

Trolltastic!!!



Bon  
Appetit!



No 17- 02 June 2023

HERSCHEL PREPARATORY SCHOOL

## Message from the Head of Prep

Dear Parents

Last week I attended a conference where the theme was “unlock to unlimit”. The focus was about unlocking key ideas such as diversity, potential, gender issues, artificial intelligence and empowerment and in doing so unlimited acceptance, future success, belonging, digital capacity and growth would be the desired result. We can only experience this unlimited result if we unlock our limiting mindsets. A limiting mindset is a belief or way of thinking that could constrain one’s potential and prevent one from achieving your goals. How do these limiting mindsets manifest themselves? Through fear, self-doubt and reluctance to try new things, seeking to maintain the status quo and not having a growth mindset. What a challenge to my own perceptions as I had to “name and shame” all the limiting mindsets that often left me fearful and unable to live my true potential.

If we battle with this as adults, how do we ensure that our young Herschel ladies do not live in these limiting mindsets where they question their own abilities, are fearful to voice their opinions and are afraid to fail forward. We have the responsibility to open the world of Growth Mindset to our girls so that they can see themselves as young women who CAN and who MATTER to the world.

I challenge myself and each of you to not repeat history but to unlock the gates of learning and the lessons of failure and challenge so that each young Herschelians can **“be the change they want to see in the world”**  
**Mahatma Ghandi.**

BE THE  
CHANGE  
you wish to see  
in the world  
-Ghandi



## Pre-Prep

Box construction is a favourite activity in every class. The Pre-Nursery girls did not want to leave this activity as they were having so much fun. They also continued serving in their restaurant in the fantasy play area and played some memory games.



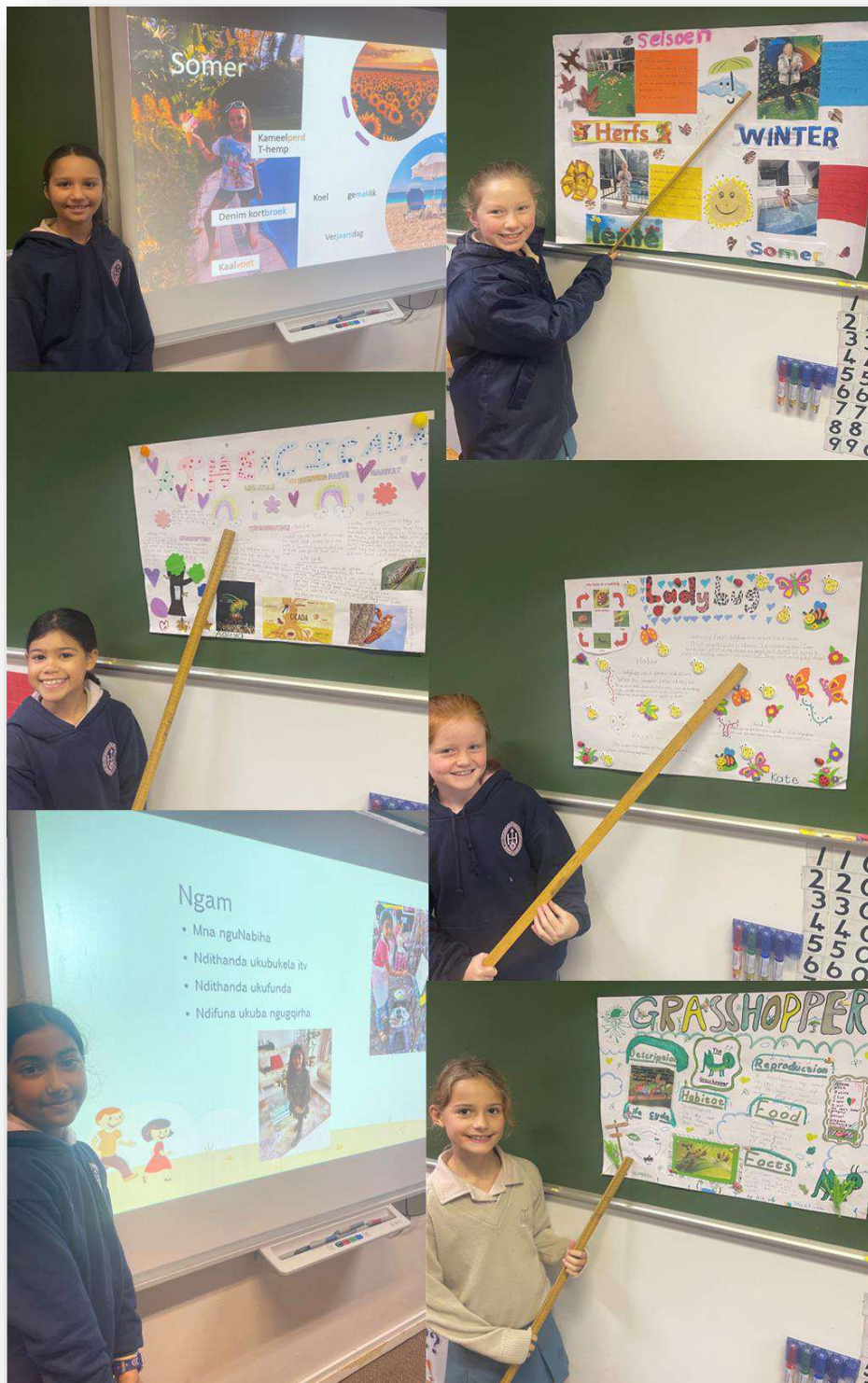
Grade R girls were letter detectives when they used magnifying glasses to look for some of the letters they learnt. They also had fun in the playground after the rain.





