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Message from the Headmaster

Ave Verum Corpus: Behold the True Body

There really is an amazing array of talent in so many areas of Springfield life and my first Quarterly Music Concert last week gave full expression to the musical expertise of our girls. Musicians from all the grades displayed to an appreciative audience their skills on the flute, the piano, the recorder. Many, with a confidence which belied their years, lifted up their voices in a variety of spine-tingling songs. There was a freshness, a youthful energy and a sparkling vigour which captivated us all.

The school also used the occasion to unveil a stained glass window crafted by Abraham le Roux in honour of Marianne Martens who served the Springfield music department with commitment and loyalty for 37 years. In her speech of welcome, the Chair of the Board, Judith February, said *'I know there's a bit of Mozart in the window, a bit of **Ave Verum** and a bit of violin and flute in it. It is colourful, yet contained, has sufficient depth and invites us in....'*

In her response, Mariano Martens quoted from Robert Williams which should inspire all our budding musicians: *'You know what music is? It is God's little reminder that there is something else inside us in this universe; an harmonic connection between all living beings everywhere, even the stars.'*

The window is situated in the music annex and will serve as a continual reminder to all Springfield musicians, both staff and pupils, that music gives a school its soul. When we walk passed this window, it will refresh us about the role that passion and beauty plays in our lives. It will be a tangible manifestation that music brings people of all cultures together celebrating our common humanity.

The next concert is scheduled for 7 August. May I urge all parents to diarise this date and support our musicians? The English poet, Thomas Gray, once wrote in his Elegy in a Country Churchyard: *'Full many a flower is born to blush unseen, And waste its sweetness on the desert air.'*

Do not let the talents of our wonderful musicians blush unseen and waste their sweetness. They deserve a wider and appreciative audience. Just like our thespians in their magnificent interpretation of Antigone this week and our girls in their sporting contests every week, our musicians have put in a huge amount of effort behind their scenes to reach a standard enabling them to perform in public. They have earned the right to a wider and appreciative audience because we concur with Robert Williams - there IS music inside all of us.

Keith Richardson

The beautiful window below 'Creating Together' was crafted by Abraham le Roux

It honours **Marianne Martens** loyal, caring and much loved Springfielder, who taught here for 37 years, heading the Music School from 1995 until her retirement in 2017. Her love of God, neighbour and all creation helped and inspired Sisters, staff and pupils alike, all these years.



Weekly Inspiration



10 Reasons to Fast This Lent (adapted from an article by Amy Ekeh)

One Sunday morning during Lent, I was amused to hear a homily advising parishioners to avoid giving anything up for Lent. Instead, the homilist encouraged looking in the mirror every day and telling yourself how fabulous you are! His point was valid: This Lent, see yourself the way God sees you. A friend says that her priest gives out candy during Lent to point out that it isn't about giving up superficial things such as sweets.

The homily and the candy—and the growing trend away from fasting during Lent—encourage us to reprioritize our Lenten experiences, to realize that Lenten sacrifices aren't simply something to check off a list or something to make ourselves miserable. No one wants to be around people who are making themselves unhappy in the name of Jesus. But does an old-fashioned Lenten fast still have value? Are the small sacrifices we traditionally make (giving up sweets, alcohol, snacks, meat, television, or social media) stifling and distracting, or are they life-giving and transformative?

Fasting is an ancient practice of the Church; at its best, it is an authentic exercise in trust and a quiet form of deep devotion. It joins us to Christ and to one another. Fasting—in whatever form it takes—is nothing less than a participation in the transforming cross of Jesus Christ, which is the goal of every worthwhile Lenten journey.

So, in defence of an ancient practice with perennial benefits, here is my list of 10 good reasons to fast this Lent.

1. Jesus did it.

Fasting was a Jewish tradition that Jesus clearly expected would continue. His own 40-day fast endorsed the practice. Before beginning his ministry, he went into the wilderness, where he fasted from food and was tempted by Satan (Mt 4:1–11). Jesus emerged from the wilderness, having been tested, strengthened, and prepared for what lay ahead.

2. Fasting is a traditional sign of sorrow.

Lent is a season of repentance, and fasting helps us express that. Instead of a self-inflicted punishment, it is a willing offering, a purposeful act of humility. Rather than merely acknowledging our sin in thoughts or words, fasting lets us put our whole selves into the experience of repentance.

3. Fasting helps us empty ourselves and focus on God and others.

When we fast, we rid ourselves of things that distract or burden us. Whatever we're giving up, the stripping away of distractions allows us to turn our focus away from ourselves and toward God and others. This helps us to regain our focus on what is most valuable.

