



Newsletter 23 - 04 Aug 2023

What a bag of mixed emotions I experienced this week as I watched each netball and soccer match of our Netball and Soccer Women's National Teams. I am sure you can agree that the grit, resilience, and determination to win was etched on the faces and in the spirit of each member of these two teams. What was even more encouraging to see were the supporters on the sidelines cheering them on and the comments of support on our media platforms. Once again I caught a glimpse of the united South Africa, we all experienced during the 2010 Soccer World Cup. There is definitely truth to the quote: "When women support each other incredible things happen."

My greatest desire for Herschel Preparatory Girls School is that every young lady experiences a culture of support through winning or losing and that they are assured that we as their tribe (all pupils and Herschel women) will stand on the sidelines and cheer them on.

This month our theme focuses on Women in Colour as we celebrate the authenticity of every young lady and woman of strength in our Herschel family.



Pre-Preparatory

Learning to be an upstander was part of our lessons in the Pre-Prep for the month of July. We ended the theme by wearing our hair in an up style.





Mrs Forbay came to visit this week and we learnt all about our bodies. We also had a visit from Dr Rose, from the Alphen Vet, who came and spoke to the Pre-Nursery girls about pets and how to care for them.



Think Equal

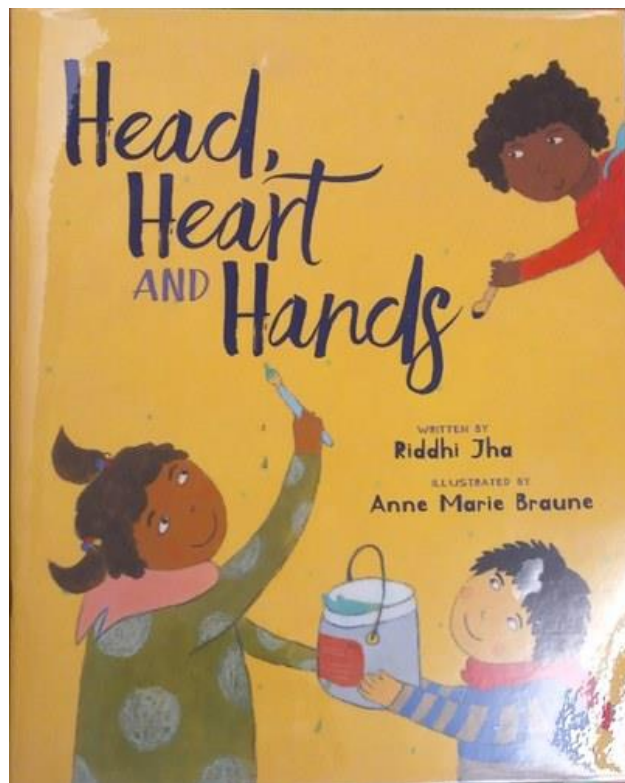
Our book for next week will be **Head, heart and hands by Riddhi Jha**. The story talks about what our heads, heart and hands are used for. For example: my head is for wearing a hat, but its also there for kind and caring thoughts. My heart makes my blood go round and round, but it is also important to use my heart and let my feeling show. My hands can do so much more than just wiggle and wave, I use them to tickle my friends and make them giggle. Using our head, heart and hands together can help us grow up being kind, strong and smart.

Objective of the lesson: to further develop their perspective, teaching skills to understand kindness and to associate the head with thought, the heart with emotions and hands with actions.

The Mood Meter – developed by the Yale Center for emotional intelligence

We have been using the mood meter to connect emotions and emotion words to colours. It helps our girls to name their emotion.

Red is to express **anger**. Blue is to express **sadness**. Yellow is to express **happiness, joy and excitement** and Green is to express **calm**.





Foundation Phase

Congratulations to our Grade 1 - 3 Stars of the Week! We are very proud of you.

Grade 1A: Isla Titus, Scarlett Snaith

Grade 1al: Scarlett Bulpin, Christina Peroglou

Grade 2A: Amelie Graef, Imogen Proudfoot

Grade 2al: Jessica Miller, Isla Moore

Grade 3A: Abbey Naidoo, Katie

Morrissey

Grade 3al: Tlotlisang Motojane, Lucia Fontana



Grade 1

This week, our Grade 1s had a ball with exciting activities. We showcased our support for South African sport by dressing up in vibrant colours. To celebrate Upstander Month, we proudly displayed a diverse

range of hairstyles. Moreover, we spread kindness by making delicious sandwiches for Kewtown Primary, fostering a spirit of compassion and generosity. Go Grade 1s!





