



**ST PETER'S
COLLEGE**

1998-2018

20
YEARS

THROUGH THE KEYHOLE NEWSLETTER

RELATIONSHIPS • RESPECT • RESPONSIBILITY • RESILIENCE

13 July 2018
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Useful links: Website: <http://www.stpeters.co.za/college>
College Facebook Page: <https://www.facebook.com/Stpeterscoll/>
Old Petrian's Alumni Facebook: <https://www.facebook.com/groups/oldpetrians/>

Message from the Headmaster

Dear Parents & Students,

At my Headmaster's Assembly on Monday, 02 July I had the opportunity to address the students on the importance of embracing diversity at St Peter's College.

I started my address by reading to them an article published in a Parisian newspaper in 1969. The reporter spoke about several immigrants that had arrived in France at the time, a few hundred thousand to be precise. The article described these people as being dirty people, who steal, constantly spit on the ground, lived in shanty towns and naturally of the French disdain for these people at the time. I then encouraged our students to tell me who I was talking about. I received a myriad of responses, none of them remotely close to the reality. The article was referring to Portuguese refugees who at the time were fleeing Portugal where the dictator Salazar ruled with an iron fist. There were 50 000 Portuguese immigrants living in France in 1962, and there were more than 750 000 Portuguese in 1975, which means that several hundred thousand people crossed the Pyrenees during that decade.

I then spoke to our students about the history of the USA, starting off with the iconic Dr Martin Luther King Jr "**I Have A Dream**" Speech of August, 28 1963 which I encouraged them to go and read and research. I highlight a few important excerpts from his speech:

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity. Dr King was referring to when President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, as the nation approached its third year of bloody civil war. The proclamation declared "that all persons held as slaves" within the rebellious states "are, and henceforward shall be free."

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So, we have come here today to dramatize a shameful condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness. It is obvious today that America has defaulted on this promissory note insofar as her citizens of colour are concerned.

I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character - I have a dream today.

And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

I then made the comparison with South Africa and asked them to apply this to the context that we are living in, a mere 24 years into our democracy. The Americans are still experiencing racial disharmony 150 years after Abraham Lincoln abolished slavery, which has been amplified under the Trump administration. We in South Africa are also experiencing tension and racial disharmony and I mentioned that there are vast sections of our population that are still not "**free**", in terms of opportunities being offered, in terms of economic freedom, etc.

Schools today are more diverse than ever. Different backgrounds, cultures, and religions are interwoven into the average South African School. However, not all students that come from various diverse backgrounds feel included or accepted.

In a day and age where the political climate in South Africa has started shifting into a mindset of not accepting those who are different than us; something I thought would be on its way out in the year 2018, we as the St Peter's College Community have more of a responsibility than ever.

We have a **RESPONSIBILITY** to celebrate diversity in our school and in our classrooms and to make every single staff member & student feel accepted and to live and embrace even more our **Core values: "Respect, Relationships, Responsibility, Resilience"**

I left them with this final message, my dream for St Peter's College is that we not measure our students on their academic, sport or cultural achievements, but in the words of Dr Martin Luther King Jr, we measure a St Peter's College Student – **"By the Content of their character"**!

"In Futurum Fortiter"

Regards,



Mr Rui Morais
Headmaster

Wellness Department

Combatting Exam Stress

A little stress can be a good thing: it can be the motivational push that we need to get things done. However, sometimes dealing with stress (especially during exam season) can be tricky. So, here are seven tips to rescue you through the stressful exam period:

1. Remember to be mindful and breathe

Setting aside a couple of minutes every day to practice mindfulness techniques, such as breathing exercises or use Apps such as Calm to help you calm your body's stress response and shift your attention back to the present moment. In turn, this gives you time to rationally think through the anxieties you have, rid yourself of unhelpful thought patterns and enables you to deal with many exams and begin more effective revision.

2. Eat, sleep and exercise well

Burning the midnight oil, surviving on a poor diet, and getting minimal amounts of movement into your day can increase symptoms of anxiety. For your body's best performance, make sure you're getting at least 6 hours of sleep, enough slow-release carbs, less caffeine and more water, and at least half an hour of exercise per day.

3. Set realistic goals

Setting realistic goals, whether you have several weeks, days or hours before your exam, helps you to put everything into perspective. Acceptance of your situation and working within the realms of what you have maximises your productivity without the risk of burning yourself out.

4. You are not alone

Revision with peers is an effective study technique as it allows individuals to better absorb their own notes. Furthermore, the emotional benefits of social support tend to include a better sense of confidence and autonomy.

