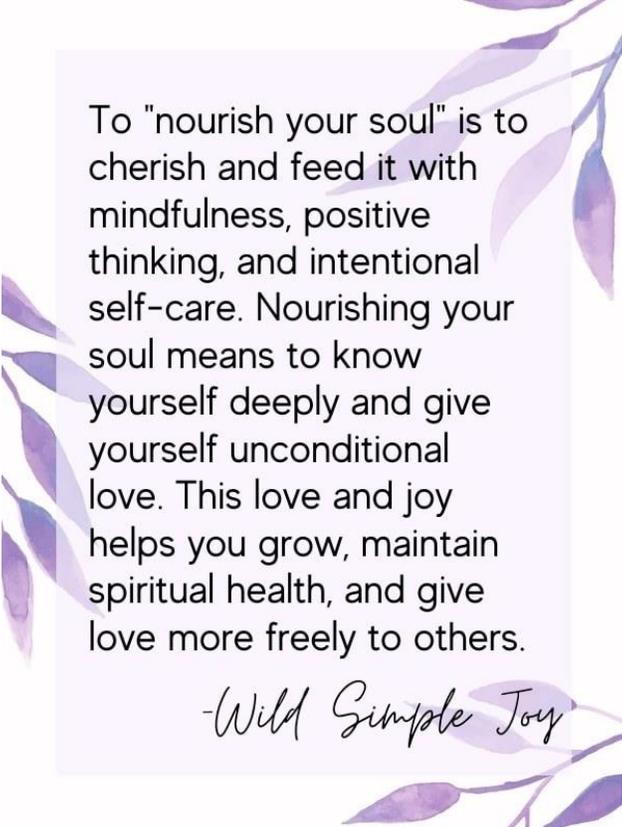




Newsletter 25 - 18 Aug 2023

It is so easy in the job as Principal to attend to the urgent and the deliverables. Sometimes these expectations are not the requirements but rather are driven by self and what I assume the stakeholders want and expect from me. Our egos are part of our self-identification that seeks validation, control and craves attention. On the other hand the soul represents the authentic self and is the place where things like love, compassion and wisdom reside. I recently read a quote "starve the ego and feed the soul". I have challenged myself since moving to Cape Town, specifically Herschel Girls Prep, that I would choose to feed my soul more and my ego less. Choosing to feed one's soul involves inner growth, focusing on self-awareness and developing deeper connections with others. Yesterday I got to feed my soul in the Grade R class as I observed and participated eagerly in the teaching and learning environment. What truly fed my soul was observing the connection of the teacher to each of her girls in the learning journey. She fed their souls by speaking to their natural curiosity, attending to their need to be heard, and designing an authentic and relevant lesson for their growth.

Each day at this special place called Herschel Girls Preparatory School, I challenge you to see the many ways we can feed our souls. It will require us to embrace vulnerability, have deeper connections with each other and focus on what truly matters- raising and educating young girls to become phenomenal women.



To "nourish your soul" is to cherish and feed it with mindfulness, positive thinking, and intentional self-care. Nourishing your soul means to know yourself deeply and give yourself unconditional love. This love and joy helps you grow, maintain spiritual health, and give love more freely to others.

-Wild Simple Joy

Pre-Preparatory

Life cycles is what is being discussed and explored in the Pre-Nursery classes this week. The girls made their own life cycle of the butterfly and planted beans too.







The Nursery girls made lanterns to represent their visit to China and they watched the MiniMo reptile show. They also had lots of fun in their music lesson this week.







The letter 'B' was what the Grade R girls learnt about this week. They made bees and biscuits with mud, built buildings with blocks and boxes, and wrote stories in books.







Think Equal

Next week we will cover the following topics: **Healthy Minds – Forgiving Others, Gratitude for people or things in our lives, Gratitude for other people.**

Lesson Objective: Forgiving others - for the girls to learn to apologise sincerely and offer help to another and say how it feels on the inside to forgive someone.

Lesson objective: Gratitude for people or things in my life - for the girls to be able to name something that they are grateful for and why and to describe how gratitude feels on the inside.

Lesson objective: Gratitude for others - for the girls to name people in their community who assist them and to say 'thank you' when someone does something kind for them.

Foundation Phase



Stars of the Week

Congratulations to our Stars of the Week! Well done girls!

Grade 1A: Fatimah Mia, Clara Whittaker

Grade 1al: Hanna Vawda, Tarisai Mhere

Grade 2A: Ayah Isaacs, Elimyoli Cossie

Grade 2al: Nehara Moodley, Isabella-Rainn Meyer

Grade 3A: Hana Abdulla, Olivia De

Souza

Grade

3al: Hanaa Hendricks, Genevieve Lee

The Grade 3s built 3D shapes in groups. These shapes allowed them to count faces, edges and vertices. And if that wasn't enough fun, they got to eat the connectors at the end!





