



No. 8 – 23 May 2023

# HERSCHEL SENIOR SCHOOL NEWSLETTER

Dear Parents and Guardians

***Every twist and turn in life is an opportunity to learn something new about yourself, your interests, your talents, and how to set and then achieve goals.***

– Jameela Jamil

It was wonderful to see the girls engaging in various workshop presentations at our Single Focus Careers Day on Friday 19 May. We welcomed 40 Old Herschelians and parents into the Senior School to present their stories and career experiences across a range of careers, some traditional and some more emergent. This face-to-face experience enriched the girls understanding with respect to how to approach their prospective careers, and how important it is to try to find a field that combines ability/competency, passion and purpose.



A huge thank you to all presenters who gave so generously of their wisdom, experience and time to our pupils. We so appreciate the opportunity that you have given them to engage directly with you, and to learn from you. I am also grateful to many of the teachers and administrators who assisted with logistics and of course to the IT Department for their facilitation. An event such as this requires a lot of planning and logistical support, and the day ran smoothly thanks to this having been put into place well ahead of the event.

The Careers Expo following on from the morning's workshops provided further recourse to information from a range of institutions, although this was not as well attended as we had hoped it would be. There are probably reasons for this and we will engage with pupils to hear from them and look at restructuring this day to be optimally effective.



Pupils left school on Friday well aware of the enormous impact of technology and artificial intelligence on the world and more specifically, on the workplace. Our starting point on Friday was being cognizant of most of the grades having been born into an era of smart technology. (If we take 2007 – the year in which apple produced the iPhone and we were launched into an era of smart technology). We are teaching a generation of pupils who have not known a world outside of smart technology and it is vital that this is considered in our approaches to and strategies for teaching and learning, to ensure that pupils are engaged and curious, that learning is relevant and aligned with their being able to make use of the technologies that they are likely to work with in the future. As young adults they need to be receptive to disruption and to view it as an opportunity, to be open-minded and adaptive, curious, and able to ask good questions which will lead them to a greater understanding of what opportunities exist. They need to understand the process and enquiry important to research, to be able to collaborate and learn to problem-solve using a range of applications, knowledge, innovation solutions and resources. Their approach to work needs to be guided by sound principles which consider ethics and sustainability. One of the messages which emerged clearly was the idea of being open to shifting direction within a field – especially where technology and the pace of change means that often creative shifts are a necessary part of business and initiatives remaining relevant and responsive.

It was wonderful that our pupils heard this from a number of presenters across a range of fields/ industries because this is a key concept important for them to take on board in a rapidly evolving world, especially as we sit in the space between artificial intelligence having ‘landed’ and the massive impact that it is having on how certain processes, concepts and industries are evolving in response.

Our Ascension Day service on Thursday last week was beautiful, especially given the range of music and the poignant and impactful message shared with us by Rev Lorna Lavarello-Smith. The Chorale, Dinaledi and Worship Band led the worship and there was a wonderful sense of joy and occasion.

We extend a warm welcome to Zakeeyah Limbada who joins us at Herschel as Employee Relations Practitioner. Zakeeyah comes with a wealth of experience in HR consultancy and has been a consultant to large companies such as Adidas. Most importantly she is ideally suited to Employee Relations which is an area that we have been wanting to fill for a while.



Here's to a productive week ahead!

Warm regards  
Heather

## CLUBS AND SOCIETIES

Our bustling Clubs and Societies programme runs throughout the week and gives our pupils a chance to make new friends and engage with peers who share similar passions and interests.

Some of the Clubs and Societies currently running in the Senior School are: **Book Club, Photography Club, Interact, Heat Revolution (Dance Team), Craft Club, Outreach History, Outreach Maths, Pride Club, Debate, Herschel MSA, Chess Club, Makers Club, Emotional Intelligence, Red Nose Eagle Club, Spanish Dancing, Gaming Club, Herschel-Bishops Dance Society, Earth Matters, Hiking Club.**



*MSA*



*Red Nose Eagle Club*



*Craft Club*



*Makers Club*

## DEBATING

During the first weekend of the holidays, the debating team took part in the Western Cape Schools British Parliamentary Debate. Pupils worked in four teams, engaging in nuanced motions in a style that is mostly used in university level debates. Our pupils achieved the following results:

**Katherine Slingers:** Made it to finals, ranked 2nd overall, team broke 2<sup>nd</sup>

**Nobuntu Lingela:** Team broke 1st, spoke in the semi-finals, ranked 4th as speaker.



**Chella Petrie:** Team broke 2nd, spoke in the finals, ranked 1st as a speaker.

**Maseeha Ebrahim:** Team broke 4th, spoke in the finals.

**Ayanda Bordiss:** Team broke 4th, spoke in the finals.

**Layla Abrahams:** Won the grand final and tournament overall with teammate Lwethu Madlingozi (Reddam House, Durbanville)



## PREP SCHOOL PRODUCTION

Our Prep School are in full swing with their rehearsals for *Bon Appetit*. The girls are working hard, and it is so exciting to see everything coming together.

Ticket sales for *Bon Appetit* are live with several shows available:

Wednesday, 7 June 19:00

Thursday, 8 June 19:00

Friday, 9 June 19:00

Saturday, 10 June 14:30 and 19:00

You may access ticket sales on the link:

<https://gkt.io/heYng2>

We look forward to welcoming you to our hair-raising adventure!



