



Holy Rosary High School Newsletter 19th February 2010 Term 1 - No. 6

Dear Parents and Pupils

LENT : Cleaning Our Hearts

In David's family there is a practice of going to confession on the first Friday of every month. The evening before the family has it's own little celebration of forgiveness. Before they eat supper they sit around the table and pray for the gift of forgiveness; someone reads a verse of scripture and then each family member asks forgiveness for any hurts caused during the month. Parents ask forgiveness of the children and children of the parents and of one another. One family member says: "after that, confession is easy." (from 'Family Forgiveness' by Sean Wales)

Shrove Tuesday or 'Pancake day' was a great day filled with excitement at Holy Rosary School. This day is celebrated because it is symbolic of the ancient carnivals that were held in villages the day before Lent began so that all 'luxury' foods could be consumed. The idea was that all 'temptation' would be removed so that the Lent Fast could be more successful.

Ash Wednesday is the first day of Lent. We all received ashes on our foreheads as a reminder that our bodies will die and return to dust but our souls will go on to eternal life. The black mark on our heads is there to remind us that material wealth and possessions are not very important and we must rather focus on virtues and morals. Lent is a time to get out the 'brooms and Handy-Andy' and clean out our hearts of all the 'dust and cobwebs' like resent, hatred, bad habits etc. that have build up there. Lent is not only a time to give up things and bad habits but to start new things in our lives that we know we don't do. The 'things' we give up, like chocolates, are in turn a lesson in self control.

This Easter Season is a wonderful time of mending and forgiving, learning new virtues and welcoming inner peace. Jesus was in the desert for forty days where he was challenge by the devil three times and when he returned he felt stronger and at peace. Sacrifice makes us appreciate and notice our blessings!

Thank you to all the girls who have brought money or Easter Eggs for Little Eden and to the girls that have brought in toiletries and clothing for Care for the Aged. When we share what we have we not only help others but we help ourselves become better people.

May you have a good fast and may the Holy Spirit bless you with new gifts.

S. Meyer
Head of Religion

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;
- † Kayla Johnson (Grade 8) whose father has not been well;
- † 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.

URGENT! URGENT! URGENT!

Please note that the cycle test due to be written on Tuesday the 23rd February will now be written on Wednesday 24th February due to the Inter-Catholic Gala taking place on the 23rd February. This is to accommodate all swimmers and Grade 8s.

CULTURAL NEWS

S.A. Guild Speech Festival

Congratulations to our Grade 12 team who competed in this competition on Wednesday at Rand Girls' School. They achieved a fantastic 'A' symbol. Thank you to Mrs Gosher who coached them so well and so enthusiastically.

Shandre Jansen Van Vuuren
Gabi di Pretto
Dominique Peters
Amber Hobson

Well done, girls. We are so proud of you!

Major Production: 'Romeo and Juliet'

The excitement begins! We have had our second planning meeting with our directors, Belinda and Megan, Mrs Mac (who will supervise the scenery design and construction), Mrs Carter (our musical director), Mrs Damhuis, Mrs Lucas and me! I have to tell you that even in these early stages, this promises to be the most wonderful production, ever. Make sure you are part of it! Lists will go up next week for girls to 'sign up' for auditions. The auditions will take place from March 2nd – 5th, after school.

Request for scaffolding

Can anyone out there help with scaffolding? Yes, this sounds unusual, but then this is going to be a production with a difference!

If there is anyone with a contact, or anyone who happens to have a load of scaffolding lying around – please contact the school. Thank you

Mrs J. Parmenter

Head of English and Cultural

SPORT NEWS

Buffalo Regatta

The U16s and Opens returned from the Buffalo tour to East London on Sunday the 14th of February. The girls had a fantastic tour and their performance on the water did us all proud. Thanks must go to Mrs Lucas for travelling all the way to support the girls. The cheering and support that was shown by each girl for their teammates was commendable, so thank you girls. It was an extremely hot weekend but the girls gave of their best and thank you for being so well behaved and for racing hard.

A special mention must go to both Ashleigh Walker who received a Gold medal for 3rd Sculls for Selbourne Sprints Regatta and Michelle Shawe who achieved Gold Medals for 2nd Sculls both for the Buffalo and Selbourne Sprints Regattas. Well done to you both.

A very big thank you must go to Miss Bird for accompanying the boats to East London and being a great support on the tour.

Mon – 22nd Feb	Tues – 23rd	Wed – 24th	Thurs – 25th
U14 Gym 6 – 7 @ HRS U16 3:30 – 5:00 @ VLC 1 st 3:30 – 5:30 @ VLC Grade 9 tour	2 nd Gym 6 – 7 @ HRS U14 3:30 – 5:00 @ VLC 1 st 3.30-5.00 @VLC Grade 9 tour	U14 Gym 2:30 – 3:30 @ HRS 2 nd 3:30-5:00 U16 3:30-5:00 @ VLC U15 5:00- 6:30 @VLC 1 st 3:30-5:30 @VLC U16,2 nd ,u16,1 st packing thereafter Grade 9 tour	2 nd Gym 6-7 @ HRS U16 Gym 6-7 @HRS U15 8:30-11:00 @Roodeplaat U14 1:30 – 3:00 @ Roodeplaat 2 nd 3:00-4:30 @Roodeplaat 1 st 3:00-4:30@ Roodeplaat U16 A quad 1:30 -3:00 @ Roodeplaat. *School closes@ 12:00*

Fri – 26th	Sat – 27th	Sun – 28th	
SA Champs	SA Champs	SA Champs Boat unpacking for EVERYONE after the regatta	

Pizza Evening

We are having a team-building Pizza Evening tonight. Thank you to Mrs Damhuis for her time and effort in planning this event.

