



Holy Rosary School

Nurturing God-given Talents

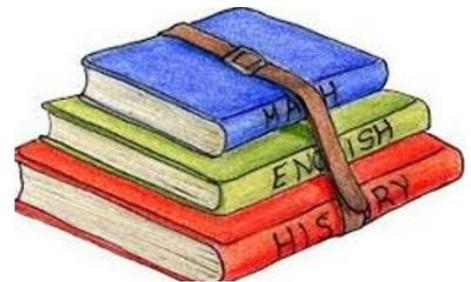
High School Newsletter 1 November 2019 Term 3 - Newsletter 8

Dear Parents and Pupils

BELIEVE IN YOURSELF: A TOUCH OF ADVICE FOR EXAMS

As we near the end-of-year examinations, it becomes increasingly noticeable how some pupils are anxious and concerned. It is a stressful period for anyone, yet some pupils seem to manage well in comparison to others.

Although it is true that last minute preparation adds to stress levels, for those pupils who struggle to focus and concentrate on the job at hand, certain skills and techniques can be used to reduce stress, lessen anxiety and hopefully even improve results.



According to an article uploaded on www.topuniversities.com, here are some study tips to help with exams:

- 1) Give yourself enough time to study:
Work from a study plan and adhere to it at all times.
- 2) Have an assigned study area:
Remove all forms of distraction from your study area but ensure that there is ample light with a comfortable chair and desk.
- 3) Use pictures, mind maps and short summaries:
If you study best with visual aids, then use walls, surfaces and posters to summarise and condense information at first glance.
- 4) Practise old examination papers:
There is no better preparation than revising from past examination papers. Expand your search of these papers from our school's sources to those of other schools, books and revision aids. The more revision you do from these sources, the more confident you will be.
- 5) Create study groups for group learning, if you have time and like-minded friends who will be focused and determined to work as a group.
- 6) Snack on foods that feed the brain:
Keep your body and mind energised, with healthy foods that will help you stay focussed and improve concentration.

- 7) Plan your exam day:
Always allow enough time to get to school; avoid arriving at the last minute and rushing unnecessarily.
- 8) Drink plenty of water:
Remember that being adequately hydrated is essential for the brain to function. Drink water every day, including the big day of the exams.

There are obviously many other bits of advice one could give for success during exams, but it is important to find what works for you. We are all individuals with different past experiences, different understandings and different goals, so take the bull by the horns and tackle the upcoming examinations with focus and determination.

Good luck to the matric class of 2019.

I leave you with the following verses from Deuteronomy 31:6:

“Be strong and courageous. Do not be afraid or terrified, for the Lord your God goes with you; He will never leave you nor forsake you.”

Be strong during these examinations and rely on the Lord to keep you safe.

Yours in academics

MRS L. RODWELL
DEPUTY PRINCIPAL: ACADEMICS



KEEP
CALM
AND
ENJOY
YOUR EXAM

GENERAL

Prayers

Please remember the following members of the HRS family who are in need of your supportive prayers:

✠ those families and teachers in our school who have been victims of crime.

Please remember all those in our Holy Rosary family who are in need, or who are suffering in any way.

Congratulations

- ☺ Ms. Rodwell on her recent engagement;
- ☺ Mrs. Balassis on the engagement of her daughter and past pupil, Nadia.

CORRECTION TO DATE FOR CAROLS BY CANDLELIGHT

Apologies for the incorrect date that was published on the November calendar. The correct date for the Carols by Candlelight is **THURSDAY, 28 NOVEMBER @ 18:00 IN THE BISHOP SHANAHAN HALL AND NOT ON FRIDAY, 29 NOVEMBER** (as indicated).

TERM 3 - AWARDS ASSEMBLY

At our Awards Assembly on the 28th November 2019 at 10:30 in the Bishop Shanahan Hall, we will present awards for the following Term 3 activities: Swimming Captains, Tennis, Public Relations, Tech Crew, Athletics, Equestrian, First Aid, Bookworm, Library, Drama, Music, Hospitality, JJC, Apostolate and Respite Stellam.

