



## Newsletter 22 - 28 July 2023

We come to the end of the Upstander Month and the response from our community to the unfolding of this theme has been very encouraging. Our Assemblies, teaching and learning tasks as well as our learning environments all reflected the same message; BE an UPSTANDER not a BYSTANDER. The month will end with a statement activity where students and staff will show their support by creatively styling their hair to having UPSTANDING effect. An email was sent on Wednesday in this regard.

A special thank you to all staff and parents who participated in the focus groups for the OISESA quality assurance visit. These courageous conversations have sparked a need for more engagement within our community to strengthen relationships, tell our stories and just grow the “gees”. I challenge each of us to

commit to supporting the journey we are on as a community practising, celebrating diversity and creating space for all to belong.

Let's support our National sport teams this weekend. What an awesome sea of green and gold today at Herschel !!!!!



### *Pre-Preparatory*

Our Pre-Nursery girls dressed up as chefs and had a chance to cook with the chef from Classic Cuisine. They made a savoury pancake and a dessert. They also played in their new hospital fantasy play area. We had patients waiting to be seen, nurses and doctors all helping in the hospital and even girls having lunch while waiting for visiting hour.





### ***Think Equal***

In our Think Equal programme this term, we started out reading a book called **Kitchi's Moccasins, by Cait Robertson**. Kitchi is a boy from the indigenous Cree people in Canada. Kitchi's dad gives him a pair of moccasins that are handmade. The children laugh at his shoes and he decides not to wear them again. His parents then give him the family history about his shoes and he becomes really proud of his history and wears them to school and explains to the children where they come from.

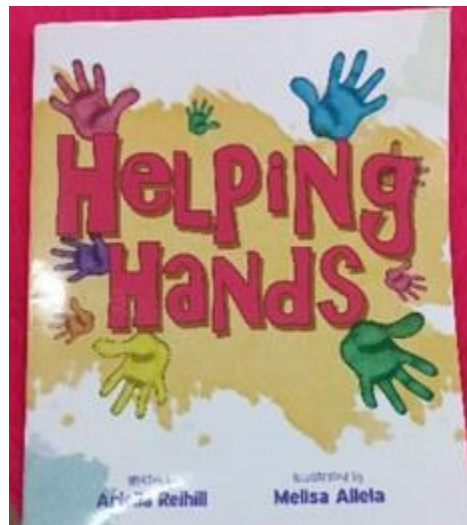
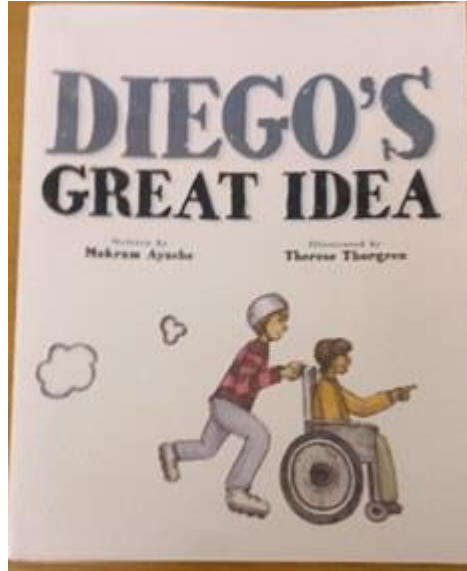
**The objective of the lesson:** to help our girls understand the importance of respecting everyone's ideas, thoughts and feelings and to think about being inclusive and kind to others who might be different to them.

