



SOMERSET HOUSE  
NON NOBIS SOLUM  
FOUNDED 1948

# REFLECTIONS OF THE WEEK

TERM 4 WEEK 6 (15 NOVEMBER 2024)

## GRADE 4 NS: MODELLING THE PHASES OF THE MOON

To conclude our Planet Earth and Beyond unit, the Grade 4s had a fun and engaging activity modelling the phases of the Moon using Oreos! Pupils learned about each phase – new moon, crescent, quarter, gibbous, and full moon – by shaping the cream in the Oreos to represent how the Moon appears from Earth. This hands-on activity brought science to life, making it both memorable and delicious!



# SH TENNIS CHAMPIONSHIP

Our SH Tennis Championship matches took place this week. The semi-finals were played on Tuesday and the finals on Thursday. Congratulations to the top 4 players on each of our tennis ladders who qualified to play in the semi-finals. The Wimbledon flair continued with the finals being played in scorching temperatures. Some great tennis was on show, regardless of the results, with each player giving their best. We were fortunate to have two Top 500 U18 Players in the World, coached by Zone Tennis Academy, to act as chair umpires on the day. Hein is currently ranked #1 in South Africa and Ali #5. We look forward to watching their progress as they climb the ranks, too.

Special Congratulations to the winners of the day who were crowned as the SH Tennis Champions and as well as the runner ups, in their respective age groups. After the great battle, the contestants met in the pavilion for the traditional Strawberries, Ice Cream and Appletisers.

DIVISION	RUNNER UP	CHAMPION
Junior Girls	Emma Gielink	Ava Govender
Junior Boys	Zachary Morrison	Tyler Bothwell
Senior Girls	Olivia Hipkin	Hannah Sloan
Senior Boys	Rijk van Galen	Nathan Sloan





## INCY WINCY SPIDER

The Ladybirds showed off their creativity this week by creating their own 'Incy Wincy' spiders made out of playdough. They had to form the body into a ball, roll out 8 legs and add many googly eyes. They had a wonderful time, chatting to each other and sharing their individual spiders.

Playing with playdough can have many benefits for preschoolers. Not only does it strengthen their fine motor skills, but it also encourages children to be creative and use their imagination. Playing in a group encourages co-operation and sharing between the children.



## A WORTHY DONATION

Catering Manager, Mrs Rautenbach's Somerset House Pick 'n Pay Smart Shopper points for 2024 amounted to R723.60 and this was used to buy dog food for Rescue Animal Drive, an organization that assists Township animals.



# CRICKET – BAIL TROPHY

The **U11A** cricket team took on a strong Somerset College team in the "Bail Trophy" match on Friday. Batting first, SH struggled to put runs on the board as the SC bowlers bowled with accuracy. Brodie Holford-Jones batted with discipline, top scoring with 14 well-deserved runs as SH finished their 20 overs with a total of 48 runs. Feeling positive, SH began their bowling with excellent spells from Harry Ryder and Brodie. Harry picked up 2 wickets with a fiery, accurate spell and Brodie held his end up with accurate, pressure bowling. In the end, SC passed our total in 14 overs, having lost 3 wickets. Well done to our boys for putting up a great fight, defending a small total. A great game, with many positives to take away and build on. (Mr Mendes)

The **U11B** Cricket Team competed in the "Bail Trophy" against Somerset College. SH won the toss and elected to bat first, attempting to put college under pressure. Our boys got off to a slow start, struggling to find the gaps within the fielders. Majority of the runs actually came from SC extras which worked in our favour, wickets began to fall until Jack Goldsmith and Zach Brown steadied the ship to a total of 90 runs. A respectable and defensible total. Our boys knew they had a lot of work to do in order to win this game, SC got off to a good start until our fantastic fielding led us to 3 run outs and 2 catches. The game got closer and closer until college just edged over the line. Congratulations to William Bolton who received player of the day for his 2 Wickets for 12 runs and 1 run out. SH U11B lost by 4 wickets but the boys were proud of their last performance as a team. (Coach Sebastian)

