



# HERSCHEL SENIOR SCHOOL NEWSLETTER

No. 16 – 28 October 2022

Greetings to all at Herschel!

It has been a while since the last newsletter and you will see, from this edition, just what a busy place the school has been!

**October is breast cancer awareness month.**

As I sit to write this, the Bulls (dressed in pink) are taking on the Sharks (my team!) at Loftus. Their slogan: **United we Care!** What a powerful visual reminder of the significance of this month of October!



The National Cancer Registry (NCR) serves as South Africa's main source of national cancer incidence data. A glance at this data confirms that the incidence of breast cancer among South African women continues to increase. October is designated as Breast cancer awareness month and is aimed at increasing awareness and encouraging all women to self-examine and to access health services for screening regularly in an effort to mitigate risk and to diagnose early which can be life-saving.

*To reap the benefits of modern medicine, we need to stay on top of our screenings, advocate for ourselves, and make sure everyone has access to the diagnostic tools that could very well save their life.* (Katie Couric, journalist).

This sounds simple, but in South Africa, access is a sticking point. Most South African women do not have access, and if they do, access is not easy.

Creating awareness is important. It is a starting point in the fight against this debilitating disease. Being supportive and caring of those afflicted and fighting cancer is equally important. We are aware of parents, staff members, Herschel alumnae and pupils who have and are fighting this battle and we salute each and every one for the courage, strength, grit and grace that this requires. At Herschel, we often hear people say, ***Our/My blood is pink***. This month let this serve as a reminder to us all that there are women, and indeed men, fighting breast cancer every single day. We salute you! We salute all health care providers who are fighting to improve access, who deliver professional services with love and care and who are striving to make a difference.

***Some people dream of success, while other people get up every morning and make it happen.*** (Wayne Huizenga)

Our matrics start writing their final examinations this week and we wish them every success. They have already completed several practical components and of course have submitted their SBA (school-based assessment) in advance of these finals. I know that they have worked hard, and that they have been prepared well. I have no doubt that they will do themselves, their families and the school proud. We ask only that they do their best.

I know that Kerri-Lyn East has communicated regarding final examinations, and will not repeat what she has emphasised, but by way of addition, I want to remind the matrics that this is not the 'end' of their academic journey and a singular defining moment; it is one of many moments, and it is one that they have been preparing for over the course of several years. It is important that they keep perspective, and I would ask that you assist them in this regard by ensuring that, as far as possible, the home environment is a consistent, supportive and calm space. They need to work hard, sleep well, eat healthily, have good and regular breaks, including time with friends and family and to check that they are at school well before each examination starts, to avoid adding stress and having to rush. If they are anxious about being with peers who spend time anticipating possible questions, revising last-minute.com (outside the venue) and generally getting themselves worked up, then my advice is that they find a quiet space, keep an eye on the time and make their way towards the Mary Jagger Hall when they are allowed to enter. This will enable them to walk in calmly and take their seats and to avoid the hype.

In the event of your daughter feeling overwhelmed by an exam or having a bad exam, it can be difficult to know what to say and how to be supportive. What I have found, (in having to hold space with pupils at times) is that just being present; going for a coffee, tea or milkshake and waiting for it to all come out and not to say too much other than to listen and to acknowledge feelings of disappointment and frustration, is best. It is okay to be disappointed and frustrated. Over-reassuring a person can negate or invalidate their feelings and that is not helpful. Once initial feelings have subsided, check in to see how she is and remind her that she is doing her best and that this is enough. It is all you ask of her, and all that she can ask of herself.

*Your best does not mean pushing yourself to your breaking point. Your best means the best you can do while being your best you. Get enough sleep. Give yourself breaks, listen to your limits. Your best is better when you are healthy.*

(inspirationalgoods.com)

### **Business as usual ...**

The past two weeks have been jam-packed with special functions and activities celebrating the Class of 2022 and in this edition you will find visuals capturing the Special Person's Tea, the Prize-giving and Valedictory and Matric fun events, as well as the Matric Art Exhibition. Added to this we have held the annual Boarder dinner, a Fusion tour to Hermanus, the 2023 Leadership Team induction, sports tours and fixtures, a special World Teachers' Day tea (kindly arranged by the Senior School House Representatives) and a spooky 'civvies day' fundraiser.



*World Teachers' Day appreciation tea*

The Grade 10s and 11s are also preparing for their year-end examinations, with the Grade 11s especially being mindful of the importance of these results securing them provisional acceptance into university. This does mean that they will feel more pressured than they did in Grade 10 and I would ask that you share the advice offered for Grade 12s with them.

Our sports teams have been very active and have enjoyed much success! I would like to extend a ‘shout out’ to Mrs Helen Botha and Ms Pam Bowren, together with all coaches in the Sports Department, for giving up so much of their time to accompany the players and for the responsibility which accompanies taking tours. We are so proud of the players, not only for the results they have achieved, but for how they have played the game!

The Cultural space has also been a busy one and we are especially mindful of the demands placed on the Music Department towards year-end with the many functions, traditional events, Eucharists and Carol Service preparations taking place across the school.

