

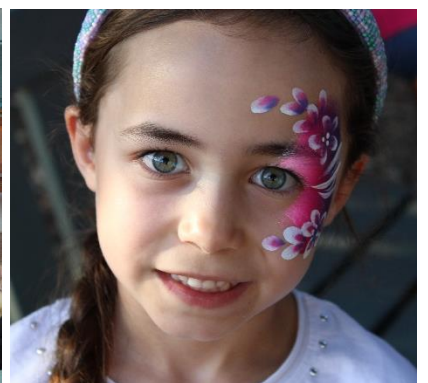
# REFLECTIONS OF THE WEEK



TERM 1 WEEK 5 (14 FEBRUARY 2025)

## AN EVENING OF FUN, LAUGHTER AND MAGIC!

Last Friday, the Somerset House community came together for an unforgettable Family Picnic on the school grounds. Families, pupils, and staff enjoyed an evening filled with laughter, entertainment, and quality time with one another. The picnic featured a fantastic lineup of activities for all ages. A talented face-painter transformed eager young faces into colourful butterflies, fierce tigers, and even superheroes. The magician left everyone in awe with dazzling tricks and illusions, while the fire-dancer mesmerized the crowd with a spectacular display of skill and artistry as the sun set. Families bonded over delicious picnic treats, and shared stories under the shade of towering trees. The event truly highlighted the spirit of togetherness and community that makes our school special. A heartfelt thank you to our school community who made this event such a wonderful success. We look forward to many more moments like these in the future!









# CELEBRATING VALENTINE'S DAY AT OAKWOOD

It was impossible not to feel the joy and love abundant in our Pre-Primary this morning. What a happy place!





# LOVE WAS IN THE AIR TODAY!

In true Somerset House style – today was all about giving, sharing, laughing and appreciating all the wonderful people that surround us.





# FAMILY LUNCH

The excitement was tangible as the Prep School pupils gathered in their Family Groups for the first time this year. The Families consisting of Grade 7 "Parents", and children from Grade 1 to Grade 6 will have the opportunity to meet each term, sometimes just for a picnic lunch and sometimes to have a discussion or complete a task. It is a wonderful way to promote constructive connections between children in different grades, provides Leadership opportunities for our Grade 7s and gives our younger children meaningful relationships with children that can look out for them and give them guidance. On this occasion the children spent some time getting to know each other and all wrote their names on a balloon to hang on a tree. They also enjoyed a fabulous music concert by our Music teachers.





# VALENTINE'S DAY CONCERT

The children enjoyed a delightful Family lunch, serenaded by the Music Department with beautiful love songs and classic jazz standards. A standout moment was the Staff Choir's heartfelt performance of All of Me, followed by the Staff Marimba Band's lively rendition of Achy Breaky Heart. What a wonderful treat for everyone!





# NON NOBIS SOLUM – NOT FOR OURSELVES ALONE

Somerset House truly embodies the spirit of giving back to the community, and this was evident today as we shared the love in every corner of our school and beyond. Our Grade 2 and 3 students poured their hearts into creating beautiful handmade cards for all our staff, while the Grade 4 and 5 students generously brought slabs of chocolate to ensure every staff member felt appreciated. Meanwhile, our Grade 6 and 7 learners extended their kindness to the elderly at Vonke Huis, bringing an array of delicious, sweet treats, including cakes, cupcakes, biscuits, doughnuts, and tarts. The generosity of our parents and children was simply overwhelming, and the heartfelt gratitude expressed by the staff at Vonke Huis was a testament to the impact of this wonderful initiative. Thank you to every parent and child for each thoughtful gift of love - today was a beautiful reminder that it is truly more blessed to give than to receive.





# METROPOLE EAST ATHLETICS TRIALS

Six of our pupils were selected for the Helderberg Zonal Athletics Team to compete at the Metropole East Athletics Trials in Parow on Friday 14 February. We wish the following athletes the very best of luck:

Girls U10

Boys U11

Boys U12

Boys U13

Ella Lumsden

Daniel Beck

Zackary Morrison

Harry Ryder

Skyler October

Nicolas Coolen

High Jump

1200m, 80m and 100m

High Jump

High Jump

High Jump

High Jump



## ARTIST OF THE WEEK

Lira Marais is the Artist of the Week for taking her time with her work and trying hard to blend colours. Look at her amazing work in progress protea! Can't wait to see how it looks when she has finished!