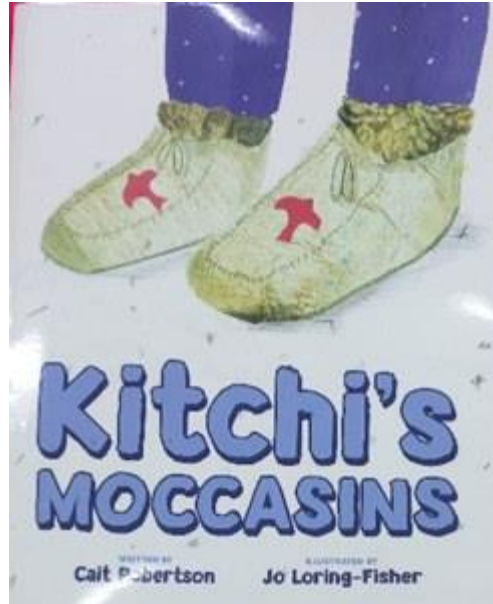
This week we read **Helping Hands by Ariela Reihill**. The story talks about ways we can help each other by using our hands and that there are various people who help us.

**The objective of the lesson:** to help the girls understand that kind actions make a positive difference, that we appreciate contributions by people in our lives and that all jobs can be performed by both men and women.

Next week we will read the book, **Diego's great idea**, by **Makram Ayache**. The book is about belonging. Diego helps a disabled boy to join in with activities.

**The objective of the lesson:** to help our girls understand that no one should be excluded, for them to explore friendships with those different to them and to recognise feelings and experience empathy.





## ***Foundation Phase***

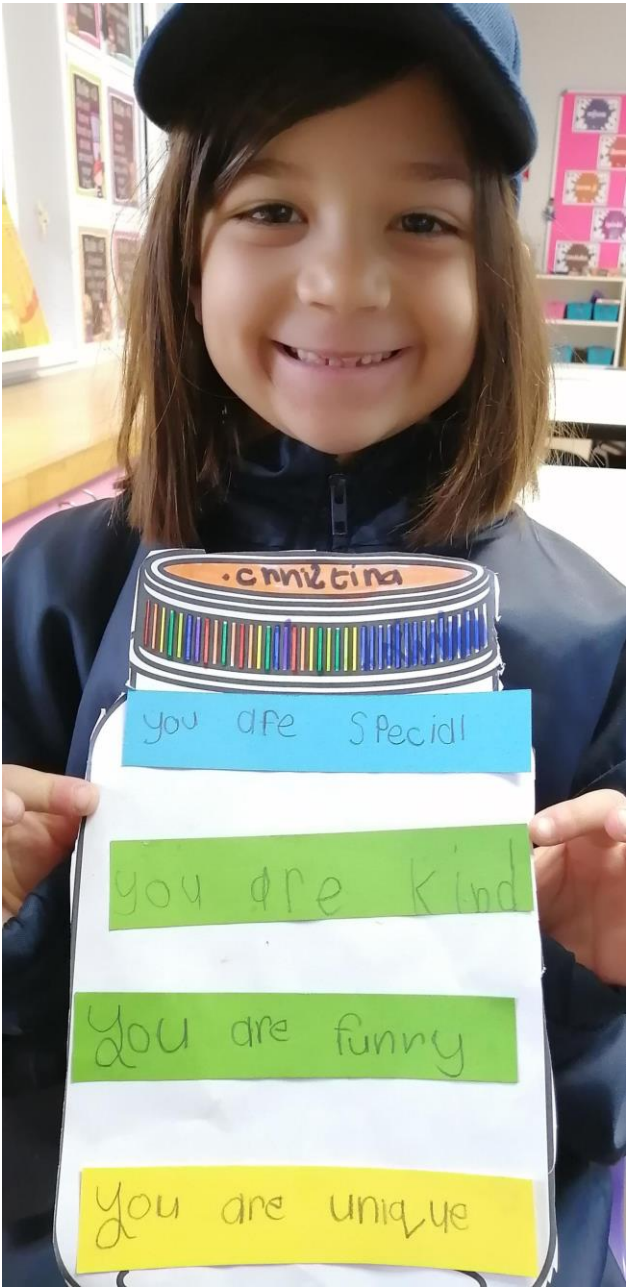
### ***Congratulations to our Stars of the Week:***