In addition to this, several pupils have sat external practical exams, matrics have been prepared for their final practical examinations and lessons have continued without interruption. I am so grateful to all members of the Music Department and for the gracious leadership of Mrs Petra Conrads across the school. Her responsive, flexible and ‘can do’ approach is inspiring. Congratulations and thanks too, to Ms Nicola Jordan and Mrs Candice du Toit of the Art Department for their hard work in setting up the Matric Art Exhibition. The work displayed is diverse and visually arresting, showing the talent and individual interpretations of these young artists in response to the theme *You-topia*.



Mr Kerbelker, Isabella Lindsay, Ms Morusi and others have kept us all entertained on the social media pages with wonderful shots of our pupils, capturing team life, the enjoyment of sport and off the field moments. My thanks especially to Mr K, as he is affectionately known on campus, for his incredible commitment to the school and for his support of all activities: academic, community engagement, cultural (music, art and drama), pastoral, spiritual and sporting. This is hugely appreciated by us all.

**Some food for thought from *Habits of the Heart II*.**

I was privileged to attend the Habits of the Heart II Conference with School Chaplain, Revd Lorna Lavarello-Smith in Gauteng, three weeks' ago. The conference focused on building community and centred on the concept of our shared humanity. We reflected on the #yousilenceweamplify social media campaign of 2020 and the #blacklivesmatter movement following the murder of George Floyd, May 2020 and the impact of these campaigns/movements on our schools, the role of the Church in supporting schools' responses and our collective duty of care to pupils, staff and parents. It was a collegial, interesting and inspiring day of conversations, culminating in an inaugural walk in honour of the late Archbishop Desmond Tutu.

On LinkedIn this week, there was some commentary on the conference, and I loved this excerpt from an extended message posted by Slindile Xhakaza: *Get close to people. You don't get close to anyone you don't talk to. It's not magic. It takes effort. You can only grow and experience the richness of this life when you extend yourself to others with a keen interest in knowing who they are and what has shaped the people they show up as.*

This is surely what is intended in our school motto, *learning to make a difference?*

Wishing you all a happy and productive week!  
Heather

## Sports Awards Dinner

We started the term off with our Sports Awards Dinner, a beautiful evening where we acknowledged our top sport pupils for 2022. It was lovely to welcome current staff, pupils and coaches, as well as past sporting Herschel alumnae.



Nina Vermaak - Sportswoman of The Year

## MATRIC SPECIAL PERSONS' TEA

Our Grade 12s and their special guests enjoyed a delicious tea on the Head's Lawn, celebrating the culmination of their high school journey at Herschel.





## Matric Art Exhibition

Our Grade 12 Visual Art students held a display of their completed artwork last week in the Ilex Room. Congratulations to all the students on their amazing artwork.



*By Lulama Lingela – recipient of the Mary Muller Prize for Artwork of the Year*



*By Stella Parry – recipient of the Visual Arts Practical Prize*

## Prize-Giving and Valedictory Ceremony

Last week we celebrated the Class of 2022 at their Prize-Giving and Valedictory ceremony. A very special occasion celebrating the journey and achievements of these remarkable young adults. (A full list of all the prize winners will be published in the Herschelian magazine)



*Juliette Roux - The Desmond Loch Davis Award for Dux of the School*



*Jemma Sainsbury – The Jenna Lowe Trophy*

## ACADEMIC ACHIEVEMENTS

Congratulations to **Maaryah Brey** and **Fatima Mohamed** (Grade 9) who have been selected to represent the Cape Town Region at the International Science Fair (ISF) which will be held from 6–9 December in Boksburg.



Congratulations to **Juliette Roux** (Grade 12) who earned Silver (2nd position) in the South African Maths Olympiad.



## Sports Wrap

All the sports results can be found on SOCS:

[https://sport.herschel.org.za/Fixtures\\_Teams.asp?Id=28362](https://sport.herschel.org.za/Fixtures_Teams.asp?Id=28362)

### BASKETBALL SEASON IS HERE!

Our basketball season started off well last week, with some great results against Settlers High School and Camps Bay High School.



## Tennis

Our 1st team had a tough encounter against D.F. Malan but came away victorious.



## Water Polo

At a capping ceremony held at Rondebosch on Monday 24 October, our 1st team was awarded the Team of the Year Trophy for 2022. This is indeed a great honour, and we congratulate Alex Hawkins (Coach) Milla Kanigowska (Captain), Nina Vermaak (Vice-Captain) and all the players on this wonderful acknowledgement of a great season.

# Thank You

FOR MAKING A DIFFERENCE  
WITH US FOR 25 YEARS



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## CELEBRATING 25 YEARS OF MAKING AN IMPACT

Through the MySchool Card initiative, Herschel is able to fund a Learnership who is currently studying towards their Teaching degree. We are so appreciative of the parents who have been swiping. Thank you to all our parents who have already signed up and linked their MySchool cards to us. Please continue to swipe whenever possible. If you have not signed up as yet, please consider signing up and linking your card to the MySchool card to support this worthy cause.

SMS 'join' to 31231, or [MySchool MyVillage MyPlanet :: Supporter Card Application Form](#)



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