

REFLECTIONS OF THE WEEK



TERM 1 WEEK 4 (7 FEBRUARY 2025)

GRADE 1 AND 5 BUDDIES



Our Grade 1 pupils were thrilled to meet their Grade 5 Buddies last week! This special buddy system is designed to support our youngest pupils as they transition into a more formal school environment. With the guidance and friendship of their older buddies, the Grade 1s gain confidence, feel a sense of belonging, and build meaningful connections. These bonds often turn into lasting friendships, making the journey of learning even more memorable!



BOYS' RELAY GALA

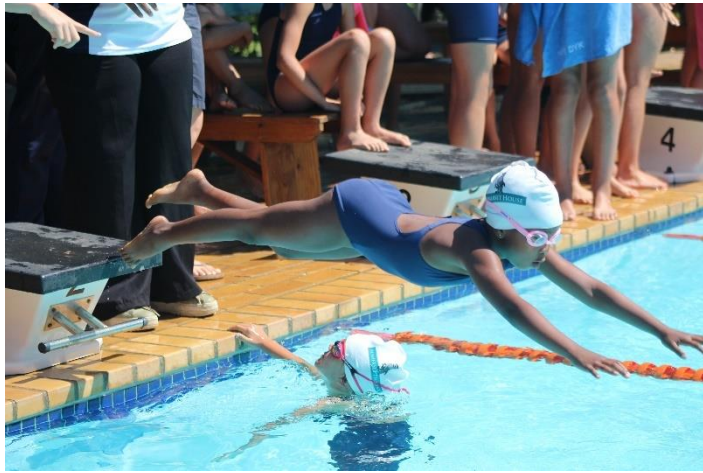


With strong competition from prestigious schools like De Hoop, Beaumont, Somerset College, Rhenish, and Bridge House, the Boys' Relay Gala was an incredible show of talent and team spirit. We were incredibly proud of our Somerset House boys as they showed their commitment and teamwork by swimming their hearts out. As each swimmer enthusiastically supported their teammates, the atmosphere was electrifying and the supporting attitude maintained till the end of the gala. Our team's unity and spirit were obvious as they stood strong together in their teal shirts, always a striking sight. We want to sincerely thank the parents for their constant encouragement. Somerset House was rewarded for our fine efforts with a wonderful 3rd place, positioned behind Beaumont and De Hoop, who shared 1st place overall. Congratulations boys, we are very proud of you.

Tanya Loots

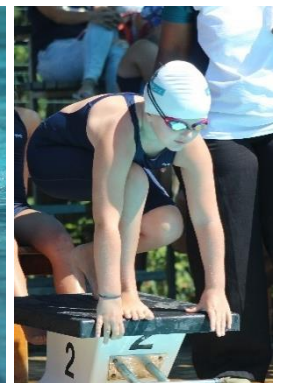


GIRLS' RELAY GALA



On Wednesday, the Girls Relay Gala was hosted at Somerset House. Participating schools included Beaumont, De Hoop, Somerset College, Rhenish and Bridge House. Our girls sadly had a few disqualifications, which made it difficult to catch up. This will definitely motivate us to work even harder. Well done to all the girls who swam their hearts out, especially to our U7s who swam in their first official gala, we are proud of you. Thank you too to the parents for your support, we will be better next time. We realise that there is always room for improvement, and we look forward to our next gala.

Tanya Loots



CHOIR WORKSHOP

On Friday, 28 January, the SP Choir held a workshop from 2 to 5 pm. Despite the challenge of focusing on a Friday afternoon, the pupils showed enthusiasm and teamwork while learning new material and singing in different voice parts. Regular breaks and snacks kept their energy up. Well done to all who participated in this valuable experience!



