

REFLECTIONS OF THE WEEK



TERM 1 WEEK 6 (21 FEBRUARY 2025)

METROPOLE EAST CHESS TEAM

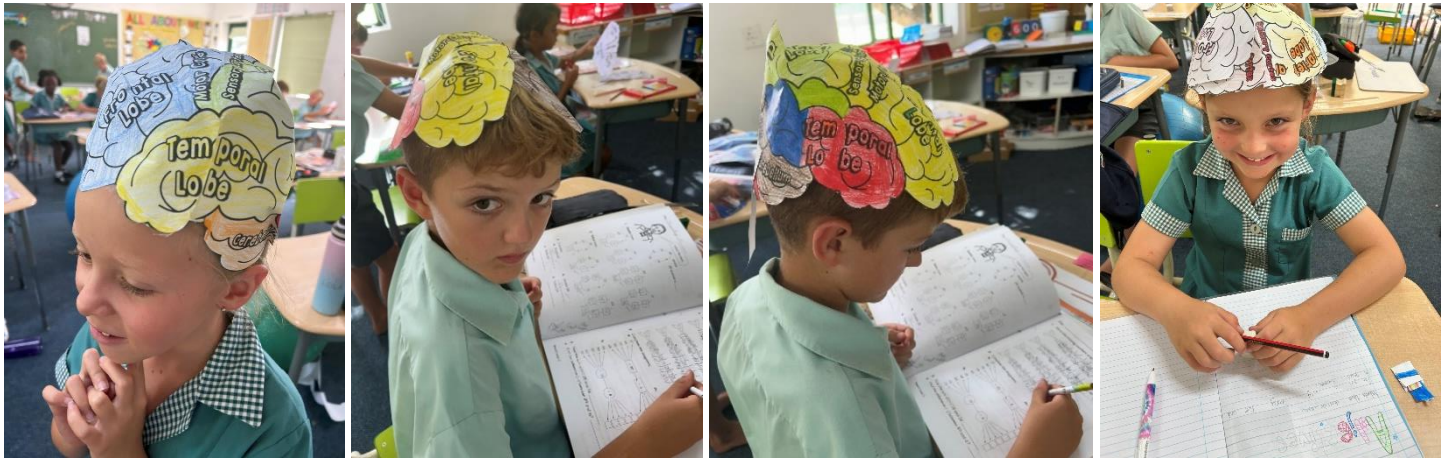
We are delighted to share that 3 of our chess players that attended the Metropole East Chess Trials, have been selected for the team and will be competing at the WP Trials which take place on the 1st and 2nd March at DF Malan High School.

Congratulations to Sarah Crafford, Trinity Isaacs and Jason Griessel. We are very proud of your achievements and wish you well for the WP Trials.



PUT YOUR THINKING CAP ON!

The Grade 3 children were tasked with making their own brain cap this week. This came after our class discussions about how the brain works and the many parts of the body that the brain controls. It was lovely to see how some of the children put their brain caps on independently, during our Maths and English activities! The brain cap showed the parts of the brain and the two hemispheres. It was quite fiddly, but it was fabulous to see them persevere and show enthusiasm to complete the task. Those that managed better helped others to complete theirs.



PAST PUPIL NEWS

KATE ALLWOOD – JUNIOR TOWN COUNCIL

Recently, I have been fortunate enough to be elected to form part of the Cape Town Junior City Council, and I will be officially part of this group from the 1st of March. During the December holidays, I applied for the Junior City Council and after making it through both an exam round and an in-person interview, I have been selected to form part of the team. This programme focuses on empowering the youth of Cape Town and creating a platform for civic participation, specifically for Grades 10 and 11. The programme is year-long and emphasises community work and collaboration. I have been fortunate enough to be elected as one of 50 of such participants from various schools around Cape Town and I will be formally inducted on the first of March. I am very excited and optimistic about this opportunity to put myself in areas that are outside my immediate circle and get more involved with the community. I am immensely grateful for all the support I have received from the school and from my family and friends and I can't wait for what this year has in store! (Kate Allwood, Grade 7 Class of 2021)



FIDDLER ON THE ROOF CAST

Past pupils Amelia du Toit (Grade 7 Class of 2022), Katherine Toogood (Grade 7 Class of 2021), Ryder Mitchell (Grade 7 Class of 2024) and Olivia Jones (Grade 7 Class of 2022) are currently performing in the sold-out performances of Fiddler on the Roof at The Playhouse Theatre.

