

# SPRINGFIELD CONVENT SCHOOL

## Message from the Headmaster

In the 1930's in the midst of the depression, President Franklin D Roosevelt of the USA, saw it as his role to talk to the American people as often as possible. He was the first president to use the medium of radio for this purpose and he dubbed his talks 'fireside chats' - informal, friendly, informative - his voice went straight to the hearts of ordinary Americans in their living rooms and lounges. In these chats, he chatted about issues of the day, quelled rumours, allayed fears and explained policies.

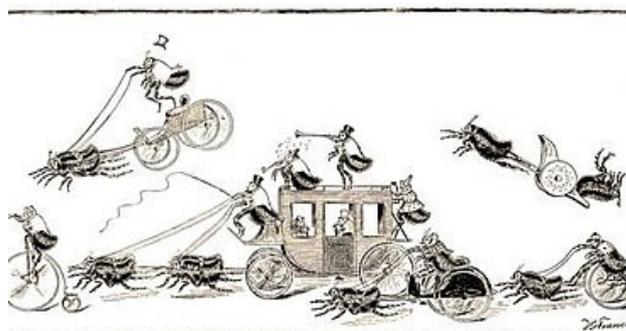
To calm the panicking nation down, he offered them these famous words of hope: 'The only thing we have to fear is fear itself.'

Assemblies, in a similar light, are an opportunity for the leadership of the school to chat to the pupils about issues of the day and issues of life. For the interest of parents, here are the five assembly topics for the term which we chatted about. Feel free to ask your daughters about these themes and continue the discussion:

**Janus:** The God after whom January is named. He looks back at the mistakes of the past year and resolves to learn from them in the year ahead. I told them that everyone has a fear of the future and quoted Mandela at them: 'Our deepest fear is not that we are weak. Our deepest fear is that new are powerful beyond belief.'



Fig. 42.—Janus. © www.malcar.com



**The Flea Circus:** Let no-one put a glass ceiling on your hopes and aspirations. We discussed what a definition of success was and gave them an example of a conductor who has to turn his back on the noise of the crowd and concentrate on the music being played in front of him.

**The Peacock:** The beautiful bird on which the Greek gods put the image of 50 eyes to remind us of the dangers of rumours. The gods then cursed the bird by giving it a dreadful voice.

The cell phone, just like a peacock, can be a thing of beauty but also can have a dreadful voice.

I gave them the Four Way test based on the Rotary Test:

- \* Is it the Truth?
- \* Is it fair to all concerned?
- \* Will it build a goodwill and better friendship?
- \* Will it make Life better for all concerned?





**Leaving some of your personality at home:** Everyone is different. I urged the girls to bring all their talents and differences to school and share them with us. I quoted them the poem 'What do we do with variation?' (given in a previous newsletter) about breaking down barriers with those who do not look like 'us' - with 'us' applying to all of us.



**Frogs:** This chat was about the beauty of dreams and not listening to the negativity of those around you. This poor frog fell into a hole but wouldn't listen to the pessimistic comments from the others who hadn't fallen into the hole. Only when the frog eventually succeeded in jumping out, was it discovered that it was deaf.

I quoted them examples from real life of people who ignored (well intentioned) negativity but ended up as successes: Natalie du Toit / Albert Einstein / Colonel Sanders.

KEITH RICHARDSON

## Holiday Inspiration

**"For all creation waits with eager longing for the revealing of the children of God"**  
(Romans 8:19)

### Thoughts from Pope Francis for Lent 2019

- ♥ Do not let this Lenten season of grace pass in vain.
- ♥ Live as children acknowledging and obeying the law of God, in particular with regard to our brothers and sisters and to all of creation.
- ♥ Prepare to celebrate the Paschal mystery with mind and heart renewed.
- ♥ Remember that sin leads us to consider ourselves the god of Creation, to see ourselves as the absolute master of Creation and to use it, not for the purpose willed by the Creator, but for our own interests.
- ♥ Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them.
- ♥ This season before Easter must be a time to welcome Christ's victory over sin and death into our lives, and attract its transforming power to all of creation.
- ♥ We are invited to embody the Paschal mystery more deeply and concretely in our personal, family and social lives, above all by fasting, prayer and alms-giving.
- ♥ The path to Easter, therefore, demands that we renew our faces and hearts through repentance, conversion and forgiveness; this is a call that involves the whole of creation.
- ♥ If we follow this journey it is possible to rediscover the joy of God's plan for creation and for each of us.


