



# Holy Rosary High School Newsletter 5th February 2010 Term 1 - No. 4



Dear Parents and Pupils

## Not enough hours in the day?

Mrs Parmenter noticed that some of her Grade 10 students seemed somewhat lethargic (definitely not because of her teaching, she assured me!) so she did a quick 'survey' and discovered, to her horror, that many of them were really struggling to fit all their essential activities, including school, sport, culturals, homework, sleeping and eating, into a 24-hour day. Some girls had literally no time left for relaxation and leisure.

We all require differing amounts of sleep: Winston Churchill, famously, rarely slept for longer than half-an-hour at a time! However, teenage girls who are developing physically and mentally at an alarming rate, need enough sleep in order to cope with busy schedules. One of the basic problems in being a teenage girl at a school where academics, sport, culturals and community service activities are strongly promoted and held in high esteem by staff, students and parents, is that some of our girls tend to end up 'chasing their tails'.

Two things are important here: firstly, organization is 'key'; Time management is vital and parents need to work with their daughters in planning a feasible time-table. Secondly, girls, you need to look carefully and objectively at your commitments. Sometimes we have to make choices, particularly when we are in danger of becoming 'Jill of all trades, mistress of none.'

Academic work is non-negotiable. If you are struggling in a subject, you need to devote more study time to it. If that means that you have to limit your time spent on extra-mural activities (or perhaps on face-book, Mxit or playing computer games? Be honest!) then you may have to make a sensible, mature choice.

We all need to relax. Remember, God rested on the seventh day. Our brains and bodies need 'down-time' when we can 'stop and smell the roses' (even literally). Set aside a 'quiet time' every day for just thinking, listening to music or reading. In this vein, please read Gaby Figueira's (our Head of Religion) choice of lyrics at the end of this newsletter.

Last night we were all so proud of our Grade 8s, whose angelic voices at their Induction Evening, moved some staff and mummies to tears. This is always such a beautiful, moving ceremony, when the 'light of knowledge' is passed on to the youngest members of our high school. We thank all the teachers

involved: particularly Mrs Lourenco their tutor, and Mrs Damhuis. Thanks also to the 'Matric Buddies' for all your support of our young charges.

I wish you all a very well-organised and stress-free week ahead! God bless!

## **J. Lucas**

High School Principal

### **GENERAL**

#### **Prayers**

Please remember the following members of the HRS family who are in need of your supportive prayers:

- ✚ Those of the Holy Rosary Sisters who are not well;
- ✚ Mrs Sharon Meyer (High School teacher) whose sister's baby daughter, Cara, was born prematurely;
- ✚ Those families and teachers in our primary and high schools who have been victims of crime;
- ✚ All members of the community who are fighting life-threatening illnesses.

*Please remember all those in our Holy Rosary family who are in need, or who are suffering in any way.*

#### **CONDOLENCES**

*It is with deep sadness that we announce that Jeanne van der Merwe, mother of last year's High School Head Girl, Deidre, passed away suddenly yesterday. The family are appreciative of your concern but request that they be left in peace for the moment to deal with their grief.*

#### **CULTURAL NEWS**

##### **New in the Library**

Thirteen Reasons Why – Jay Asher

The Complaints – Ian Rankin

Black Diamond – Zakes Mda

The Monster in the box – Ruth Rendell

The Winter Ghosts – Kate Mosse

The Ask and the Answer – Patrick Ness (sequel to *The Knife of Never Letting Go*)

Prophecy of the Sisters – Michelle Zink

#### **R Lamont**

#### **English Olympiad Workshop**

The English Olympiad workshop will take place this Saturday (6<sup>th</sup> February) from 9 – 12 o'clock. Would the Olympiad girls please remember to bring their texts and writing materials? You are expected to have read all of the stories and the notes at the back of the booklet.

## **J Parmenter & R Lamont**

### **SPORT NEWS**

The World Cup Soccer in June has put a lot of pressure on our sporting calendar. As a result, we are very busy with our league tennis matches, swimming galas and rowing regattas. Netball training has already commenced and hockey training is scheduled to start on the 8<sup>th</sup> February at 3:15pm. Girls must please remember the following:

- Extra lessons (2:15 – 3:15) must be their priority, especially for the senior girls.
- 'First term' sports i.e. rowing, swimming and tennis must be completed before a commitment can be made to 'second term' sports like netball and hockey.