# METROPOLE EAST CHESS TRIALS

Four of our chess players: Trinity Isaacs, Sarah Crafford, Jason Griessel and Ethan Hughes, recently participated at the Metropole East Chess Trials. These trials took place over 2 days and our players had to endure long, challenging matches. Points were accumulated throughout the championships. Although we are awaiting final results and to see if any of our players have been invited to the Western Province Trials, we are able to share the wonderful news that Sarah Crafford came 2<sup>nd</sup> in her division, an outstanding achievement, given that the Metropole East Zone consists of at least 50 chess playing schools. Well done Sarah!





# NEWS FROM THE MUSIC DEPARTMENT



Jean le Roux focusing on his drumming rhythms.



Timothy Scheepers ready for a year of drumming



Angus McIntyre enjoying every second of his drumming lessons!



The Grade 5 Marimba Band starting their year with a brand-new repertoire.

## SPOTTED ON CAMPUS

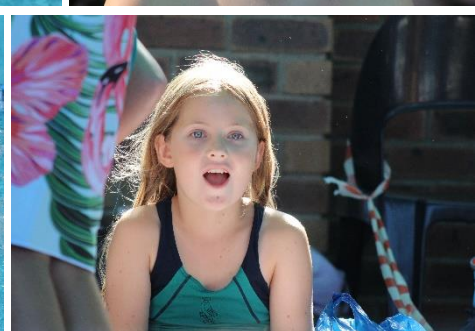
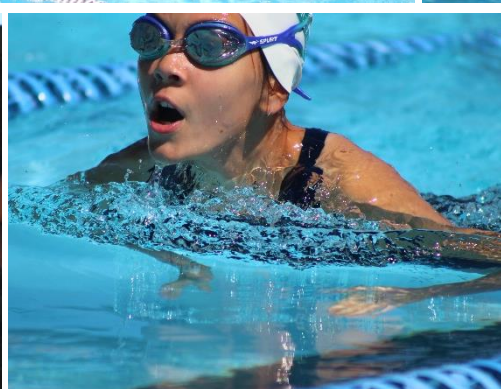
Our resident owl keeps a watchful eye on a Saturday morning...





# KENRIDGE MIXED RELAY GALA

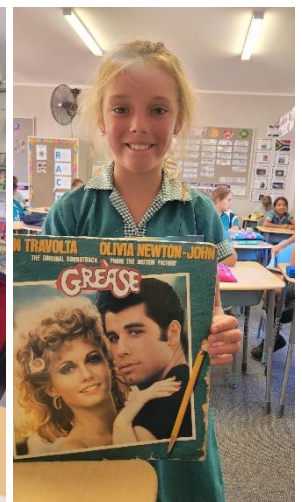
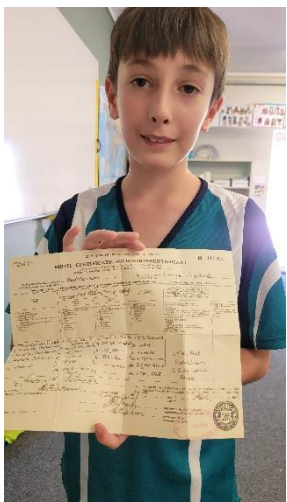
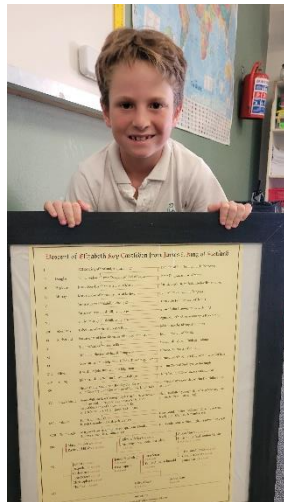
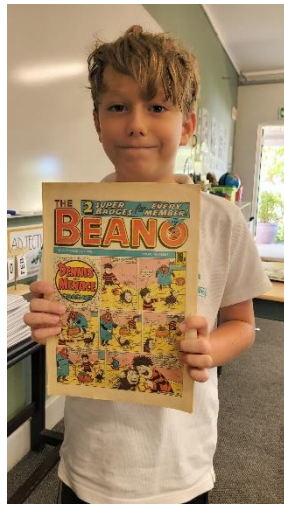
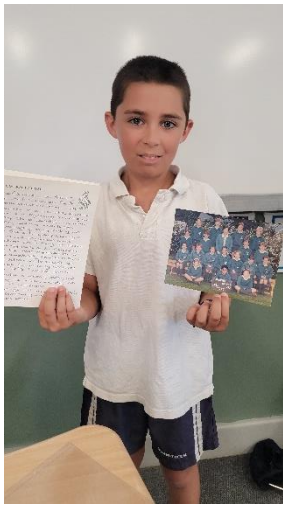
Somerset House did well at the Kendridge Mixed Relay Gala, competing against eight strong and competitive schools. As a small private school, we stood strong, demonstrating not only our skill but also the power of teamwork and mutual support. Our U14 swimmers were exceptional, earning three 3rd place finishes and two 4th place finishes, standing out among the fierce competition. The dedication and determination displayed by our team were impressive, and we couldn't be prouder of their achievements. A huge well done to all the swimmers for their outstanding performance and unwavering spirit! Well done, team!