The Grade 3s enjoyed forming their cursive letters in shaving cream. Not all writing happens on paper.





Intermediate Phase

Poetry Eisteddfod

Grade 4 – 7 girls participated in a celebration of poetry during the 2023 Poetry Eisteddfod, held on Wednesday and Thursday. We were delighted by the number of girls who participated and impressed by the excellent level of recital. Learning poems off by heart has significant benefits, from improved neural plasticity to increased memory. Well done to all participants and thank you to Ms Liz Webster, who adjudicated.







Herschel Prep Support Unit

Psychological Theory Behind the Bystander Effect

With reference to our *'Stand up Week'* and theme for the month of July, our school counsellor Mrs. Alexander spent time with the Grade 3, 4 & 5 girls in a workshop about the Bystander effect. Videos were shared with the girls during the workshop about the power of influence on an Individual's willingness to help someone in need. This generated active discussion concerning the girls' perceptions, any questions they had, how it made them feel and what they understood as the psychological effects behind the fear of taking action in an unjust situation. We touched on the diffusion of responsibility which indicates that the more onlookers there are, the less personal responsibility individuals will feel to act.

During our **S.E.E.P** meeting on the 2nd August, our Support team together with our Deputy Head and our Head Mrs. Swartz, discussed the responses shared by our girls around the fears that they face to speak up against bullying behaviour at school, and the protocols in place to ensure a safe learning environment for all. Our parents who attended weighed in on their experiences and highlighted valuable concerns on the subject matter. To quote on the comments made by a parent: "Neurodiverse children and all children should be celebrated for their differences in class discussions and lessons that will normalise their individuality and minimize the stigma around their personalities". An anonymous online bullying survey was conducted for Grade 3-7 girls. We will use this information to guide our processes going forward.

Please visit <https://bullybust.org/> as a useful resource about raising awareness and encouraging children to foster the behaviour of an Upstander. There are practical tips and articles about how you can talk to your child about taking action for themselves and others which can be terrifying in most situations, even for adults. Please continue to collaborate with us should the need arise for support or if you have any queries.

The Bystander Effect



A phenomenon in which bystanders do not help a victim when other people are present. The more people are present, the less likely anyone is to offer assistance.



Save the
Date

S.E.E.P

23 AUGUST 2023
07:30 - 09:00

[Click here to RSVP](#)

TECHBEAR
ONLINE

The
Social
Media
Influence





SOCIAL
MEDIA

JOIN MARK RUSSELL, DIGITAL
WELLNESS CONSULTANT FROM
TECHBEAR ONLINE TO
UNDERSTAND THE INFLUENCE OF
SOCIAL MEDIA AND HOW TO
PRACTICALLY RESPOND TO IT.

1 - [Click here to RSVP](#)

Music

Grade 1 Instrumental Groups

Grade 1 Instrumental extra-mural groups kicked off last week. A warm welcome to our Cheeky Chellos, Rumble-Jumble Recorders, Vibey Violins and Young Ukuleles.





Class Music

Our cello specialist, Ms Lynne Donson, introduced the cello to our Grade 3s in class music this week. The lesson was great fun as girls had the opportunity to try out the cello. Should your daughter consider starting cello lessons, please email Ms Petra Conrads on pconrads@herschel.org.za



StringAlong

All our Grade 3 string players joined Ms Annamarié van der Vyver's StringAlong Ensemble. This is a lovely opportunity for our young violin and cello pupils to learn orchestral skills and make music together.





A request from the Music Department

If your daughter is not attending school and has a scheduled music lesson, please ensure that her music teacher is informed of her absence by 07:30 that morning.

Community Engagement

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.

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 Add a little bit of body text. 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.



Taxi Services Withdrawn

We want to make the Herschel Community aware that following on clashes with Cape law enforcement, taxis are withdrawing their services. The South African National Taxi Council has decided to embark on a six day stay-away. This will impact members of our community. Situations such as this can be stressful and tough and we are aware that this could be a difficult time for some of our staff, parents and pupils with regard to travelling to and from school.

I am so looking forward to meeting all of the special women in the lives of our Grade 6 and 7 girls at the Women in Colour event.

Happy Women's Month!

Kind regards

Renee Swartz