



No. 13 – 18 August 2023

HERSCHEL SENIOR SCHOOL NEWSLETTER

Dear Parents and Pupils

He took his pain and turned it into something beautiful. Into something that people connect to. And that's what good music does. It speaks to you. It changes you. (Hannah Harrington)

I have just returned from the *Voices of Herschel Concert*. What a beautiful repertoire of music, performed by our pupils across the choral groups of Dinaledi, Fusion, The Herschel Senior School Choir and The Chorale (Chamber Choir) and introduced with an upbeat marimba performance to set the tone! Our thanks to Mr Johan Swanepoel for his passion, nuanced and informative introductions of song choices, and for conducting the choral groups across a range of genre and accompaniment with such sensitivity, talent and flair. Lilitha Siwisa's leadership of Dinaledi was inspiring, as was Peta Duckitt's leadership of Fusion!

At Herschel we are incredibly privileged to have a large and dynamic music department, led by Petra Conrads whose leadership has created so many opportunities for performance and collaboration. Bravo!

A special thank you to all of the matric music students who have contributed so richly to music over the years at Herschel. This was their last Herschel concert, and we are so grateful for their diverse talents and contributions across many ensembles, voice groups and performances. It is my sincere wish that they continue with music in some form or other...it enriches a person in immeasurable ways.

On Tuesday, we enjoyed a powerful Women's Day assembly coordinated by the Drama Department – Mrs Sarah McArthur and Mr Sheldon Cross. A special feature was a 'performance painting' which was completed during the assembly by Ms Nicola Jordan's senior art pupils. The painting depicts a beautiful woman silhouetted against the South African flag with her face lifted towards the light, and captioned: **WHEN YOU STRIKE A WOMAN, YOU STRIKE A ROCK!**



The pupils performed spoken word pieces, choreographed dance items, monologues, skits, choral verse and songs, all of which provided empowering and at times deeply personal, inspiring and poignant messages about being girls and women in a country as complex and diverse as South Africa. The impact of this performance needs to be felt by boys' school audiences and I would love to see next year's Women's Day assembly performance touring to the neighbouring boys' schools...I believe that this would send a powerful message to young men and provide them with some insight into the spaces that girls find themselves in.

There are plenty of sports results in this week's newsletter. We are proud of the 1st Squash Team players, all of whom performed very well at the Top Schools Tournament hosted by Epworth in KwaZulu-Natal over the weekend. Highlights included wins over arch-rivals, St Mary's Waverley and Eunice, as well as Paarl Gym and the team placed 6th overall. This is a really pleasing improvement in placement in recent years and I want to thank Ms Silvana Scarola (Team Manager) and Mr Warren Lawrence (Coach) for the roles that they play and for accompanying the team to the tournament.

The Hockey teams also participated in their respective age group Top Schools Tournaments with the u14s placing 9th, u16s finishing 6th and the 1st XI placing 12th. It is always great when all three teams are invited as this is in itself a wonderful accolade. While the teams were given some reprieve from practice and gym following the tournaments and weekends away, they will face Springfield today in Herschfield 2.0! Do join us this afternoon for part two of the derby, and of course we have league netball and hockey on Saturday too. A busy sporting weekend awaits!

We wish our Grade 12 pupils well for the preliminary examinations which they will write over the next few weeks. This process prepares them well for finals and provides them with an opportunity to find strategies that work best for them and to identify sections of work that perhaps require more input on their part when they prepare for finals at the end of the year. In terms of advice for preliminaries, I think that it is very important to continue with sport and exercise, music and extra-curricular activities, to schedule regular breaks and to stay connected to and with one's friends, to ask for help when it is needed, to eat healthily, to get good sleep and to arrive well on time for each session so as not to feel any additional stress to the apprehension perhaps already felt.

These are all obvious practices, and for optimal performance, a 'fresh brain' really is one's most powerful 'weapon'! Cramming on the morning of an exam or working until the early hours of the morning

is not conducive to being able to problem-solve or navigate one's way through a more challenging paper. Energy drinks and coffee are also not the fuel one needs for an exam session! Nutrition is often an under-rated aspect of performance, especially when it comes to requiring sustained focus.

Looking forward to seeing you on the side of the pitch at Herschfield 2.0!

Heather

EXCHANGE TOUR

Our Exchange students enjoyed touring the beautiful Garden Route last week and experiencing the amazing beauty of Southern Africa.



