

# DSG

Newsletter Term 3 # 31 | 26 October 2018



THE DIOCESAN SCHOOL  
FOR GIRLS



## Dear Parents and Friends of DSG

I have been away from my desk for over a week, so please forgive this being rather a brief message from me.

Part of my time away was to attend a conference with fellow Heads of Independent Schools in Southern Africa. At this SAHISA Conference, we had the privilege of being addressed by Dr Simon Henderson, Headmaster of Eton College, which has been in existence since the 1400s but which, along with most top English public schools, adopted the philosophy of a 'Liberal Education' in the latter half of the 19th century. Dr Henderson's topic was, "Is a Liberal Education still relevant today?"

His answer was an affirmation of our philosophy at DSG in its unequivocal, "Yes," and while there is much I would want to share with you regarding his talk, I choose at this stage to share the thread that ran throughout his address: In a world undergoing its fourth Industrial Revolution, the call for a values-based education is reaching a crescendo. (*My words, not his, so some poetic licence.*)

EN AVANT

At all times, DSG is mindful of its foundation, which is articulated so clearly in our Trust Deed and mission statement. We are founded to provide an holistic education to girls based on Anglican teachings. Our chaplain guides girls and staff in their faith and daily lives, and in our teaching, we are mindful of C.S. Lewis's words, "Education without values, as useful as it is, seems rather to make an individual a cleverer devil." We are resolute in our determination to develop young women who are competent and poised for success after school, but we work equally hard to ensure that they leave us motivated to make a meaningful contribution to society modelling values of integrity, compassion, inclusion and appreciation.

Kind regards

*Shelley Frayne*

Headmistress



## Balloon Week Photos

If you would like to see the many photos taken throughout Balloon Week, please click on the link below:  
<https://drive.google.com/open?id=1ednbjAGilk3HBPU7yWDTEUsTmBZbrj>

## Parents Managing Exam Stress



School exams can be a very stressful time for teenagers, particularly at the top of the school.

At DSG, our girls are given support for dealing with revision and exam stress from grade 8 – 12 via our wonderful Wellness Team. DSG Educational Psychologist, Jane Jarvis prepares the girls by making sure they have all done the “Ace Your Exams” workshop over the years, and earlier this year the grade 10 and 11’s completed the “Finishing Line” workshop.

Please remind your daughters to review their booklets, and if they have lost them, they can approach Ms Jarvis for a replacement.

However, exam time can also be a stressful time at home for the rest of the family, so here are a few tips to consider:

For YOUNG PEOPLE	For PARENTS/CARERS
Stay organised with to-do lists and study timetables	Give them time off chores and non-urgent family stuff
Take regular study breaks	Encourage them to keep doing the activities they did before exams
Have a dedicated study space	Help them set up a study space and make sure the rest of the family understands
Have a long term goal	Chat with them about what they want to do after exams finish
Get as much sleep as possible	Remind them to go to bed at a regular time each night
Remember your health – eat well and stay active	Go on study break walks with them and try to cook wholesome meals
Talk to the people around you	Make a time to chat to them and let them vent

## DSG Welcomes Australian Exchange Students

Two girls flew in this weekend from Abbotsleigh School in Sydney, and four from Wilderness School in Adelaide, to fulfil the second phase of the Australian exchange. We would like to extend a warm welcome to Maddy Robinson and Ottie Allen from Abbotsleigh, who are partnered with Leigh Saywood and Duki Sonuga, and from Wilderness: Emily Ashby, Georgie Wilson, Violet Coleman Georgia Last, who are partnered with Daniella Benjamin, Esona Dyanti, Eamma Mulcahy and Kristen du Plessis.

They will all be with us from now until the end of term and will be accompanying the Grade 10's on The Fish River Journey. We hope they will enjoy experiencing and learning about our rich South African heritage.

*Dominic Marx*



## Positive Psychology

This week DSG, St Andrew's College and Prep were fortunate to receive a visit from international wellbeing consultant, Simon Murray. A headteacher in Australia for 27 years, Simon is a founder and Chairman of the Positive Education Schools Association. PESA's vision is for the science of wellbeing and Positive Psychology to be integrated throughout the education system, enabling all students, schools and communities to flourish. All schools' staff were given the opportunity to attend a workshop with Simon, learning more about positive psychology and how it can impact our schools, our learners and our personnel.

