

REFLECTIONS OF THE WEEK



TERM 1 WEEK 3 (31 JANUARY 2025)

INTER-HOUSE ATHLETICS – TRACK FINALS



Our annual Inter-House Athletics event took place last Friday morning. Our fields were decorated with brightly coloured House Camps in red, blue and yellow as the House Captains and Cheerleaders rounded up their troops for this exciting event. Our Junior Prep children were up first and after their team walk on, enjoyed some fun races before getting down to business. There was great excitement around, especially during the shuttle relays, where double points were up for grabs. The JP event was followed by the Senior Prep and, again, the teams entered to their choice of song for their Walk-On processions to the field.

Special thanks to all our Captains and Cheerleaders who did an awesome job throughout the morning. Thank you too, to all the moms and dads that helped to decorate the base camp areas. They looked amazing. Hobby was awarded the Spirit Cup and Peregrine took top honours on the day. The support of the Downing family each year, is so very much appreciated. With their assistance, our children are protected from the elements under their beautiful-coloured gazebos, adding spice to our event. Thank you so much Richard, we will forever be grateful to you and your team for your support each year.

Congratulations to all our athletes who accumulated the most points over the course of the various disciplines (Field and Track Events) over the last 2 weeks. Special congratulations to our Junior and Senior Victor and Victrix Ludorum athletes:

- U11 Jemeecah Lodewyk and Daniel Beck
- U13 Charlotte Guy and Nicolas Coolen





Our Somerset House Athletics Team has now been selected. We wish these athletes the best of luck as they prepare for the Interschools Athletics Triangular against Bridge House and Somerset College on Friday 21 February at Somerset College from 09:00 to 14:00.



INTER-HOUSE ATHLETICS TROPHY WINNERS

AGE GROUP	ATHLETE
Girls U7	Alexa O' Dea
Boys U7	Jordan Terblanche
Girls U8	Lenja Geretto
Boys U8	Phen Hardcastle
Girls U9	Trinity Massyn
Boys U9	Dillon Ishchenko and Malakai Leibrandt
Girls U10	Ella Lumsden
Boys U10	Angus MacIntyre
Girls U11 – Junior Victrix Ludorum	Jemeecah Lodewyk
Boys U11 – Junior Victor Ludorum	Daniel Beck
Girls U12	Mackenzie Nelson
Boys U12	Harry Ryder
Girls U13 – Victrix Ludorum	Charlotte Guy
Boys U13 – Victor Ludorum	Nicolas Coolen
Winning House	Peregrine
Spirit Trophy	Hobby



SPRINT RECORDS

One would think that U7 pupils may be a little nervous and possibly apprehensive for their first Inter-House event. This was certainly not the case for Alexa O' Dea, who entertained the crowd with her speed and determination. Alexa sprinted her way across the 80m track in a time of 14,23 seconds and the 150m in a time of 29,84 seconds. These times ensured that Alexa broke 2 records on the day, an awesome achievement! The O' Dea family's success continued as her dad, Kevin, won the dad's race too. Congratulations Alexa, we are very proud of you and look forward to watching you run again at the Interschools Athletics Triangular on Friday 21 February.



MATRIC CLASS OF 2024

It has been fantastic to hear of some of the amazing results achieved by Somerset House pupils as they completed Matric last year. Please keep the good news coming!

Well done to the following pupils on exceptional results:

- **Siena Williams** (Rhenish) passed with 5 distinctions. She has accepted a place at UCT to pursue a BSc Physiotherapy degree.
- **Talia Abelson** achieved 6 As (and a 79% for 7th subject). She is panning to study a BSc in Molecular Biology and Biotechnology at Stellenbosch University.
- **Amber Mendes** (Rhenish) achieved 5 distinctions, with an overall A aggregate. She was the top History student in her Matric class.
- **Joani Frehse** (Parel Vallei) passed Matric with 86%, achieving 5 Distinctions. She will be studying BCom International Business at Stellenbosch University this year.
- **Cayden Webb** (Curro) achieved Top 7 in his matric grade, 3 distinctions (of which one was for Maths), and an overall A aggregate for Matric – all whilst running his own successful business. He's off to Stellenbosch University to study a BCom Degree in Marketing and Management Science.
- **Zara Hingeston** (Somerset College) received 8 A symbols – Top 1% Award in 1 subject and a Commendable Achievement Award.