5. Pace yourself through panic

Panicking before, during or even after an exam is common among most students. If you experience it at any point, take six deep breaths, hydrate yourself, and then go back to the problem at hand, break your task down into several,

manageable chunks. Remember that there is usually a rational solution to every problem, even if you can't see it at first glance.

6. Believe in yourself

When being constantly faced with new challenges, we often forget to look back at how far we have come and how much we have already achieved. Given that you have prepared well, there should be no reason for you to worry. Therefore, when experiencing a negative thought, try to replace it with a positive one. For example, instead of thinking 'I am going to fail' replace that with "I have to do the best that I can and that will be ok."

7. If you feel like you are struggling, talk to someone

Asking for help is never shameful. In the most extreme cases, it can help save a life. When struggling, talk to friends, family, teachers or tutors about how you are feeling. Alternatively, don't be afraid to seek professional help and support and speak a member from the Wellness Department.



Good luck and may the force of success be strong within you!

Mrs Laila Jeebodh-Desai
Educational Psychologist

Academic news

Tour De Maths

Tour de Maths is an inter-schools Mathematics Problem Solving Competition open to learners from grades 8-10. The competition is hosted every month, over the course of the year, at different schools throughout Johannesburg. The final



leg of **this Term's** competition was hosted at Beaulieu College.

Following the final leg of Term Three, we would also like to congratulate the pair of Yi Lou and David Plum for being placed 1st overall at last leg hosted by Beaulieu College.

We encourage our mathematically talented students to be part of our team, or at least experience what Tour de Maths has to offer. Hopefully this year we can bring the trophy home!

Mr Rakubu Sokana
Director: Mathematical Innovation

Squash

Squash Season Results

Our u16 and u19 teams completed their short but intense season just before half term. All teams and players played extremely well considering this was the first season for most of the players. The following is a summary of our results for the season.

U16

vs Greenside: Lost 7 – 12
vs Mondeor: Won 14 – 2
vs Northcliff: Won 12 – 7
vs Marist Brothers: Won 14 – 3

The u/16 team finished runner up for their League this year.

U19

vs King David VP: Won 14 – 1
vs Greenside: Won 14 – 2
vs Mondeor: Won 12 – 7

vs Beaulieu: Lost 6 – 10

The u19 team also finished runner up in their League this year.

I would like to thank all the players involved for their commitment to the season this year. The hard work starts now for next year as we hope to keep building Squash even more at St. Peter's.

Inter-Provincial Squash Tournament

We would like to congratulate **Kirsten Hope** for being selected for the Gauteng u/19 B girls side that competed at the Inter-Provincial tournament in Cape Town over the half-term break. Kirsten is the first female player to be selected for Provincials in the history of St. Peter's College.



*Mr Mathew Kirkland
MIC Squash*

Cultural News

Music Tour

On 22 June, the choir and orchestra team totalling 46 students departed from OR Tambo International Airport on a 5-day tour to Oudtshoorn and the surrounding area. They stayed over in Oudtshoorn and Prince Albert. They experienced the adventure tour in the Cango Caves, had a stargazing experience offered by professional guides, drove through the Outeniqua pass and the Swartberg pass, visited the Meiringspoort waterfall, spent a couple of hours on the beach in Herold's Bay and participated in the most fabulous African drumming session. The team performed in the streets at Prince Albert, also at the NG Moederkerk in Oudtshoorn (a national heritage site) as well as conducted performances during community service activities.



The students spent 3 hours at the Oudtshoorn community centre teaching songs and movements to approximately 90 children who were either homeless or orphans from 8 -18 years of age. Our students also donated warm clothes and spent time playing games and serving students with all sorts of goodies ranging from chocolate to toys. The music team also spoiled the elderly with a concert at Coronation Old Age home and showered them with gifts of chocolate and hand cream. Some of the most rewarding elements of the tour were the conversations about the experiences which ranged

from; community service, geographical phenomena in the Swartberg pass, the beauty of the cango caves, the karoo stars, planets and moon.

The tour was a fun and impactful and experience for all of us.

Mrs Lomé Robertson

MIC: Choir

School Shop News

Textbooks for 2019

Information regarding the ordering and payment of textbooks for 2019 will be sent to you towards the end of this month. Emails will be sent to you with quotes or order forms as well as letters explaining the ordering process. Students will be given hard copies of the forms on Monday 30 July.

Please note that payment for the textbooks needs to be made early in September, please budget accordingly.

New Shop – Door Opening

To enter the School Shop, please stand at the door and wait until a staff member unlocks the door remotely (you'll hear a beep). Pull the right-hand side door open. There is no bell or intercom. The door will be kept open during peak periods.