4. Fasting gives us that familiar 'yearning' feeling.

Fasting helps us get in touch with our inner voice that says, "I want." As humans, we want good food, good drink, and other good things. But deep down we know these things can bring us only limited happiness. If we reflect on our inner voice, we may hear a deeper voice, a yearning for something greater—something perfect and eternal. Jesus called it the "living water" and the "food that endures" (Jn 4:10; 6:27).

5. Fasting helps us develop self-discipline.

When I was in high school, I decided to give up the snooze button for Lent. That was a tough Lent. But it was also liberating. Every morning, the alarm sounded and—wonder of wonders—I got out of bed. By the end of Lent, getting up at the sound of the alarm was much easier. Knowing I could do this boosted my confidence about what else I could control. Once we master something small, we can conquer bigger, more important things like fasting from gossip or envy.

6. Fasting reminds us that our bodies are part of our prayer.

We may think that what really matters in the spiritual life is our souls, and that our bodies are separate and secondary. But the Jewish understanding—which we have inherited—is that we don't only have bodies; rather, we are our bodies. Our bodies and souls belong together.

Everything we do rightfully involves our bodies, including prayer and worship. Sitting, standing, kneeling, eating, drinking, singing, crossing ourselves, genuflecting, touching holy water—all are part of our worship. Using our bodies in these ways changes us inside. Fasting is like this too. It is a way to get our bodies involved in prayer and worship. Like for King David (2 Sm 12:16) it can be a way of showing God with our body what we are feeling inside—emptiness, desire, loss, and uncertainty.

7. Fasting helps us be more mindful of others.

Fasting is not an inward-turning exercise. A fast, when freely offered, turns us outward—toward God and others. Our own time of “going without” can make us more mindful of those who “go without” on a regular basis, those experiencing the poverty of hunger, oppression, loneliness, or pain. A true fast helps us create a space for serving others.

8. Fasting builds our sense of community as Church.

Fasting during Lent is something we do together. Like wearing ashes on our foreheads on Ash Wednesday, fasting is a beautiful bond we share. Just as the leaders and prophets of Israel used to “proclaim a fast” among the people to unify them in prayer (2 Chr 20:3; Jl 1:14), so our fasting binds us together in one spirit, one mission, with an identity and a communal purpose. It can change us not only as individuals, but also as a Community.

9. Fasting makes Easter more joyful.

Just as the warmth of spring feels so good after a long winter, a celebration feels even more joyful after a time of “holding back.” Jesus told a story about a young man who squandered his inheritance and ended up so hungry he wanted to eat slop from a pig's trough (Lk 15:16). When he finally returned home, his father prepared a great feast. Ample food would have been a regular part of this young man's life had he stayed at home and lived obediently. But it was his time of wandering and loss that led to such joy. The loss we experience—some small deprivation as we approach the cross—can prepare us for the joy of Easter.

10. Fasting helps us imitate Jesus.

Years ago when I was working in a parish, I gathered a group of children to talk about Lent. I asked them why they thought we give something up for Lent, and an earnest little boy responded. He didn't say that we give something up because our parents tell us to, but “because Jesus gave up everything for us.” I wonder whether anyone had ever told that little boy this deeply profound truth. My hunch is that he knew it from looking at a crucifix—the cross that we cling to—an image of someone giving their all, giving it all up.

This is why we fast. We give something up because he gave it all up for us. This is why St. Paul considered every pain, every loss, and every failure to be a great blessing—because it gave him some share in the cross of Jesus:

“to know [Christ] and the power of his resurrection and the sharing of his sufferings by becoming conformed to his death” (Phil 3:10). In fasting, we can have some small share in the cross of Jesus, and experience something of the power of the Resurrection.

So let's remember this Lent that we don't fast to make God happy; we fast as an authentic sign of our love for God. We are not judged on the “success” of our Lenten fast, since it is not merely an external act; it must go deep— it must be a Heart-felt Offering that will stretch us spiritually, open our eyes to the needs of our brothers and sisters, and prepare us for what lies ahead. It must be an offering from the heart, like that of Jesus on the cross.

That way our fast becomes not an obligation, but a gift; not a dead custom, but a fruitful offering; not a cause for self-congratulation, but an occasion of self-giving.

May our Lenten fast become an act of love that strengthens us for what lies ahead...

The Week That Was

Matric Mass

Last Friday 1 March 2019, our Class of 2019 attended a Mass for all matrics attending Catholic Schools in the Western Cape. They included CBC St Johns, Dominican Grimley, Dominican Wittebome, St Joseph's Marist College, Immaculata, Holy Cross High School, Marian High and Springfield. The main celebrant was Fr Peter John Pearson. It was an outdoor mass and indeed a beautiful liturgical celebration rich in tradition, meaning and amazing singing. Fr Peter John left us with a few memorable quotes:

FEAR - Transition from Flee everything and run to Face everything and rise.