Women's Month Assembly

On Tuesday, the Drama Department led a Women's Month Assembly in which the Grade 10-12 Drama students staged a collection of scenes, monologues and poetry as snapshots of women's experience.

We live in a country where being a woman is often a difficult and dangerous thing. Many of the pieces that the pupils performed dealt with hard-hitting, important themes and ideas. But there is also deep love and joy in the experience of being a woman: and we wanted to showcase that too. The assembly looked at the complex cross-section of experience that women face: the struggles and hardships, the lows and the highs, the way that women can tear each other down or build each other up... and ultimately the strength and courage that women must reach for every day.

The Art students added a further visual and thematic layer through their constant presence on stage as they worked to produce a new artwork over the course of the assembly – it's bold colours and strong images declaring the unmistakable and universal message: **WHEN YOU STRIKE A WOMAN, YOU STRIKE A ROCK.**



Theatre Outing: The Beauty Queen of Leenane

The Grade 10s and 11s gathered at the Baxter Theatre on Wednesday evening to watch Martin McDonagh's iconic black comedy: 'The Beauty Queen of Leenane.' This play, their current Realism setwork, explores the dangerous, toxic and ultimately tragic dynamic between a mother and daughter in the isolated county of Leenane, Ireland.

It was a wonderful opportunity for the students and staff to connect but also to deepen their experience and learning.



Design/Drama Collab

"But I don't want to go among mad people," Alice remarked.

"Oh, you can't help that," said the Cat: "We're all mad here. I'm mad. You're mad."

"How do you know I'm mad?" Said Alice.

"You must be," said the Cat, "or you wouldn't have come here."

"Have I gone mad?" Asked Alice.

"I'm afraid so," said the Cat. "But let me tell you something, the best people usually are."

- Lewis Carroll, Alice in Wonderland.

On Tuesday evening, the Design and Drama departments staged their collaboration 'The Things We Left Behind' at the Herschel Theatre. The performance was centred around the 20th Century 'isms'.

The Grade 11 Design students explored three of the most visually exciting 'isms', creating theatre costumes and headpieces inspired by Surrealism, Dada and Symbolism. Their ideas were taken up by the Grade 11 Drama students who found and adapted pieces that spoke to the ideas in the costumes. The production was an immersive theatrical experience with the audience seated on stage while the performers worked in front of, around and behind them as the actors performed an evening of exciting drama, visual theatre, poetry and movement.



EISTEDDFOD 2023



ACADEMIC EXCELLENCE

The Cape Town Holocaust & Genocide Centre runs an annual art and writing project for high school learners in the Western Cape. It sees creative contributions from across the country tackling important subjects such as collective memory, restorative justice and human rights. This year, the theme was "HOLOCAUST REMEMBRANCE AS A LENS FOR REMEMBRANCE IN SOUTH AFRICA".

Gabriella Querido (Grade 9) entered an essay that examined the phrase "never again" and its relevance to the South African context. She poignantly explored our country's past and the lack of understanding contemporary South Africans have. She was awarded first place in the junior writing category and received her certificate at a special ceremony held on Sunday 13 August.



MUSIC AWARD

Enqi Du (Grade 11) achieved 92% for the Trinity Grade 8 examination and is on the high achievers list for the Western Cape.

Enqi is also on the Western Cape Virtual Eisteddfod high achievers list for being awarded 100% for one of her piano solo entries.

Congratulations Enqi on such outstanding results.



Voices of Herschel Concert



Sports Wrap

Cross Country

Thirteen Herschel cross country runners were selected to represent the Southern Zone at the Cape Metro Schools Cross Country Championship on Saturday 12 August.



Anna van Aarde came 9th overall in the u15 age group and Ella Sales 5th in the u19 age group. These two runners have been selected to represent the Cape Metro Cross Country Team in George at the Western Cape Championships in September 2023. Congratulations to all the cross country runners, we are very proud of you.

Top Schools Tournaments

The Herschel 1st Squash team and u14A, u16A and 1st Hockey teams took part in the Top Schools Tournaments from Wednesday 9 August to Saturday 12 August. Only the 12 top schools in the country were invited to participate in these tournaments and we are very proud to have had four teams representing Herschel.



The Squash team placed 6th overall.



The u14A Hockey team placed 10th overall.