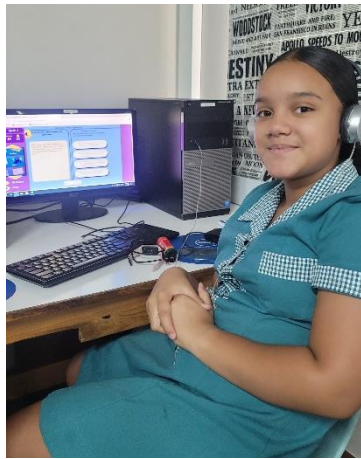
SPOTTED ON CAMPUS

All children love take-aways, right? Well, at Somerset House lunch-time take-aways look a little different. A handful of carrot sticks after lunch is the way to go!



READING EGGSPRESS

The Grade 4 pupils received their login and password details for the Reading Eggspress program and are already flying. It is such a beneficial and fun online platform to help improve reading skills, comprehension and spelling skills.



ART LOOKING SHARP!

This Term the Grade 2s have been given Mexico as their theme. Here they are creating a bright and colourful cactus!



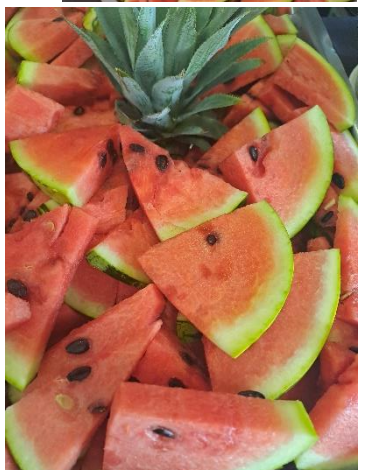
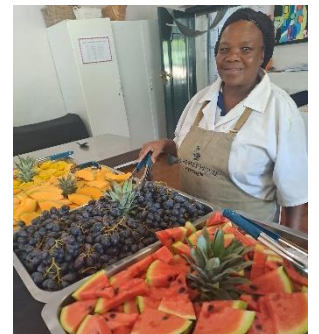
GRADE 4S EXPLORE THE WONDERS OF LIFE!

Our Grade 4s have been investigating the fascinating differences between living and non-living things by exploring the seven life processes. They discovered that some things may appear dormant but can spring to life under the right conditions! To put this to the test, we activated yeast using warm water and sugar, observing how it came to life. The grand finale? Turning our scientific discovery into a delicious treat - fluffy, homemade bread rolls! A hands-on, tasty way to see science in action!



FREAKY FRUITY FRIDAY!

On Friday, the children enjoyed the Freaky Friday Fruity Festival for lunch – a great way to end the week. Platters of beautiful summer fruits were laid out for them to enjoy alongside Cheese Rolls and Yoghurts.



WORLD WETLANDS DAY

Sunday the 2nd of February was World Wetlands Day. To celebrate this event, the Grade 6 and 7 children started their Tuesday morning at the Helderberg Nature Reserve. There was much excitement as they got to explore and learn more about the wetland in our nature reserve. The aim was for our pupils to first-hand experience a wetland, in order to appreciate their value, protect them and be inspired by them. "Protecting wetlands for our common future" is the theme for 2025, which we hope this generation will embrace for our common future.

The Grade 6 children conducted a wetland study, while the Grade 7 children were given a dynamic presentation on wetlands, in the Helderberg Education Centre. Thereafter, the two grades swapped activities. Bearing our eco-footprint in mind, we then departed on foot back to Somerset House. In the words of one of our staff members, "Thank you for an awesome outing to the wetlands, what a great way to start the day!"



Wetlands - Value. Protect. Inspire.





PERSONAL GOAL-SETTING

To kick start the year, the Grade 3 children set some personal goals. We equated setting a goal to climbing a mountain. We discussed how the goal/mountain might feel out of reach, so we need to break it down in order for it to be achievable and to work towards the goal.