 This is what God asks of you,  
 only this...  
 To act justly,  
 To love tenderly, and  
 To walk humbly  
 with your God.  
 micah 6:8

*"Our blood is blue."*

## An Examination of Conscience



**Look into these eyes.  
God sees you as precious and unique and of great value.  
How do you see yourself?**

### **Responsibilities to God:**

- Have I tried regularly simply to spend time in God's presence, without even saying a word?
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to Mass?
- Have I asked the Holy Spirit to help me do what is right, especially when I feel tempted to sin?

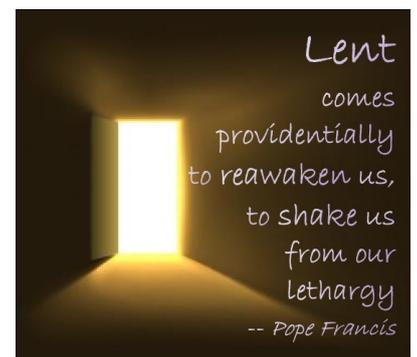
### **Responsibilities to others:**

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
- Have I gotten angry at them?
- Have I hit anyone because of that?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I gossiped or told lies about anyone?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

### **Responsibilities to myself:**

- Have I been taking sufficient care of myself?
- Have I been sure to get enough rest and exercise?
- Have I eaten nutritious meals?
- Have I performed all my duties responsibly, such as my homework, studying for tests and household chores?
- Have I used my phone or other devices responsibly, balancing the time spent on them with other activities?
- Have I been kind, careful and respectful in my use of social media?
- Have I spent time on fun activities that are life-giving, such as being out in nature, helping and volunteering for a good cause, or taking up a sport or hobby?

Adapted from Fr. Thomas Weinandy. This resource may be reproduced and distributed free of charge by permission of the author.



*"Our blood is blue."*

# MUSIC SCHOOL

We've had a very busy and successful term in the music department. We welcomed two new part time teachers – Andrea Hobson (trumpet) and Maya Maile (cello). Our first quarterly concert, featuring singers, pianists, flautists and a recorder player, was held on the 27th of February. This was followed by a cocktail event and the dedication of the glass art window, by the artist Abraham le Roux, in honour of Marianne Martens. Our congratulations to Pascale Plougman, who was promoted to first violin in the CPYO as well as Gabi Knight and Jennie du Toit who are performing in external singing roles. We have grown our string section to a total of 27 violin players, with more girls starting violin lessons next term. The marimbas were filmed by ENCA on the 8th of March – an exciting venture, as part of the Nationwide Anthem challenge. Well done to Kiara Ramklass and Rachel Suttle! The department acquired a new digital piano, which is able to transpose for singers. A Recorder Showcase was held on the 13th of March, where all the Grade 2 girls showed off their Recorder skills learnt over the past year, ending this module for them and inspiring the Grade 1 students to begin lessons in Term 2. It was also the first performance of the Vivaldi Strings – a JP group, beautifully led by Sarah du Plessis.

## PR PORTFOLIO

This term the PR Portfolio has helped with the Open Day, the Grade 8 information evening and welcomed guests at the school play, Antigone, and the school's Birthday Mass. We designed and organized the matric jerseys which were handed to the matric girls at the beginning of the term, as well as collect their ties to be embroidered. We have also been trying to organise the new addition to the school uniform – pants and hope that they will be ready for the girls at the beginning of the next term. Overall this term has been an eventful one and has required a lot of work but we look forward to the challenges the rest of the year brings and hope to make a valuable contribution to the school. - *Caitlin O'Donovan*

## AMASIKO PORTFOLIO

This term the Amasiko Portfolio hosted Get Cultured in our assemblies. Get Cultured gives the a girls a platform to share their religion or culture with the school. We hosted our Amasiko Food Fair on the 8th March with the theme "Things My Mother Cooked", selling a variety of foods such as vegan, vegetarian, halaal etc. so that there was something for everyone. – *Sadia Majal*

## CARE PORTFOLIO

We as the Care Portfolio have had a tremendously successful term. After starting the year off with a bang at the Grade 8 orientation, we have gone from strength to strength. We introduced new procedures into the orientation, upgraded the buddy system to include families for a more comfortable experience as well as adding some more special pages into the orientation booklet. We feel proud to have provided many care packages to staff and students who have been struggling with loss, sickness or injury. We also, at the end of term, had a very successful buddy movie night where all the matrics and their buddies got to spend quality time together and bond over some great memories! - *Grace Hammond*

## MADDD

The Music, Art, Dance, Drama and Debating Portfolio's main event this term was The Springfield Art Challenge. This was a new event we have started to help increase inter-grade bonding and create a platform for the girls to let loose and get creative between the busyness of a school day. The girls were all very enthusiastic but in the end, Maccy House won the challenge! We also organized a fun Valentine's Day concert with the Care Portfolio in the beautiful Gardens. – *Ella Reid*

*"Our blood is blue."*

# ENGLISH

VocabAfrica competition: Robyn Phillips (Grade 8) won a R300 Bargain Books voucher in this vocabulary building competition.

