

## FROM THE HEAD

**Habit of Mind:** Listening with understanding and empathy

**Value of the Week:** Good to be me

Dear Parents and Girls,

Empathy is defined as 'the ability to understand and share the feelings of others'. Essentially this means taking the time to place yourself in another person's shoes to try and feel things from their perspective.

'Listening with understanding and empathy' will be the next Habit of Mind we focus on. This a much needed skill for our girls to acquire to assist them when they encounter and have to navigate friendship circle shifts, peer pressure and cultural diversity.

To illustrate this further, this is an extract from a book by Stephen Covey:

*"I was on a subway train one Sunday morning in New York. People were sitting quietly – some reading newspapers, some lost in thought, some resting with their eyes closed. It was a calm, peaceful scene. Then suddenly, a man and his children entered the carriage. The children were loud and boisterous – the whole climate instantly changed. The man sat down next to me and closed his eyes, apparently oblivious to the situation. The children were yelling back and forth, throwing things, even grabbing people's papers. It was very disturbing. And yet, the man sitting next to me did nothing.*

*It was difficult not to feel irritated. I could not believe that he could be so insensitive to let his children run wild like that and do nothing about it, taking no responsibility at all. It was easy to see that everyone else on the train felt irritated, too. So finally, I turned to him and said, 'Sir, your children are really disturbing a lot of people. I wonder if you couldn't control them a little more'.*

*The man lifted his gaze as if to come to a consciousness of the situation for the first time and said softly, 'Oh, you're right. I guess I should do something about it. We've just come from the hospital where their brother is very unwell – the doctors don't think he'll make it. I don't know what to think, and I guess they don't know how to handle it either.'*

*Can you imagine what I felt at that moment? My paradigm shifted. Suddenly I saw things differently, I felt differently, I behaved differently. My irritation vanished. I didn't have to worry about controlling my attitude or my behaviour, my heart was fill with the man's pain. Feelings of sympathy and compassion flowed freely. 'Your son is unwell? Oh, I'm so sorry. Can you tell me about it? What can I do to help?' Everything changed in an instant.*

A poignant encounter which will hopefully inspire us to think beyond what is immediately apparent and listen with greater understanding.

Warm regards,

Ms Barbara Hibbert  
HEAD OF JUNIOR SCHOOL



Special moral support during Exams

Listening with understanding and empathy



## FOR YOUR DIARY...

FRIDAY 10 NOVEMBER

14:00  
Music Concert  
DRW

SUNDAY 12 NOVEMBER

10:30  
Remembrance Day

WEDNESDAY 29 NOVEMBER

11:30  
DSG & Prep Public Speaking  
Prep Memory Hall

MONDAY 4 DECEMBER

18:00  
Grade 7 Leavers' Dinner

TUESDAY 5 DECEMBER

10:30  
DSG Junior Prizegiving  
18:00  
Carol Service



Conquesta Platinum Certificates



Merit Certificate



Merit Badges

## CHRISTMAS HAMPERS

It is that time of year when we start collecting food items for our wonderful DSG Junior School support and maintenance staff who work tirelessly behind the scenes to ensure that our school is clean and organised. These items are made up into Christmas hampers. We have allocated different food items to the various grades.

These should be handed in to the class teacher by Monday 13 November.

Grade 4: Tinned food  
Grade 5: Samp, Rice, flour, spices/herbs, mielie meal  
Grade 6: Coffee, sugar, tea  
Grade 7: Sweets, biscuits and stock cubes

We are grateful for your generosity and our support staff thank you!

# Junior School Newsletter

## FROM THE SPORTSDESK

### TENNIS AND SQUASH

The finals of the tennis championships will take place on Monday next week and the squash finals on Tuesday.

The Albany team for 2018 is still being finalised.

The U11s thoroughly enjoyed playing social mixed doubles with the Prep U11 boys on Friday at the Bedford courts.

The U11A and B teams played Kingswood in home and away matches on Monday. Scores were not recorded as these were friendly mixed doubles – the girls partnered with a girl from Kingswood instead of playing against the Kingswood girls.

Our U13 girls play Kingswood on Thursday and we have a mixed age group playing Fort Beaufort on Friday at DSG.

### WATER POLO

The names of girls selected for EP water polo teams have been announced.

Congratulations to the following girls:

- U13A: Derrin Bush, Cate Stretton and Catherine Williamson
- U13B: Ruby Graven-Dugmore, Erin Powers and Lucy Pringle.

Thank you to Robbie Stuart who coached our girls through some tough games at the Kingswood U13 water polo festival over the weekend. Of the nine games played we won six, drew one (Hudson Park) and narrowly lost (by one goal in each game) to Collegiate and Clarendon. We had convincing wins over Kingswood, Plett, Collegiate B, St George's, Manta Rays and Stirling. We commend all of them on their achievements.

It wasn't just about winning and losing, though: the girls learnt much about positional play, tactics and rules and how to react in pressure situations and they showed great sportsmanship and spirit throughout the tournament. The top goal scorer was Catherine Williamson but goals were also scored by Lucy Pringle, Arabella Winshaw, Cate Stretton, Cody Laubscher, Erin Powers, Wendy-Mae Turner and Bianca Coventry.

### SWIMMING

This week sees our girls swim in their first gala, the Dolphin Shield, which is being hosted at Prep at the DSG pool on Tuesday.

Any girls who would like to take part in the B Group gala on 18 November starting at 08h30 in PE, must please let Ms Price know by Wednesday 8 November at the latest.