School Shop Hours

Please note that the School Shop hours are as follows:

Mon, Tue and Thu 07:00 to 15:00

EFT Payments

Please note that the School Shop account number is different to the School Fees Account. Please always use the following account for payments to the School Shop for uniform, textbooks or stationery:

St Peter's College PA

Standard Bank Rivonia, Branch Code 001255

Account Number: 420095144

Use your child's name and surname as the reference so that we can allocate the payment accordingly.

All EFT payment confirmations must be emailed to Nerina Deeb at deebn@stpeterscollege.co.za

Mrs Nerina Deeb

School Shop

Parent Association News

Bingo evening

Sales for the Bingo evening are going well so make sure you don't miss out on this fun evening. Book your place today.

Sports News

Rugby Dinner

The St Peter's College Rugby Dinner took place on Wednesday, 20 June 2018. The Dinner was well attended, and the evening was filled with memories of season. Mr Steve Tudhope welcomed all students, parents and staff. Mr Armitage offered an insightful and humorous speech whilst presenting the season's summations as well as highlighting the next season's plans of a new conditioning and strength programme which will assist in further developing the College's rugby.

Draven Buccerri, the 1st Team Captain's speech was inspiring, providing a message of encouragement to all Junior College players to continue the legacy of St. Peter's College Rugby. The following awards were handed out:



U14

Sportsmanship: Akanani Makhubela-Osouafor
 Most Improved: Daniel Silcock
 Best Player: Matthew Eggett

U15

Sportsmanship: Evan Ishekwenne
 Most Improved: Tiago Isidoro
 Best Player: Nipho Phungula

U16

Sportsmanship: Aiden Enslin
 Most Improved: Nicholas Els
 Best Player: Keagan Telfer

1st XV

Most Improved: Cameron Love / Matthew Baholo
 Sportsmanship: Draven Bucceri
 Keagan Wienand for Tenacity: Rob Walker
 The Last Tackle: Tristan Harris
 Orr Gees Trofee: U 14 A
 Elmira Players Player of the Season: Sebastian Long
 Player of the Season: Lawrence Ishekwenne



The Orr Gees Trophy was awarded to the U14 Team, confirming that the future of St Peter's College Rugby, is indeed alive and filled with promise. We are extremely proud of all our players and we look forward working together to make St Peter's College Rugby bigger and better in 2019.

Mr Steve Tudhope

MIC: Rugby

Hockey Dinner

Hockey enthusiasts of St Peter's College came together on the evening of the 2 July to celebrate the 2018 hockey season with a dinner. Preparation for décor were arranged by our fantastic parent committee decorating the tables and creating an appropriate ambiance for our hockey players.

A wonderful meal including a spectacular BBQ beef, julienne vegetable and noodle stir fry with fresh ginger, Lemony roast chicken with baby potatoes, green beans and fresh herbs; Roasted vegetable lasagna with a creamy tomato sauce and parmesan crust; tasty herbed rice; spunky salad with peppers, cucumber, grapes, pomegranate, basil, rosa tomatoes and spring onions. To complete the meal Rocky Road brownie bites for desert. There was sufficient food for seconds and even thirds for our "growing" boys.

The hockey players were entertained with a music compilation of arranged by Nicholas Homes and a slide show of over five hundred action images of the players. Mr O'Donoghue hosted the evening with Mr Morais saying grace prior to the dinner. Ms Theunissen presented a season summation congratulating the girl's teams on a lovely season. She asked the girls to maintain their love and enthusiasm for hockey, she will be keeping an eye on St Peter's Girls Hockey even though she will be leaving for adventure overseas.



Mr Dave Short presented an interesting statistical summation congratulating the boys on a season resonating with the greatness of years passed. Both senior and junior boy’s teams displayed maturity, enthusiasm, dedication to train well, and a love for St Peter’s College Hockey. The introduction of early morning training was met with enthusiasm and this commitment paid dividend to the rapid improvement of the teams. A season etched in the minds of all the players, a turning point in St Peter’s Hockey, a new hockey programme to inculcate the essence of sport, academic, and life skills.

The first team captains, Sabrina and Michael echoed the coaches praise for the team camaraderie, enthusiasm, and dependability. A sad and entertaining farewell presented to the matric players who will be remembered for their leadership, tenacity, and love for St Peter’s College and hockey.

The Player Awards for the season include:

	Junior Boys	Senior Boys	Junior Girls	Senior Girls
Best Player	Grant Hunter	Michael Whittal	Georgia Moralee	Gabrielle Otto
Sportsmanship	Matt Thomas	Duncan Hill	Claire Beekman	Sarah Golightly
Most improved	Justin Warren	Matthew Webster	Isabella Beyers	Sarah Moralee
Players Player	Grant Hunter	Jonty Webb	Caitlyn Whittal	Sarah Moralee

The Short Rocksteady Trophy (Goal of the Season) - Daniel Ragget

The Robertson Rocksteady Trophy (Goal of the Season) - Laura Lyle

The players presented their gratitude to the coaches for their time, encouragement, skills, and dedication to the players and hockey.

