



SOMERSET HOUSE
NON NOBIS SOLUM
FOUNDED 1948

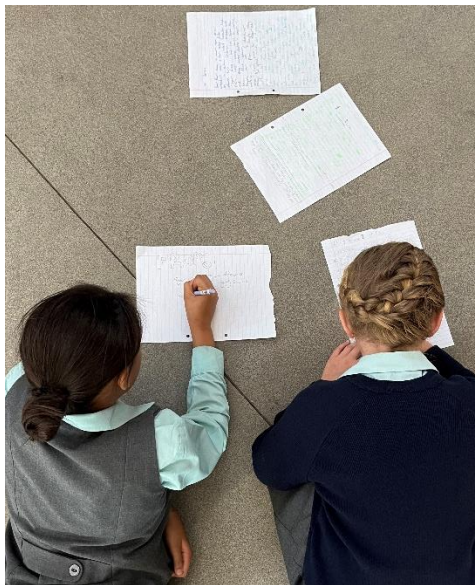
REFLECTIONS OF THE WEEK

TERM 2 WEEK 5 (10 May 2024)

SCRIPT-WRITING

Our Grade 5 script-writers have been developing new scripts in their Drama lessons. They were tasked with creating a story and writing the first 3 scenes. Once they were happy with this they began blocking each piece in their group.

Collaboration and co-directing resulted in unique and interesting storylines. Next week we will perform them with costumes and props.



FROM THE “CONNECT” COMMITTEE

Staying connected with my Pre-teen:

A strong connection to their parents gives pre-teens a sense of security and helps build the resilience they need to roll with life's ups and downs.

As children enter the pre-teen phase of life; activities at school, new interests, and a growing social life become more and more of a focus for them. Parents are still important anchors in the life of a pre-teen; providing love, guidance, and support. Here are some tips to ensure you stay connected:

- **Family meals** – make the effort to sit down at a table together for a meal in the evenings. No devices allowed for parents or children. Share stories from the day or talk about plans for the week ahead.
- **Bedtime reading** – still a vital part of child development and relationship building is shared reading time. Find a book you will both enjoy and go on a journey together.
- **Make time to “hang out” together** – to do both the ordinary and special things. Go for a short walk, one-on-one, before supper or after homework. Do some baking, wash the car together, find a craft or garden project you are both interested in.
- **Listen** – your child will communicate with you, but are you listening? Don't listen to answer or resolve or change their stance. Listen to support, understand and love where they are. Be present and be on their side.
- **Show affection** – say and show your child how much you love them. Be aware that they may not want affection from you in public, so reserve this for at home. A smile, a wave, words of encouragement are also ways to show affection but won't embarrass your child in front of their friends.

You're a powerful influence in your child's life. Remember, your pre-teen might be more responsive to the example you set rather than the instructions you give. Be sure to practice what you'd like to preach; just preach it a little less for now.

Make time to enjoy each other and stay connected.

(Inspired by an article on Kids Health)

SPOTTED ON CAMPUS

One of our resident bunnies found a cosy little spot by the bell to watch the children play.



RUGBY VS SW METHODIST

It was a tough match for our combined U7 and U8 team against a very talented U8B team from Methodist. Although we lost 5 tries to 2, we are excited to have scored two tries and our team are gaining more structure each week. A tough challenge against some older players, however we are proud of their determination and their never-say-die attitude. Well done Boys! As the season progresses, so too will the spirit. (Coach Fadz)

The U8 Stormers came up against a formidable opponent this week when playing Methodist. The energy of the match was insane and the tempo was extremely fast-paced. The SH team scored first early into the game, with the ball being dropped by the opposing team when Matthew Scheepers tackled a player with intent. James Muller was quick to react and snapped into action collecting the ball and scoring a beautiful try. Methodist were relentless in their attack and wave after wave - they just kept coming. One missed tackle led to one of their players speeding away and scoring the equalising try. This saw the match ending in a draw which was a good result for both teams. Very well done to our boys! (Mr O'Brien)