## SPIRIT PORTFOLIO

The Spirit Portfolio has tried to instill school spirit by attending many sporting and cultural event this term. A cheers booklet has been compiled for all girls to keep on their cellphones. We hope to implement supporter cards from next term, where girls will be required to attend a certain number of events per term, to further develop school spirit. – *Amy Leigh Doyle*

## UBUNTU SOCIETY

The annual Ubuntu evening was held on the 7th March. The theme was Culture United. The theme was portrayed through numerous cultural performances from different schools who attended. Over 250 students attended this successful evening, filled with celebrating South Africa's diversity. – *Amy Leigh Doyle*

## OUTREACH PORTFOLIO

The Outreach Portfolio has has a successful term 1. Interact participated in the Habitat for Humanity's Cyclathon. This was a 25-hour fundraiser in which stationery bikes were cycled on in order to raise money towards Habitat for Humanity. Our weekly tutoring program, SMILE, has continued but is still in need of a parent to assist with the learners. Should you be able to assist, we would greatly appreciate it. HELP and SHINE, our daily tutoring programs have now been combined. This is to ensure that quality tutoring can be provided throughout the week for the learners. The portfolio sold chocolates and badges for CHOC to create awareness of childhood cancer. Through this and a cake sale the portfolio managed to raise R1400 towards this amazing organisation. Next term we hope to do more community-based outreach and get the younger grades involved. – *Mehreen Palekar*

## SCHOOL PLAY

The school production of Antigone was performed in the Centenary Hall last week. The pupils involved on stage - Sarah Wickham, Mikaela Hughes, Jordan Connelly, Katherine Ward, Gabriella Knight, Alyssa Mehl, Ella Reid, Catherine Shields, Alexandra Bouch, Jade Acton, Nomvuyo Nyoni, Libhongo Kunene, Hlombe Badi, Camryn Beaton, Ana Adriaanse and Rose Mitchell - all acquitted themselves well in performing this rich, challenging and relevant play. The girls who worked behind the scenes - Ruby Brosens, Claire Campbell, Michaela Douglas-Jones, Lucy Etherington, Jessica Haller, Zara Jackson, Amber Luff, Lauren van der Spuy, Jemima Hindmarch, Ana Adriaanse, Morgan Leak, Nusayba Mohamed, Caitlin Ho, Georgia Kent and Rachael Muller - offered invaluable support in their design and creation of the sets, lights and costumes. Working together on this project was a special time for these pupils, who will remember the camaraderie they developed and the life lessons they learned for many years to come.

## THE THINK CLUB

Each week in Think Club, an individual girl presents a topic of her choice and this is followed by lively, open-minded discussion. Five Grade 12, eight Grade 11 students and Mrs. Visser have met for four meetings this term. The topics and presenters so far have been: "Should prostitution be legalised?" (Catherine Haupt); "Anti-Social Personalities" (Haylen Accom); "The influence of barbie on gender formation" (Moerieda Rinquest) and "Scenarios of what the future will look like given the rapid technological advances being made" - Amber Luff

*"Our blood is blue."*

# ART/HISTORY TOUR

Springfield's first combined Art and History tour departed for Europe on Thursday with teachers Cindy Britz and Pippa Visser taking 17 of our girls. They will be travelling from Rome northwards as far as Amsterdam. The girls will visit the Colluseum, the Isle of Capri, Pompei, the Vatican, Florence, followed by museums in Paris and Amsterdam. It is a wonderful itinerary and will no doubt be an unforgettable tour filled with culture, learning and memories. - Andrew Bentley

# COUNSELLING DEPARTMENT

On Wednesday 13th March Dr John Buswell of RapeWise / ProActive education Group, a medical doctor and forensic psychologist, addressed per Grade our Grade 8 - 11 students on a variety of subjects relevant to adolescents. The girls really enjoyed the talk and gave him a standing ovation - a rare compliment from teenagers. This was followed up by a very successful and informative parent talk in the evening with Dr Buswell talking on the same subject from a parent point of view. The evening concluded with Mr Richardson introducing a parent contract regarding alcohol to the parents so that all adults could act together to protect our students from the effects of alcohol and under age drinking. - Morag Scordilis