# MATERIAL SOURCE

The Grade 4 pupils had an opportunity to do a "show and tell" in Social Science this week. They had to bring either a written or material source from the family's past. We had fascinating items including old cameras and cell phones, family heirlooms, LP's, photographs and newspaper articles. Thank you to the parents for all the effort behind the scenes.





## TWINNING!

There is never a dull moment on this campus and it's always fun to spot staff members who are "twinning".



## SPOTTED ON CAMPUS: IMPROMPTU MUSIC CONCERT

How sweet is this little impromptu music concert spotted in the Grade 1 and 2 area one break-time. We love that our pupils enjoy their music this much!





# T20 RHENISH CRICKET FESTIVAL



Our 1<sup>st</sup> XI Cricket Team travelled to Rhenish on Saturday to participate in their T20 festival. On the first game of the day the SH boys took the field against the hosts, Rhenish. Batting first, we posted a respectable score of 116/7 with a good batting display from Rijk van Galen who scored 19 off 20 deliveries and Noah Ngonelo scoring 20 off 27. After a short break Somerset House took to the field to defend their score. After superb bowling from the bowling attack and some brave fielding, particularly from skipper Caleb Hare-Bowers at silly mid off we bowled Rhenish out in the final over the game for 107 securing a 9-run victory. Nicolas Coolen picked up 2

wickets for 28 runs in his four overs, Noah Ngonelo took 2 wickets for 32 runs in his four overs and Brodie Holford-Jones picked up 2 wickets for only 13 runs in his 4 over spell. An excellent effort from the team, well done boys!

The final game of the day saw the SH boys came up against a strong Somerset College team. Again, batting first, the House boys found it difficult to get the runs flowing after some great bowling from the College quicks. At the end of the innings we were restricted to 72/6 with Harry Ryder top scoring with a well played 23 off 28 deliveries. After the break our bowling attack bowled economically but struggled to take wickets which made for tough day in the field defending a low score. In the end College took the win scoring 76/1 and winning by 9 wickets. Corbin Hilliard-Lomas took his first wicket for the 1st XI and went for 10 runs in his 2 over spell.

Overall, it was a fantastic day of cricket, and we are exceptionally proud of the way our boys played and handled themselves on and off the field. I am so looking forward to the rest of the season and seeing these lads grow together. Thank you to Rhenish Primary for an awesome day of cricket.





# MUSIC THEORY

Music Theory classes kicked off to a great start this year. There has been lots of interest and the number of pupils has doubled since last year. Music Theory is a very useful aid to learning an instrument because you learn to interpret sheet music accurately and therefore give the best possible rendition of a piece of music on your instrument.



# I LOVE YOU TO PIECES

Valentine's Day was filled with creativity and love as our Grade 1s crafted their I Love You to Pieces art project. They carefully painted puzzle pieces and arranged them into beautiful heart-shaped designs. This warm and fuzzy activity reminded us that love comes in all shapes and sizes, and when pieced together, it creates something truly special!





# SAFER INTERNET WEEK 2025

## Teaching Our Pupils to Stay Safe Online

This year, we joined the global celebration of Safer Internet Day 2025 on the 11<sup>th</sup> of February, with the theme "Too Good to be True – Protecting Ourselves and Others from Scams." While digital citizenship is a year-round focus in our ICT curriculum, this week we dedicated special attention to Internet Safety in line with global initiatives. Throughout the week, our pupils engaged in activities aimed at equipping them with the skills to navigate the online world safely and responsibly.