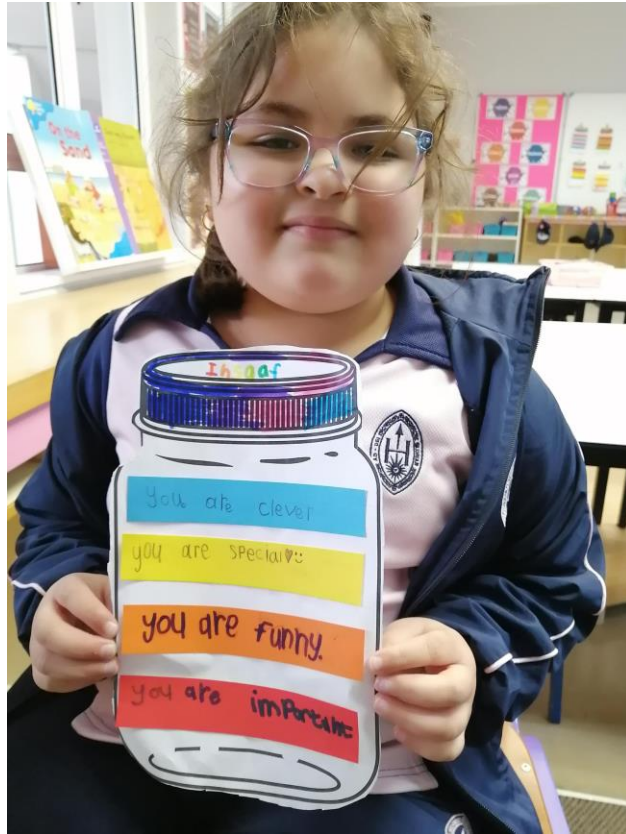
- Grade 1A: Anna Beadle, Charlotte Lewis  
Grade 1al: Nina Pithey, Mila Vasiljevic  
Grade 2A: Taiah Jakoet, Sophie-Kate Thomalla  
Grade 2al: Deeyana Kader, Maya Gajjar  
Grade 3A: Brooke Ross, Anabel Alexander  
Grade 3al: Olivia Watkins-Neethling, Alayah Salie



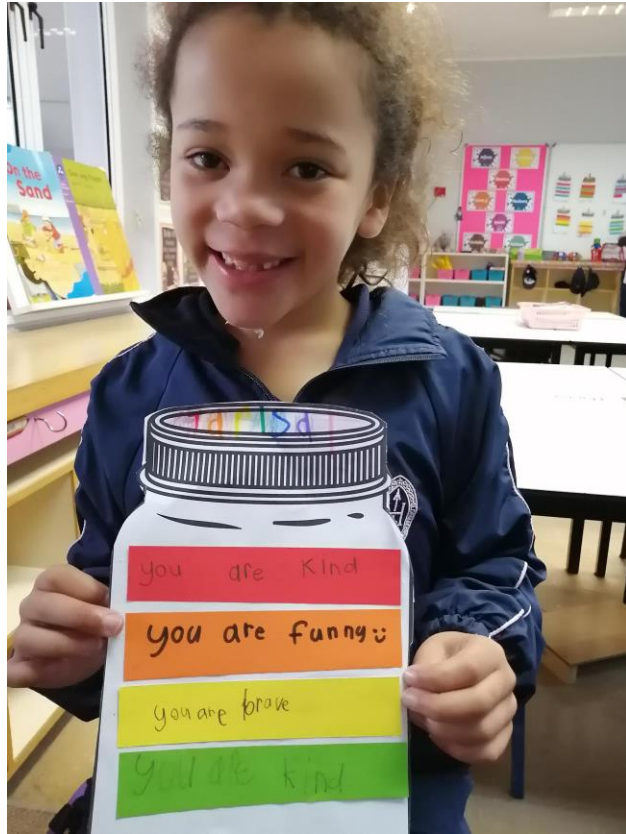
### ***Upstander Week***

During Upstander Week, the Grade 1s created 'Compliment Jars' filled with positive sentences about each other. This activity highlighted the power of uplifting words and encouraged them to always see the good in one another. Let's continue fostering kindness and positivity in our school community!