MY NEXT MOUNTAIN TO CLIMB IS:

- Beau – to do a mini triathlon
- Rebecca – to be better at swimming
- Mason – to improve my maths
- Trinity – to learn to play the double base guitar
- Nicholas – to be better at football
- Azania – to climb Lions Head
- Malakai – to improve on my rugby
- Leila – to be amazing at sport
- Hayden – to be good at swimming Butterfly.
- Luca Julius – improve my piano by playing with my left and right hand simultaneously
- Luna Seloka – write in cursive by practising every Friday
- Ellie De Wet – become amazing at maths by doing bonds sums everyday
- Lira Marais – to be better at art by practising at home
- Joe van Zyl – catch an 8-pound bass by first catching a 3-pound bass

Friday 31 January

GOALS

- 1 to practice 3 days a week.
- 2 eat and sleep enough.
- 3 and get more stronger and faster.

THE NEXT MOUNTAIN TO CLIMB... improve on my rugby.

GOALS

- 1 get a guitar
- 2 ask for help
- 3 Play it

THE NEXT MOUNTAIN TO CLIMB... learn to play double base guitar

HELDERBERG ZONAL ATHLETICS TRIALS

27 Somerset House athletes participated at the District Athletics Trials at Strand High School last weekend. The Field Events took place on Friday afternoon and the Track Events on Saturday. Congratulations to the following pupils who received top 3 places last weekend. Our athletes who received top 2 finishes, have been selected to participate in these events at the Metropole East Trials which take place next Friday 14 February at Parow Athletics Track.

Girls U10	Ella Lumsden	High Jump	1 st
		Long Jump	3 rd
Boys U11	Daniel Beck	High Jump	1 st
		1200m	2 nd
		80m	2 nd
		100m	2 nd
	Zackary Morrison	High Jump	2 nd
Boys U12	Harry Ryder	High Jump	2 nd
Boys U13	Skyler October	High Jump	1 st
		Long Jump	3 rd
	Nicolas Coolen	High Jump	2 nd



BEADING IN ISIXHOSA

The Grade 4s thoroughly enjoyed their isiXhosa lesson, which explored the beautiful art of beading and its deep significance in Xhosa culture. They learned that different colours hold specific meanings and are used for various special occasions, adding symbolism to each piece. The highlight of the lesson was when they got to make their own colourful bracelets, carefully choosing beads to create unique designs. The classroom buzzed with excitement as they immersed themselves in this vibrant tradition. It was a fun and engaging way to learn about a rich culture, making the experience both meaningful and memorable!



READ ALOUD DAY

On Wednesday, we celebrated World Read Aloud Day at Somerset House. This created a wonderful opportunity to 'drop everything and read'. Reading forms the core of English and pupils are reminded constantly that if they wish to improve their writing, spelling, punctuation, sentence structure etc. they need to READ, READ, READ. What's more, it's great fun and allows our imaginations to soar. At Somerset House we choose class readers that represent different genres of literature, exposing the children to a variety of topics in the hope that some of them will resonate and inspire them to become lifelong readers. The Grade 7s are currently reading "Shooting Kabul" by N.H. Senzai, while the Grade 6s are enjoying 'Wonder' by R.J. Palacio. In Grade 5, the children are intrigued by the story of the teacher, Mr Terupt, and his Grade 5 pupils, a novel that deals with real school issues of children their own age. "George's Marvelous Medicine" by Roald Dahl is a firm favourite among the Grade 4s who thoroughly enjoy reading about the mischievous nature of the protagonist. Please discuss these novels with your boys and girls and take advantage of the 'no device challenge' to spend more time reading with your children.



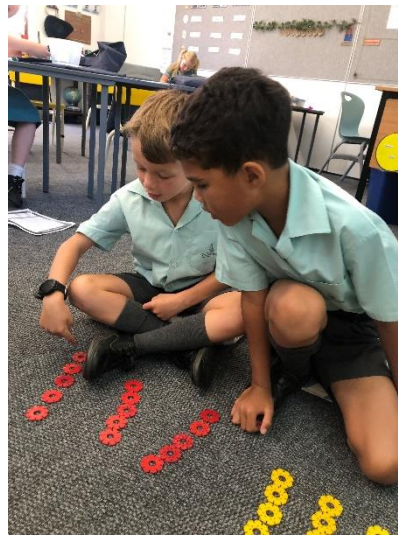
GRADE 3 AFRIKAANS

The Grade 3s are learning words with 'ie' sound in Afrikaans. They were put into groups to play a lotto game using the words they have learnt. Learning Afrikaans is fun!