The **SP Girls Cricket** Team were included in the "Bail Trophy" for the first time this year and they had great fun. SH batted first and put up an awesome total of 96 runs Rebecca Angus scoring 14 runs and Lily Herbertson taking the lead with an awesome 54 not out before being retired. Somerset College then came in to bat and unfortunately we gave away a number of extras with wayward bowling, this allowed them to chip away at our score with relative ease. We did, however, manage to take a few awesome wickets. Well done to the following bowlers, Lily Herbertson, Amelia Benvenuti and Safaa Abass. A great day out with valuable lessons learnt. Congratulations to Somerset College who won the Bail Trophy this year. We will come back fighting next year. (Coach Liam)



## GRADE 5 TECHNOLOGY

This term, the children in Grade 5 have combined their knowledge of elastic energy with their knowledge of wheels and axles, to create an elastic powered vehicle. They were given a brief to build a model vehicle and design a wheels and axle system using recyclable materials. They then had to test and evaluate which materials and systems made the best running models. These were some of the more successful vehicles. We love the practical application of this subject!



## STRATEGIES TO HELP YOUR CHILD UNWIND AFTER SCHOOL

1. **Physical activity** – a key to unwinding by burning off excess energy and stress and creating a calm state of mind.
2. **Mindfulness and relaxation** – to calm the mind, helping develop healthy coping strategies and for stress and anxiety.
3. **Creative expression** – for channeling and redirecting energies and to foster creativity.
4. **Sensory integration** – to ensure regulation by processing sensory information more efficiently, leading to a calmer state.
5. **Predictable routines** – for structure and stability to avoid overwhelming your child, to reduce stress and to regulate emotions.
6. **Down-time and chill-out spaces** – for recharging purposes, a calming space helps rejuvenate and relax their mind.

♥ The Learning Support Team



# FROM THE LEARNING SUPPORT DEPARTMENT: FESTIVE FINE-MOTOR FUN

Fine motor skills are the small movements of the wrists, hands, and fingers in functional activity performed either with or without vision. These skills need a good sturdy foundation, including gross motor skills in order to develop and establish appropriately. Development of fine motor skills are important for optimal functioning in the classroom, home and other settings and promote independence in these areas.

**Fun activities to support your child's fine motor development over the festive season:**



## More ideas:

- <https://www.easypeasyandfun.com/christmas-crafts-for-kids/>
- <https://www.ot-mom-learning-activities.com/fine-motor-christmas-activities.html>
- <https://viewsfromastepstool.com/christmas-crafts-for-older-kids/>

Enjoy the festive fun!!!

Lots of love,  
Cara Willemse

# GRADE R SWIMMING

The Grade R children have been practicing with great enthusiasm for their upcoming Splash Gala, which takes place next Friday. They showed incredible excitement and determination as they perfected their skills in the water during their swimming session this week. Their energy and spirit is contagious, and we can't wait to see them in action on their BIG day! We encourage all parents, grandparents, and significant adults to come and support these young swimmers as they shine and make unforgettable memories. It's sure to be a day filled with joy and pride!



# SPOTTED WHILE WAITING FOR SPORTS PHOTOS

Just because we are queuing for Sports Team pictures doesn't mean the school-work stops!



## GRADE 4 CLASS MUSIC

After working on developing and executing their sound stories, the Grade 4 pupils got the opportunity to have some fun with boom whackers. As they were playing some festive melodies, they enjoyed singing along and getting into the festive spirit.





# TEAMWORK MAKES THE DREAM WORK!

The girls were very proud to show off their tall 3D tower which they worked on together during break. It took careful and precise teamwork, as well as clear communication to construct their tower. Fantastic effort girls!

The Grade 2 boys had a hands-on teamwork session. After a group discussion, creating a mind map, and drawing posters in pairs to explore what teamwork means, they put their ideas into action. In pairs, they decided who would lead and who would be blindfolded – many used a strategy of playing rock-paper-scissors or simply let their friend choose. With one boy blindfolded, the other gave clear instructions to guide him through a pathway of tyres. We were so impressed with how well they guided, trusted, and listened to one another. Fantastic teamwork, boys!