ART OPPORTUNITY

We are excited to give all pupils the opportunity to support a good cause by participating in the Staedtler World Kids Colouring Day 2025. For every picture STAEDTLER receives under the motto 'Luck & Happiness', one euro will go to a project by Plan International Deutschland. The money will be used to support projects for preschool children in particularly poor regions of Togo. The aim is to give young children up to five years of age better access to loving and needs-based care, education and upbringing. Now who wouldn't want to support that? Pupils can create their artwork at home (A4 size) and hand it in to Mrs Jacobs by 20 March for selection and submission. Please see the website for further details:

<https://www.staedtler.com/intl/en/company/about-staedtler/corporate-social-responsibility/world-kids-colouring-day/>



MUSIC DEPARTMENT NEWS

Making Music in the Sunshine: Learning music isn't just about playing an instrument - it's about developing a strong sense of rhythm, too! Here, Rich van der Colff enjoys a fun rhythm game with his teacher outside on a beautiful sunny day. These interactive activities help build timing, coordination, and musical confidence – all while having lots of fun!

Mini Musicians in Action: Our Mini Musicians have been having a wonderful time exploring the music alphabet on the glockenspiels! Through fun and engaging activities, they are learning to play all the notes while developing their sense of pitch and rhythm. It's amazing to see their enthusiasm as they discover the joy of making music. Keep an eye out for more exciting musical moments!



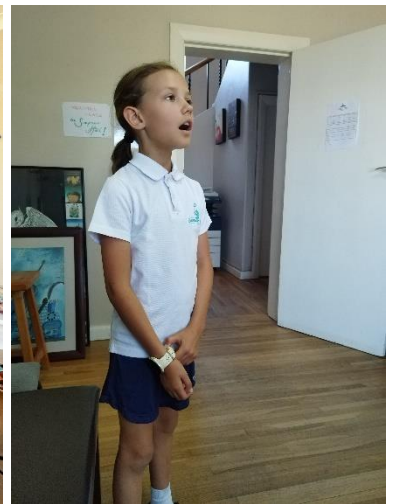
Young Pianists in Action!

Our beginner piano students have been making wonderful progress, developing their note-reading, coordination, and confidence at the piano. Enjoy these snapshots of their musical journey!

Magical Musical Adventures in the Bee Class!

Our Grade 000 Bee Class had a fantastic time exploring loud and soft sounds during their music lesson! They became giants when the music was loud and transformed into delicate fairies when it was soft. Through movement and imagination, they discovered the magic of dynamics in music.

The Grade 7 Marimba band thoroughly enjoyed their Valentines Day performance rehearsals.



Johan Geldenhuys and Mr van Wyk composing a special piece for Handpan and Piano.

Victoria Madgwick has been rehearsing songs in her Voice lessons.

THE JOY OF SHOW AND TELL

One of the joys of show and tell is being able to bring in our special furry friends to show our class! This week, Jake Woldendorf brought Jimmy, the Dwarf hamster, to show the class. He shared some interesting facts about Jimmy and explained the importance of being a responsible pet owner!



CHOPSTICK FUN!

Here is an equation: Grade 1s + chopsticks = fun. Wednesday's lunch was Chicken Chow Mein which was thoroughly enjoyed by the children. The best part was being able to choose to use chopsticks and once they got the hang of it, they were able to show others what to do. Non Nobis Solum - Not for Ourselves Alone.



SPOTTED ON CAMPUS

The Staff "twinning" (in this case triplets) continues.

SCOUT FOUNDERS' DAY

Worldwide in nearly all Scout associations, Founders' Day is celebrated on 22 February, the birthday of Robert Baden-Powell, 1st Baron Baden-Powell (born in 1857), the founder of Scouting. On this day children are allowed to wear their Teddy, Meercat, Brownie, Cub or Scout uniforms.