## Community Engagament

### First Aid Level 1 Certificates

At the end of September, the following girls successfully attained their Level 1 First Aid certification:

Cate Byers  
Isabel de Beer  
Indiphile Duda  
Nikki du Toit  
Somila Dyakala  
Kay Ferguson  
Tamara Jack  
Tebello Lenkoe

Paiton Levin  
Ayanda Linda  
Khanya Mabandla  
Zoya Manana  
Yolulela Mda  
Thinashé Motale  
Ncebakazi Mtshemla  
Nina Oatway

Keira Ochoro  
Emma Paul  
Isabelle Phillips  
Wama Polo  
Erin Preston  
Olivia Price  
Anda Ratsibe  
Georgina Schaefer

Angela Sheard  
Cate Stretton  
Shaelyn Walker  
Caris Walsh  
Uzubenathi Xundu

## Culture

## Music at Prize-Giving

This year's Prize-Giving ceremony up at the Monument Theatre was run like a well-oiled train courtesy of the inimitable skills of Mr Wesley Deintje. The rendition of Handel's *Hallelujah Chorus* from the *Messiah* showed off a 50-piece Orchestra plus a 100-voice Choir and was a crowd-pleaser of note. The other musical offerings by Carla Coltman (Piano) and the Chamber Choir all served to lighten the proceedings. A veritable smorgasbord of musical delights!



Hallelujah Chorus



Chamber Choir



Carla Coltman

## Music CEMA Awards

Congratulations to all the girls who received recognition for their musical efforts and achievements.

### Commended

Lindsay Ross  
Tlanyi Bomela  
Katisi Kabushenga  
Yoliswa Mdlankomo  
Pelela Mpotulo  
Cally Still  
Umtha Sibam  
Amy Thompson  
Angela Volschenk  
Kayla van Staden

### Highly Commended

Dali Banda  
Ncebakazi Mtshemla  
Zoya Manana  
Asive Ngcebetsha  
Yolisa Ngcola

### Half Colours

Robyn  
Hendricks  
Juliette Ridley  
Nicole Ruwodo  
Sascha van der Merwe

### Colours

Cebokazi Mtshemla



Robyn Hendricks, Nicole Ruwodo, Cebokazi Mtshemla

## Open Music Concerts

The first of two consecutive concerts in preparation for the Trinity College Examinations, took place on 18<sup>th</sup> October in the Music School. It was, as always, a performance filled with a variety of styles, standards and levels of success. The only truly common denominator was NERVES! Some performers dealt with these better than others. Ben Terry (Cello) set us off on a good course by producing a beautifully controlled *Song without Words* by Mendelssohn. All the performances were appreciated, but of particular interest was Yolisa Ngcola (Violin) performing *Après un Rêve* by G Fauré and the rich,



**Yolisa Ngcola**

sonorous sounds of Angela Volschenk's voice as she sang *Little Road to Bethlehem* by Michael Head. Aidan Reynolds (Alto Sax) brought the concert to a happy conclusion by his animated and extrovert performance of *Strimpellata* by Wolf-Ferrari.

Thursday 23<sup>rd</sup> October saw the eighth Senior Open Concert take place in the Music School auditorium this year. There were a total of twenty different performances, many of which were of a very high standard. Most of the performers were using this platform to help them prepare for the Trinity College Music Examinations taking place this week. Highlights included: Nceba Mtshemla playing *Neapolitan Dance* by



**Angela Volschenk**



**Nceba Mtshemla**

Tchaikovsky on the Cello accompanied by Emily Morgan (piano) with style and grace; Cebo Mtshemla performing *Allegro in E Minor* for Violin by Mozart and Leah Micklewright's luscious rendition of *Stormy Weather* by Harold Arlen. A startling bit of refreshment arrived in the form of Jazz pianist, Stuart Christie performing his own composition entitled *Sunrise*.

To the delight of all the Music Staff, the auditorium was full with listeners who all left well-satisfied at the end of the concert. Many thanks to those who attended for their support.