The U9 Stormers had a very tough game against a strong Methodist side. A slow start meant that Methodist got an early try and plenty of momentum. Our boys stuck to their guns and managed to pull it back with some very brave tackling and ball carries. However, it was not enough and in the end they lost 5-2. Despite the loss, the performance was great and the boys are improving every week. I was incredibly proud of their effort and passion that they showed in this game. (Coach Ben)

The U11 team played extremely well against a good Methodist team. Our boys stood up in defence and showed true grit and determination. With minutes to go, the game was still in the balance and we were putting huge pressure on their try-line. Unfortunately they had a run-away try which ended the game at 12-0. Well done to our boys who have grown as a team tremendously over the last few weeks. (Mr Chev)

Our Warthogs U7s team are still on a high after a great outing in Cape Town against Hamilton's Club and Rondebosch Boys. Our team kept the momentum going and put in the hard yards at practice this week. Our boys showed great spirit and determination and it was evident after Tuesday's practice session, that they were ready for war. Match day Wednesday was proof that they took their hard work seriously. The team played with so much heart that it was impossible to single anyone out for the Man of the Match accolade this week. Our team were rewarded with a fantastic score of 17 – 5 with victory over a well respected Methodist team. May we continue to play with heart and courage. Well done guys, Proud Coach! (Coach Fadz)



The 1st XV Falcons delivered a riveting performance against Methodist, showcasing their skill and determination in a closely contested match. Taking an early lead, they held firm against Methodist's relentless pressure, demonstrating unwavering resilience on the field. In a game marked by stellar defense and tactical manoeuvring, Bobby Savage's moment of brilliance stood out. After missing a penalty kick, he showcased exceptional hustle by chasing down the opposition's kick, ultimately scoring a crucial try. Despite Methodist's late surge, the Falcons remained formidable opponents, with the game deadlocked at 17-17 in the final minutes. However, a heartbreaking high tackle penalty allowed Methodist to secure victory with a successful penalty kick, ending the match 20-17. Although the result may not have gone our way, the Falcons' unwavering spirit and sportsmanship serve as a testament to their character and determination. Very well played boys, you certainly put your hearts and souls on the line. We are very proud of you! (Mr O'Brien & Mr Rank)



HOOKED ON BOOKS

Here are some more pictures from the riveting Hooked on Books performance last week!



NETBALL VS GENERATION

We only had our U10B netball team in action this week. The match was played on Wednesday afternoon at Somerset House against Generation school. We saw some great defensive play and going forward, we will have to concentrate on keeping possession and trying to get the ball to our shooters a little quicker. Our girls played a great game and fought hard although despite losing 5-1.



OUTDOOR PLAY IN GRADE R

After a chilly start to the morning, it was lovely to enjoy some sunlight and warmth, as the Owl class played on the pirate ship, just before lunch. Climbing, hanging and sliding is always more fun with friends.



SPECIAL GIFTS!

The Bee Class (Grade 000) have been very busy this week in preparation for Mothers' Day. They beaded a keyring using 2 coloured beads while learning about sequencing. A lot of concentration and fine motor skills were used while threading. They all took their time and drew and painted a beautiful picture for their mums. We can't believe how far these little Bees have come and are now all drawing and painting stunning pictures.

Happy Mother's Day.



EISTEDDFOD RECORDINGS

It may have been a wet, blustery Saturday, but it was all sunny skies in our 'recording studio'! Many of our pupils have been working tirelessly towards this Western Cape Virtual Eisteddfod recording and they arrived promptly and well-prepared. The best way to start a weekend!



TWO LITTLE LAMBS!

What an exciting surprise when Harlow arrived at school with her two lambs. The children loved petting Bella and Needy, and listening to them bleating while walking around the playground. The children thoroughly enjoyed this hands on experience!