# Maths Department

The Maths Olympiad was written on Tuesday 12th of March. Of the 176 girls that registered - 48 seniors (Grade 10 -12) and 44 juniors (grades 8-9) made it through to the second round. The percentage of entrants that passed were: Grade 8 - 62%; Grade 9 - 64%; Grade 10 - 42%; Grade 11 - 44%; Grade 12 - 50%. The Grade 10s-12s write the same test and this means that it is quite challenging for Grade 10 and 11 and hence the pass rates are very good in those grades. - Jessica Ballentyne

# CULTURAL WEEK

The House Captains and the Amasiko Portfolio have started their preparations for the annual Culture Week at the end of the second term. The House Plays, based on the theme "The Games People Play," are busy being written and a keynote speaker in the form of local theatre-maker and author, Buhle Ngaba, has been booked to speak with the girls about a series of cultural issues. We really would encourage all pupils to get involved in at least two of the dance, oratory, theatre and music events that are presented in this exciting week of co-curricular learning.- Andrew Bentley

# DEBATING

Springfield's Junior and Senior Debating teams debated against Reddam Constantia at UCT recently. The Junior team (Kate Thomas, Morgan Leek and Angie Cohen) opposed the motion "This House would incentivise companies to hire non-university graduates". After a hard-fought debate, Reddam won. The Senior team (Rose Mitchell, Mikaela Hughes and Cara Ronan) proposed the motion "This House would support violent revolution in countries with a large economic gap (Gini coefficient) between rich and poor". They won the debate and Cara Ronan was awarded "Best Speaker" - a particularly impressive achievement, given that this was her first senior debate. Thank you to the Springfield girls and family members who supported the teams.. Caitlyn de Mink helped the girls to prepare for the debate. We are really proud of our girls.- Nicci Going

# WESTERN CAPE SCHOOL'S FESTIVAL

Western Cape Schools Festival Grade 11: On March 6 and 7 our Grade 11s joined over 1000 students at this annual arts festival held at the Artscape Theater Centre. It involved two days of varied arts experiences with the aim of showing how the arts can be a tool of empowerment and communication. Workshops attended by our students included: 'Burning the floor', 'Sign Dance', 'Emancipate through pen and paper', 'Basic elements of Drama and Theater'. Other notable performances were from poet Toni Stuart, who had one of our students, Winnifred Mkojo perform with her, Sainthood (a big hit!),Silkworm, a Zip Zap Circus demonstration as well as an appearance by well-known comedian, Rob van Vuuren.- Andrew Bentley

*"Our blood is blue."*

# DOMINIC HOUSE

After a successful Mini-Olympics in the fourth term last year, Dominic House has continued to be a house that thrives for greatness and embraces the uniqueness of each girl. As house captains we have focused on maintaining a positive atmosphere, which has amplified in our "Sorting Hat" ceremony for the Grade 8 orientation as well as the first House Assembly of the year, where we led the girls in a cheer for the first time as a house this year, with all our new members. This term, a new inter house "Art Challenge" was created in collaboration with the MADD Portfolio, to focus on the creative side of all the girls and the talents of Dominic girls shone through the beautiful poster of doodles we created. - *Alyssa Mehl and Jade Acton*

# MACCY HOUSE

"Who's the best?" "Maccy!" "Who's gonna win?" "Maccy!" Looking back at Term 1, all I can say is that I am so honoured to be a part of Maccy House. I realised this term that my favourite part of the house is the people in it. Maccy's girls have been spirited and shown talent in everything they do from the house art project to the talent show and the swimming gala. I cannot wait to see what we can achieve as a house this year! - *Catherine Shields*

# THOMAS HOUSE

Thomas House has definitely started off this year with a bang! We welcomed our new Grade 8s into our house with a Harry Potter themed capping ceremony which was new and exciting! We then had lots of house involvement as girls across the grades participated in a house art competition which ran for a week. We are enjoying the interhouse gala which has brought out some rivalry and spirit! It has been a busy but great first term. - *Robyn-Anne Hyslop*

# SPORTS SOCIETY

A very successful interschools gala was hosted at Springfield with the swimming team placing third overall, and the spirit team bringing heaps of cheers to the event. The indoor hockey girls fought wholeheartedly at the interschools. After an afternoon of fantastic hockey they placed third. At the tennis interschools, the girls gave their all and enjoyed a Saturday of high quality tennis. A big congratulations to Sarah Tilney and Kristin Whittaker for beating the St Cyprian's number one and two. At the start of the second term, the Sports Portfolio will be teaming up with the Outreach Portfolio to organize and host an "Outreach Day". During this day, girls who partake in various sports will have the chance to give back to the community surrounding them by coaching children from underprivileged schools. - *Torey Wiget Beattie*.