INDOOR HOCKEY

The final round of indoor hockey matches took place on Monday evening. Both our Grade 7 teams qualified for the semi-finals. Our girls played against a strong De Hoop team and went down 6 - 2, they then played in the playoff for 3rd and 4th against Somerset College and lost 6 - 3, ending in 4th position out of 8 participating teams. We now shift our focus to outdoor skills and look forward to the up-and-coming season. (Mandy Mac)

Monday 17th February saw our Grade 7 boys face a very determined and on fire Beaumont team, in the semi-final play-off. We struggled to string solid passes together and gave away soft interceptions which led to goal scoring opportunities for Beaumont. We unfortunately lost 1 - 6. A solid reflection of our performance and lack of team spirit, allowed the boys an opportunity to renew perspective and focus for the third / fourth play-off position. The boys were determined to display teamwork and leave a positive legacy on the court of their true potential. This they did to their credit, beating Rhenish 3 - 1 to secure third place. Well done, Grade 7 boys! We wish you continued success in your field hockey season. (Don Angus)



METROPOLE EAST ATHLETICS TRIALS

Five of our athletes represented the Helderberg Zone at the Metropole East Athletics Trials last Friday at Parow Stadium. They participated in the following events:

Girls U10:	Ella Lumsden	High Jump
Boys U11:	Zackary Morrison Daniel Beck	High Jump 80m, 100m and 1200m
Boys U13	Nicolas Coolen Skyler October	High Jump High Jump

Special Congratulations to Daniel Beck and Skyler October who qualified for the Metropole East Athletics team with their super results.

Daniel Beck	4 th	–	1200m
	1 st	–	80m
	2 nd	–	100m
Skyler October	1 st	–	High Jump



Daniel and Skyler will now represent the Metropole East Athletics Team at the WP Athletics Trials which take place at Greenpoint Stadium on Thursday 27th February. The Western Cape Championships then take place on Saturday 8th March and the Nationals in Johannesburg on 22 March. We are very proud of Dan and Skyler and wish them well as they prepare for the Western Province Trials.

LITTLE ARTISTS IN THE MAKING!

Our Grade 00 Rabbits and Mice have been busy exploring their creativity as they've 'studied' their faces! This week, they took on an exciting project – creating self-portraits. They used mirrors to carefully observe their own features and attempted to replicate them on paper. It was fascinating to see the children choose from the variety of colours and hues for their skin, hair, and eyes. They discovered that using realistic colours made their portraits look more like themselves. Quote of the Week: "I am twins with my picture!"



SUPER SENSES IN GRADE R

Being blindfolded and exploring our super senses this week was an absolute hit in Grade R. Every day we focused on a different sense, learning about the intricate workings of our amazing bodies and how each of our senses help us to function and learn about the world. Whilst blindfolded the children tasted chocolate, salty chips, grapes and lemon/lime soda and smelled garlic, soap, coffee and banana; attempting to guess what each one was. They felt around in the mystery feely box and listened to various sounds of items hidden under a cover, identifying unseen objects from touch or sound alone. We enjoyed exploring our senses further by going on a 'Nature Hunt' around our beautiful school grounds. We heard some interesting sounds and spotted a lot, including an earthworm and an owl. Unfortunately, these were for sight alone and not for touching, to some's dismay and other's relief. We even spotted a few Owl Class parents – 2 moms in the vegetable garden, a dad through the window of the Knowledge Centre and another dad's classroom. Some unexpected sightings on our Nature Hunt.



LETTERLAND FINE MOTOR ACTIVITIES



Letterland is introduced to the Grade 000's by reading a story, looking at the pictures in the dictionary and singing songs. Once they have had fun on the carpet they move to the different tables where there is a variety of fine motor activities they can enjoy. The little Bees have been working very hard at all the different activities available to them.



CARVING CLAY POTS

The Grade 4 pupils had a chance to learn a new skill this week, as they used the wood carving tools to improve their clay pots. These pieces will be fired and then painted in the style of Chinese Qing Hau porcelain in keeping with their theme of China this term.



TENNIS MATCHES

U11 GIRLS AND BOYS

Last Thursday, our U11 Boys and Girls tennis teams played Rhenish at Somerset House. The Girls' teams played with heart and congratulations must go to Ava Govender, Ella Lumsden and Alera Janson for winning their singles matches. Ella and Alera battled out a tough doubles match, and must be congratulated on their win. The boys played on the outside courts and had very windy conditions to contend with. Congratulations to Zack Morrison, Jack Bind and Ben Graham for winning their singles matches. Both Boys' teams won their doubles matches convincingly. Well done, boys and girls!