EXPLORING MATTER: CRAFTING LAPBOOKS

In our recent Natural Science project, the Grade 4s delved into the fascinating world of matter through the creation of lapbooks. These interactive learning tools are designed to engage students in hands-on exploration while reinforcing key concepts. Here's a brief guide as to how the lapbook bases were crafted and what they entail:

Lapbook Components:

The lapbooks were adorned with various components, each contributing to a comprehensive understanding of matter:

- **Cover:** Colourful cover pieces were affixed to the outer flaps, setting the tone for exploration.
- **Reading Sections:** These sections included foldables and booklets covering topics such as the definition of matter, physical properties, measuring matter, states of matter, and changes in states. Each section provided ample space for pupils to record their observations and understanding.
- **Visual Aids:** Diagrams depicting the changing states of matter and the effects of heat were strategically placed within the lapbook, offering visual reinforcement of key concepts.
- **Interactive Elements:** A thermometer, aptly named "Where's the Water," was included to allow students to explore temperature's role in state changes. By shading in the thermometer according to the temperature ranges, pupils could visually grasp how matter transitions between states.

Through this project, pupils not only deepened their understanding of matter but also honed their creativity and fine motor skills. The lapbooks serve as tangible artifacts of their learning journey, showcasing their knowledge and enthusiasm for scientific exploration.

Stay tuned for more exciting projects and discoveries from our budding scientists!



SWIFT SOUNDS

It was a delightful family affair at our Swift Sounds Concert on Tuesday. We were enveloped in the serene melodies of the piano and recorder, revelling in the diverse array of musical pieces showcased. Hearty thanks are due to our exceptional Music Team; Hester Fourie and Lorna Maralack, whose unwavering dedication to their pupils resulted in sublime music, which was enjoyed by all.



GRADE 1 – ERUPTING VOLCANOES!

Imagine the wonder on the faces of our Grade 1 pupils as they witness a volcano erupt right before their eyes during a captivating science experiment. Exploring the fascinating world of volcanoes, these young pupils were thoroughly engaged and delighted by the experience.



CROSS COUNTRY

On Friday 3 May, the Cross Country athletes participated in the race that was held at Somerset College. It was a beautiful course through the vineyards. All our athletes did well, and special mention must go to Lily Herbertson, who raced away from the Hockey Festival at SWPS to come and run in the Cross Country; running a super race, coming 4th overall in the U13 race. We also have a number of younger athletes competing and as they gain experience are starting to enjoy their races more and are better placed over the line each week. Very well done!



HORIZON MATHS COMPETITION

On Saturday we have 27 pupils from Somerset House who have qualified to write the second round of the Horizon Maths Competition. Historically, this is a competition where our pupils have done extremely well and we are very proud of everyone who has made it through to write the second round. We wish all of our pupils the best for the paper and we look forward to the receiving the results. The following pupils have qualified for Round 2:



Grade 5: Robert Terheijden

Grade 6: Sophia Castleden; Nicolas Coolen; Caleb Hare-Bowers; Duncan Jones; Harry Downing; Adel Nyamuchiwa

Grade 7: Liam Allwood; Simon Wiehahn; Olivia Herbertson; Carla Hodges; Ryder Mitchell; Thomas Niehaus; Amber Parker; Sara Sawant; Ava Schreuder; Sienna Vonbun; Mia Steyn; Rebecca Angus; Jessica Beck; Olivia Burger; Liam Davies; Lia Gabrielides; Christopher Havinga; Bobby Savage; Lee Seloka; Jonathan Voortman

HOW DO GERMS SPREAD?

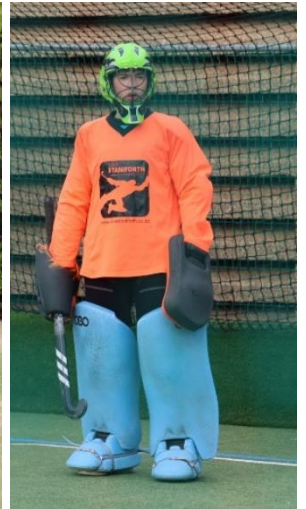
In our Grade 1 class, we learned about how germs spread and why it's important to use soap for proper handwashing. To demonstrate this concept visually, we got our hands messy with glitter to represent germs. The glitter showed us, firsthand, how easily germs can spread from one surface to another and emphasised the importance of washing our hands thoroughly with soap to stay healthy. The activity was both educational and eye-opening for the young pupils!