Our Junior Primary pupils began the week with an inspiring Safer Internet Day message and digital citizenship song during morning assembly. In their ICT lessons, they delved into the fundamentals of online safety, building a strong foundation for digital responsibility. A highlight was the launch of the Digital Safety Coding Project in Grade 2 and 3. Through this activity, children are designing and programming simple animations to share key digital safety tips — combining creativity with essential learning.

Meanwhile, our Grade 4 pupils took part in an interactive game that helped them identify scams and recognize misleading online content. This activity encouraged them to think critically about what they read online. For our Grade 5 and 6 pupils, the focus was on tackling pertinent online safety issues during their Klikd Digital Citizenship lessons. These sessions provided a platform for thoughtful discussions and reflective writing.

The Grade 7s worked on the Klikd Module: ME? AN ADDICT? They discussed matters like data farming – how big tech companies are gathering data from you every time you are online; displacement and the tween/teen brain and how devices are designed to be addictive. How do you know you're an addict? When social media and devices interfere with our normal life and everyday tasks and activities are displaced by devices, this is online addiction. They shared ideas around appropriate device time during the school week and how to make small changes to ensure we lead a balanced and healthy life. There was much engagement in our discussions as many children could share stories of people they felt were showing signs of addiction. We will continue with this module next week.

We encourage parents to continue these important conversations at home – discussing topics such as recognizing scams, protecting personal information, and thinking critically about online content.

Safer  
Internet  
Day 2025 | Tuesday  
11 February





# PATTERNS TO SUPPORT OUR UNIQUE FLOW

The demands of everyday life – whether it's managing sensory input, executive functioning, or societal expectations - can overwhelm even the most determined among us. But what if the key to thriving wasn't about changing who you are, but about creating rhythms, routines, rituals, and habits that align with your needs and strengths? These could anchor your well-being, spark creativity, and help you thrive.



- **Habits** are the small, repeated actions we take each day, like brushing our teeth or drinking water. They require less conscious thought over time and help conserve mental energy.
- **Routines** are structured sequences of habits that create order in our day, like having a morning routine, organising our things for the next day before going to bed. They provide predictability, which can be especially grounding for individuals.
- **Rituals** carry emotional or symbolic significance. They might involve crossing off the day on your calendar at the end of it or reading and journaling before bed. Rituals give meaning to our actions and can provide comfort during moments of uncertainty.
- **Rhythms** are the natural cycles of energy, rest, and activity. These include our sleep-wake cycles, daily patterns, and the ebbs and flows of focus and creativity throughout the day.

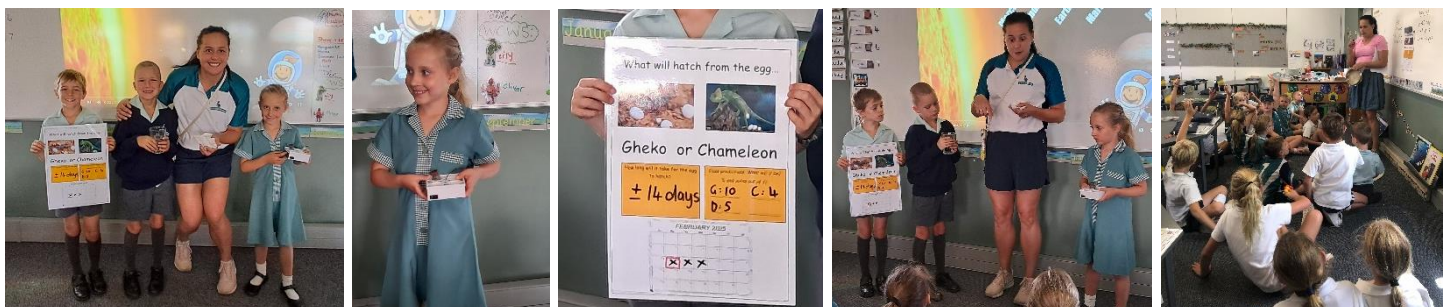
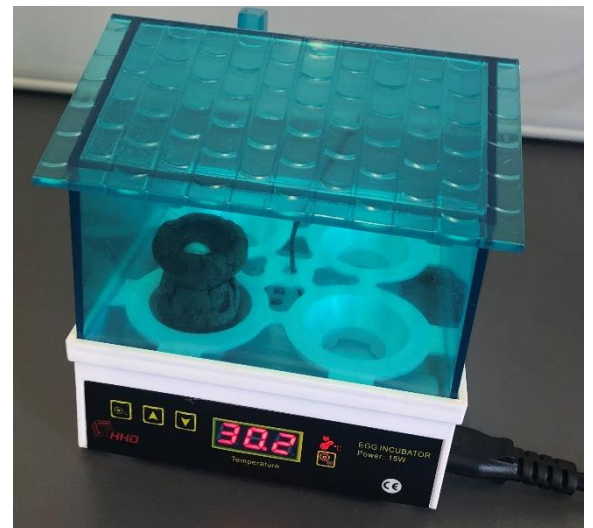
Together, these elements serve as the scaffolding of our lives, offering stability amidst chaos and flexibility amidst rigidity.