(Fiona Bolton)



U14 Girls

The U14 girls played in hectic, windy conditions, and unfortunately lost all their matches against Curro. They played their best and represented SH well! I am proud of their efforts. (Michelle Farrer)

SEED GERMINATION AND PLANT GROWTH

As part of their Natural Science studies, the Grade 4s investigated seed germination and plant growth. They were given beans of varying ages, from fresh to nine years old, and carefully recorded their observations over four weeks. Throughout the investigation, pupils noted which beans successfully germinated, which remained dormant, and which young seedlings survived or failed to thrive. This hands-on experiment provided valuable insights into the factors that affect plant growth and the natural variability in seed viability. This week, the Grade 4s proudly returned their plants to school, excited to share their findings and reflect on the lessons learned about the life cycle of plants.



THANK YOU, SOMERSET HOUSE!



DONATION CERTIFICATE

Donation Type: Cakes & sweet treats

Donor Name: Somerset House

Date of Donation: 14 February 2025

Date: 14 February 2025

Somerset House

micfar@somersethouse.co.za

Dear Ms Michelle

I would like to express my sincere gratitude for the generous donation of cakes & sweet treats. Your commitment to supporting Helderberg Society for the Aged (HSFA) is truly commendable, and we are incredibly grateful for your kindness.

Your contribution of cakes & sweet treats has brought joy & delight to all our residents. Your support is invaluable in helping us achieve our goals.

We appreciate your thoughtfulness and generosity. Your donation reflects a shared commitment to care for the elderly and strengthens our ability to fulfil this mission.

Once again, thank you for your generous support. We are truly grateful for partners like you who make our work possible.

Yours sincerely,

Rika Rodd

Chief Executive Officer

EXCELLENT RESULTS

Somerset House has been placed within the 2024 Top 20 selections nationally for the Conquesta Olympiads! The results are based on the top ten children in each grade across South Africa, Namibia, Botswana and Swaziland.

- Natural Science and Technology Grade 4: 3rd Place
- Natural Science and Technology Grade 5: 6th Place
- Natural Science and Technology Grade 6: 5th Place
- Natural Science Grade 7: 2nd Place

Congratulations to all our participants!

CRICKET RESULTS

BOYS U7

The Somerset House U7A team showed resilience and determination in their match against Beaumont, battling through the heat and moments of lost concentration to put in a solid performance. Beaumont won the toss and posted a strong total of 58 runs, racing to half that in the first three overs. However, after a quick team chat, the boys regrouped, tightened their fielding, and took key wickets to restrict the scoring in the final five overs. Our batting started cautiously but gained momentum as confidence grew. A standout moment came when Luke Rowles smashed a ball over the astro fence for an automatic four runs. Despite falling short by just 13 runs, the team's fightback was impressive. Mikaeel Abass was the standout batsman with 13 runs, showing great timing with his shots and smart running alongside Jordan Terblanche. Joshua Bernard delivered a strong bowling performance, conceding only five runs and taking a crucial wicket. A great effort, boys—let's push for that well-deserved win in the next match! (David O' Brien)

GIRLS MINI CRICKET ACTION VS BEAUMONT

Our Girls mini cricketers took to the astro for our first matches of the term against our neighbours, Beaumont Primary. Although we didn't win a match, all 3 were closely contested with moments of brilliance and sheer delight. Well done to all our girls, with the greatest loss being only 9 runs, our teams have shown that they have what it takes and with a little more practice and game situations, we will get there. Well done girls! (Mandy Mac)



BOYS U11 VS BEAUMONT

The U11B cricket team enjoyed a close match against Beaumont. Choosing to bat first, the batters set about building a total with Adam Bosch finding a nice rhythm as he scored a valuable 10 runs. SH ended their innings on 70 runs, finding it difficult to score regularly in the howling wind. Beaumont went into bat and were in trouble early on with Nhloso Mpfu (2 wickets) and Oliver Schutz (2 wickets) bowling nicely to keep the runs down. In the end, Beaumont managed to pass our total in the 17th over after some good fielding and bowling on our part. Well done, boys, for trying your best in difficult conditions. (Liam McCulley)

U11B CRICKET VS GORDON'S BAY

The U11B team played an exciting game of cricket against Gordon's Bay U11s on Monday afternoon. After losing the toss Somerset House were sent into bat and managed a score of 109/3 after their 20 overs. Angus MacIntyre and William Bolton batted exceptionally well scoring 16 and 18 respectively before being retired. SH then went in to bowl and managed to restrict Gordon's Bay to 89/1 in their 20 overs with House winning by 20 runs! Sebastian Massmann picked up a wicket in his over. Tristan Collins and Raadhi Abass bowled superbly being very economical. Well done to the team, I am so proud of you all. (Liam McCulley)