*Mike Skipper*

**Director of Culture**



**Cebo Mtshemla**



ST ANDREW'S COLLEGE



THE DIOCESAN SCHOOL FOR GIRLS

# TOUR TO FRANCE 2019

It is common knowledge that a second language is best learned by being immerse in the culture of the native speakers. Due to the success of previous tours over the past few years, the French Department will once again be offering this opportunity to students in August 2019. Whilst the tour is geared towards FAL students, any girl or boy from Grade 8 to Grade 12 who is doing French as a first or second language would be welcome.

The learners will spend one week in Antibes in the south of France, where they will stay with French families and

have formal classes in the morning. In the afternoons, they will explore the local area and absorb the French culture. After this, they will spend three nights in Paris, where the emphasis will be on the discovering the most romantic city in the world.



It is estimated that the cost of the trip will be R44,900 per person, which includes flights, accommodation and meals. At this stage, we are exploring how much interest there would be in such a tour before confirming whether it will actually take place. The proposed dates are 8 - 19 August 2019.

If you are interested in your child participating in this excursion, please contact Ms Christelle Hutchinson at: [c.hutchinson@dsgschool.com](mailto:c.hutchinson@dsgschool.com) by **31 October 2018**. Once we have an idea of numbers, we will be in a better position to move forward with the necessary arrangements.



## Sport

### Dear Parents

I have been fortunate to have been able to travel to the UK a few times this year to spend time working with Great Britain and England Hockey, returning this past weekend from my most recent trip. It is obviously a very rewarding (and challenging environment) to be in, but makes it quite difficult to then convey succinctly all the learnings and takeaways which have occurred. I hope that through conversations where I share my experiences with DSG staff, fellow coaches and the girls themselves, I am able to relay (if only in part) what I have learned and what can make a difference in our setting.

I would, however, like to briefly mention a few points which have left a big impression on me and are areas which our girls and staff might benefit from. I start with the total commitment, accountability and personal motivation of the players themselves in everything they do, and for lack of a better word/description, their self-organisation. It's the old adage of making things happen for yourself - they own their decisions and the resulting environment which they create is a positive and successful one. A small example is in training sessions: the players are responsible for their own hydration and refuelling requirements, they are hugely disciplined in their personal application in the sessions and at the end of training, they collect balls, equipment and rubbish before a coach asks them to. In their free time, they are watching videos of their own and opposition matches, or engaging with other players and coaches, making use of every opportunity to learn and grow, and their commitment to their physical conditioning is outstanding. In short, they leave nothing to chance and therefore have no excuses.



**Chris Hibbert, Amy Tennant, Harry Gibson at Bisham Abbey UK**

From a coaching perspective, I really enjoy how the focus is constantly on getting the players to analyse their own decisions and the team's decisions, to find new ways and refine existing methods of executing skills and tactics. The coaches put a high importance on a player's ability to think independently and make the correct decisions under pressure in a game; but at the same time, the coaches constantly support and engage with players with regards to their decision making process. The players' and team's ability to communicate and self-organise is a direct reflection of their understanding of their roles, skill set and objectives, which makes all the difference in the heat of battle.

These are just a couple of points which have resonated with me and hopefully we can incorporate some of these thoughts, and others, into our coaching across all sports at DSG. However, while we will continue to strive to create the platform, the information and the opportunities for our girls to reach their full potential, the personal motivation and self-drive to achieve and make the most of this environment, must ultimately come from the individual.

The reports from the week past are below, and can I bring your attention again to the information at the end of the newsletter regarding the various sports camps which we are running in January.

At the Port Elizabeth Horse Riding Show held at the PE Riding Club over the weekend, Beth Rennie placed 3rd in the 90cm Two Phase, Kei Repapis was 2nd in the 90cm PR Welcome



**Ellie Counsell riding Dane**

Stakes, Ellie Counsell was 2nd in the Mini Derby, Emily Patterson finished 1st in both the 90cm Welcome Stakes and in the 90cm Two Phase, while Tarryn Whitfield also picked up two 1st places in the 1m accumulator and the 1m Welcome Stakes, as well as a 2nd place in the 1m Two Phase. Congratulations to all our equestrians.