Find your flow and glow!

The Learning Support Team

# THE MYSTERY OF THE GRADE 2 EGG

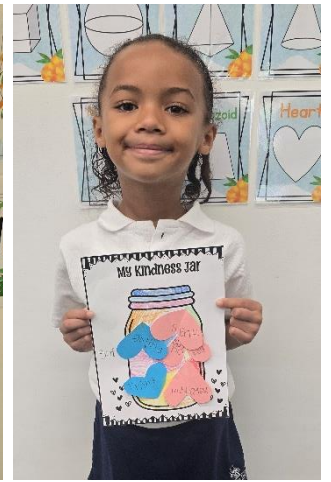
With pure delight and boundless excitement, a group of Grade 2 pupils came rushing towards me after break, their eyes wide with wonder. "Look! We found an egg!" they exclaimed, holding out a tiny, delicate white egg, so fragile it seemed almost magical. This little discovery instantly ignited their imaginations and curiosity, sparking a flurry of questions and wild guesses about what creature might be nestled inside. The mystery of the egg has since evolved into a thrilling real-life experiment, full of eager predictions and fascinating discussions. In class, the children have been buzzing with ideas, debating what they think will hatch, how long it might take, and offering the most thoughtful – and sometimes wonderfully imaginative – explanations. Their excitement grew even more when Lilly proudly brought in an incubator, the perfect temporary home for their mysterious egg. Now, all eyes are on the incubator, filled with hope and anticipation. With each passing day, we inch closer to discovering the secret held within that tiny, fragile shell. (Mrs McIntyre)





## KINDNESS JARS

This week, our Grade 1s embraced the spirit of love, friendship, and kindness! Each child created a Kindness Jar and chose five ways to spread kindness. Every time they carried out a kind act, they earned a point! It was heartwarming to see our young pupils making kindness a daily habit. May their jars – and their hearts – continue to overflow with kindness!



## CRICKET RESULTS

### BOYS 2<sup>nd</sup> TEAM CRICKET

On Monday afternoon the 2nd XI travelled to Gordon's Bay. The Somerset House boys bowled first and struggled to keep the Gordon's Bay batsmen quiet and pick up wickets. At the end of the GB innings they ended on a score of 208/3 after 20 overs.

Hoping to turn the game around SH went into bat. Christian Taylor lead from the front and batted exceptionally scoring 43 off 40 deliveries before being dismissed by an excellent ball from the GB bowler. The House boys ended their innings on a respectable 134/7 after 20 overs and ultimately lost by 74 runs. The boys look forward to the next week's fixture and should be proud this week's efforts.

### 1<sup>st</sup> X1 vs STELLENBOSH PRIMARY

On Wednesday afternoon the 1st XI boys travelled up to Stellenbosch to face off against a strong Stellenbosch Laerskool. After losing the toss the Somerset House lads were sent to the field. Despite an excellent batting display from Stellenbosch the House boys showed immense grit and got stuck in. Stellenbosch finished their innings with a big total of 235/6. Gabriel Hollander and Rijk van Galen were the pick of the bowlers picking up 2/39 in 5 overs and 2/21 in 2 overs respectively. Harry Ryder also contributed an excellent stumping to van Galen's figures. The House boys went in to bat ready for the mammoth task of chasing 235 runs. Batting proved to be difficult despite gutsy displays from Tyson van Wyk, Caleb Hare-Bowers and Gabriel Hollander.

Even with the boys' best effort we fell short of the target and were bowled out in the 22nd over for 97 and inevitably losing by 137 runs. Another great day of cricket played in the right spirit and the House boys showing improvement. The team look forward to bouncing back next week.





