



No. 16 – 20 October 2023

# HERSCHEL SENIOR SCHOOL NEWSLETTER

## Prayer for Peace

Almighty and everlasting Creator:  
our days are in your hands;  
we lift up all those in the Holy Land  
who are victims of violence and injustice,  
that you might empower faith leaders to bring healing to the wounded,  
relief to the suffering, and comfort to those who mourn;  
We pray also that you will soften the hearts of all those involved in  
the current conflict, that they will be led to work for justice  
and lasting peace in the land in which three of humanity's most  
influential religions were birthed and nurtured.  
These things we ask in the Holy Name of our Creator. **Amen**

Dear Parents and Guardians

Archbishop Makgoba's Prayer for Peace is much needed, and I hope that it offers comfort and hope in this very difficult time. We prayer together in our faiths for peace.

Last week's Prize-Giving and Valedictory Ceremonies were special. The Class of 2023 enjoyed a week of 'lasts' and those writing Further Studies subjects have

already started their examinations. We wish them well for finals. We know that they have worked hard and that they are well prepared. They must remember that their teachers are here to continue to support them.

Enjoy this week's edition of the newsletter – it is packed with images of life at Herschel.

Heather

*PRIZE-GIVING & VALEDICTORY*  
*- 13 OCTOBER 2023*













## CLASS OF 2023 SPECIAL PERSONS TEA

As part of our Matric celebration week, the annual Matric Special Persons Tea was held on a beautiful sunny afternoon on the Head's Lawn. The Matrics and their special guests were addressed by Mrs Goedeke and the Head Pupil's mom, Mrs Nicky Whall, who reflected on the wonderful years spent at Herschel as this group of Matric pupils' journey here comes to an end.

The Matric students who have been at Herschel since Grade 1 were gifted with their customary pen, and the highlight of the afternoon was the Class of 2023 being presented with their Matric Memory Book.

"You're off to great places! Today is your day! Your mountain is waiting so get on your way!" (Dr Seuss)





## Grade 8 2024 Welcome Evening

This week we welcomed the Grade 8s joining us in 2024 and their parents.

Pupils and parents came dressed in a splash of their house colours and mingled in their new houses with the House Directors and House Leaders, who gave them an introduction to what they can expect next year.



# Sports Wrap

## Softball

Congratulations to Mia van Kesteren for her selection to represent the Western Cape u17 Softball Team at the Schools' Summer Games which will take place in Pretoria, Gauteng from 9 to 13 December 2023. We wish Mia all the best.



## 2023 Sports Awards Evening

On Wednesday, 11 October, we had the honour of celebrating and recognising the incredible talent and achievements of the Herschel Girls in Sport at the 2023 Sports Awards Evening. The theme of the evening was based on the #LikeAGirl campaign.

The campaign was a movement that challenged stereotypes and celebrated the power of doing things *"like a girl."* It aimed to break down the negative connotations associated with the phrase and replace them with pride, confidence, and the realisation that *"like a girl"* meant doing something with excellence, passion, and resilience. The phrase and the strong message that the campaign carries, aligns with the spirit of the Herschel athlete. They demonstrate strength, grace, and sportsmanship, showing us all what it truly means to excel *"like a girl."* Throughout the year, they have shown us that there is no limit to what they can achieve.



It was a privilege and fitting choice that our very own Ms Pamela Bowren was the guest speaker. She inspired everyone with her determination, unwavering commitment, and her passion for body boarding. Her achievement within the sport is a testament to the fact that dreams can be turned into reality through hard work and dedication. She is a shining example of what it means to achieve greatness *"like a girl."*

The evening ended on a very special note with the Head of Sport for 2023, Tyra Penney addressing the audience. Tyra was the heart and soul of the sports community this year. Thank you, Tyra for your contribution to and leadership within Herschel sport.





A heartfelt congratulations, not only to the deserving award winners but to each and every Herschel athlete. Your commitment to excellence has made us all proud. Thank you for being the driving force behind the sports program's achievements.



### **Practices & gym sessions during exam period**

As we approach the exam period, we understand the importance of maintaining a balance between academic commitment and physical well-being. We are pleased to inform you that we will continue with sports practices and gym sessions during this crucial time, and we believe this decision will not only support our students in their preparation for the exams but also set the stage for a successful 2024 sports season.

Why continue sports during exams? Research supports the idea that physical exercise can have a positive impact on academic performance. Exercise has been shown to improve cognitive function, memory, and concentration, all of which are valuable skills when it comes to studying and performing well in exams.

Rest assured; we understand the need for a flexible schedule during the exam period. We will adjust practice times and gym sessions.

The exam activity list and link to sign-up for gym sessions will be shared with the pupils closer to the exam period, giving them enough time to plan their routines effectively.

We believe that continuing with sports practices and gym sessions is the best way to support the pupils during the exam time, and it will help them stay physically and mentally fit during the exam period.

### **PGSGU Interschools Water Polo Tournament**

On Saturday 14 October, St Cyprian's hosted the first ever PGSGU Waterpolo Tournament. Herschel, Wynberg Girls' High School, Rustenburg Girls' High School and St Cyprian's competed in the event, each entering one junior and one senior team. This year the u14A and 1<sup>st</sup> Team competed in the tournament. We are proud to announce that both the Herschel teams won their respective tournaments. Congratulations and all the best for the upcoming tours. The u14 team will be participating in the Roedeau Water Polo Tournament and the 1<sup>st</sup> team in the St Stithians Stayers Tournament from Thursday 26 October to Sunday 29 October.