U16

We apologise for this late change but the U16 A quad will also be training at Roodeplaat on Thursday 25th in the afternoon. The reason for this is that one of the crew members will be on Grade 9 tour and will be unable to train with her quad on Monday, Tuesday and Wednesday.

L. Cawdry

Head of Rowing

Netball

An open team will be taking part in the Saheti's Sevens tournament tomorrow and we wish them the best of luck. Results will be published next week.

2010 D13 Netball Fixtures

14 April	Jeppe vs HRS
21 April	St Teresas vs HRS
28 April	HRS vs Reddam
5 May	HRS vs Leeuwenhof
12 May	St Dunstans vs HRS
19 May	HRS vs Redhill
26 May	Dainfern vs HRS
2 June	Rained out matches

The school listed first is the host school.

Three of the league matches have been scheduled during the exams. Unfortunately, due to the World Cup and our hockey league fixtures, it is not going to be possible to reschedule these three matches.

Other important dates

B Team Tournament - Saturday 15 May at Roedean

U14 trials - Friday 7 May

U15 trials - Friday 30 April

U16 trials - Friday 19 March
U17 trials - Friday 23 April
U18* trials - Friday 12 March

** There is no longer an U19 age group. It has been replaced by the GDE, with U18. Players who turn 19 in 2010 are not allowed to play in the school's league).

All trials take place at St Mary's from 14:00 onwards.

Hockey trials

U16, U17 and Open hockey trials are taking place today as per the letter that was sent out earlier this week. The trials will take place at the St. Benedict's astro from 14:30 – 16:00.

U14 and U15 hockey trials will take place on Saturday 20 February at the St. Benedicts astro from 8:00 – 10:00.

D9/10 Hockey Fixtures

23 March	Trinity House vs HRS
13 April	Kingsmead vs HRS (friendly)
20 April	St Mary's vs HRS (friendly)
4 May	Northcliff vs HRS (Friendly)
11 May	HRS vs Linden (Exams)
18 May	Hyde Park vs HRS (Exams)
25 May	HRS vs Bryanston (Exams)
1 June	HRS vs Helpmekaar
8 June	HRS vs Randpark
27 July	Fourways vs HRS

Three league matches will be played during the exams. Players must plan carefully and prepare for their exams well in advance.

Midmar

Unfortunately this year there was no school Midmar tour but many of our swimmers attended Midmar on their own and did extremely well. We are very proud of our girls who held the Holy Rosary banner high.

The results were as follows:

Name	Time
Tayla Saunders	00:26.12
Kirsty-Lee Bird	00:26:27
Robyn Shepstone	00:26:32
Tyler-Jade Voorhout	00:27:16
Courtney Knowles	00:30:42
Leila Patterson	00:32:02
Cayleigh Brink	00:34:26
Caitlin Cleminson	00:35:32
Jamie Hunt	00:36:04
Sasha Anderson	00:36.51
Jessica Abrahams	00:38:17
Laura Abrahams	00:39:38
Nadine Lombard	00:39:47

Well done girls!

Tennis

The inter-house tennis took place on Wednesday at Shanahan Park and the enthusiasm of the girls was remarkable. The winning house will be announced at assembly next week.

On Tuesday our tennis team played away at Hyde Park High. The results were as follows:

A Team won 13-50

B Team won 11-45

Swimming

League Gala

The B team participated in a league gala at St Stithian's last Thursday and we were very proud of their enthusiastic participation in their first league gala.

The A team participated in a league gala at Kingsmead last Thursday and the results were as follows:

School	Points	Position
St Mary's	294	First

Holy Rosary	216	Second
St Mary's B	198	Third

Well done to all the swimmers we are very proud of you.

The swimming team will be taking part in the Inter-Catholic Gala next Tuesday and we wish them the best of luck. A reminder that all Grade 8s will be attending the Inter-Catholic as supporters. We are counting on you Grade 8s to cheer our swimmers on.

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.

Ms T. Bird & Ms T. Rahme
Sports Department

LITTLE EDEN FETE

Date: Saturday 6th 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
www.littleeden.org.za

THE WEEK AHEAD ...

FEBRUARY	22-25	Gr 9 Tour to Drakesville	
	23	Inter Catholic Gala @ Delville	
	25	Debs final qualifying date	
		Matric Mass and breakfast @ Shanahan Park	08:30
		School Closes 12pm for midterm	12:00
MARCH	2	School re-opens	

A Prayer for Lent

Grant me, O Lord my God, a mind to know you,

A heart to seek you,

Wisdom to find you,

Conduct pleasing to you,

Faithful perseverance in waiting for you,

And a hope of finally embracing you.

--Prayer of St. Thomas Aquinas

May we all be brought closer to God this lent so that we can truly embrace Him.

**Gabriela Figueira ~
Head of Religion**