The Grade 3s created dust covers to their very own books. They made sure the blurb gave just enough insight and intrigue for the reader to pick up their book and explore its contents.



Intermediate Phase

To make a difference, the Grade 5s spent time learning to knit. Moms, grans, sisters, cousins and au pairs came to help teach us how to knit, to help us when we dropped and added on stitches! The aim was to knit squares which could be sewn together to make blankets.

Our plan is to keep knitting squares in our spare time for the rest of the term. Mrs Roebert will send the squares to a group at her church, who will sew them into blankets and give them to people in need. We are excited to see how many squares we will be able to knit before the end of the term!

It was fun once you got the hang of it. (Jehaan Manuel, 5al)

I enjoyed knitting with my friends and helping people who needed help. I enjoyed the overall experience because I am already quite good at knitting, so it was not too frustrating. (Indiana Joannou, 5al)

It was fun to spend some quality time with my grandma. (Lizzy Wessels, 5al)

The knitting was hard at the start but as they say, "Practice makes perfect." (Layla Toll, 5A)

I really enjoyed the knitting. Now I knit before I go to bed. (Zimi Pana, 5A)

I enjoyed knitting with my mom and friends and learning new ways to knit and stitch. I really had fun!
(Ariana Salie, 5A)

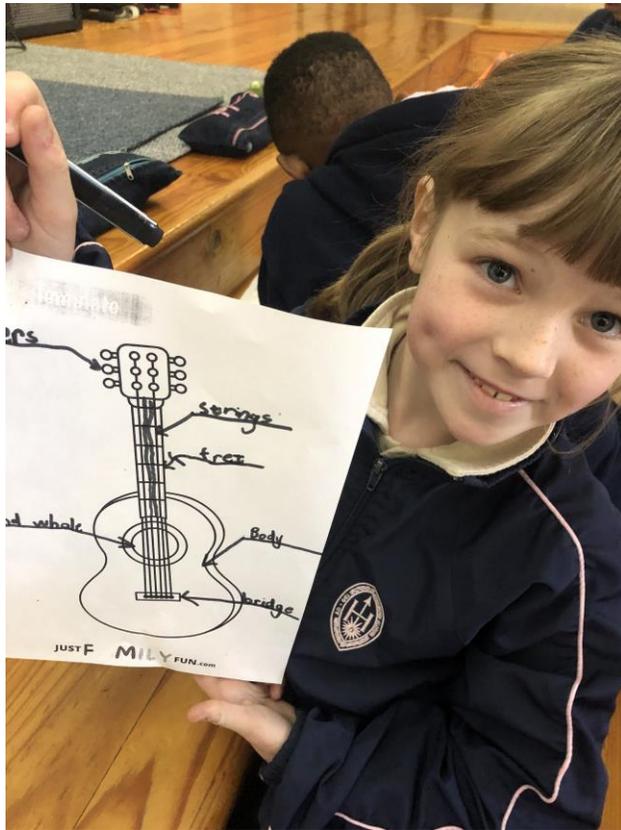




Music

Our Grade 3s had the exciting opportunity to try out the guitar in class music this week. Mr Gary Craig did a fun workshop with the girls and they learnt so much from him. Loads of fun was had. Thank you, Mr Craig!







Herschel Prep Support Unit

 <p>Save the Date</p>	<p>S.E.E.P 23 AUGUST 2023 07:30 - 09:00 IN THE HALL Click here to RSVP</p>
<p>TECHBEAR ONLINE</p> <p>The Social Media Influence</p>	
 <p>SOCIAL MEDIA</p>	<p>JOIN MARK RUSSELL, DIGITAL WELLNESS CONSULTANT FROM TECHBEAR ONLINE TO UNDERSTAND THE INFLUENCE OF SOCIAL MEDIA AND HOW TO PRACTICALLY RESPOND TO IT.</p>

1 - [Click here to RSVP](#)