# Holiday Festivals

We wish the following all the best for their festivals:  
U19 Hockey/Netball at the Springfest at Springfield.  
U16 Hockey at Bloemhof  
U14 Hockey/Netball at Somerset College.

# COMMUNICATION

Parents are reminded that all communication with Board members needs to happen through the Head of the School or the Principal of the Junior School. Their email addresses are: [krichardson@springfieldconvent.co.za](mailto:krichardson@springfieldconvent.co.za) [adunn@springfieldconvent.co.za](mailto:adunn@springfieldconvent.co.za). Please know that all communication will be forwarded accordingly and answered.

*"Our blood is blue."*

# TERM 1 SPORTS

It has come to an end of a very busy, yet exciting, season for Springfield Sport.

Aquatics Swimming: Wynberg Girls: 4th ; Fish Hoek Relay Gala: 3rd ; Rondebosch Gala: 6th ; Groote Schuur Relay: 2nd ; Curro Gala – 5th ; Wynberg Boys : 5th.

## **Waterpolo:**

U14A: Played 4, Lost 4 / U16A: Played 6, lost 5, Won 1 /U19A: Played 11, Lost 10 Won 1

Diving: Springfield have hosted 2 Diving competitions with Wynberg Girls, Springfield winning both Junior and Senior categories in both Competitions.

Senior Results: 1st Lara Featherstone 2nd Sophie Hartgers. Junior Results: 1st Jade Jagga 2nd Olivia Gomes

## **Tennis:**

1st Played 10, lost 8, won 2 2nd Played 6, Lost 6 3rd Played 5, Lost 5 4th Played 4, Lost 3, won 1  
5th played 4, Lost 4

## **Indoor Hockey:**

1st Played 5, lost 2, won 3 2nd Played 5, lost 2, won 3 3rd Played 6, lost 3, won 2 4th Played 5, lost 3, won 1, drew 1 5th Played 6, lost 4, won 2 6th Played 5, lost 4, won 1

## **Achievements**

### **Waterpolo**

Julienne Barnard was selected to represent South Africa at the U15 Waterpolo Nationals held in Namibia

**Rowing:** Zandra Axten, Megan May, Cait McCann, Tahlia Rossouw, Jennifer van Niekerk, Dana Prodehl, Jocelyn Kane-Smith and Emma Dore represented Peninsula Girls Rowing Club when they took part in the Western Cape Champs Regatta held at Eikenhof Dam winning the U14, U15 & U19 age groups.

Tahlia Rossouw, Cait McCann, Jennifer 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 that took place 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.

### **Athletics**

Jade Bailey competed in the South Zone Athletics meet on Sunday 3 March. She managed placed first in her long jump and fourth in the 200m sprint and triple jump, respectively. She, together with Hannah Riley have qualified to represent WP.

### **Mountain Biking**

Charlotte Wolfson competed in the First Western Province Downhill MTB race of the season, in Paarl. She came first in her category.

### **Synchronised Swimming**

Tegan Moffat has been selected as a member of the South African Youth Artistic Swimming Squad who are preparing for the FINA youth championships in Slovakia later this year.

### **Lifesaving**

Mikaela Bristow participated in the Western Province Champs Nipper competition at Clifton where she represented the Llandudno Surf Lifesaving club. The club placed first out of all the clubs in the Western Cape! Mikaela competed in the following events: flags, long beach run, beach sprints, mali boards, run swim run, open water swim the Taplin winning a number of medals. She will be heading to South Africa Nippers competition taking place in PE from the 25th to 28th of March.

Megan Grieveson won the gold medal on Saturday for the long run at Western Province lifesaving champs.

### **Cape Town Cycle Tour**

The following Springfield girls have been reported as finishing the race last Sunday:

Caitlyn de Mink, Julia Marx, Anna Marx, Erin Oosthuizen, Angela McCurrach, Michaela Ing and Emma Neill

Well done to all our Springfield athletes this term who have aimed high, put in the practice and achieved results of which they are proud.