SWPS 6-A-SIDE HOCKEY TOURNAMENT

Somerset House entered 4 teams into the SWPS 6-a-side Hockey Tournament which took place last Friday at Somerset West Primary School. Our players enjoyed their afternoon and played some good, competitive hockey. Congratulations to our Boys U13 Team who won the tournament and to our Girls U11 who came 2nd. Our teams finished as follows:

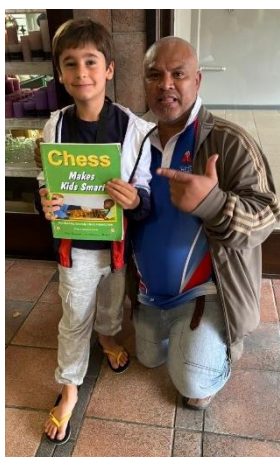
AGE	POS
GU11	2 nd
BU11	3 rd
GU13	4 th
BU13	1 st



CHESS TOURNAMENT

A number of our chess players participated in a private competition, The Cup O' Check Blitz Tournament, on Saturday morning. A number of our players received Top 3 positions, congratulations to the following pupils:

AGE	PLAYER	POS
U9	Ethan Hughes	1 st
	Eli Lamprecht	2 nd
U11	Jean le Roux	1 st
	Philip Human	2 nd
Open	Travis Wills	3 rd
Girls	Chloe Thomas	Best Girl



HOCKEY VS GORDON'S BAY

Some of our U7 – U11 hockey teams were invited to Gordon's Bay Primary for this week's fixtures. Some matches were played on grass and some on their little astro. While the juniors were playing their matches, our seniors enjoyed an in-house fun festival in mixed teams on our astro. This ended being quite a competitive round-robin with all teams fighting for top honours and bragging rights.

Well done to the Yellow Team: Bobby Savage, Rebecca Plewman, Kia Coote, Ben Hingeston, Jonathan Voortman, Amelia Benvenuti and Nicolas Coolen for taking top honours. Congratulations to all our junior teams, please see the results below:

	GIRLS	BOYS
U7 Falcons	Lost 0 - 4	Drew 1 – 1
U7 Squirrels	Drew 1 - 1	Won 2 - 0
U8 Falcons	Drew 1 - 1	Won 6 - 2
U8 Squirrels	Lost 0 - 5	
U9 Falcons	Won 2 - 1	Lost 0 - 6
U9 Squirrels		Won 2 - 1
U10 A	Lost 3 - 2	Lost 4 - 5
U10 B	Won 3 - 2	
U11 A	Won 2 - 0	Drew 1 - 1
U11 B		Lost 3 – 0



FROM LEARNING SUPPORT

Anxiety is a normal feeling that in the right amount can help us get motivated, put boundaries in place and be productive. Did you know that Anxiety subconsciously reminds us that we are worth protecting and are valued. Excessive anxiety, however, can be debilitating and needs to be acknowledged and supported. Self-soothing is a healthy way to manage anxiety.

ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT



SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



SPOTTED ON CAMPUS

A beautiful rainbow was spotted on campus this morning! Don't forget to take time each day to stop and appreciate the little things.



GRADE 00 MATERIAL ENQUIRY

This week the Grade 00 children continued their inquiry into 'Materials' by focusing on paper and card. We discussed how paper is made and all its various uses. It was wonderful to hear the children share their thoughts and ideas with their classmates, sharing the knowledge they already had. We asked the Grade 00 parents to send in some recyclable materials to school with the focus on cardboard boxes. The children sorted the items into paper/card, plastic and metal. They were then challenged to create something new out of these items. This was a wonderful fine motor and construction activity where they had to use creative thinking and a lot of motor planning. Through trial and error and learning some joining techniques the results were amazing! Well done, Mice! We are so proud of all your good thinking and hard work this week!



WELL DONE!

Congratulations to Kia, Liam, Ryder, Thomas, Jessica and Talia who performed so well at the Stellenbosch Eisteddfod last weekend. It was super to see the hours of rehearsals pay dividends, as they shared their monologues with the judges. Thank you to the parents that supported them.