## SPORTIVO APP



As from Monday 23 October all sports related information will be communicated via the Sportivo app. We will do away with WhatsApp groups completely and this includes team groups. We would like to encourage all pupils and parents to please download the app on your mobile phone to avoid missing out on any information.

Please follow the following steps:

- Step 1: Search for the Sportivo Mobile on the Apple App Store/Google Play Store.
- Step 2: Once you have opened the app, click Register.
- Step 3: Fill in your details, choose a password and click to accept terms & conditions
- Step 4: After registration, you will be taken to Your Team page. To find a team, click on the search icon.
- Step 5: Enter the team code for your specific team (document available on grade groups) and click search. Please register for all your respective school sports and not just your current winter sports.
- Step 6: You will be taken to the team registration page. Select your role (supporter, player etc.) and click continue.
- Step 7: All teams you add will show on your Team tab. You can add and be a supporter to as many teams as you want.
- Step 8: In the App Settings page, you can set which teams you want to receive notifications for.

**Very important:** Pupils are required to complete a player registration. Without this, pupils will not be allocated to their specific teams and will therefore not receive any team related information. Pupils must please complete the form for each of the summer and winter sports they take part in. The document with links to the form for each sport, is available on the grade groups.

## UPCOMING TOURNAMENTS



2nd Team Somerset  
College Stayers Tournament  
Saturday 21 & Sunday 22 October  
Somerset College



Squash Stayers Tournament  
Thursday 19 - Sunday 22 October  
Various Venues



2nd & U16B Team  
AICT Basketball Tournament  
Saturday 21 October  
American International School

## UPCOMING TOURNAMENTS



U14A Team  
Roedeane Waterpolo Tournament  
Thursday 26 - Sunday 29 October  
Roedeane, Gauteng



1st Team  
St Stithians Stayer Tournament  
Wednesday 25 - Sunday 29 October  
St Stithians, Gauteng



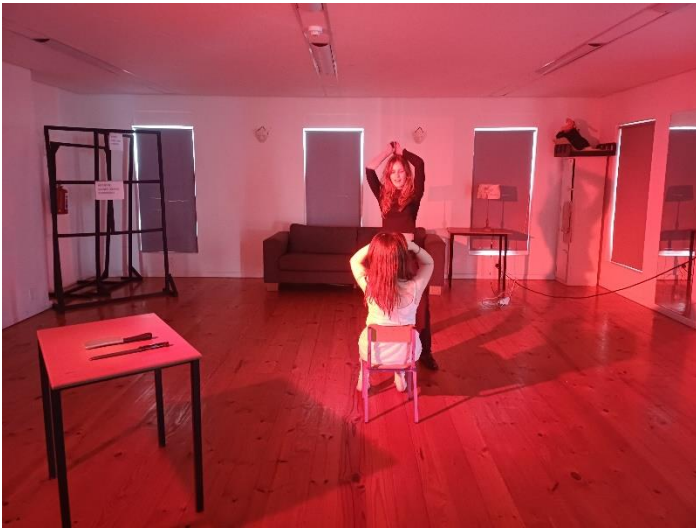
The *Grade 12 Drama students* performed their final NSC Practical examination in the last week of Term 3. Their challenging, intimately staged theme programmes were incredibly well received by the external examiners. That evening, they performed the programmes again in the theatre for a warm and appreciative audience of family, staff, and friends.





## Drama Practical and Performance Week

Between the core offerings in each grade as well as four specialised electives across Grade 8 and 9, the Drama Department was incredibly busy towards the end of term with final performances and practicals. These tasks challenged and engaged the students in a wide variety of theatre forms and practices from acting and directing to design, lighting, and cinematic theatre.





## FUSION SHOW

Our Fusion a capella group treated us to a variety of songs at their final concert this year, all beautifully performed! Staff and parents were invited to come and enjoy an evening of beautiful vocal talent with special solo performances by this year's Matrics!

Click here to listen to two of the superb performances: [Fusion 1](#) and [Fusion 2](#)



## Mental Health Awareness Month

October is Mental Health Awareness Month. The Herschel Support Unit will be focusing on emotional wellbeing and self-care.

Adolescence is a turbulent time of life and we acknowledge the demanding task of parenting teenagers. Standing firm in the midst of adolescent change and turmoil requires parents to develop stamina, endurance and an excellent support system.

We are excited to announce that we have invited Dr Jenny Rose to present a talk to parents. Dr Rose is a Clinical Psychologist, parent-child specialist and mother of three.

We kindly request you to RSVP via the link provided <https://forms.gle/cty1Ax8ERPT09EUW8>

MENTAL HEALTH AWARENESS MONTH

**Parent talk:**  
UNDERSTANDING AND SUPPORTING HIGH SCHOOL TEENAGERS

**Guest Speaker: Dr Jenny Rose**  
Clinical Psychologist and Parent-Child specialist

Wednesday, 25th October 2023  
18:00 - 19:15  
Herschel Senior School Theatre

RSVP:  
At the link in the email



**Green** and **Gold** on campus in support of the Springboks playing England in the semi-finals of the Rugby World Cup and the Protea's playing England in the Cricket World Cup this weekend! 🇿🇦🇿🇦🇿🇦