GRADE 4 ENGLISH

The Grade 4 pupils are hard at work in English lessons and loving every opportunity they get to read!



GRADE 2 SHOW AND TELL

The Grade 2s have been impressing us with their Show and Tell. We've seen a wonderful variety of experiences, interesting items, and fascinating facts shared with the class. Some have brought in objects, while others have researched and discovered new information about our exciting theme – Space! It's been amazing to see their confidence and creativity shine. Well done, Grade 2s, we love your enthusiasm and eagerness to learn and share. Keep up the fantastic work!



EXCELLENT PIANO EXAM RESULTS!

I am thrilled to extend my heartfelt congratulations to you on achieving an outstanding result in the 2024 Trinity College London examinations, with a score of 95% and above! This is an incredible accomplishment, and you should be extremely proud of all the hard work and dedication you have put into your studies.

Achieving such a high mark not only reflects your exceptional skills and talent, but also your commitment to excellence and perseverance. You have set a fantastic example for others, showing that with determination and focus, you can reach remarkable heights.

As you continue on your musical journey, I have no doubt that you will continue to achieve great things. This is only the beginning, and I look forward to seeing all that you will accomplish in the future.

Once again, congratulations on this outstanding achievement! Wishing you continued success and fulfilment in all your endeavours.

Gillian Koller
National Co-Ordinator South Africa
Trinity College
27 January 2025

Congratulations to Mia Steyn, Grade 7 Class of 2024, on this amazing accomplishment! A big well done to Mrs Fourie and sincere thanks to her supportive parents as well.

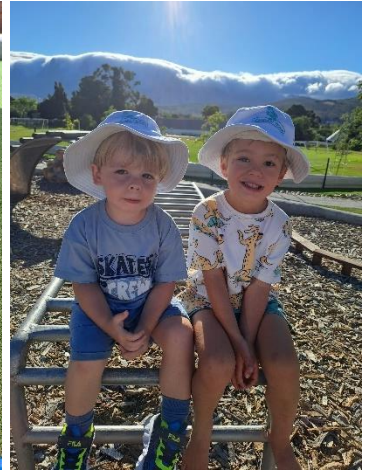
GRADE 6 CLASS MUSIC

Class Music kicked off with a burst of creativity! The Grade 6 classes composed their own rhythmic passages using a mix of unconventional items and traditional classroom instruments.



SETTLING IN

The little Bees (Grade 000) have settled into their new school routine and enjoyed the beautiful weather this week by exploring all the different play areas outside. Sometimes they just took a little time to sit and chat to a new friend.



BEST OF LUCK CHESS PLAYERS AND ATHLETES!

We have a number of Chess Players and Athletes competing at District Trials this weekend, we wish you all the very best of luck. News to follow in next week's newsletter.



GRADE R CLASS MUSIC

The Squirrel class had a fantastic time during their Class Music lesson!



INDOOR HOCKEY

Our Grade 6 and 7 Indoor Hockey League matches got underway on Monday evening. Participating schools include Beaumont, Gordon's Bay, Hendrik Louw, Lochnerhof, Rhenish, Somerset College and Somerset House. The girls matches take place on Monday afternoons and evenings at Somerset House while the boys play up at Somerset College.

Last Monday, our girls played against very skilful Beaumont sides. Our Grade 6s had a fabulous match and held their own, absorbing pressure, but also taking advantage of scoring opportunities. The match ended in a 2 – 2 draw, a fair reflection of a hard-fought match by both teams. Our Grade 7s faced a very competent and determined Beaumont team who managed to score early and gain some momentum. SH never gave up and came back hard to win the second half of the match. The final score was 5 – 3 to Beaumont. Well done, girls!