REPEATED ADDITION IN GRADE 2

This week in Maths, the Grade 2 children focused on repeated addition. We applied the Singapore Maths approach, which emphasizes concrete, pictorial, and abstract learning. Working in small groups, the pupils used counters to practice repeated addition, strengthening their understanding of grouping and counting.



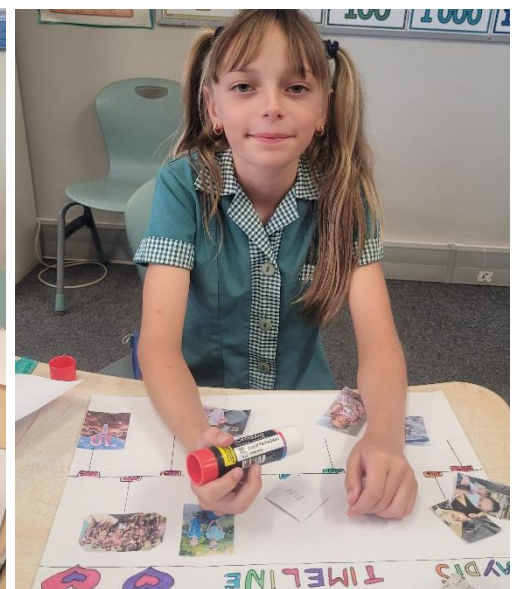
PATTERNS, SHAPE AND MEASUREMENT IN GRADE R

The children worked meticulously on a project this week to produce a meaningful art piece of their families. We read a lovely story about how families can look very different and are designed in a variety of forms, but mostly how they are all filled with love and time shared together. The children carefully measured and cut strips of paper to include a frame and methodically repeated a 3-step pattern around the 4 sides of a rectangle. They drew their families faces in petals and stuck it all together to make a fabulous family flower. They loved speaking about their families in Show-and-Tell and sharing special stories about loved ones, with their friends and teachers. We loved looking at all the family photos on display and learning more about each other.



SOCIAL SCIENCE IN GRADE 4

The Grade 4 pupils have been learning about chronological order as well as sources and evidence in their Social Science lessons. They had fun this week creating their own personal timelines!



