

NEWSLETTER

WEEK AHEAD

26 OCTOBER

09:00 - 10:00 Dance Rehearsal
(Ms Openshaw to confirm)

29 - 30 OCTOBER

Trinity Music Exams
Grade 4 and 5s IBT's

30 OCTOBER

14:00 Clubs

30 OCT - 1 NOV

Gr 4 - 7 My Social Life Workshops

HABIT OF MIND

FINDING HUMOUR

DEAR PARENTS AND FRIENDS OF THE SCHOOL

Eight members of our junior school staff were fortunate enough to attend the 2019 Positive Education Conference, hosted by St Andrew's College, last week. Various global studies have found that the percentage of teens and young adults with depression, anxiety and other mental health issues has increased sharply in the last decade. Based on this awareness, mental health and wellbeing were placed at the heart of the Positive Education Conference with keynote speakers highlighting that to flourish in life, one must be filled up on a spiritual, mental, social, physical and emotional level. It is a common understanding that negative emotion restricts attention, creativity and the openness to learn and therefore emotions must matter a great deal at both home and school in order for us to feel deep rooted in spaces, nourished and adequately equipped to cope and repair through challenging situations.

Dr Colleen Vassilious, Kingswood College Head, reminded the audience that what we say, we hear and then we believe. This calls for a fostering of positive narrative around each and everyone's character strengths while finding more opportunities for our girls to delve deeper into emotional spaces.

Prof Mathew White, from Adelaide University (Australia), emphasised the importance of normalising conversations about emotions because these words create worlds. Worlds in which our girls can feel good and function well. Worlds in which they understand their strengths and are willing to take risks.

On the back of this conference, our staff are inspired and further committed to delivering a meaningful and relevant curriculum which allows our girls ample opportunity to develop character.



Mr Jannie de Villiers, the new head of DSG for 2020, visited our campus before half term. Our Headgirl, Julia Basson, had the opportunity to get to know him better. The conversation was recorded to share with the school community.- <https://www.youtube.com/watch?v=2pjPFbswXQw&t=2s>



In closing, we congratulate Kimberly Kabiri, Anna Pinto, Kayleigh Clayton and Jodi Hobson for being selected for the EP U13A water polo team and Zoë Repinz, Anna Lake and Jenna Foster the EP U13B team. We also commend Jessica Smailes for being selected to represent the EP U15B biathlon team.

Best wishes
BARBARA HIBBERT
JUNIOR SCHOOL HEAD

SPORT

DSG Junior School | 22 OCTOBER 2019

SPORT DATES

26 OCTOBER

10:30 U13B Water polo vs Woodridge (DSG)

11:30 U13A Water polo vs Woodridge

08:00 EP Athletics Meeting (PE)

26 & 27 OCTOBER

08:00 GAP Tennis Trials

27 OCTOBER

U13A & B EP Water Polo Training (PE Pearson School)

28 OCTOBER

13:45 U11A (KC) & B (DSG) Tennis vs Kingswood

DEAR PARENTS

I am sure that you all enjoyed spending quality time with your daughters over the half term break. Back to school and we are well into the summer sport programme. We have introduced soccer which has proved to be a popular choice of sport amongst our girls.

Our tennis championships started last week and will be continuing for the next two weeks. The u/13 tennis girls played a friendly mixed doubles game with St Andrews Prep last week Friday which was a great deal of fun and some good tennis was played. We wish all our girls who will be taking part in the GAP tennis trials this coming Saturday and Sunday the best of luck.

Our U13A water polo girls played phenomenally well against the U14A Alex and Pearson Junior teams on Saturday in the DSG Aquatic Centre; winning 15-7 and 15-3 respectively.

Furthermore, we are also extremely proud of the following who have been selected to be part of the Nelson Mandela Bay Water Polo teams to participate in the National Schools Water Polo Tournament in Johannesburg over the school holidays. U13 A Kayleigh Clayton, Jodi Hobson, Kimberly Kabiri and Anna Pinto. U13 B Jenna Foster, Sarah Lake and Zoë Repinz.