We will be sending personal invitations to the parents of full colours, half colours and trophy recipients, as well as those pupils who have completed school Provincial participation this year. An open invitation is, however, extended to all parents.

SPORT NEWS

Tennis

Good luck to Erin McKenzie, Anita Wu, Kiana Bove and Tiana Rader who will be representing Holy Rosary at the Junior Inter High Tennis Tournament on Saturday 2nd November at Shanahan Park. We know that you will make yourselves, and your school, proud.

Swimming

Well done to all girls who participated in the friendly relay gala at St Andrew's on Thursday 31st October.

Training will continue throughout the exams for all swimmers who are able to attend. These sessions will take place up to and including 28th November on Tuesdays & Thursdays from 15h15 to 16h30.

Rowing

A very successful camp was held over the mid-term break.

St Andrew's Regatta

We unfortunately had to scratch a few of the races due to the weather. Congratulations to our under 13, under 14 and under 15 girls for their exciting results:

JW14A 4x

2nd Vanessa dos Santos, Keamogetswe Makgato, Megan van Zyl, Ashleigh Thirwell & Francesca Gaspari

JW14B 4x

3rd Tyra Krynauw, Mutsawashe Nzenza, Jess Walsh, Jorja Blignaut, Abigail McNamara
4th Rorisang Jafta, Tlotlo Mashaba, Caitlyn Venter, Mikaela Ferreira, Leanne Webber

JW15A 1x

1st Jeanne Riemann
2nd Emma Gomes
8th Courtly Nicolson
11th Jaime Fletcher

JW15B 1x
10th Michelle Huang
12th Jorja Howson

JW15A 2x
1st Jeanne Riemann, Emma Gomes (time 4:31.85 – a new course record!!!)
5th Courtly Nicolson, Jaime Fletcher

Today is the start of the Gauteng Junior Rowing Championships. Good luck to our girls and coaches for the racing. We know you've been training incredibly hard for this weekend.

A friendly reminder about the HRS Rowing Golf Day that will take place on Friday 22nd November 2019 at the Modderfontein Golf Course. We would love to see you there.

Congratulations to the following girls who have been selected for Boat Race from the 3rd to the 8th December:

Ashley Mortimer
Dioné van Gaalen
Clara Regal
Cassidy McKinon
Amy Cooper
Claire Lourens

Ms. M. Crisell
Head of Sport

ENVIRONMENTAL COMMITTEE NEWS

The Environmental Committee of 2020 will be selling metal straws at school. This is part of the committee's anti-plastic initiative, to play our part in reducing the amount of plastic. The straws will be sold from Mrs. Oosthuizen's classroom as follows:

R10 for 1 straw
R5 for 1 cleaner
Special deal: R20 for 2 straws and a cleaner

Please place your order on the Environmental notice board next to the staffroom.

CIVVIES DAY – THANK YOU!

An amount of R 2 010.00 was raised for PADI (People for Awareness on Disability Issues) from the Civvies day held on Thursday 24th October. Thank you for your on-going support.

SECOND HAND SHOP REQUEST

The second hand uniform shop is urgently looking for Matric blazers.

We thank you in advance for your donations.

ART EXHIBITION

Our annual Art Exhibition on Wednesday night was a humbling experience. As a teacher, not only am I awe struck by the creativity and talent of our girls, but I also so love the glimpses of who they are and what is important to them. Congratulations to all the Art girls, your works certainly spark happiness, and to Mrs von Aulock and Ms Lesna-Maranetto, you are clearly inspiring and guiding the girls to great things.

Ms. H. Howes

Head of Culturals



Exams start on the 5th of November and girls may be stressed. At times like these, keeping positive is hard. Everyone feels as though there is no time for anything. I believe that this is the time when positivity is needed the most. These are 10 things to do that can help you keep you calm.