Face your realities but be not determined by them.

The giant in front of me is not as big as the God inside of me.

Upgrade your faith to meet your destiny. Don't downgrade your dreams.

The mass was followed by a lovely tea and a time to meet and engage with students from our fellow Catholic Schools

Western Province

Meg Grieveson won the gold medal on Saturday for the Long Run at Western Province lifesaving champs! Congratulations Meg.

Jade Bailey competed in the South Zone Athletics meet on Sunday 3 March. She managed to place 1st in her Long Jump and 4th in the 200m sprint and Triple Jump, respectively. She also qualified to represent WP in Long and Triple Jump at Nationals in Paarl next weekend. Well done!

Interschools Gala

The annual Interschools PGSGU Gala was Held at Springfield on Monday 25 March. Springfield Placed 3rd & 5th in the U14, U16 & U19 category, respectively.

Interschools Indoor Hockey

The 1st team Indoor Hockey Team played 4, won 2 and lost 2 matches in the Annual PGSGU Interschools Hockey at Herschel on Tuesday 26 March and Placing 3rd.

Interschools Tennis

Out Top 11 Tennis players participated in the Annual PGSGU Interschools Tennis that took place at Rustenburg Girls' High School on Saturday 2 March. Our Junior couples placed 3rd and Senior Couples placed 4th.

Oakhill Chukka Festival

U16A Waterpolo Team participated in the Oakhill Chukka Festival in Knysna, 28-3 March. Our girls played exceptionally well winning 6 out of 7 games. Rachel Gallimore was Voted MVP for Springfield and Julienne Barnard was Voted best female Goalkeeper of the Tournament. Played 7, won 6 and lost 1.

Irish dance

Congratulations to the girls who competed for the first time this year. Georgia Walsh (grade 8) Trophy winner Fourth place. Tavia Quarmbly (grade 10) Second place Two third places Their next competition is on 6 April at Springfield Convent , please come out and support.

Triathlon

Jemma van den Bergh, Rose Mitchell and Hannah Courts Represented Springfield at the Discovery Triathlon World Cup Cape Town, which took place on 10 February 2019 and placed 2nd.

Rowing Regatta

Tahlia Rossouw, Cait McCann, Jen van Niekerk, Dana Prodehl and Emma Dore, combined with girls from Westerford, Herschel and Rustenburg, represented both the Peninsula Girls Rowing Club as well as their respective schools in the 2019 South African Schools Rowing Championships 1 – 3 March 2019.

Our Rowers did exceptionally well-winning Gold medals in the club quads, doubles, pairs and eights crews.

Tahlia Rossouw and Cait McCann competed Under the Springfield name in the Schools pairs and came 2nd in the B final. The rowers collected a total of Eight Gold Medals.



Swimming

The swimming team participated in the Wynberg Boys Combined Gala and placed 5th in category.

Fixture Results

Indoor Hockey

1st Team VS Rustenburg 1-2

2nd Team VS Rustenburg 6-0

5th Team VS Fish Hoek 2-1

6th Team VS Fish Hoek 0-1

SCHOOL EVENTS

Academic

Springfield was acknowledged for excellence in English and Mathematics in the 2018 WCED Grade 9 Systemic Testing. Springfield was awarded for achieving first place amongst Independent Schools in the Western Cape.



Antigone

Thank you to Mr David Fick, the incredible cast and supporting staff for all the hard work. A full report will be in next week's newsletter.



Grade 8 Technology Workshop

The Grade 8 pupils had a Technology Workshop day on Friday 1 March 2019. The curriculum focus was on Graphic Communication and Structures.

Pupils worked on their two-point perspective drawings, designing their own cityscape. They made their own Magic Wallets with board paper and ribbon. In groups, they built their own Spaghetti Building with only spaghetti and prestik and a bridge using only Jumbo Cards. In groups they investigated how to break apart a piece of pool noodle, using different types of force. They finished by completing a Photo Diary on different types of structures found on the Springfield Campus. The whole day utilized the Google Education suite of tools to support a pupil-centered day of collaborative learning.

