



# THE VERITAS NEWSLETTER

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## MESSAGE FROM THE JUNIOR SCHOOL PRINCIPAL

*#One Community, One Heart*

“Every child is a different kind of flower, and all together, make this world a beautiful garden.”

*~ Anonymous*



Dear Parents and Guardians

As I write this newsletter article from Durban, attending the South African Girls Schools Conference with Mr Quinn and Mr Meehan, I cannot help reflecting how every Girls' School in our country has their own unique identity, but in many ways we are all faced with similar challenges in our different school contexts.

In the previous newsletter article, I wrote about the importance of sport and balance in our Junior School environment. This week, I would like to reflect on the enriching experiences that Art, Music, Drama, and Cultural activities and opportunities bring to our school environment, especially in a girls' school context. It is essential to recognize the profound impact these creative outlets have on our girls' holistic development. These forms of expression not only foster creativity and self-expression but also cultivate empathy, critical thinking, and collaboration skills. In our school setting, providing opportunities for girls to engage in Art, Music, Drama, and cultural activities is crucial for empowering young women to explore their talents, build confidence, and discover their unique voices. At Springfield, the Quarterly and Lunchtime concerts, the Art Exhibitions, the Drama productions and Precious Parents concerts are wonderful examples of seeing the array of creative talents on show across the school. These are often magic moments for the school, our girls, parents and the school community.

While as a school it is vital we offer a diverse range of opportunities, it is equally vital to emphasise the significance of balance in a girls' school environment. Encouraging our girls to participate in extracurricular activities that align with their interests and passions is valuable, but it is equally important to prioritise self-care and rest. In a society that sadly and very often glorifies busyness and overachievement, it is essential to remind our girls and parents of the importance of setting boundaries, prioritising their well-being, and avoiding the trap of trying to do everything at once.



**PRESCHOOL SCHOOL NEWSLETTER**