# BEING KIND AND CARING

The Grade 000s (Bee and Ladybird Classes) spent a wonderful week learning all about how we can be kind and caring towards our friends for Valentine's Day. They listened to the story, 'The Colour Monster', and enjoyed matching the different colours to feelings. They created beautiful heart-inspired artwork for Valentine's Day, and exercised their fine motor skills by picking up and carefully placing various sized objects onto heart mats.





## FOOD FOR THOUGHT...

This afternoon I held my sobbing child... She'd been on the receiving end of open exclusion and was absolutely distraught. Despite the mom tigress in me silently fuming, and roaring wildly, I knew no 'fixing' or 'distracting' would ease her broken heart – those things never do. So I held... and held... and listened... and held some more.

While my little girl will be okay, here's what needs to be spoken about. Something I see far too often in the kids and teens in my practice who are struggling with severe depression and thoughts of not wanting to be here anymore:

The number one trigger? EXCLUSION.

This is no minor issue. These children find themselves in a void so deep they wish the world would swallow them whole. Their words echo a haunting refrain: "I don't want to exist anymore..."

These aren't children being dramatic. These are children drowning in shame – shame born from the belief that something must be inherently wrong with them to be cast out, often from a group where they thought they belonged.

It's neuroscience. As mammals, we're wired for belonging. Safety lives in togetherness – just watch how sheep and zebras gather, knowing the isolated one is the most vulnerable. Alone is a dangerous place, especially when we have no idea why the herd has turned away. When I'm the one being rejected, lost and alone, shame becomes inevitable... dark thoughts of feeling worthless in the world are unavoidable...


And adults are not exempt – they exclude too. The wounds cut just as deep.

But here's the essential to remember:  
Our children learn from our example.  
They mirror our treatment of others.  
We are their life textbooks.

If you want your kids to thrive in a kind world, teach them to BE kind, to be inclusive, to honour every living being equally. Be the person you hope your child encounters each day of their lives. BE THAT ONE.

Be the one who:  
Befriends the lonely.  
Comforts the broken-hearted.  
Makes everyone feel like they BELONG.

In a world that often divides,  
Don't be the reason someone wants to leave.  
Be the bridge that connects instead.  
Be the reason they're excited to stay.

With love  
Naomi 

\*Shared with permission from my littlest person?

**NAOMI HOLDT**  
**PSYCHOLOGIST AND SPEAKER**



# LEARNING THROUGH BAKING

This week, the children baked sugar biscuits and developed a range of important skills along the way. They practiced numeracy concepts by recognizing the numbers on the recipe card and measuring ingredients. They were also exposed to pre-reading skills by following a visual recipe. The activity strengthened their fine motor skills as they rolled and cut the dough and carefully mixed the sprinkles in. This activity was not only full of fun but also helped them learn valuable life skills, such as following instructions and cleaning up their workspaces after their turn.





# INDOOR HOCKEY

Our Grade 6 and 7 Girls and Boys played their final round of matches in their respective Indoor Hockey Leagues on Monday evening.

Our Grade 6 Girls had two fabulous matches, the first against Somerset College, which they won 3-0 and the second against a feisty Lochnerhof team, which was a real ding-dong battle with scores level at 0-0 until the final minute of the game when Hannah Sloan popped a goal in for SH to win 1-0.



Lochnerhof, the goal difference is then used to determine the winning team and sadly for us, they ended 1 goal ahead of us. Valuable lessons learnt though and a great finish, well done to our entire team: Addison Brown, Emma Wever, Eva Capri, Hannah Sloan, Mackenzie Nelson, Zoey Nelson, Mabel Savage, Sadie Munitich and Emily van Schalkwyk.

Mandy Mac

Our Grade 7 Girls were supposed to play against Gordon's Bay, but sadly they could not make it, and we won by default. Those 4 points gained, ensured that we qualified for the semi-finals against De Hoop on Monday evening. We wish our team the very best of luck: Emma Naude, Safaa Abass, Amber Cowley, Riley Joseph, Charlotte Guy, Chelsea Clayton, Sophia Castleden and Kate Bands.

Mandy Mac

The Grade 7 boys faced De Hoop. Although we put up a determined fight, De Hoop came out on top with a 3-1 win. Their consistent effort throughout the league, ensured that they had earned enough points to qualify for the playoff matches next week. We wish the Grade 7 boys: Mason Siljeur, Caleb Hare-Bowers, Tristan van Rensburg, Nicolas Coolen, Rijk van Galen, Skyler October, Harry Downing and Tyson van Wyk, the best as they head into their semi final match against Beaumont on Monday afternoon.