Girls will not be penalized if they complete one sport before signing up for the next.

NB: In order to accommodate the swimmers, Andrea has changed the netball practices to a Tuesday from 3:15 - 4:15 and a Wednesday from 3:15 – 4:30.

We are very concerned about the state of our hockey fields. Turf Tech has been unable to maintain the fields as they are too water-logged. This may affect our scheduled hockey training which is supposed to commence on the 8<sup>th</sup> February. We will keep girls informed of any new hockey arrangements.

## **MRS B. DAMHUIS**

Deputy Principal: Sport & Culture

### **Rowing**

#### **VLC Sprints**

The regatta took place on the 23<sup>rd</sup> and 24<sup>th</sup> of January and the results were as follows:

<b>Event</b>	<b>Stroke</b>	<b>Position</b>
U15 A 1x	Jemma O' Brien	3 <sup>rd</sup>
U14 B 2x	Lauren Soll	1 <sup>st</sup>
	Brittany Coker	2 <sup>nd</sup>
Open 2 <sup>nd</sup> 2x	Kimberlee Carstensen	3 <sup>rd</sup>
Open 1 <sup>st</sup> 2x	Kirsty Jones	3 <sup>rd</sup>
U 15 B 4x	Bronwyn Barker	1 <sup>st</sup>
U14 A 1x	Kerryn Mac Dermott	2 <sup>nd</sup>
U 15 A 4x	Andy Carstensen	1 <sup>st</sup>
Open 2 <sup>nd</sup> 4x	Michelle Shawe	2 <sup>nd</sup>
U14 A 4x	Kerryn Mac Dermott	3 <sup>rd</sup>
Open 3 <sup>rd</sup> 1x	Julia Pursall	2 <sup>nd</sup>
	Ashley Walker	3 <sup>rd</sup>
U 16 B 1x	Raquel Flynn	2 <sup>nd</sup>
WA8x	Alex Scheepbouwer	2 <sup>nd</sup>
U 16 B 2x	Raquel Flynn	3 <sup>rd</sup>
Open 2 <sup>nd</sup> 1x	Casey Du Bourg	3 <sup>rd</sup>
Open 1 <sup>st</sup> 4x	Alex Scheepbouwer	3 <sup>rd</sup>

### Jeppe Regatta

The regatta this weekend will take place at Roodeplaat and all age groups will be participating. A reminder that the girls are expected to be there at 7:00 and may only leave once all the trailers are packed. U14, U15 and Firsts will be attending boat unpacking.

### Meeting

Thank you to all the parents that attended the meeting on Monday night. Minutes will be distributed shortly.

### Buffalo

The U16s and Opens will be leaving for the Buffalo tour on Wednesday 10<sup>th</sup> February. We wish them the best of luck. The girls attending the tour have been given permission to leave school at 14h00 and are reminded that they are required to travel in their full school uniform.

### The week ahead

<b>Mon – 8<sup>th</sup></b>	<b>Tues – 9<sup>th</sup></b>	<b>Wed – 10<sup>th</sup></b>	<b>Thurs – 11<sup>th</sup></b>
U14 Gym 6 – 7 @ HRS	2 <sup>nd</sup> Gym 6 – 7 @ HRS	U14 Gym 2:30 – 3:30 @ HRS	U14 3:30 – 5:00 @ VLC
U16 3:30 – 5:00 @ VLC	U14 3:30 – 5:00 @ VLC	U15 5:00-6:30 @ VLC	U15 5:00 – 6:30 @ VLC
U15 5:00 – 6:30 @ VLC	U15 Gym 3:30 – 4:30 @ HRS	U16 and Open leave for Buffalo	Buffalo Regatta

1 <sup>st</sup> 3:30 – 5:30 @ VLC Boat packing for U16 and Open 5-6:30			Heats
<b>Fri – 12<sup>th</sup></b>	<b>Sat – 13<sup>th</sup></b>	<b>Sun – 14<sup>th</sup></b>	
U15 Gym 6 – 7 @ HRS  Selbourne Sprints	U14 10:00-12:00 VLC U15 08:00-10:00 VLC  Buffalo Finals	OPENS and U16's Home from Buffalo  Off	

## **L. CAWDRY**

Head of Rowing

## **Tennis**

On Tuesday the Holy Rosary tennis Team played against St Mary's and the results were as follows:

A Team	43-38	Lost
B Team	54-27	Lost

## **Swimming**

Holy Rosary hosted the First League Gala of the season last Thursday and the results were as follows:

First Place	St. Andrews	330
Second Place	Holy Rosary	282
Third Place	Kingsmead	228

Thank you to the staff who assisted in the running of the gala. Thank you to Mrs Davel who arranged the hospitality and to all the parents who came to support.