# HEALTHY EATING AND TEETH CARE

This week, the Grade 1 pupils had the wonderful opportunity to learn from Dr. Pam Scheepers and Dr. Philene Marais, who shared valuable insights on the importance of healthy eating. They explained how a colourful 'rainbow plate' filled with a variety of foods supports strong bodies and minds. The doctors also emphasised the importance of dental hygiene, demonstrating the proper way to brush and care for their teeth. We are grateful for their guidance in helping our pupils develop these essential habits for lifelong health! Thank you once again Doctors!



# GRADE 1 ENSEMBLE PREPARATIONS

The Grade 1 pupils have learned the appropriate technique to play the non-melodic percussion instruments in class. This term they are focusing on ensemble playing. They must follow the conductor to ensure that they are playing at the right time. Here are the Grade 1s concentrating on sharpening their ensemble skills.



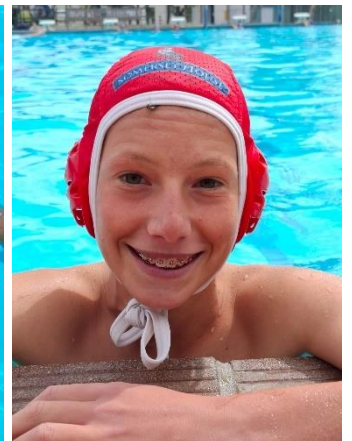
# FOOTBALL MATCH VS APPLEWOOD

On Thursday afternoon our U11 and U13 girls headed over the mountain to Elgin to play the away football fixture against Applewood Prep. Our senior team was a little depleted as a number of our players were not available, special thanks go to the U11s who stepped in to fill the team. Congratulations to our U11s who won 2-1 and to Applewood's seniors who beat our U13s 4-0. Another wonderful afternoon of girls' football in the beautiful Elgin Countryside.



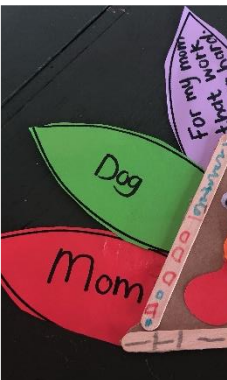
# WATERPOLO

Our Girls and Boys U13 Water Polo Teams matched up against Somerset College last Friday afternoon. Our teams put up a great fight but were just not strong enough to secure a victory this time around. We must not forget how new our children are to this code and although the results may not always go our way, their fighting spirit and passion for the game is so evident. Congratulations to Mr Chev and Coach Josh, you are both doing an amazing job. Our girls have one final match next Friday against Reddam, we wish them the best of luck.



# THANKFUL TURKEYS!

This week, the Grade 00 children engaged in wonderful activities as we discussed Thanksgiving. Each class had discussions about what gratitude means to them; then each child created a unique turkey, decorated with names of things and people they are thankful for. It was heartwarming to see the creativity and thoughtfulness of our children! We are proud of our children for expressing gratitude and celebrating the spirit of Thanksgiving in such a creative way!



# MINI CRICKET VS BEAUMONT

---

## U7 GIRLS

It was a good game from the girls. We batted first, running well between the wickets, to score great runs. We managed to get 41 runs in total, many from extras from wide balls. We are still working on our bowling and need to try and be tighter with our line and length as Beaumont managed to score 47 runs to take the victory, many of their runs were also scored from our wide balls. We will continue to work hard at our bowling, as we learned that matches are also won and lost when fielding and not just off the bat. Well tried girls! Despite the result, it was a fun afternoon out. (Mr Ncaphayi)

- Best Bowler of the Day: Trinity Isaacs
- Batter of the Day: Lenja Geretto

## U8 GIRLS

Alice Burger was selected as captain today and we won the toss. The team decided to bat first and scored a few runs from some good batting. Alice was our star batter by taking on their top bowler right at the end. From 6 balls she hit 5 and got 3 runs, she was a superstar. Our girls bowled so well and didn't get that many wide balls. I am so proud! My three star bowlers were Evie Arico, who took 2 wickets, Asia Hartley, 1 wicket, and Lula Malherbe, for her great disciplined bowling. It was a fantastic game all round. I am very proud of them. (Mrs McIntyre)