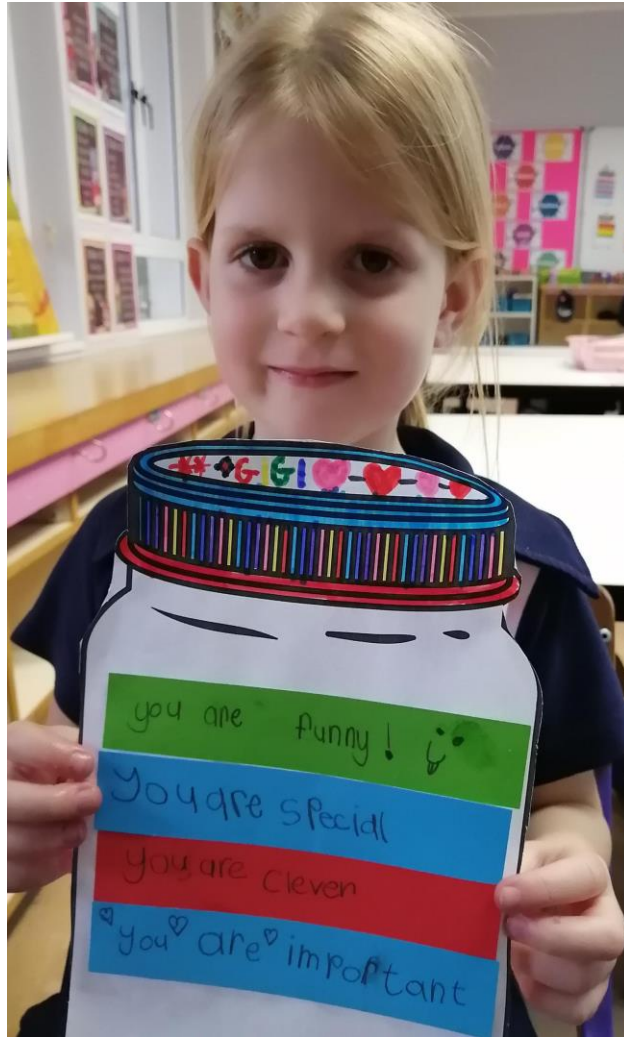
On the Sand

you are kind

you are funny :)

you are brave

you are kind



### ***Upstanders in Grade 2!***

The Grade 2s have all committed to standing up for themselves and each other against bullying and mean behaviour. They signed the Upstander Pledge and received an Upstander badge to wear with their uniform. Our activities this week have been based around what it means to be an Upstander and we are very proud of how the girls have embraced the cause.





## *Intermediate Phase*

*Congratulations to our Class House Captains for Term 3!*

### **Grade 4:**

Carter: Sofia Khan, Haniyya Bhorey  
Jagger: Justine Louw de Wet, Rafaella Milne  
Merriman: Gabriela de Vries, Christina Ratcliffe  
Rolt: Maya Hansen, Cwenga Rwexana

### **Grade 5:**

Carter: Taylor Ross, Elizabeth Mason  
Jagger: Naledi Soko, Emily Batchelor  
Merriman: Ibavile Mpetshwa, Sophia Gullan  
Rolt: Zaynah Desai, Mila-Belle Slatter

### **Grade 6:**

Carter: Mila Magugu, Zara O'Connor  
Jagger: Meesha Rahim, Jamie-Lee Horn  
Merriman: Dana Campbell, Megan van der Spuy  
Rolt: Arya Chagan, Jaimie Smit

## **Grade 7:**

Carter: Isabella Saville, Lily Jacobs  
Jagger: Rachel Batchelor, Christina Hund  
Merriman: Gabriella Bosini, Chloe Prain  
Rolt: Lyndsey Philipps, Ava Tresfon



## ***Grade 6 Bullying Protest***

The Grade 6 classes started the Upstander theme by staging a protest as girls came into the school on Monday morning. Chanting “Be a buddy, not a bully,” the girls encouraged the school to be aware of kindness to one another. The protest continued into the assembly to the delight of the girls.