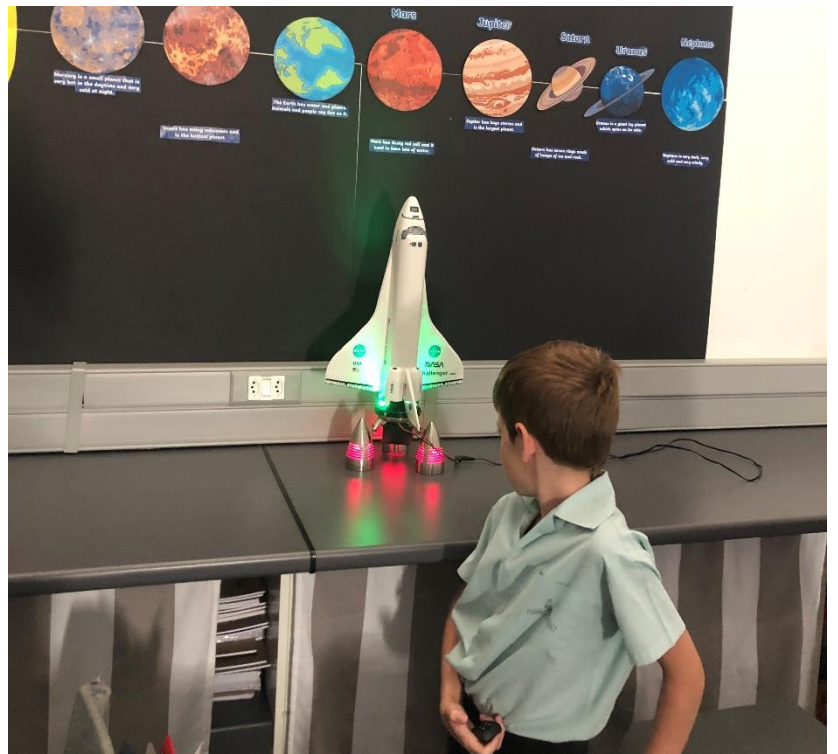
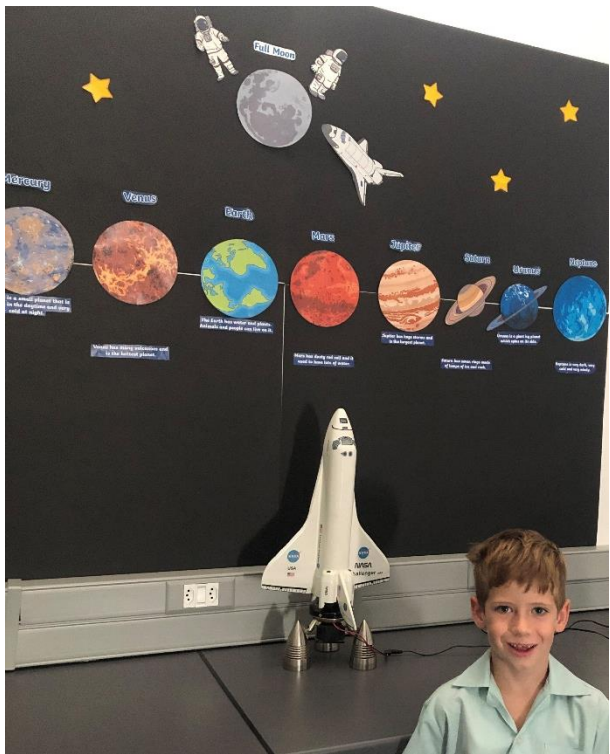
THANK YOU, ABASS FAMILY!

A sincere THANK YOU so the Abass family for the donation of a bench for the Oakwood Library. The bench doubles as additional storage / bookshelves for this space – a well-used and much-loved resource for our Pre-Primary.



SHOW AND TELL NEWS

Logan (Grade 2) brought in an impressive spaceship that he constructed with his dad. He confidently and proudly explained the creative process behind their project, detailing how they built it and the inspiration for its design. Logan enthusiastically answered his peers' questions with ease. The construction began with loose parts, and with the help of a 3D printer, their spaceship became a reality. Remarkably, it lights up and emits sound effects, simulating a launch into space.



GRADE 4 CLASS MUSIC

The Grade 4s are learning to interpret music notation, starting with rhythm patterns. First, they worked on distinguishing between the different note values and rests, then they learned to write rhythm patterns and lastly, they read and performed the rhythm patterns on percussion instruments to demonstrate their understanding of note values.



TEA, TOAST AND TEDDIES

This week, the Grade 00 children use all of their senses to fully explore the letter sound /t/. On Tuesday, they brought their teddies to school with them to teach them about the letter t. They used all their senses as they smelt, saw, felt, tasted, and even heard the toast as it popped out the toaster! This was accompanied by a tasty cup of tea with a "real-life" tea set!



INDOOR HOCKEY

Our Grade 6 and 7 girls played their second round of indoor matches on Monday evening. Our Grade 7s were first up against Hendrik Louw. It was a real ding-dong battle with both teams making great saves and clearing well and managing to take advantage of scoring opportunities. Scores were level at 2-2 with not much time left of the clock, when Somerset House broke through scoring the winning goal and ending the match 3-2, well done girls!



Our Grade 6s had a double header evening with their first match against Hendrik Louw followed by De Hoop. The Hendrik Louw was a close encounter with SH going down 3-2 after a tough fight. Sadly, De Hoop scored early after some scrappy play in the circle to edge ahead and then slotted another goal just before half time. Addison Brown stood firm in goals and the team lifted their spirits and played with far more energy in the 2nd half to ensure that no further goals were scored. SH went down 2-0 after full time, but valuable lessons were learnt. I enjoyed your fighting spirit girls and would like to see that earlier in the match, going forward.