Study Skills and Techniques

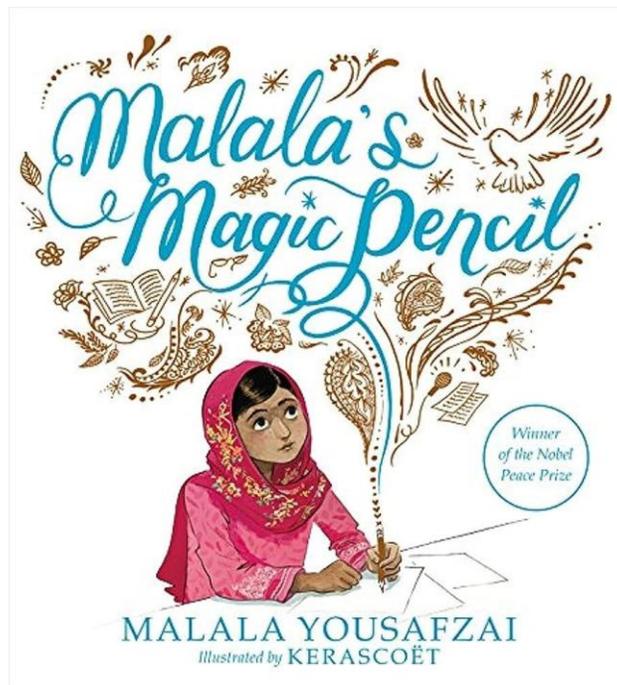
The Grade 4s and 5s have been participating in study skills sessions with Ms Aubin. As life becomes busier and workloads increase, it's important for the girls to become responsible for the planning and organizing of their schedules. Techniques to assist with tackling studying were explored. Here the Gr 5s are creating a mind map for fractions.





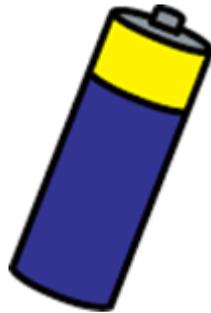
Library

MALALA'S MAGIC PENCIL by Malala Yousafzai, is such an inspiring story that has our young readers spellbound. This gripping tale, being shared with classes over a two-week period has lots of opportunity for sharing and discussion. A brave young girl STANDS UP for her community and speaks for all the girls that cannot make their voices heard.





2 - 'Dreaming of a world where all are equal.'



3 - *Did you know* that the library is a collection point for used batteries?

Community Engagement

Sandwich Collection

Wow! A bumper week. 8 crates of sandwiches and 4 bags of fruit were delivered to Kewtown Primary this week. Thank you Herschel families for your continued act of KINDNESS in supporting Kewtown's children.



Beanies for babies

We have 70 beanies knitted thus far. Only 30 to go. We can do this Herschel!

Chores for a Cause

Thank you to all our girls for doing their chores. We collected R40 095 to purchase stationery for the children at Kewtown Primary for 2024. This is a phenomenal effort from all!

Sustainability



Upcoming Eco Events

- | | |
|---------------|-----------------------------------------------|
| 26 August: | Suther Peak – 13 Peak Challenge |
| 1 September: | Spring Day Arderne Gardens Meander |
| 8 September: | Eco Club Bike Hike (information to follow) |
| 20 September: | Newspaper drive |
| 29 September: | Final sign up for Lion's Head and Signal Hill |

Eco Warriors

Congratulations to Hafsa Fakir (pink badge), Abigail Naidoo (silver badge) and Jessie Naidoo (silver badge) on attaining their Eco Badges this week. Thank you for your support and participation in the Herschel Eco events.



Western Leopard Toad Rescue and Experience

Kirstenhof

The Western Leopard Toads started to move early this year. Families were invited to assist with their migration in Kirstenhof on Friday, Saturday and Sunday nights. Torches were used to find the toads in the drains, on the roads and the verges. The toads were identified as either male (usually smaller and with a greenish colour under the chin) or female (usually larger with a white under-chin). The toads were placed on a special toad grid, photographed before uploading this information to iNaturalist. These toads were then carried safely to the closest pond. At least 35 toads were helped over the three nights. Thank you to the families who participated and for making a difference to these endangered animals.

[Have a look at our pics!](#)

Clovelly Golf Course Experience

Clovelly Golf course is home to many breeding ponds frequented by the Western Leopard Toads. Special permission was obtained for the Herschel families to walk on the golf course whilst being led by a local Clovelly resident and environmentalist, Kim Kruyshaar. The goal of the evening was to find the toads, measure, photograph and upload the information to iNaturalist. Kim explained how important this citizen science is as the gathered information is used by many, from scientists to city planners. The evening was cold and it got off to a slow start with not a toad in sight, despite being very active the previous evening. None the less, the families were entertained by roosting peacock, hooting owls, the Cape Clicking Stream Frog and night jars. Fortunately, three toads were spotted after approximately 45 minutes of searching. Thank you to everyone who participated in this mini environmental adventure. [Click here to see some interesting pics.](#)

Carnival - Fundraising



Have a wonderful weekend with your family.

Kind regards

Renee Swartz
Head of Preparatory