Special presentations were made on behalf of St Peter’s College Hockey to thank the parent committee for their contribution to this season’s success: Mrs Whittal and Mrs Dunn technical, Ms Ronne and Mr Thage

A special thank you to the parents for their support throughout the season.

Mr Richard O’Donoghue

Director of Sports

Contact us on (011) 807-5315

www.stpeters.co.za

Tennis

From 3 to 5 August, tennis players will step out of the winter hibernation and step foot at Buffelpoort tennis courts. Players are promised challenging competition on the court, some poolside fun and a unique Saturday night vibe for our city clubs. This follows an invitation received for the top 4 boys and top 8 girls to attend this exciting event.

We wish Matthew Harris, Keagan Rousseau, Michael du Plooy, Kabelo Theku, Mikayla Gounden, Justeene Hallows, Jessica Harris, Tanya Paul, Nicole Diepeveen, Kayleigh Koekemoer, Natalie Walsh and Cadence Prinsloo all the best for this exciting tournament. We know that they will give their best and fly St Peter's College flag high.

Mrs Cornel Malan

MIC: Tennis

Netball

One always hears how netball has grown at St Peter's College and this statement is true. The sport has not only grown to be the best, but it has allowed the young ladies who partake in the sport to grow their playing and social skills. *"It's not the team with the best players that win. It's the players with the best team that wins."*



This saying has been evident throughout the season with the contribution made by everyone that is part of growing the sport forming part of the team; from the netball scorers, coaches, watchers, players as well as the time keepers. This year, we witnessed the 2nd team come 3rd place in the championship matches and all the teams growing from strength to strength.

The netball girls realised the saying that "you are not defeated when you lose. You are defeated when you quit." and one can see that each team left their all on the court. With the end of the netball season we

bid farewell to our matric players Ollie Msiza, Zantia Brainbridge, Tammy Classen and Courtney Sandham and we wish them well in their future endeavours. We hope that they do not lose the passion they had for the sport.

Most importantly a big thank you to Ms Christelle Van Schalkwyk for being an amazing and inspirational head of netball who never loses love for this sport. With the successful 2018, we are certain that the sport will only grow in the years to come. *"Sports create a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline and a genuine, sincere, pure fulfilment that few areas of endeavour provide."* Bob Cousy

Nolitha Magombo

Grade 11

Term 2 Sport Lessons

The sport period is intended as a movement and activity-based lesson during the school day. Its objective is to offer an opportunity to for the students to engage in new activities.

The sport programme introduced three new activities in Term 2.

Grade 8

A wellness programme was introduced for Grade 8s. This programme is intended to create a baseline fitness assessment so that future activities can be designed to develop their physical ability. These sessions included a briefing and physical introduction to exercises, followed by testing. A large group assembled on the sport field, coaches with clipboard and stopwatch in hand. The hour session passed by very quickly and soon the data was being extrapolated into wellness programmes.

The remaining sessions were hosted by Mr Badenhorst who enthused the students to give of their best. A second and third test session will be held during the third term to assess and monitor improvements to fitness, agility, and wellness.

Grade 10

A game based on the popular Ultimate Frisbee was introduced. Team captains were appointed, and teams were chosen. The lessons were based on coaching team captains who in turn coached their teams. The basic skills and techniques were initiated and rules to the game were introduced.

Ultimate Frisbee is a game of high skill and maximal movement, it is also officiated by the players alleviating the need for extra officials. The teams exercised and practised as a team and will be playing a league during term three.

This game has ignited a new option for down time amongst the students, that is during break and after school.

Grade 11

There is certainly a need for awareness of our surroundings and who is imposing their presence into our personal space. The introduction of self-defence has been well received by the Grade 11 students. "The Dojo" working with Shihan Sam Tonkin facilitated "The Gentle Art of Self Defence" to St Peter's College.

The students are enthralled with the agility and ability of the instructors who mesmerise with throws and falls. This term comprised of introductory sessions and will continue into the third term with a structured assessment of students' progress.

An old favourite:

Grade 9

The soccer programme led by our ex professional soccer player and coach Mr Thage followed a structured coaching plan. The students were introduced to various basic skill drills which developed to more intricate drills creating enthusiasm and frustration, however the frustration soon transformed into elation as skills improved. The grade nine students are enjoying soccer programme.

Thank you to all participants. We look forward to extending and developing the movement and activity sessions during term three.

Mr Richard O'Donoghue
Director of Sports

