive aspects of life, take the time we now have to really listen and learn from each other and in doing so, show respect and love in all areas so that we listen with our hearts and act with our hands, using kindness always. The letters from HOPE will allow us to focus on the following:

*H – Hearts that love and show no judgement and Hands that do good*

*O – Openness to opportunities of listening to the stories/experiences and different perspectives of others and learning from the different perspectives and opportunities of others and showing love in action and word and deed*

*P – Perspective of others, finding out about their experiences and families and lives, finding out what others see and feel in each situation, showing interest in others, not just ourselves and our wants and needs*

*E – Engage with all, show empathy and encourage those who are struggling to feel safe, heard or build hope*

We will focus during the term on input for parents in the form of workshops that deal with the emotions and the development of the girls at different ages – these will be advertised and details thereof communicated to you.



Hearts that love and show no judgement and Hands that do good



Openness to Opportunities of listening to the stories and perspectives of others, learning from the different perspectives and experiences of others and showing love in action and word and deed



Perspective – finding out what others see and feel and have experienced



Engage with all, empathy and encourage those struggling to build HOPE



## Pre-Prep

A rainbow of colours. Our Pre-Nursery girls dressed up and even painted their nails with the colours for the week.



**Happiness is.....** Having fun in the playground, CHOO, CHOO, CHOO and being traced around by my friends.



**Happiness is.....**

When our Nursery girls have fun painting a tree for each season and drumming in the playground.



## Happiness is.....

Making new discoveries and observations about snails. The Grade R girls had so much fun observing and holding snails.



**"Happiness is when what you think, what you say, and what you do are in harmony."**

**Mahatma Gandhi**



## Foundation Phase

The Grade 1 and 2 girls celebrated Earth Day by planting their own Spekboom to take and grow at home. Spekboom is a succulent and has many benefits to humans like sucking a leaf to quench thirst, treat exhaustion, dehydration and heatstroke. Using crushed leaves also provides relief for blisters. Chewing leaves can treat a sore throat and mouth infections. Juiced leaves are used as an antiseptic and to soothe skin ailments such as pimples, rashes, insect stings and sunburn. This incredible tree uses carbon to make plant tissue and produce oxygen and is unique in that it stores solar energy to perform photosynthesis at night. This makes a spekboom thicket 10 x more effective per hectare at carbon fixing than any tropical rainforest.



## Intermediate Phase

### Spelling Bee 2021

In the final week of the first term, all Grade 4 – 7 girls took part in an Interhouse Spelling Bee. There were two categories – some competitors wrote out words for the audience and other girls completed a Quizizz on their iPads.

The winning houses were:

Grade 4 Jagger, Grade 5 Merriman, Grade 6 Rolt and Grade 7 Rolt.

The overall results were:

4<sup>th</sup> Place – Carter

3<sup>rd</sup> Place – Merriman

2<sup>nd</sup> Place – Jagger

1<sup>st</sup> Place – Rolt



## Grade 5 Technology

Grade 5's developed a small piece of felted fabric which had to be converted into a useful item. The item could be embellished using the embroidery stitches of blanket and chain stitch.



## Sustainability

### Eco Hike – 15 May 2021

The Boomslang Cave in Kalk Bay is more than a hike – it is an adventure! The hike up to the entrance is fairly steep but easy for excited children to manage. Once inside the cave, we travel approximately 100m through the belly of the mountain to the other side before starting the decent to Boyes Drive. The time it takes to complete the hike will depend on the group but possibly between 4-5 hours.

Please complete the link: [CLICK HERE TO JOIN THE BOOMSLANG HIKE](#) by 7 May if you and your family would like to join.



### Can Collection Reminder

Can Collection take place on 10 June. Cans should be washed and squashed for the collection. Please drop all cans off at the tennis courts on the day.

