



# THE VERITAS NEWSLETTER

VOLUME.2

08.02.2024

## MESSAGE FROM THE SENIOR SCHOOL PRINCIPAL



As we come to the end of the 4th week of term we are very much back in the swing of things. We have had the opportunity to celebrate the feast of St Thomas Aquinas (Happy feast day Thomas House pupils!) and the sports, cultural and service extra-murals are filling the calendar. The reality of homework and assessments have crept into the academic cycle.

There have been some exciting events already this year with a number of swimming galas, indoor hockey, tennis and touch rugby matches and water polo games. Congratulations to the U14 Water polo team who were victorious at the tournament in Stellenbosch last week. Of course the MADD evening tomorrow is sure to be full of amazing performances and this will be followed by the Cultural evening hosted by Ubuntu Bethu in two weeks time.

The highlight for me so far this year was the grade 8 family braai. It was wonderful to see all the new pupils and their families interacting with each other in our beautiful gardens. However I was most proud of our matric pupils who hosted their grade 8 buddies with enthusiasm and care and ensured that the evening progressed smoothly. This service was a true demonstration of pupils living our school values.

With so much going on it is worth remembering that balance is essential in life. Time spent on academics, sport, music, dance or drama (or whatever the extramural may be) needs to be carefully considered to avoid those anxious moments when we arrive at an event, lesson or performance and we find ourselves unprepared. The one area which is often forgotten by teenagers is rest time. The body and mind need time to recuperate after a demanding day - we all need the right amount of sleep. All too often this time is eaten into by social media use. There is a lot of research showing the negative effect screens can have just prior to sleep time. Some simple regulations in the home such as not having phones in the bedroom in the evening or using screen time usage apps to help regulate screen time can be beneficial.

In addition, let us not forget the calming influence of prayer and meditation.



## MUSIC SCHOOL NEWS





# THE VERITAS NEWSLETTER

VOLUME.2

08.02.2024

## MESSAGE FROM THE JUNIOR SCHOOL PRINCIPAL

### *#One Community, One Heart*

"The greatness of a community is most accurately measured by the  
compassionate actions of its members."

~Coretta Scott King~



Dear Parents, Guardians and Friends of Springfield,

We hope this newsletter finds you in good health and high spirits. It is unbelievable to even comprehend that we are already in week four of term one. Everyone has settled in wonderfully and we hope and pray that all our new families have found Springfield to be home already.

We would like to shed light on the importance of our school slogan for the year, "One Community, One Heart," particularly within our junior school. This powerful motto serves as a guiding principle, fostering a sense of unity, belonging, and empathy among our pupils. One of our Dominican Pillars is community and thus our slogan ties in with the rich history of our Dominican Ethos.

At Springfield, we believe that education extends beyond academic excellence. It encompasses the development of well-rounded individuals who possess strong values and a deep understanding of the importance of community. Our slogan "One Community, One Heart" encapsulates this philosophy and will serve as a constant reminder of the values we hold dear.

Here are a few reasons why this slogan is so vital for our junior school:

1. **It fosters a sense of belonging:** by emphasising the concept of "One Community," we encourage our pupils to recognise that they are part of something greater than themselves. This instils a sense of belonging and helps them develop a strong connection with their peers, teachers, and the wider school community.



**PRESCHOOL SCHOOL NEWSLETTER**



[www.springfieldconvent.co.za](http://www.springfieldconvent.co.za)