# Foundation Phase

The Grade 3s have been very busy presenting English, Afrikaans and isiXhosa Orals. For English the girls selected the name of an insect from a hat and were required to research, plan and create a poster and then present what they learnt to the class. In Afrikaans they prepared an oral on the seasons and the clothes they love to wear. In isiXhosa they got to tell the class about their family. We are super impressed by their presenting skills and how much they have learnt this term.



## Intermediate Phase

### Grade 5 Afrikaans

The Grade 5 girls have been working on a theme about food in Afrikaans over the last few weeks. This has involved learning new vocabulary, reading stories about food and completing various oral and written tasks. They were then tasked with writing a set of instructions on how to decorate a cupcake. They then read these instructions to a partner who had to decorate the cupcake accordingly. The best part was eating the cupcakes after they had been decorated!





## Family Groups

### Family Group Activity Promotes Mindfulness and Calmness

On 29 May, the Herschel family groups gathered for a session centred around mindfulness and tranquillity. The aim was to emphasize the significance of slowing down and engaging in mindful practices amidst our fast-paced lives. Teachers and children alike participated in various activities that encouraged calmness and stillness. The session fostered a sense of tranquillity and unity, allowing groups to reconnect and recharge together. From a guided meditation session, to mindful art, everyone experienced the benefits of being present in the moment. The family group session was a gentle reminder of the importance of finding balance in our busy lives. By incorporating mindfulness into our routines, we can reduce stress and improve focus. Through prioritizing moments of stillness, we can enhance our well-being and find balance amidst the chaos of everyday life.



# Music

## Important to Note

There will be NO theory classes, ensemble, or choir rehearsals next week, 5 – 9 June. We wish all of our Bon Appetit performers a wonderful time on stage and good luck for the final rehearsals!



## Music Workshops Term 2: Music Auditorium

All parents and friends are invited to attend our termly Music Workshops in the Auditorium on Wednesday and Thursday, 14 & 15 June.