1. Count to 10 – studies show that when you have too much work to do (like homework, projects and studying) counting to 10 can calm you down and give you one thing to focus on.
2. Take a minute to plan – if you take a minute to plan what you have to do from most urgent to least then you will have a clearer mind.
3. Don't worry about the small stuff – putting things into perspective can help you keep control for your schedule.
4. Inhale then exhale three times in a row – this can make you feel calmer and can count as a short form of meditation.
5. Trust yourself – have faith that you can do this and overcome whatever is in your way.
6. Challenge yourself with small tasks – set a small goal for each day that is achievable so that at the end you can say you have done it.
7. Take a little “me time” – eat with your family, talk and just have some time to really calm your nerves.
8. Goals - Before exams write down three goals (get 70% for English). This way you are working towards something instead of “nothing”.
9. Get some fresh air – when you feel too overwhelmed, get up and take a walk around your house or garden, just to give you a change of scenery and to let your brain relax.
10. Pray – ask the Lord for help because He said, “Come to me, all of you with heavy burdens, and I will give you rest.” So just take a few minutes to talk to Him and share your stress.

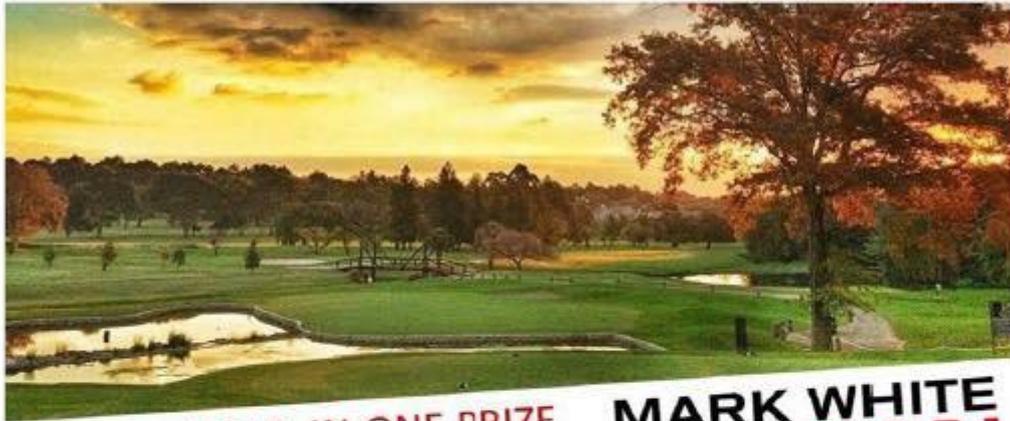
Good luck to all the girls writing and all the teachers marking and moderating. May you have clear minds, open hearts and steady hands. May God's light shine bright upon you.

Michela Ciccone

Deputy Head Girl : Religion



IN SUPPORT OF
HOLY ROSARY SCHOOL ROWING CLUB
 Modderfontein Golf Course



**WIN A HOLE-IN-ONE PRIZE
 of a NISSAN MICRA 1300***

**MARK WHITE
 NISSAN**



22 November 2019

Competition
 Details

Better Ball Stableford

Shotgun Start

Cost

11:30am

R4 000 per 4 ball (incl. carts,
 halfway house and dinner)

Par 3's

R3 000

Par 4's & 5's

R1 500

Prize & Goodie Bag Opportunities

**Sponsors
 Welcome**



CONTACT

Diane
 Lesley

dtlouw@iafrica.com
 les.mcd1@gmail.com

083 602 5178
 082 856 4648

Name: Pre-Eminence Nkomo
Email address: preeminencenkomo@gmail.com
Cell Number: +27743268360

“You must be the change you wish to see in the world” – Mahatma Gandhi

“If people could see that change comes about as a result of millions of tiny acts that seem totally insignificant, well then they wouldn’t hesitate to take those tiny acts” – Howard Zinn