Arya Chagan had this to say:” I loved our enthusiasm and cheering. I think it was inspiring and a great way to spread the news that it is better to be a buddy not a bully.”

To see more pics, click here: [Grade 6 Bullying Protest Pics](#)





## Herschel Support Unit

### ***Anti-Bullying Educational Talk***

Chanene Swart, visited our school on Monday to present a short 'Red Riding Hood' play about anti-bullying to our Foundation Phase. She engaged the girls in an Educational discussion around the play and what they thought about bullying. She also spent time with our Grade 4 - 7 girls discussing the types of bullying, emotional effects, and strategies on how to approach conflictual situations. This compliments our 'Be an Upstander' theme for the month of July.



1 - [RSVP To attend the SEEP talk](https://forms.gle/Kdx1woB2BkTTBu77)

## Library

### **MORE books for reading talking sharing**

In **Bear Says Thanks** (Karma Wilson) Bear misses his friends, and wants to invite them to a feast. There is just one problem: his cupboards are bare! His friends show up one by one with different foods to share. Bear gratefully says THANKS for everything, from Mouse's tiniest huckleberry-pie, to Hare's basket of muffins. The happy event takes a turn though, when *Bear* sadly confesses:

"You have brought yummy treats!

You are so nice to share.

But me, I have nothing.

My cupboards are bare!"

**What does his friends do?**

**What would WE do?**

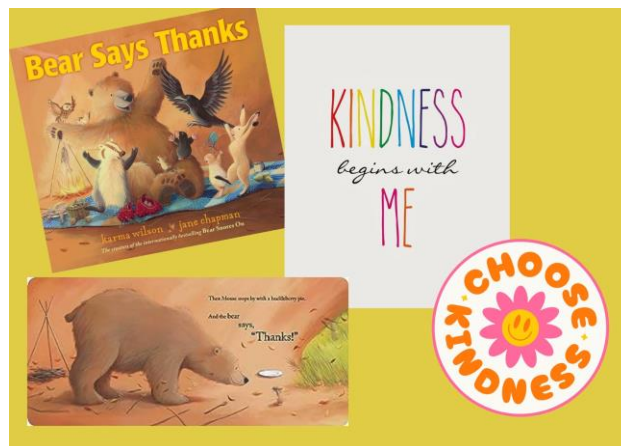
Mrs Moritz and her classes explored the **COURAGE** it takes to BE VULNERABLE. The **RESPONSIBILITY** that is placed on friends, the **POWER WE HAVE** of **CHOOSING to BE CRUEL OR TO BE KIND**.

Bear's friends RISE TO THE OCCASION, reassuring him with hugs and kind words and telling him, "You don't need any food, You have stories to share!"

Bear's story inspired girls to share personal experiences. Brave recounts of slights and hurts that were suffered when they were made to feel 'less than' were shared, as well as cherished moments where they were supported and **CELEBRATED by their friends**.

*A truly inspiring tale that speaks to the hearts of all who have shown vulnerability, and those who have received it with grace, and responded with kindness.*

**READERS ARE UPSTANDERS. THEY LISTEN. THEY DO NOT MAKE OTHERS FEEL SMALL. READERS CHOOSE TO BE KIND.**



## **Community Engagement**

Mandela Day Soup, sock and blanket collection comes to an end today. Thank you Herschel families for making a difference in the lives of those living on the streets of Cape Town. The Community Engagement girls will be packing items this weeks and delivering it the Haven night shelters.

**Chores for a Cause**



Well done to all our girls for their effort in raising funds to purchase stationery for Kewtown Primary. A reminder that today is the last day for collection. If any of our girls have forgotten to make a contribution, our Karri App will remain open until 17:00.

### ***The Zoe Project***

All beanies can be dropped off at the Prep foyer in the plastic canisters provided.