Mandy Mac

The Grade 6 and 7 boys continue to fight hard, reflecting determination in the indoor hockey league. The Grade 6 boys held off waves of attacks from De Hoop, to go into the break 1-0 down. Robert was a brick wall in the goals, making numerous saves. Unfortunately, they ran out of legs in the second half to concede 0-4 to De Hoop. Keep trying hard, Grade 6 boys! Next week, there is a change in our fixtures: 18:00 vs Lochnerhof, followed by 19:15 vs Beaumont.

The Grade 7 boys played out to a 0-0 half-time score; however they came back in the second half to string some good passes together, which resulted in 3 unanswered goals, winning 3-0 against Hendrik Louw. Well done, boys! Remember your match next week is at 17:10 against De Hoop.

Don Angus

ALL ABOUT FAMILIES

The Ladybird Class (Grade 000) enjoyed learning about their families and sharing special stories with their friends. We looked at pictures and spoke about what activities we do with our families on the weekend. We enjoyed threading pasta into necklaces and using roller balls to paint ties.



CRICKET MATCHES

BOYS U7:

U7 boys A-Team played an exciting game of cricket day. They were sent in to bat first and put up a solid 54 runs. We lost one to many wickets in this innings, which came back to bite as at the end. After an impressive batting performance, the boys did well to defend their score, with some exceptional fielding and top-notch bowling from some players. We were very unlucky not to win the game, but the coaches are happy we did not lose either. Well done, boys, on a great start to the season drawing to Gordon's Bay Primary.

The Somerset House U7B team put on a spirited performance in their mini cricket match against Gordon's Bay Primary, narrowly losing by just 3 runs. Troy Dorfling and Gideon Wever led the batting with impressive knocks of 8 runs off 6 balls each, while Troy also shone with the ball, conceding only 4 runs in his over. It was a fantastic effort from the young team, showing great energy and enthusiasm on the field!

David O' Brien



BOYS U8:

The U8A team played a fantastic match against Gordon's Bay Primary on Wednesday. SH batted first and scored 32 runs. Gordon's Bay went in to bat and also scored 32 runs. The last run was scored off the last ball of the match. Overall, lots of fun, laughter and lovely cricket.

- Best Batsman: Giovanni Cirillo
- Best Bowler: Christian Strydom

Steve Mendes

BOYS U9:

Somerset house U9A, played a very exciting and well-balanced game of cricket, narrowly losing to Gordon's Bay primary. The team exhibited amazing team cohesion, communication and determination, showcased in the excellent batting performance, putting on 42 runs. Many of the runs coming from great communication and running between the wickets. Malakai Leibrandt scored an impressive 12 runs leaving him with a stellar 20 run partnership with Matthew Scheepers. Our bowling performance was also impressive, causing the game to be close all the way until the last few overs. Beau Savage's tight lines and lengths ensured that the final batsmen were restricted to 2 runs. Well done, team!

James Hall

The U9B team played an exciting game against Gordon's Bay Primary. SH bowled first showing some good potential and scored a total of 31 runs. Unfortunately the boys lost by 8 runs. Best Bowler: Dillon Ishchenko and Best Batsman: Nathan Marcovich.

Karen Bind

BOYS U11

The U11A team faced a very strong De Hoop U11A team. SH batted first and found it difficult to score freely against a fast De Hoop bowling attack. We were eventually bowled out for 47 runs after a gutsy fight for runs at the crease. In the end, despite giving our best with the ball, De Hoop were able to reach and pass our score. Well done to the boys for giving their best and never giving up.

Steve Mendes

BOYS 2nd TEAM CRICKET

On Tuesday afternoon the 2nd side travelled to Strand High School to take on Lochnerhof hoping to bounce back from last week's defeat. Somerset House won the toss and elected to bat first. After losing two early wickets SH were 38/2 leaving Tyson van Wyk and Eshan Wood at the crease with time in hand. After an exceptional batting display from van Wyk and Wood they amassed a 132-run partnership with Tyson top scoring on 50* and Wood on 45*. Getting the House boys to 170/2 after their 20 overs, an excellent effort from the batting attack.