## **League Galas**

The swimming team took part in a gala at Brescia yesterday and results will be published next week.

## **Netball Trials**

The Netball trials took place last Friday and we had a great turnout. Thank you to all the girls for attending.

## **Hockey**

Hockey training will start on Monday 8 February from 15:15 – 16:45.

**A reminder that Swimming, Tennis and Rowing practices take precedence over Netball and Hockey until the end of the respective Swimming, Tennis and Rowing seasons.**

The week ahead ending Sunday 14 February

Monday	Swimming training 15:15 – 16:30 Tennis practice 15:15 – 16:45 Hockey Training 15:15-16:30
Tuesday	Swimming training 6:00 – 7:00 Swimming training 15:15 – 16:30 (Compulsory) No tennis match Netball practice 15:15 – 16:15
Wednesday	Swimming training 6:00 – 7:00 Tennis practice 15:15 – 16:45 Netball Practice 15:15 -16:30
Thursday	Gala at Kingsmead starting at 15:45.
Friday	Swimming training 6:00 – 7:00
Saturday	Buffalo Regatta

Sports quote for the week

“Being the best that you can be is possible –only if your desire to be a champion is greater than your fear of failure” – Sammy Lee

**Ms T. Bird & Ms T. Rahme**

Sports Department

## **PARENTS' ASSOCIATION**

### **Reminder: Parents' Association AGM**

All parents are invited to attend the AGM of the Holy Rosary Parents' Association – on Wednesday 10<sup>th</sup> February at 7pm in the Upper Room (above the Reception year classrooms). We will give a brief overview of events and amounts raised for 2009, and unveil plans for 2010. Please join us ... parking will be available on the field, access through the Viner Road Gate. Any queries please contact Shelley [-shellrb@mweb.co.za](mailto:-shellrb@mweb.co.za)

## PINE CONES

We have been advised that the pine cones which are falling off the pine trees at Shanahan Park are enormous this year (the size of soccer balls, as it's 2010!). We have one in the Reception class that weights 4.6kg! We ask you to park carefully to avoid one of these falling on your car. Thank you.

### LITTLE EDEN FETE

Date: Saturday 6<sup>th</sup> March 2010

Place: Edenvale Home, Cnr Harris Ave & Wagenaar Road, Edenglen

Time: 09:00 – 13:00

Donations in cash or kind are urgently needed!

**You can help us achieve our fundraising goal!**

**Contact Kath Horn on (011) 609-7246**

[fete@littleeden.org.za](mailto:fete@littleeden.org.za)

[www.littleeden.org.za](http://www.littleeden.org.za)

### **THE WEEK AHEAD ...**

<b>FEBRUARY</b>	8	Netball training	15:15
		Hockey training	15:15
	9	Grade 8 Retreat @ Shanahan Park	
	10	Lourdes Mass	07:45
		Rowers leave for Buffalo	
		Soiree	19:00
		PA AGM	19:00
	11	Kingsmead Gala	15:45
	12	Red & White Civvies Day	

## **What a wonderful World**

I see trees of green, red roses too  
I see them bloom, for me and you  
And I think to myself, what a wonderful world

I see skies of blue, and clouds of white  
The bright blessed day, the dark sacred night  
And I think to myself, what a wonderful world

The colors of the rainbow, so pretty in the sky  
Are also on the faces, of people going by  
**I see friends shaking hands, sayin' "how do you do?"**  
**They're really sayin' "I love you"**

I hear babies cryin', I watch them grow  
They'll learn much more, than I'll ever know  
And I think to myself, what a wonderful world

Yes I think to myself, what a wonderful world ~ Louis Armstrong

***May we all be more positive about every new day.***

**Gabriela Figueira ~  
Head of Religion**