BOYS 2nd TEAM CRICKET VS BEAUMONT

The 2nd XI faced off against Beaumont at home territory, Radloff Park, on Tuesday afternoon, eager to react positively after last week's result. Somerset House won the toss and opted to bat first. After a worrisome start losing 3 wickets in rather quick succession, it left Matthew Angus and Jesse Thurman at the crease with a fair amount of work to do. The ball soon got rolling for the SH boys with Angus and Thurman picking up a 50-run partnership. At the end of the innings the House boys posted a defendable 121 runs with 4 wickets lost in their 20 overs. Thurman top scored on 27 accompanied by Angus with 24 runs to his name. At the break the lads were hyper focused on getting us over the line. We were in for a humdinger! After an excellent start by openers William Graham and Stefan Smit, we were in the driving seat with Beaumont on 8/2. Beaumont slowly crept their way back into the game which left the match in the balance. With that being said, Eshan Wood and birthday boy William were the difference makers with their economical bowling – Will had an economy of less than 3 runs in his bowling spell. At the end of the Beaumont's 20 overs they posted a respectable score of 111/5 with SH winning by 10 runs. An absolutely awesome day of competitive cricket. Well done to the boys, that was the reaction we had hoped for! (James Hall)

GIRLS SP CRICKET TEAM VS RHENISH

The U13 girls played their opening cricket match of the season against Rhenish Primary, and it was truly one to be proud of! Despite having only a few practices under their belts, the girls arrived at the astro bursting with team spirit and sportsmanship. Amber Cowley was chosen as captain and confidently won the toss. We made the strategic decision to bowl first, aiming to understand our target score. A special shoutout goes to Isla Hardcastle, who stepped in to help the team and played a fantastic game.

The girls showcased brilliant fielding, demonstrating sharp communication, especially from Charlotte Guy, who was outstanding as wicketkeeper. She took a wicket early in the game when the Rhenish batsman stepped out of the crease, setting the tone for a thrilling match. The title of “Best Fielder of the Day” undoubtedly goes to Safaa Abass, who pulled off two phenomenal diving saves to prevent Rhenish from scoring boundaries. She also executed an incredible long-distance throw from 30 meters out, securing a crucial wicket. Our bowlers delivered an exceptional team performance. A special mention goes to every one of them: Safaa, Amber, Vivienne Bosch, Amelia Benvenuti, Grace Overmeyer, Roxy Meissenheimer, Chelsea Clayton, and Isla. The “Bowlers of the Match” were shared between Roxy and Grace, who displayed remarkable consistency and composure, with Roxy taking a wicket in the 6th over. Opening batters Vivienne and Amber were a formidable duo, scoring 30 runs between them, each smashing a six to the delight of their teammates. Rhenish set a target of 59 runs in their 15 overs. Somerset House rose to the challenge, scoring 60 runs in just 10 overs, securing victory with 5 overs to spare!



What a fantastic start to the season! Well done, girls - you played with heart, skill, and incredible team spirit. Keep up the fantastic work! (Candice McIntyre)



FROM LEARNING SUPPORT

Executive Functioning Tip!

Executive functioning is a set of skills that help us manage tasks, solve problems, and meet goals. It can be referred to as the “boss of the brain”, the part of our cognition that tells us when, how and with what intensity to do things. It’s like the director of a play, unseen but responsible for making sure everything runs smoothly.

Below is a tip for what you can do on a Sunday to support your child’s executive functioning in the week ahead.



Review your family’s weekly calendar.

- Take just 5 minutes on Sunday to sit down as a family to examine and discuss your family’s weekly schedule.
- Discuss any school assignments that need planning or executing.
- Address any materials for school or extra curriculum activities that might need to be purchased.
- Share what aspects of the week everyone is most excited for.

Modelling executive function skills such as planning and future thinking is important to the development of your child’s executive function.

(Source – Terra Sumpter SLP)

Feel free to reach out to the learning support team should you have any questions or concerns.

Love, Kirstin.

CYCLING NEWS

We are proud of the following pupils that participated in a recent cycling event at Southey Vines:

- Gideon Wever participated and did well. He didn’t make podium.
- Tobias Wever placed 3rd for Nipper boys.
- Emma Wever came 1st for Sprong category.