Wednesday 14 June 2023	Thursday 15 June 2023
07:40 - 08:40 Grade 4	07:40 - 08:40 Grade 2
09:10 - 10:10 Grade 7	09:10 - 10:10 Grade 5
10:35 - 11:35 Grade 6	10:35 - 11:35 Grade 1
	12:05 - 13:05 Grade 3

## Community Engagement



Thank you, Herschel for your kind donations of books, toys and toiletries. The collection has come to an end today, but we are happy to receive items until next Friday as many parents have indicated that they have forgotten to send things in this week. The Community Engagement girls will start packaging the toiletries, books and toys from 12 June.





## Sustainability

### Constantiaberg 27 May

A chilly start to the 7<sup>th</sup> Peak, but a beautiful walk up to Constantiaberg amidst the fynbos and running water. Thank you to the families who joined us and to Alan Woodcock for leading as competently as he does.

Next term's hike dates: 22 July and 12 August



REDUCE  
REUSE  
RECYCLE

CAN COLLECTION 15 JUNE

A TOTAL OF 20 000 CANS IS OUR TARGET THIS TERM. PLEASE BRING THE RINSED, SQUASHED AND COUNTED CANS TO THE CONTAINERS NEAR THE TENNIS COURT ON THE DAY. THERE IS A PRIZE FOR THE CLASS AND THE GIRL WHO BRINGS THE MOST CANS. THE PROCEEDS GO TO PRIMROSE PRIMARY SCHOOL IN ATHLONE. LET US WORK TOGETHER TO MAKE A DIFFERENCE.



## Important Notices



Ticket sales for Bon Appetit are now live on Quicket with a number of shows available.

You may access ticket sales on the link below:

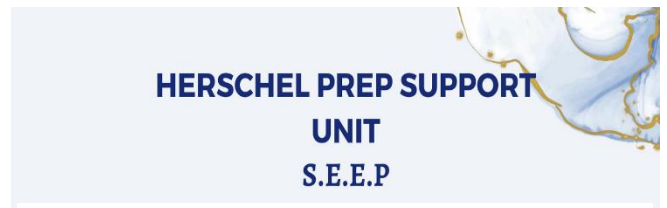
<https://akt.io/heYnq2>

A poster with a light pink background and decorative orange and yellow wavy borders and flowers. The text is in blue and red. It includes information about reports being published on Monday 19 June and meetings being held on Thursday 22 June from 12:30 to 19:00. It also mentions that meetings can be in person or online and that booking slots will be open on Monday 19 June.

**Gr 3 – 7 Parent / Teacher meetings this term**

★ Reports will be published on Monday 19 June. Should you wish to arrange a meeting with your daughter's teacher(s), these will be held on Thursday 22 June from 12:30 to 19:00. School will be closing at 12:10 for all Gr 3 – 7 girls on this day, as indicated on the term planner.

Meetings can be in person or online. Meeting times will be booked via the Engage portal and detailed instructions on this procedure will be sent out on Monday 19 June, after the reports have been published. Parents will receive notification on Monday 19 June when the booking slots are open.



### Change of Date

To talk on

Nutrition 101 for young, active, school going girls

Please note that due to parent involvement in the School Production on Wednesday, 7 June, we have made the decision to move this talk to Wednesday, 14 June. Parents are still welcome to sign up to attend the talk on the link: [Click Here to rsvp](#)

### Reminder Scoliosis Screening

A reminder that Malcom Friedman will be conducting Scoliosis screening during the week of 12 June. Please see the letter on the link for more details: [Scoliosis Screening Letter to Parents](#)





The excitement around the Bon Appetit performances have most definitely dominated the Prep School this week as we prepare for Opening Night. As the girls have put on costumes and make-up, they have become more and more excited at the thought of performing for their loved ones and the special people in their lives. I would like to thank all those that have been involved in the hours of preparation. At the final performance we will officially thank those that have sacrificed enormous amounts of time and put huge effort into ensuring that this show is amazing.

I look forward to seeing you at one of the performances and have no doubt that you will agree that Bon Appetit is a showstopper. It is said that music is food for the soul, and I have no doubt that you will agree with these sentiments.

Kind regards  
**Reneé Swartz**  
*Head of Preparatory*