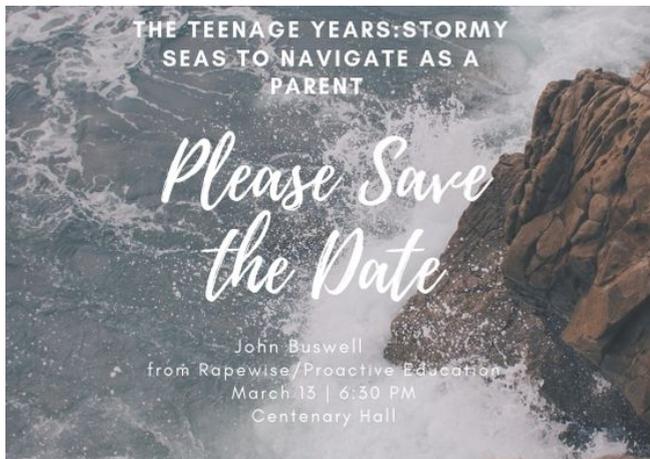


Matric Dance Invitations

Great excitement as the 2019 Girls received their Matric Dance invitations on Monday.



Upcoming Events



HELP Outreach

For the Birthday Mass on Thursday, Outreach is doing a collection for HELP, our tutoring program which takes place at Heathfield Primary School. We require the following: Long-Life milk (full cream) - Oros - Mayonnaise - Peanut Butter - Smooth - Jam - all kinds - Canned Fish - Pilchards or tuna - Margarine - Milo - Hot Chocolate.

Sports

Upcoming events

“SPRINGFEST” Hockey & Netball Festival 16 & 17 March

Springfield will be hosted our own Hockey and Netball Festival Next weekend. Our 1st Team Hockey & Netball Teams will be participating. Please Support our girls.

U14 Hockey Tournament 16-19 March 2019

We have been invited to participate in the 2019 U14 Somerset College Hockey Tournament, if your daughter is planning on attending U14 Hockey trials, please read the tour information letter on the D6 Communicator.

D6 Communicator > Resources > Senior School Sport > “U14 Hockey Tour Information Letter”

Confirmation of selection will be communicated on Wednesday 6 March 2019

U16 Hockey Tournament 17-20 March 2019

We have been invited to participate in the 2019 U16 Bloemhof Hockey Tournament, if your daughter is planning on attending U16 Hockey trials, please read the tour information letter on the D6 Communicator.

D6 Communicator > Resources > Senior School Sport > “U16 Hockey Tour Information Letter”

Confirmation of selection will be communicated on Wednesday 6 March 2019

Music School

Autumn Quarterly Concert

Last Wednesday we had our Autumn Quarterly Concert at the Music School it was a wonderful celebration and show case of our girls and staff passion and talent in so many areas of music.

Anthem Project

Last Friday afternoon, our Springfield Marimba Players and School Choir joined with SACS, WGHS as well as other schools to participate in Marimba Jam's entry for the Anthem Project.



Stained Glass Window:

Our new Stained Glass Window in the Music Annex, dedicated to the career of Marianne Martens at Springfield was blessed last Wednesday by the sisters. We are very grateful for the legacy of Marianne as well as her enthusiasm and skill which she continues to impart at Springfield.



Past Pupils



Kira Düsterwald (Matric 2011)

Excellence for past pupil Kira Düsterwald (Matric 2011) as she simultaneously obtained her intercalated MBChB degrees in medicine with first class honors and masters in neuroscience with distinction. Well done Kira, what a proud moment for you and your family.

<https://www.news.uct.ac.za/article/-2019-02-13-dual-degree-was-a-juggling-act?fbclid=IwAR0EcvnNnU3Is5v9nBlc37p4yUYHVuey5jwWZi-hM7i4BMiDFwyOv0YZFiM>

General Notices

D6 Communicator Upgrade PLEASE BE AWARE ALL FORMS OF COMMUNICATION WILL BE GOING OUT VIA THE D6 COMMUNICATOR!

By now you should have received an email from d6 Communications asking you to install the new d6 Connect App.

You can search for d6 Connect on the App or Play Store.

SPRINGFIELD COMMUNICATION APP:

If you still need to sign up follow the steps below:



PARENTS AND STAFF:

Step 1: Install "d6 Connect" App from App or Play Store.

Step 2: Follow link in email to obtain Token number.

Step 3: Copy token number

Step 4: In the app choose: "Register with token" option.

Step 5: Insert Token number and click on Register.

Step 6: Press Menu in top left corner and select Springfield Convent School.

STUDENTS:

Step 1: Install d6 Connect App

Step 2: Register manually on the app using your school email address.

Step 3: Follow link in email to obtain Token number.

Step 4: Copy token number

Step 5: In the app choose: "Register with token" option.

Step 6: Insert Token number and click on Register.

Step 7: Press Menu in top left corner and select Springfield Convent School.

Newsletter:

There will be no Weekly Senior Newsletter next week Wednesday.

The end of term Newsletter will be sent out on Friday 15th March 2019.