Cally Still swam in the Border aquatic age group gala in East London this past week-end which takes the form of swimming in an Open age group. Cally swam a very good 50m freestyle, significantly improving her own personal time. Well done Cally

Mrs Patti Tooley  
Junior Sports Director



Supporting the DSG 1st Water polo team at the Kingswood Festival



EP U13 Water polo representatives



U13 Water polo team at the Kingswood Festival



U11 Tennis social vs Prep

## SPORT DATES FOR THE DIARY...

7 NOVEMBER

14:00 Dolphin Shield Gala @ DSG

9 NOVEMBER

13:45 Tennis vs KC U11A & B (Home & Away)

10 NOVEMBER

13:45 Tennis vs Fort Beaufort mixed age group team @ Home

13 NOVEMBER

13:45 Tennis Champ finals both U10/11 and U12/13

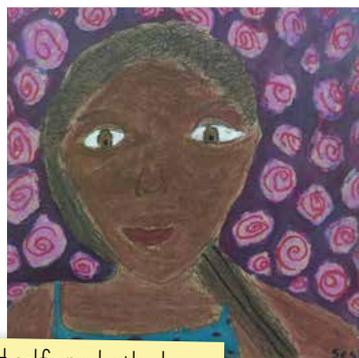
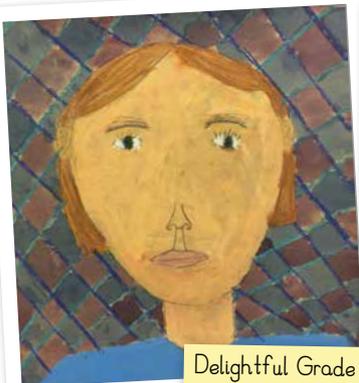
14 NOVEMBER

13:45 Squash Champ finals both junior & senior age groups

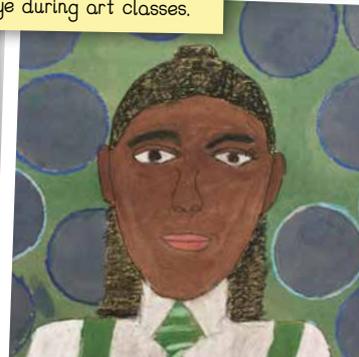
## GRADE 4 IT ANIMATION LESSON



## GRADE 4 ART



Delightful Grade 4 self-portraits done in oil pastel and dye during art classes.



## MUSIC

Many of our girls have participated in the current Trinity Board music exams, with some still due to play this week. Well done to all the players, and good luck to those still to perform; the girls have had to practice dealing with performance anxiety – no easy task! Results should be out by early December.

The inimitable Andrew Tracey, a resident here in Grahamstown, visited last week to tell a few of his unique African stories, complete with songs and eccentric African instruments, to the Grade 4s and 5s. They were mesmerized by his magical tales, usually with a twist at the end, and it was a reminder about the timeless treasure that storytelling is in childhood. His father, Hugh Tracey, was the famous collector and recorder of African stories compiled by ILAM here at Rhodes university.

Our final junior concert of the year takes place this Friday 10th at 2pm in the auditorium at the DR Wynne music school. It will feature the debut performance of our newly established Junior Wind Ensemble, who are very excited to play for us! The Junior String Ensemble will also perform, as well as a number of individual soloists. All are welcome to attend and support this spirited end-of-year event.



## THE GRANGE DUTIES 046 - 603 4337

TUESDAY 7 NOVEMBER  
Ms Danica Kukard 082 304 7178

WEDNESDAY 8 NOVEMBER  
Ms Nosipho Lukhele 079 297 3095

THURSDAY 9 NOVEMBER  
Mrs Alet Pretorius 084 602 1346

FRIDAY 10 NOVEMBER & THE WEEKEND  
Ms Cathy Munro 076 424 5016 & Ms Renè Barnardt 079 854 8799

MONDAY 13 NOVEMBER  
Ms Renè Barnardt 079 854 8799

## HAPPY BIRTHDAY

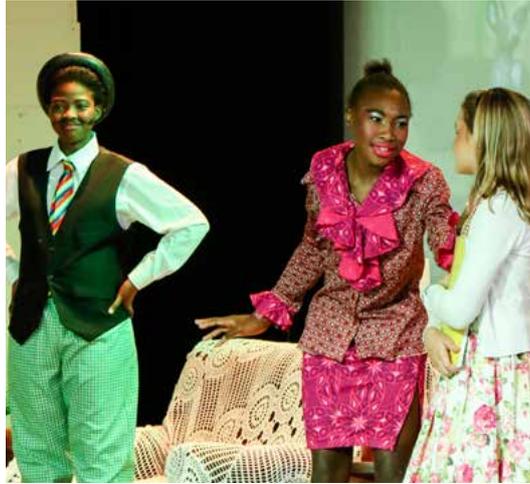
Mihlali Ngeleza

10 November



# Tuesday, 5 December 2017

## Invitation



## DSG Junior Prize-Giving

Time: 10:30

Venue: Lilla Strong Hall

Tea will be served in the Junior School art room shortly after Prize-Giving

## Carol Service

Time: 18:00

Venue: DSG Chapel



THE DIOCESAN SCHOOL  
FOR GIRLS

*Movements Dance School*  
*presents*  
**THE STAR OF BETHLEHEM**



*6pm Saturday 18th November*  
*Guy Butler Theatre*  
*1820 Settlers' National Monument*

*Tickets: 084 419 6450*  
*Adults R50*  
*Children R40*



HIGHLAND DANCE STUDIO  
GRAHAMSTOWN



ST ANDREW'S COLLEGE

Present an evening of

# Pipes and Kilts



Friday 10 November 2017

18h30

Memory Hall St Andrew's Preparatory School

Adults | R30

Scholars | R15

Children under 4 years | FREE

To book tickets, please contact  
Lana 083 440 1033 or email  
johanandlana@gmail.com