At the break the team were buzzing with excitement and ready to enter the field. Picking up wickets proved to be difficult, but Jesse Thurman and Casey Maree proved to be the difference both picking up 2 wickets in their bowling spells. This was Casey's first wicket for Somerset House! The Bowlers bowled superbly and we restricted Lochnerhof to 89/9 with House winning by 81 runs. An awesome day of cricket all round. Congratulations Boys! Looking forward to our next challenge!

James Hall



FROM LEARNING SUPPORT: CHANGE & TRANSITIONS

Familiarity is comfortable, requires less effort as it takes little to no adaptation and thus is often less stressful for a child (and adults for that matter).

You can support your child through change or transitions using the following strategies:

- Engage them in joint-stretch (proprioceptive) and deep pressure activities before the transition, which will calm their nervous system. See links for examples:
- Deep pressure input: <https://kidsthatgo.com/what-is-deep-pressure-and-how-can-it-help-my-child/?srsltid=AfmBOoofXr5uOexqt4hnnKs4zGKnYbq0jQyBeTnusqzUC8NkeGfHFrE2>
- Proprioceptive input: <https://www.youtube.com/watch?v=AHdCj8sWtV0&t=17s>
- By giving your child a 'heads-up' or preparing them for change well ahead of time (a few days before for bigger changes; a few hours if the change is moderate; less time (a few minutes) could be used for mild transitions between basic activities) so that the change does not surprise them, and they have adequate time to process the potential change. You could discuss or talk it through together.
- Ensure that the child is warned repetitively, leading up to the change, as one conversation may not be enough (e.g., they may forget).
- Making use of a visual schedule or cue (e.g., writing or drawing it into a calendar that is on the fridge, etc.)
- Depending on the age of the child, you could use a 'social story' (telling them a story of a character that undergoes a similar/same change). The story could include strategies for dealing with it and end on a positive note focussing on the positives of the change.
- How to write a social story: <https://www.yourtherapysource.com/blog1/2017/11/18/write-social-story-visual-supports/>

More tips and strategies: <https://www.lumierechild.com/blog/child-therapy-tips-for-transitions/>

I hope these strategies assist you and your child tackle change with greater confidence and ease.

All my love,

Cara Willemse (OT)

BUCO ATHLETICS MEETING AT SWPS



On Tuesday evening, a number of our athletes competed against some well-respected large schools within the Province. Somerset West Primary, Gene Louw and Eversdal are to name but a few. We are very proud of our athletes who gave of their very best. A certain highlight of the evening was the Girls U7 80m sprint where Alexa O' Dea, stole the hearts of the crowd as she sprinted away from her competitors, beating them by at least 15 to 20m. The officials on the side nicknamed her the "Pocket Rocket". Well done, Precious, you were AWESOME. Congratulations too to Daniel Beck who dominated the 1200m with a sprint victory finish and then followed this performance up with an 80m dash that he will remember forever, beating an

athlete ranked 3rd in Provincial events to date, very well done, Daniel. Skyler October also entertained the crowd as he continued on his winning ways in the Boys U13 High Jump event. He had some tall, determined opposition from Gene Louw and Eversdal Primary, but managed to clear a height just above their final successful attempts. Well done, Skyler. Seeing you fly over the bar is like poetry in motion. We are very proud of the 4 gold medals won at this prestige event, congratulations to all our athletes. (Mandy Mac)



ARTIST OF THE WEEK

Sebastian Poole in Grade 2 is this week's Artist of the Week! Sebastian gets this award for trying hard in lessons and applying the skills we are learning about to his work.