## Transformation, Equity & Belonging

### Conscious Conversations

A group of 25 Parents, Council Members and Staff from the executives of both the Preparatory and Senior School were trained in conscious conversations by Asanda Ngoasheng on 28 April. This is Phase One of the initiative which we hope will enable robust and open conversations around a number of relevant and important topics on race, culture, classism, identity, gender, the environment, sustainability, curriculum and others. Following this, we look forward to opening up conversations with all interested parents and staff members, as well as Old Herschelians. We look forward to encouraging robust conversation conducted in a respectful, open-minded and open-hearted manner.



## Grade 7 Resilience Workshop 2021

This morning Ms Steenkamp, our School Counsellor spent time with the Grade 7 girls in a workshop that included the following:

- ✚ What does resilience mean?
- ✚ 'How resilient are you?' (Individual quiz)
- ✚ Design your own inspirational quote (small group exercise)
- ✚ Building resilience for success
- ✚ What would you like your caregivers to know about you?

“ Fall **down** seven times, stand up **eight**. ”

Japanese Proverb

The girls engaged in individual and group discussions about their ability to recover when life presents challenges and some of the difficulties they face in order to '*bounce back*'. Resilience is a quality we all possess, however, because of wide-ranging differences such as personal or external influences, some are more resilient to life's disappointments and setbacks than others. This is completely natural.

Resilience is fundamental because it keeps us focused on our desired goals and provides us with coping mechanisms to deal with difficult situations. Resilience also fosters growth. The purpose of this workshop was to create awareness around situations and feelings that may cause both positive and negative emotions and to provide strategies in order to become more resilient. The girls shared what they would like their caregivers to know about the pressure that they face, which Ms Steenkamp will share with the Grade 6 and 7 parents in her online webinar about the 'Social and Emotional Development in Adolescent Girls' on Wednesday the 5 May at 10:00.



## Staff News

### Wedding Bells!

Congratulations to Mr and Mrs Pretorius! Rachelle and Stephan got married on Sunday, 24 April. We wish them many years of joy, love and happiness.



Mrs Claire Brittain went on maternity leave at the end of the first week of term and she has been replaced until the end of the year by Carly Elsworth. Carly joins us after having left Herzilia when they closed down at the end of last year. Her warmth, passion for education and clear joy when sharing about her past experiences as a teacher made her the perfect substitute for Mrs Brittain. She comes with a wealth of knowledge, experience and expertise and I have no doubt that she will soon feel part of the family.

### Aftercare Supervisor

We are currently in the process of shortlisting and interviewing for the position of Aftercare Supervisor. Once the process is completed, we shall communicate with regard to the successful candidate. The current Aftercare staff will continue to run Aftercare until such time as we have made an appointment.

## General

### Covid-19 Protocols Update

Concerns around the pandemic, and the possibility of a third wave soon, remain within our community and our country. The safety of staff and pupils is of the utmost priority and all protocols must be strictly adhered to: wearing of masks (over nose and mouth) at all times; physical distancing; limiting gatherings as per government regulations and maintaining all protocols at any gatherings held. We ask that everyone remains vigilant and works together to uphold the regulations and curb the spread of the pandemic.

Please note that we are still operating with Covid-19 restrictions in place. We are now able to host some meetings on campus, while others need to continue online. That aside we are not yet at a level where parents can meet casually on campus or socialise in the car park. Your support in this regard is much appreciated.



As you are aware, I am not at school until later in May, due to a total knee replacement. Mrs Martin will continue to Head in my absence. I would like to express my gratitude to those who have messaged, emailed or called to enquire after me and send wishes for a speedy recovery. A special thank you to the PA for their practical assistance and to Linda Martin and the staff for the wonderful work that they do on a daily basis.

I look forward to an interesting term ahead. I know that the girls and staff are enormously excited about the reintroduction of matches and tournaments, as well as choirs and ensemble groups and I have no doubt that as time passes, more and more will be reintroduced to school life.

I hope that as we explore our theme for the term that you too will be able to spend time talking about the aspects of the theme with your girls. The more we seek to understand each other, the better the relationships that will be formed.

*"The most useful asset of a person is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others." Anonymous*

I hope that you have a fabulous week ahead, filled with sunshine and moments of joy.

Warm regards

***Mrs B. Heidmann***

***Head of Preparatory***