Jessica Smailes competed in the Interprovincial Biathlon competition in Port Elizabeth this past weekend in the U15 division. She achieved personal best times for both her swim and her run, winning her swimming heat, and she placed 6th overall. We congratulate Jessica for also being selected for the EP U15B Biathlon team.

Lily Bowker, Abigail Burton, Mea Coetzer and Rebecca Jones all took part in the Settlers Horseriding Show over the past weekend which was hosted by Grahamstown Riding Club. We received the following results to share: Mea Coetzer: 1st & Newcomer Working Hunter Pony Champion, 1st in 70cm Competition Show Jumping and 1st in 70cm Championship Show Jumping. Rebecca Jones: 1st in the 80cm Jumping competition, 1st in Dressage Prelim 2, 1st in Dressage Prelim 3 and Reserve Champion for Open Working Riding. Lily Bowker: 1st in 80cm 2 Phase Competition, 1st in 80cm A2 Speed, 1st in 80cm Normal competition and 1st in the 80cm Championship.

Elsjè Griesel -Crous, Abigail Holderness, Lucy Holderness, Megan Wienekus and Madison Were participated in the Westview Youth Squash Tournament. Congratulations to Lucy Holderness for winning the U11 section while sister Abigail Holderness did the same in the U13 section and Elsjè Griesel-Crous was runner up. Megan Wienekus was runner up for the U11 section.

MS AYA SOWAZI JUNIOR SPORTS COORDINATOR



INTERHOUSE MATHS

The Interhouse Maths Competition took place this week and the girls' competitive spirit was as strong as usual. The enthusiasm, grit and sheer exuberance the girls displayed rivalled that of their performance at sports events. We were proud of their efforts to solve problems while racing against the clock and the strategies they adopted to help them get the edge. Mental maths, routine calculations and more challenging puzzles all had a place in our tournament, as well as a round of the popular maths game '24'. The winners were Jade, closely followed by Amber and then Ruby. Well done, girls!

JANE RITCHIE



HAPPY BIRTHDAY

11 OCTOBER

SHANNEL RUGEMALIRA

24 OCTOBER

MAUNGO NTSHOLE

25 OCTOBER

KIRSTEN WHITE

26 OCTOBER

LISO MDOLOMBA

GR 4 AFRIKAANS FUN



FOLLOW US
@dsg.junior

GR 7 SCIENCE PRACTICAL



GR 5 MUSEUM OUTING



Gr 5 exploring the fresh water aquatic invertebrates at the Albany Museum

Gr 7 scientists observing of heat transfer convection, conduction and radiation

GR 5 PRODUCTION DANCE REHEARSAL





Junior School

22 OCTOBER 2019

THE GRANGE

THE GRANGE DUTIES

TUESDAY 16 JULY

Ms Nosi Lukhele 079 297 3095

THURSDAY 18 JULY

Ms Shana Ellappa 083 938 0941

WEEKEND

Ms Shana Ellappa 083 938 0941

WEDNESDAY 17 JULY

Ms Thabile Themba 074 475 9691

FRIDAY 19 JULY

Ms Shana Ellappa 083 938 0941

MONDAY 22 JULY

Ms Carol Claasen 074 568 7346



The girls in the Grange returned from half term with enthusiasm and excitement, although they all announced that half term was too short!

The weekend brought the anticipated 'bakeathon' where each Grade was to bake a batch of brownies or cupcakes from 2pm on Saturday until 8pm on Saturday. The girls had to measure out their ingredients, follow the recipe and wash up after their baking. The warm weather meant that they could swim in between and there was a trail of bakers and swimmers through my kitchen all afternoon and into the evening.

The sale on Monday was a thorough success with an amount of R950.00 being raised towards new curtaining in the MaKaiser old age facility. The girls and I are proud of their efforts. In anticipation of the upcoming assessments in Grades 6 and 7, our evening prep sessions will be a little longer and will happen in the art room in order to have a quiet and controlled atmosphere in which to study.

The arrival of a new trampoline for the girls has been much anticipated and we are grateful to Mr Emslie for assembling it for us.

ANGIE GOODEN