- Bowlers of the Day: Evie Arico, Lula Malherbe and Asia Hartley
- Batter of the Day: Alice Burger

## U9 GIRLS

Our U9 Girls played an excellent game of cricket today! Each one of them batted and bowled brilliantly! We won by 20 runs. (Coach Phia)

- Bowler of the Day: Isla Hardcastle
- Batter of the Day: Ella Lumsden

## U7 BOYS

The boys played an outstanding game – their best performance of the term! Batting first, they scored an impressive 54 runs, showcasing real champion spirit. Our bowling and focus showed great improvement this week, though we struggled to field a few of Beaumont's big shots. Despite a valiant effort, we fell short by just 11 runs. The boys truly played like stars, and we couldn't be prouder! (Coach Phia)

- Player of the Match: Phen Hardcastle for his 14 runs and Maiden Over Bowled.

## U8 BOYS

Our U8 Cobra boys played a beautiful match against Beaumont today. Beaumont scored 30 runs and SH scored 34 runs. What a fabulous, fun, close encounter enjoyed by everyone. (Mr O'Brien)

- Best Bowler: Beau Savage
- Best Batsman: Matthew Scheepers

Our U8 Titans also had a great game out and finished the season on a real high by beating Beaumont by 10 runs. (Mr Mendes & Mrs Angus)

- Best Bowler : Eli Lambrecht
- Best Batsmen: Eli Lambrecht

## U9 BOYS

The U9 Titans team won the toss and elected to bowl first. Beaumont had a quick start in the batting scoring 33 runs in the first 4 Overs. Liam Fraga, Mark Goldsmith and Oliver King had the fighting spirit among them in the bowling, only conceding 7 runs between the 3 overs, yet Beaumont's powerful batting, got them to a big score of 54. Somerset House went in to bat and started off rather slowly, putting up a score of 10 runs after three overs. They boys gave it their all but only managed score 30 runs in total against a strong Beaumont bowling team. SH fell short by 24 runs, well done to Beaumont. (Coach Tiaan)

- Best Batsman: Mark Goldsmith – 12 Runs
- Best Bowler: Mark Goldsmith with a Maiden Over

The U9 Cobras played a great game yesterday, although the score may not reflect it. We are proud of our team's efforts. Congratulations to Nhloso Mpofo who was our top bowler and to Raadhi Abass who scored the most runs. Despite our efforts, we lost by 30 runs. A super performance from Beaumont's team. (Coach Tiaan)



## CONGRATULATIONS RIJK & LIAM

It's never too late to earn your 1st Team Cricket Cap and we would like to honour Rijk van Galen and Liam Davies for their commitment and sheer determination this season. They both earned their 3rd appearances for the 1st cricket team last week and have therefore earned their 1st Team Caps. Congratulations Boys!



# NEWS FROM ALUMNI

It has been so lovely to hear from some of our Past Pupils!

Hello Alumni Society organizers, as per the Somerset House WhatsApp group, reporting in with my details for the Alumni Society. I'm a proud alumni of Somerset House, although I had to leave partway through Standard 4, if I remember correctly (switched to Deutsche Schule Kapstadt [DSK] in Tamboerskloof, Cape Town).



I believe I joined Sub A in 1977 in Mrs. Douglas's class and continued on happily through to Standard 4 (1982), while Mr. Rickards was Headmaster, remembering fondly our excellent and inspiring History teacher Mr. Jay Heale.

My dad took my brother Holger (2 years younger) and I out of Somerset house in 1982 and we ended up at the German school in Cape Town where I completed matric and Abitur before going on to study electrical and electronic engineering at UCT, and so did not have the pleasure to graduate from Standard 5 in 1983. It's unfortunate that circumstances caused me to lose touch with such a happy part of my childhood, and it was with great pleasure that I found myself invited to the Somerset House WhatsApp group in May 2024. It has been quite an experience, so many memories coming back from the depths of 45 years ago.