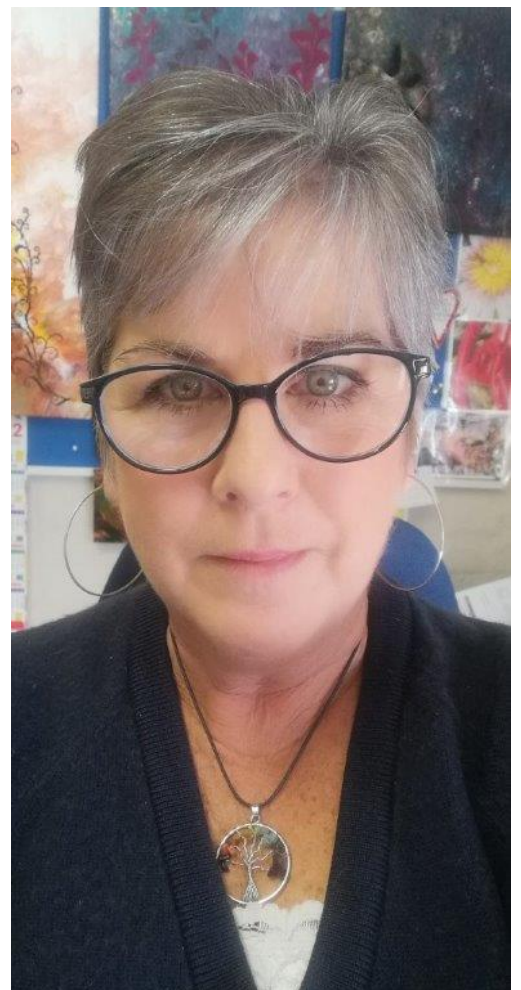


WISHING MRS HANEKOM ALL OF THE BEST!

Our Deputy Bursar, Mrs Hanekom, is off to Tasmania on Monday to join her fellow South African team members to participate in the Openshaw Shield – a "test match" series played every four years amongst the top 8 croquet playing nations in the world.

To follow South Africa's progress: [click here](#)

<https://www.youtube.com/watch?v=yFacoGFEW7c>



1ST X1 CRICKET REPORT VS CAMPS BAY PRIMARY

Somerset House 1st XI produced a dominant performance to secure a comfortable 7-wicket victory over Camps Bay Primary. A strong batting display, led by Harry Ryder, and disciplined bowling from Brodie Holford-Jones and Skyler October ensured the home side chased down the target with ease.

Camps Bay Primary Innings: After winning the toss, Somerset House put Camps Bay Primary in to bat. The visiting side struggled against disciplined bowling, managing 92 for 7 in their allotted 20 overs. Simon was the top scorer with 17 runs off 17 balls, while Finley (15 off 16) and Patrick (12 off 24) provided some resistance. The standout bowlers for Somerset House were Brodie Holford-Jones (2 wickets for 6 runs in 3 overs) and Skyler October (1 wicket for 12 runs in 4 overs), both of whom kept the run rate in check and consistently built pressure. Harry Downing, Noah Ngonelo, and captain Caleb Hare-Bowers also contributed with a wicket each.

Somerset House Innings: Chasing 93 for victory, Somerset House lost an early wicket but recovered well, thanks to a stellar innings from Harry Ryder, who remained unbeaten on 55 off 56 balls, striking seven boundaries. He was well-supported by Caleb Hare-Bowers (15 off 23) and Skyler October (12 off 18), guiding the team to victory in just 16.4 overs. Despite a valiant effort from Camps Bay's bowlers, with Kian, Dylan, and Alessio each picking up a wicket, the total proved too modest to defend.



Key Performers

- Top Batsman (Somerset House): Harry Ryder: 55* (56 balls, 7 fours)
- Top Bowlers (Somerset House):
 - Brodie Holford-Jones: 2 wickets for 6 runs (3 overs, economy 2.00)
 - Skyler October: 1 wicket for 12 runs (4 overs, economy 3.00)

A well-rounded performance saw Somerset House comfortably chase down the target, with Harry Ryder's composed half-century and disciplined bowling from Holford-Jones and October proving decisive. The team will take confidence from this all-round display as they look ahead to their next fixtures.