The Grade 6 boys got off to a rusty start against Hendrik Louw. We struggled with our passes and making use of the boards, to narrowly lose 2 – 1. Our second match against Somerset College saw an improved performance, passing and using the boards. We dominated both halves and were unlucky to draw 2 – 2. Keep working hard Grade 6 boys! Well done to Harry Ryder and Gabriel Hollander for scoring some exciting goals! The Grade 7 boys had a tough first half against Somerset College, going into the break 0 – 0. However, renewed vision saw our boys ramp up their game to seal a 3 – 0 victory. Well done to Nicolas Coolen and Tyson van Wyk on scoring!



FROM LEARNING SUPPORT

PROPRIOCEPTIVE SNACKS

Proprioceptive snacks are crunchy or chewy foods that provide proprioceptive input to the brain. Proprioception is the ability to sense body movement, position, and balance.

Many of our sensory-seeking children self-regulate by chewing, biting or sucking on non-food items. Chewing on their shirt sleeve, sucking a dummy or sucking on their fingers helps to organize, calm, soothe, and regulate their sensory systems. Providing a chewy necklace or bracelet is a great way to provide input to their sensory system, but there are also certain snacks that you can provide their bodies with to help self-regulation too!

Crunchy snacks provide a lot of pressure input to the jaw. These snacks include: nuts, hard granola bars, apples, pears, cucumbers and carrots, bagel or pita chips, crackers, dry cereal, ice chips, pretzels and rice cakes.

Chewy snacks promote an increased rate of chewing as well as providing a lot of input. Some examples of these snacks are: fruit snacks, dried fruit roll, dried fruit, raisins, chewy mini bagels, gum, salami sticks and biltong.

Sucking on snacks and drinks also provides great resistance in the mouth for sensory seekers. Try these ideas:

- Drinking liquids through a crazy straw or a thick straw
- Drinking a smoothie or yogurt through a regular straw
- Sucking on yogurt squeeze pouches
- Sucking on hard mints

With love from the OTs at Huelin Cottage.

GRADE 2 GUIDED READING

The Grade 2s are thoroughly enjoying Guided Reading in small groups, eagerly engaging with stories and sharing their thoughts. They are building confidence as they explore new words and ideas together.



GRADE 00 SHOW AND TELL

This week our Grade 00 classes presented their first “Show and Tell”. Show and Tell is such a special activity that allows children to share their personal feelings and experiences in a supportive atmosphere. By showing an object or telling a story that is of personal value to them, children learn to express themselves and connect with others. Moreover, this activity can be particularly beneficial in terms of giving children some power, even children with a more reserved nature are able to share an item of personal interest with excitement. Additionally, show and tell encourages self awareness and empathy. By listening to the other children’s stories, they gradually gain understanding of the surrounding world and different feelings that people can have. This week we focused on the letter “a”, squares and the colour yellow. It was wonderful to witness the children thinking and working creatively!



SPOTTED ON CAMPUS

During an athletics training session, Lilly, Ms Mac’s dog, showed the Junior Prep children what she could do – competing alongside Hobby, Lanner and Peregrine while staying in her lane just as the children were taught.



CRICKET MATCHES

U11B

The U11Bs took on De Hoop this week in their first match of the season. Somerset House won the toss and chose to bat first. The boys did well and scored a total of 91-3 with the help of an amazing knock of 46 not out, by William Bolton. Somerset House then came in to bowl and De Hoop got going quickly. They managed to reach the target in 14.1 overs and win the game by 8 wickets. We are very proud of the effort the boys put into their first game of the season. Lots of positives to focus on! Well done, boys!