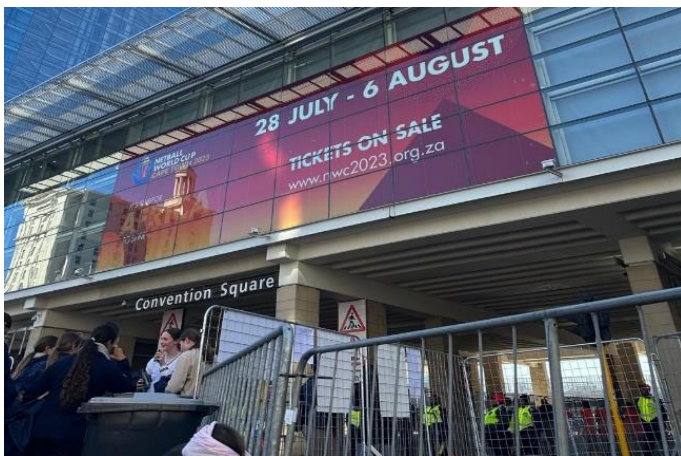
The u16A Hockey team placed 6th overall. Congratulations to Christina Caryer and Sarah Ashbolt for their selection to the u16 Top Schools Invitational Hockey Team.



The 1st Team Hockey placed 12th.

Netball

I was here!! On Thursday 3 August, the Herschel Netball players had the privilege to attend the Netball World Cup held at the Convention Centre.



Between 20 July and 5 August all Herschel Netball teams were fully encapsulated in the 2023 Netball World Cup.

The u16A team participated in the U19 Reddam Constantia Netball World Cup Tournament and placed 4th overall. Congratulations to Ella Dale (exchange student) for her selection to the Tournament Team.

Morgan Christian was awarded the Sportsmans Warehouse Player of the Match in the 1st teams Netball match against Oakham School (UK).



The u15, u16, 1st and 2nd Netball teams all had international playing and cultural experiences with schools from Johannesburg, Namibia, and England.



PGSGU Football

The Herschel Football team took part in the first PGSGU Interschools Football Tournament. It was an afternoon filled with competition, fun and friendship.



Suzannah Whall - Herschel's Basketball Legend

We all know that Suzy has a deep love and passion for basketball and that she has achieved a lot of success over the last few years which includes her selection to the u17 National Team in 2021. On Thursday 27 July, a dream came true for Suzy when she was invited to attend the 19th edition of the Basketball Without Borders camp (BWB) which took place at AISJ in Johannesburg from 28 to 31 July. Suzy, you are an inspiration to all of us. Your hard work and dedication have paid off and we are very proud of you.



Follow the [link](#) to read what Suzy has to say about her experience at the prestigious camp.

Swimming - Youth Commonwealth Games

Cassidy Burgess participated the Youth Commonwealth Games at the beginning of August in Trinidad and Tobago. She embraced this wonderful opportunity and grew on a competitive and personal front. The swimming competition took place over a duration of four days, Cassidy swam in a total of 12 races, five of which she swam a personal best time. Cassidy will be participating in the World Juniors Championships in Israel during September. Congratulations Cassidy on the outstanding results and we wish you all the best for the upcoming Championship.



Cassidy Burgess

HERSCHEFIELD HOCKEY 2023

FRIDAY 18 AUGUST (SFC ASTRO)

Time	Team
15:00	U14A
16:00	2nd Team
17:00	U16A
18:15	1st Team

PGSGU Netball Tournament

U14A Team

08h00 Herschel vs Rustenburg Court 7
08h25 Herschel vs Wynberg Court 6
09h15 Herschel vs Springfield Court 7
09h40 Herschel vs St Cyprians Court 6

U16A Team

08h00 Herschel vs Wynberg Court 2
08h25 Herschel vs St Cyprians Court 2
08h50 Herschel vs Rustenburg Court 2
09h40 Herschel vs Springfield Court 3

U15A Team

11h00 Herschel vs St Cyprians Court 6
11h25 Herschel vs Wynberg Court 6
11h50 Herschel vs Rustenburg Court 7
12h40 Herschel vs Springfield Court 7

1st Team

11h00 Herschel vs St Cyprians Court 3
11h50 Herschel vs Springfield Court 2
12h15 Herschel vs Wynberg Court 2
12h40 Herschel vs Rustenburg Court 3

Saturday 19 August
@Rustenburg Girls

PGSGU INTER-SCHOOLS CROSS COUNTRY



Wednesday 23 August
@Rustenburg Girls

U14 & U15 - 15h50
U16 & U17 - 16h15
U19 - 16h45