Don Angus

The Grade 6 boys dominated Lochnerhof, however we could not find the back of the net. Lochies on the other hand threaded a pass through our defences to an unmarked player, who was able to score, leaving us licking our wounds at 0-1 down. The boys played with great determination and demonstrated excellent hockey plays. Nonetheless, we soldiered on to face Beaumont in a very exciting game. It was an end-to-end battle, but again Beaumont made better use of their chances to win 3-1. Sadly, that is the end of the indoor road for the Grade 6 boys, however, the start to a very promising field season if they continue to play with the same determination as was demonstrated throughout the indoor league. Well done to Jean le Roux, Brodie Holford-Jones, Matthew Angus, Alastair O' Carroll, Harry Ryder, Corbin Hilliard-Lomas, Gabriel Hollander and Robert Terheijden.

Don Angus





# GRADE R

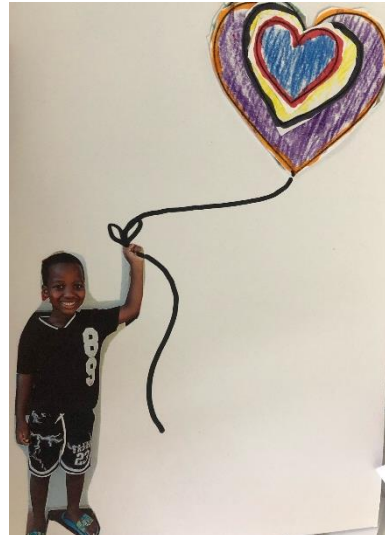
This week the Grade R children spent time preparing Valentine's Day gifts for a family member they love. The Grade Rs created beautiful cards using all their fine motor skills and creativity. We also baked and made some delicious pink marshmallow Rice Krispie treats. This was sticky fun, and the children loved exploring this sensory experience before rolling them into balls, which is not as easy as it sounds. Valentine's Day is a day that reminds us to tell the special people in our lives how much they mean to us. These people can be friends, family members, community members or even colleagues! The Grade R classes wish everyone a joyous Day of Love!

*Love is the answer, and you know that for sure; Love is a flower, you've got to let it grow.*

- John Lennon



 **I Like Hearts**  
Red hearts, white hearts,  
Pink hearts too.  
I like purple hearts.  
How about you?  
Green hearts, yellow hearts,  
Blue hearts too.  
I like rainbow hearts  
how about you? 





# TENNIS MATCHES Six

**Girls U11:** The U11 Girls approached their first tennis match of the year with their usual enthusiasm and determination. Beaumont was victorious with a 4-2 win, but our girls played with heart! Well done to Ava Govender for winning both her singles and doubles matches. Isla Hardcastle had a great singles match too, and it is debatable who won that one, well done Isla! Well done to Ella Lumsden, Alera Janson, Isla Hardcastle and Ava!

Vicky Eagle

**U11 Boys:** The U11 boys enjoyed a wonderful afternoon of tennis at Beaumont on Thursday. Congratulations to Zack Morrison and Jack Bind for winning their singles matches. Zack and Matthew Barker won their doubles match 4-1; while Jack and Aidan Castleden won their doubles match 4-0. What a fantastic way to start the season! Well done, boys!

Fiona Bolton

## U14 Girls

Emma Gielink and Safaa Abass showed great determination and resilience as they competed in both their doubles and singles matches. Despite the challenging windy conditions and the eventual losses, they played their hearts out, giving their best effort on the court. Their perseverance and sportsmanship were evident throughout the matches, demonstrating their commitment to the game.

Michelle Farrer

## U14 Boys and Girl

In their first appearance for the Senior team, Alec Hobson and Hannah Sloan took on Hendrik Louw's top players in tough, hot, and windy conditions. Hannah impressed with a convincing 6-1 singles victory, while Alec played an excellent match against their top seed, holding his own in some exciting rallies. Although they lost their doubles match, we are confident that with more experience playing together, they will develop into a formidable pairing. Well done to both players – we are very proud of their effort and sportsmanship!

Nicole Tucker





# SPOTTED ON CAMPUS...

Some wonderful garden-fairies! Thank you for all the work in our Sustainable Garden.