DSG played in a mixed doubles tennis match with St Andrews College against Kingswood on Monday afternoon. A number of senior players were unfortunately unavailable, so some Grade 9s and 8s were called up to play in the 2nd team, and they all played above themselves. The combined team of DSG and SAC beat Kingswood 8-0 in the 1st team match and 4-2 in the 2nd team match.

The DSG 1st water polo team travelled to Johannesburg over this past weekend to play in the Saints Stayers Water Polo Tournament. We were drawn in a tough pool, so the DSG team had to work hard to compete, which we did admirably, but unfortunately were on the wrong side of some narrow results. We faced Fourways and then Chisipite in the cross pool matches and won both of these, before losing to St Annes' in the final placing game. DSG claimed 14<sup>th</sup> position at the tournament.

The DSG U14A and U14B water polo teams travelled to East London over the weekend to play in the Peter Cuff Tournament hosted by Hudson Park. Our U14B team had lots of fun in the pool and learnt a great deal from the experience, while our U14A team had an amazing tournament, as they won all their matches, including the final 14-0. The A team results read: played 5, won 5, 46 goals for and 4 goals against. We are extremely proud of both our U14 teams and congratulate the U14A's who returned with the trophy, and a successful defence of the title we won last year.

### EP Water Polo Selection

We congratulate the following DSG girls on their selection to the various Eastern Province water polo teams for the upcoming tournament in December.

EP U19A – Shaylen Ackermann

EP U16B – Leigh Saywood

EP U15A – Franki Behr, Jess Coxwell, Courtney Repinz and Rachel Stevenson

EP U15B – Olivia Davidson and Amy Fowlds

EP U14A – Josie Apps, Derrin Bush and Cate Stretton

EP U14B – Erin Powers and Lucy Pringle

As we look to the week ahead, our U15 and U14 water polo teams are in Port Elizabeth on Wednesday this week playing matches against Collegiate. The senior teams played their matches against Collegiate last week, and we will give a full report on the matches in next week's newsletter.

We have U15 tennis players in Port Alfred on Wednesday. This weekend the Albany Tennis Championships take place, where our top Grade 8 and 9 tennis players will be in action. The Grade 10s and 11s have to wait until February for the U18 Albany Tennis Championships to be held. This age group was postponed due to the end of year exams.

There is also plenty of water polo on the go this week, as besides the matches against Collegiate, there is also internal league on Wednesday and then we are hosting both Alex Road and Pearson in our Aquatic Centre for matches on Saturday. Our 1st basketball team will be in action on Saturday at Kingswood, who are hosting the East Cape Basketball Festival. Finally, we have plenty of girls signed up to take part in the annual PJ Fun Run, which takes place on Thursday and is a 5km run (use the word fun loosely), which is pretty much downhill for 2.5kms followed by a torturous 2.5km climb back to the start/finish line.

Warm regards

*Chris Hibbert*

**Director of Sport**



**1st water polo team**



**U14A water polo team**

# Camps in January 2019

The normal sports camps will again be taking place at the start of the new year.

## East Cape Residential Hockey Camp – 11-13 January (16h00 Friday – 16h00 Sunday)

Open to all hockey players from Grades 6-12 in 2019 (U12-U18)

Accommodation is in DSG hostels, meals in the dining hall etc.

This is an open Camp to all hockey players from around South Africa. It is an extension camp aimed at introducing new skills and refining existing ones.

Please contact [c.hibbert@dsgschool.com](mailto:c.hibbert@dsgschool.com) for further information



## DSG Summer Sports Camp – 13-16 January (16h00 Sunday – 12h00 Wednesday)

Open to all DSG girls in Grades 9-12 in 2019.

The following sports are on offer – Basketball, Netball, Squash, Swimming, Tennis, Water polo.



This is a camp for DSG girls only in Grades 9-12, boarders will stay in their own rooms, arrangements will be made for day girls who wish to board for the camp.

Please note that if numbers for a specific sport at the Camp are too low we reserve the right to not offer that particular sport.



Please contact [s.marques@dsgschool.com](mailto:s.marques@dsgschool.com) for further information