## *A Midsummer Night's Dream'*

The Grade 8 and 9s staged a pop-up promo for 'A Midsummer Night's Dream' during lunch break last Thursday. A lovesick Helena was seen following Demetrius into the treacherous realm of the Matric benches. Soon after, lunching students watched as things escalated into a violent lovers spat between Helena, Demetrius, Lysander and Hermia.

In another part of the forest, the Grade 9 design students got involved weaving some fairy magic into trees, crowns, moons and fairy wings.

Herschel will be performing the play at the Shakespeare Schools Festival on Wednesday, 24 May at the Star Theatre (ex-Fugard Theatre)

Tickets are available on Quicket.



# Sports Wrap

We are proud of the basketball and hockey players who have been selected to various Western Province Teams. Their inclusion in the provincial teams is testament to their remarkable talent, unwavering dedication, and relentless efforts in their respective sports. Congratulations to the following players:

## Basketball

Catherine Barton, Leah Faurholm, Intando Taitai, Kiera Howard, Nina Kabalin and Victoria Van der Watt have been selected for the Cape Town u17/18 Basketball District Team. Leah Faurholm, Intando Taitai, Kiera Howard, Nina Kabalin and Victoria van der Watt have been selected for the u17/18 Western Cape Provincial Basketball Squad.



Pictured from left to right are: Catherine Barton, Victoria Van der Watt, Intando Taitai and Leah Faurholm.

## Tennis

Jessica Schilz competed in the Tennis Grand Prix placing 3<sup>rd</sup> and went on to win the Mini held on the weekend of the 13<sup>th</sup> of May.



## Hockey

Tamika Nair, Anna Sherren, Aisha Hendricks, Georgia Clarence, Jamie Paxton and Heather Kane have been selected to represent the u14 South Team. Sophia Luger and Zayaan Sirkot have been selected as non-traveling reserves.



Samantha Flint and Hannah Henderson have been selected for the u16A WP Team, Nina Wides, Sarah Ashbolt and Kelly Cadiz the U16B WP Team. Sophie Maurel, Aasiyah Bailey, Emily Dickinson, Paige Clarence (absent from photo) and Katherine Featherstone have been selected to represent the u16 South Team. Ella-Grace and Hayley Lewis are the non-traveling reserves.



Alexa Knott, Emily van Heerden, Emma Clarke, Mia Andrew, Stella Van Schalkwyk, Leya Patel and Mbali Antony have been selected to represent the u18A WP Team. Zara-Leigh Oliphant, Sofia Dearnaley and Gabrielle du Toit have been selected for the u18B Team and Amy Gordon, Carmen Whittaker and Intando Taitai will represent the u18C team. Elen Vermaak has been selected as non-traveling reserve.



We wish the basketball and hockey players all the best for the upcoming tournaments.

## Squash

The 1<sup>st</sup> Squash team competed in the Western Province Youth Squash Open. The team performed well, Georgia Morkel ranked 5<sup>th</sup> overall, Leah Burns ranked 6<sup>th</sup> and Kate Hodgson 10<sup>th</sup> overall. Well done to the Herschel Squash team.



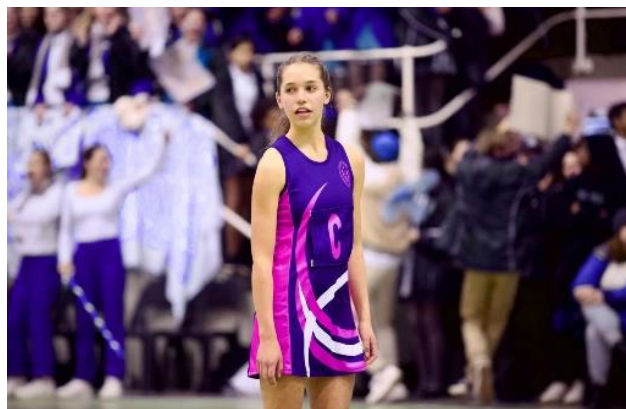
## Meet the Summer Sports Captains



**Cross Country - Kerry Buisinne**  
"No human is limited" – Eliud Kipchoge



**Hockey – Emma Clarke**  
"If it doesn't challenge you, it won't change you" – Fred Devito



**Netball – Danielle Gie**  
"Do you know what my favorite part of the game is? The opportunity to play" – Mike Singletary

## Injury Management System (IMS)

The purpose of the IMS is to provide guidance, assistance, and management to injured athletes throughout their recovery process. Once an athlete enters the system, all relevant parties will be notified, and appropriate recommendations will be made. The primary goal is to ensure the athlete's return to sports in a healthy condition, capable of participating at full capacity.

Athletes can report their injuries on a Monday between 12:15 and 13:00. The physiotherapist, Neda Isaacs will assess the injury and provide recommendations for the athlete. If an injury occurs during the week, please contact Annemie Klopper for assistance.

We strongly encourage pupils to report any injuries to Annemie Klopper or the sports department as soon as possible. There are specific activities available to maintain the athletes' aerobic and overall fitness levels while injured.

Currently, we have physiotherapists and biokineticists available on-site who work collaboratively to reintegrate pupils into the sport science program and training regimen specific to their respective sport.

## Meet the IMS Team



**Neda Isaacs**  
BSc Physiotherapy  
UCT  
MSc Exercise  
physiology and sport  
physiotherapy UCT



**Megan Chetty**  
BSc Physiotherapy  
UWC  
MSc Exercise  
physiology and sport  
physiotherapy UCT



**Alex Collins**  
Biokineticist Intern



**Annemie Klopper**  
MSc Biokinetics with  
specialization in Sports-  
related Concussion UP  
Hons. Sport Science UP  
Paramedic ILS - Netcare  
PGCE UP