These two quotations have always been a part of me, from a very young age my father always made sure that I was aware that I can achieve great things. He always told me that I am destined to be the preeminent one. This made me realise that I am a force to be reckoned with, when I was younger, I wasn’t sure as to how I would manoeuvre my life, but I just knew that, whatever I do, I will be great at it. As a result, this led to me starting my journey of self-discovery. I started observing what I am passionate about, what drives me etc. I realised that I spent most of my time volunteering especially at children’s homes, I also realised that I am willing to go to extremes to help other individuals. Through all my community engagement activities I came to see that making a difference in someone else’s life is truly what drives me, so I started getting involved in more outreach programmes such as the Phumelela Outreach Program and the Stop Hunger campaign. Being involved made and still makes me feel like I am contributing to the change I want to see.

As a result of this, I decided that I want to work with children, especially changing policies that affect children. Therefore, my ultimate career goal is to be the Deputy Executive Director of the United Nations International Children’s Emergency Fund (UNICEF). So far, I have assisted in the founding of Girl Up Pretoria and the UNICEF Chapter that will be based at the University of Pretoria, I believe being a part of these organisations will help propel me in the right direction of achieving my career goals. I believe I have some sort of understanding as to how the community outreach aspect of all that I want to do will work out, and now I need to push myself to understand the diplomatic aspect of it all. This is part of the reason as to why I applied to be a part of the 2nd Bali International Model United Nations Conference (BAIMUN II).

The BAIMUN II Conference is a simulation of an actual United Nations conference, where participants will be tasked with solving a global issue through research, drafting, lobbying and debate to pass a suitable ‘solution’. There are 5 councils (UNICEF, UNGA, UNWTO, UNESCO and UNEP) I personally want to be part of the UNICEF council as the topic they have is “Understanding how diverse culture sensibilities and different stages of development affect poverty cycles and adolescents”.

I do believe I deserve to attend the BAIMUN II because I know I have the potential to be a great leader. I believe that I will learn so much at BAIMUN II that I will be able to implement in my life and the lives of others to make South Africa and Zimbabwe great and ultimately make the whole of Africa a better place. I truly believe that attending BAIMUN II will allow me to engage with others in a manner that will better prepare me to do my part in achieving the African Dream. Being a young voice, I want to take my role in creating the future that I believe Africa deserves.

I have been able to pay the funds necessary for me to secure my seat at the BAIMUN. I have tried fundraising for my flights and accommodation by selling cupcakes, however, I haven’t been successful in my trials. I have also approached various bodies on the University of Pretoria main campus and unfortunately none of them were able to assist me. As a result, I have created a crowdfunding account.

<https://gogetfunding.com/takemimitobaliawmun/>

*Costs were calculated based on the rate on the 11th of October 2019 (\$1 – R15.02)

I would appreciate any form of donations (no amount is too little) or support in acquiring sponsors that you would be able to provide.

Cost Breakdown:

Item	Cost(\$)	Cost (R)*	Description
- Flights	N/A	9 102.00	Singapore Airlines
- Accommodation	525	7 885.50	Covers 3 meals per day, airport assistance and a sharing room
		16 987.50	

Con Amore-Skool
Vir leerders met
Verstandelike
Gestremdhede



Con Amore School
For learners with Intellectual
Disabilities

Sableweg, Estherpark
Kempton Park
Posbus 8295
Edleen 1625
Tel: (011) 976 1037
Faks: (011) 976 1038

Sable Road, Estherpark
Kempton Park
P.O.Box 8295
Edleen 1625
Tel: (011) 976 1037
Fax: (011) 976 1038
E-mail: principal@conamore.co.za
NPO 024-430

15 October 2019

Dear Casual Day Supporter

RE: CASUAL DAY - 2019

Thank you for participating in the casual project this year and supporting Con Amore School.

Your generosity and goodwill towards our school is really appreciated.

This fundraising project would not have been so successful if it wasn't for you, so on behalf of each individual learner at the school who benefits from your donation...
THANK YOU SO MUCH!!!

Yours sincerely

Pieter du Preez

P.J. du PREEZ
PRINCIPAL