2nd TEAM

The 2nd XI cricket side came up against a strong De Hoop side on Wednesday afternoon. After losing the toss, Somerset House were sent to the field. The Somerset House bowlers came up against some serious power-hitters and struggled to maintain them. Tyson van Wyk was excellent with the ball – picking up 2 wickets after his 4 overs while being economical. He was matched by Sebastian Schoombie with Seb picking up 2 wickets as well. After a tough session in the field Somerset House were required to score 198 inside their 20 overs. A mammoth task but the boys were positive at the end of the innings and excited for the challenge, hoping for a turn-around. Unfortunately, the Somerset House boys were met with some excellent and accurate bowlers from De Hoop. Eshan Wood top-scored with 33 off only 21 balls, a really gutsy innings taking on the De Hoop quicks. In the end, Somerset House were bowled out in the 12th over for 67. Well done to the boys for fighting until the very end, it was an excellent day out with many positives to take away.



1st X1

Our 1st XI took on Hendrick Louw in the first game of the season. SH won the toss and decided to bat first. We managed to get a total of 81 runs in our 20 overs with good efforts from Caleb Hare-Bowers and Gabriel Hollander both scoring 18 runs. Hendrick Louw then went in to bat and got off to a fast start. Too many loose deliveries let us down in our bowling innings and Hendrick Louw managed to reach our total in 9.3 overs. Many positives to focus on and lots of hard work ahead.



SH CHAMPIONSHIP GALA

Our Somerset House Championship Gala took place on Thursday afternoon, and it was great to see our top swimmers in the various age groups in action. Our U7s were very brave as they tackled the length of the pool in their first official gala of their school careers, we are very proud of all of them. Rosettes were awarded to the top 3 swimmers in each age group in each stroke. Points were also awarded for each event and the top swimmers in each age group received trophies at the prize giving.



Girls U7: Most Points Catalia Symes	Boys U7: Most Points Alek Biezanek
Girls U8: Most Points Sienna Perreira	Boys U8: Most Points Phen Hardcastle
Girls U9: Most Points Elizabeth du Preez-Strauss	Boys U9: Most Points Nicholas Harpur and Beau Savage
Girls U10: Most Points Alexis Stander and Juliet Mead	Boys U10: Most Points Aidan Castleden
Girls U11 Individual Medley Penfam Trophy Olivia Bind	Boys U11 Individual Medley Penfam Trophy Leo van Galen
U11 Victrix Ludorum Bairnsfather Cloete Trophy Olivia Bind	U11 Victor Ludorum Leo van Galen
Girls U12: Most Points Mabel Savage	Boys U12: Most Points Robert Terheijden
Girls U13 Individual Medley Holloway Trophy Sophia Castleden	Boys U13 Individual Medley Rhodesia Trophy Tristan van Rensburg
U13 Victrix Ludorum Charlotte Guy	U13 Victor Ludorum Tristan van Rensburg

Special congratulations to our trophy winners and our Junior and Senior Victor and Victrix Ludorum recipients. These gala results will now be used to select our SH Swimming Team for the upcoming galas, two of which take place next week, the Boys' Relay Gala at Beaumont on Monday and the Girls Relay Gala at Somerset House on Wednesday. Congratulations to all our pupils who swam, we are very proud of you!





FRIENDSHIPS

Friendship is one of the most exciting discoveries at Oakwood, and it's at this age that the foundation for future social skills is built. In Grade R this week, the children not only learned Literacy and Numeracy but also how to share, take turns, and navigate the world of feelings through play and interaction.

These early friendships are vital for emotional growth, as they teach important lessons in empathy, communication, and cooperation. Whether it's sharing a toy, working together to build a block tower, or comforting a friend in need, these experiences help children develop the tools they need to connect with others in a positive, supportive way. Through discussing what it means to be a good friend and what a good friend is encourages these early bonds that can set the stage for healthy relationships throughout life. By fostering an environment where kindness, respect, and teamwork are celebrated, we are not only helping children make friends but also building the social confidence they will carry with them as they grow.