I'm currently living in Tokyo, Japan, married (second time, 2020) to a lovely lady named Akika, and we have a son Yuri (born 2023), with a family home in Rosebank, Cape Town.

I've driven to Somerset House on several occasions to show the school to my exes and my current wife, although never stopping (driving past the sports field to the drop-off zone and out again). Would be great to visit in more depth next time I am in Cape Town.

Best regards,

**Gernot Hassenpflug**

---

Good day

I remember Mrs. Waller and her pea soup, Apricot jam sandwiches and sweet juice in plastic orange cups, I remember playing marbles in the playground with all grades playing together. I remember walking up to the art centre (sometimes running up when the kumquat tree offered fruit) to needlework classes and Art classes, working in the herb garden and then racing back down for lunchtime. I remember Mr. Elliot seeming grumpy and then out of nowhere, cracking a joke, with a cheeky smile, and I remember how excited we were to be among the first to experience the newly built classrooms that ran along Drama Street. I remember cross country and swimming galas, hockey on the top field in the mud, the red, yellow and blue on sports day and how proud I was to be a Lanner. Mrs Thompson being at every sports event and managing us all with such ease! Mrs. Brear threatening to close our fingers in our space cases if we rustled and talked in the library and playing in the kraal.

The best memory of all was the Founders Day Assembly under the oaks at the Admin buildings, it was so exciting and such a treat to have mom and dad there afterward for tea.

I have always valued my time at Somerset House immensely, after fighting with my parents when I was told I was moving schools, once I joined Somerset House, I literally never looked back. It was simply the best school in the town and for me personally, I thrived, I grew, I felt safe, I learnt and I excelled in sports and in class.

I went on to a public high school, and although most of my friends went to other schools, I was a confident, well-equipped young person who was easily able to integrate with other children and to adapt to a big school way of thinking. I truly believe that the confidence instilled in me as a learner at Somerset House went a long way in preparing me for the big wild world.

I drove past for years with fond memories, and I've held onto my Falcon Badge, my report card file, and school magazines so that I could one day show my children.

We enrolled our eldest son at Oakwood in 2024 in Grade 000 and although it took him a while to settle, he now loves school and has a wonderful group of friends and a genuine fondness for his teacher. He will move on next year, a big step for him, and I just know that the caring hands of the school and the staff as a whole will help him transition through this and many future challenges and that he, too, will have the opportunity to grow to be a confident and well-equipped young man. I hope that the same will be true for my daughter when she gets there, and that is all that a parent can ask for their children entering a very different, big, wild world in years to come.

**Leanne Dorrington**

---

Dear Somerset House

Your notice 'Calling All Past Pupils' has been forwarded to me and, though I was a past pupil sufficiently long ago to be forgotten, I do have very fond memories of Somerset House and am responding to your request.

I was sent to Somerset House because Somerset Primary had been unable to inform me why I was there at all. I can still remember having no idea even why I was there in class! Somerset House taught me the meaning of the word 'Educate' by being interesting enough to capture my attention in class. "Educere" in Latin means "to lead out of"!

I loved every minute of my time at Somerset House!

The difference was later sadly demonstrated again when I went on to languish in High School where, once more, the approach was to sort of try to stuff our memories.

By contrast, the approach at Stellenbosch University then confirmed the power of more effective "education" by developing an intellectual curiosity within us. My time at Stellenbosch University was wonderful because it also fulfilled my yearning to learn, and the intellectual curiosity which had been planted in me at Somerset House!

Thank you, Somerset House for what you have meant to me in my very fulfilling life!

**Helmuth von Michaelis**



# MARKET DAY!

On Monday, the Ladybirds hosted Market Day. They were so excited to bring their own treats and sell to their Oakwood friends.



# KLIPPIE BRIEFIE MONDELING!

Die Graad 4's het hulle mondelinge oor hulle "Klippie briefies" baie geniet! Afrikaans is pret!