**THE zoe PROJECT**

## CALLING ALL KNITTERS!

**There's a shortage of newborn (0-3 mo) beanies at Mowbray Maternity Hospital. We need a helping hand to keep the precious babies warm.**

### PATTERN

BEANIE PATTERN  
NEWBORN BEANIE PATTERN

WITH 4.5 AND DK WOOL CAST ON 51 STITCHES( 46 FOR SMALLER SIZE). CAST ON LOOSELY FOR STRETCH WORK 6-10 ROWS IN RIB

CHANGE TO 4MM NEEDLE AND KNIT 30 ROWS IN STOCKING STITCH OR PATTERN OF YOUR CHOICE.

SHAPING  
K3 K2 TOG, REPEAT TO END K1

PURL

K2, K2TOG; REPEAT TO END K1

PURL

K1, K2 TOG, REPEAT TO END K1  
THREAD ONTO NEEDLE, PULL UP, KNOT AND SEW.

## ***Sustainability***

### ***Chapman's Peak Hike***

The 8th Peak was completed successfully on a chilly but beautiful day. Thank you to Alan Woodcock for leading us as professionally as he did and to the many families who joined on the morning – several participating for the first time. Our next hike is Suther Peak above Hout Bay on 12 August. More details to follow.



12:18





### ***BAKE SALE – Friday 4 August***

At this time of year, several baby turtles wash up onto the beach. Some of these are rescued and taken to the Two Oceans Aquarium where they are nursed back to health. Once the animal is deemed strong enough it is released back into the ocean. These small creatures are put up for “adoption” to help cover the costs of feeding and vet bills.

The Sustainability leaders wish to adopt a Loggerhead Turtle and need to raise R500 to do so. To this end, they will have a bake sale on Friday 4 August during break. Please support this worthy cause by sending R10 or R20 to school where some home bakes will be on sale.

### ***Cubs Club – Cape Nature***

A delightful new initiative has been started by Cape Nature for children between the ages of 4-13. Click on the link below to get more information.

<https://www.capenature.co.za/cubs-club>

### ***Bottle tops and Bread Tags***

Please bring bottle tops and bread tags to the Library. These are collected and periodically donated to an organization called <https://breadtagsforwheelchairs.co.za/> . The money generated from the recycled plastic is used to purchase wheelchairs – 200kg of bread tags or 450 kg of bottle tops buys one wheelchair for someone in need.

This Mandela Day the Scouts partnered with Bread tags for Wheelchairs to encourage Scouts to recycle and in doing so help others. Mrs Moritz is handing the bread tags and bottle tops brought to the Library by many Herschel girls to assist Amy Rich’s Scout Pack in this national initiative.

Keep bringing these items to the Library. This helps keep potentially harmful plastic out of the environment AND helps purchase wheelchairs.

**Eco Events this term:**

- 5 August Muizenberg Beach Clean-up, link to sign-up: [Beach Clean Up sign up form](#)
- 12 August 13 Peak Hike
- 1 September Arderne Gardens Meander
- 8 September Bike Trail
- 20 September Inter-grade Newspaper Drive

## ***Important Notices***



### HAU WINTER DINNER

WEDNESDAY 16TH AUGUST 2023  
6PM IN THE MARY JAGGER HALL



We would like to extend an invitation to all members of the Herschel family, their partners and friends, to join us at our annual Winter Dinner on Wednesday, 16 August at 18:00 in the Mary Jagger Hall. Tickets are available through Quicket [here](#). We encourage the whole family to join for this wonderful night out.

Your ticket includes a three-course meal, drinks, and a speech by Herschel Alumna, Melanie Rice, titled 'Fact or Fiction: #Behind the Scenes of TV News.' We are delighted that Melanie, the national news anchor of Etv's flagship news bulletin, Etv News at 8, has accepted our invitation to speak.

When you book your dinner tickets, you will see that there is an option to add a donation to your ticket price. All money raised will be going towards the HAU contribution to the Herschel Bursary fund, an

extremely worthwhile cause, and we have set a target for R5 000 to be raised through the hosting of this event.



We look forward to next week where we will end off the month of being an 'Upstander'.

Have a wonderful weekend and stay warm! Go Bokke, go Banyana Banyana, go Bokke!!!

Kind regards

**Reneé Swartz**

**Head of Preparatory**