



Edition: 101

22 November 2018

ST PETER'S GIRLS PREP SCHOOL

FROM THE HEADMASTER

In the knowledge that all our choirs are working so hard in preparation for Sunset Carols and having just received the most phenomenal music exams results, this article, sent to me recently, is more relevant than ever:

In Daniel Pink's newest book, 'When: The Scientific Secrets of Perfect Timing', he writes 'Choral singing might be the new exercise.'

Two years ago, Sarah Manguso wrote a letter of recommendation for singing in the choir:

...in a choir, I can make sound, focus the mind, enjoy myself and forget myself, all at once. There is an old choristers' adage that goes, "When the music is marked forte, sing so you can hear yourself; when it's marked piano, sing so you can hear the others." After enough practice, you can learn to feel the vibration in your skull and tell by the sensation whether your pitch is right, your timbre true. It is a kind of listening without hearing. Perhaps this combination of experiences is as common as what psychologists call flow, a state of complete absorption in an activity.

I feel an additional pleasure, though, greater than flow, when I sing in a choir. It's a mode of singing that strikes a balance between feeling necessary — each voice must participate to achieve the grand unified sound — and feeling invisible, absorbed into the choir, your voice no longer yours. I can work hard, listen hard and disappear, let the ocean of sound close over me. It is comforting to disappear into all that sound and to know that no one else will hear me, either. The performance feels like a secret.

A year before that Oliver Burkeman wrote in The Guardian:

Group singing is a perfect case of the whole being greater than the sum of its parts. For entirely non-magical reasons — such as the averaging out of flat and sharp voices — a choir can sound far better than its individual members' talents might suggest. The result is self-transcendence: the thing only works on a level bigger than oneself. "As long as I'm singing," writes Stacy Horn in Imperfect Harmony, her memoir of singing in a Manhattan amateur choir, "it's as if I'm inhabiting another reality. I become temporarily suspended in a world where everything bad is bearable, and everything good feels possible."

And way back in 2008, Brian Eno wrote:

I believe that singing is the key to long life, a good figure, a stable temperament, increased intelligence, new friends, super self-confidence and a better sense of humour....there are physiological benefits, obviously: You use your lungs in a way that you probably don't for the rest of your day, breathing deeply and openly. And there are psychological benefits, too: Singing aloud leaves you with a sense of levity and contentedness. And then there are what I would call "civilizational benefits." When you sing with a group of people, you learn how to subsume yourself into a group consciousness because a capella singing is all about the immersion of the self into the community. That's one of the great feelings — to stop being me for a little while and to become us. That way lies empathy, the great social virtue. Sing, sing, sing.

So not only will our choirs entertain us next Saturday, but the process of preparation will have benefitted our girls tremendously - I hope you have all bought your tickets!! ☺

I wish you a wonderful weekend. Nibe nempelasonto emnandi!

Darrel Webb
(Headmaster)

FROM THE JP HEAD

IT'S NOT OVER.....

Many of you have responded to the announcement that I have been appointed as Head of the Prep School at Redhill. Many thanks for your support and love. This is an amazing growth opportunity, however for me, I do not leave without sincere sense of pride and loss. As you all know, my loyalties and passion for the St Peter's Girls JP is not measurable. I was appointed at St Peter's in 2014, and have been an integral part of building, designing, and creating of what is now the most amazing environment, filled with joy, passion and love. The staff are incredible - driving teaching, learning and our Values and Inquiry to another level. Their motivated and intentional actions make this school a place that invites your children in and provides a safe and magical space to learn. I wish to assure you all that I will continue to lead the JP until the last minute of my employment to help continue the path that we so energetically envisage.

INDIVIDUAL MUSIC LESSONS

Registration for individual music lessons is open for 2019. An electronic application form (that is found on the communicator and the school's official website) must be completed so that new pupils can be allocated to a teacher.
<https://goo.gl/forms/xJdsPcgclF1kSHsf1>

The following instrumental lessons are currently on offer at an additional cost of R195 per half hour lesson:

Piano	Cello	Saxophone	Violin	Recorder	Percussion
Flute	Drum kit	Voice	Clarinet	Guitar	Ukulele

The majority of the above lessons take place during the morning. Some lessons are scheduled in the afternoon, depending on the availability of the teachers and the extramural timetable.

MUSIC DEMONSTRATIONS

Grade 2 presented the last of the three demonstrations for the year on Thursday. The girls have made excellent progress in all areas of the music programme. Well done to all!



SWIMMING SEASON SUCCESS

Thank you for making the effort to come and watch the Swimming Demonstrations this week and for sharing in your daughter's success. The scaffolded approach to grow the girls from Grade 0-2 has really proved a great success.



Heather Kissack
(Head: Girls Junior Prep)

PA - HOW WOULD YOU LIKE TO HELP IN 2019?

St Peter's is proud to have a thriving Parents Association and parent body who are always willing to assist in organising and participating in the various PA and school events. Should you wish to volunteer for a school or PA initiative next year please click on the link:

<https://goo.gl/forms/qxKDr35N8hpGNuRp1>

We look forward to hearing from you!

St Peter's Prep Schools PA

CHRISTMAS BOX INITIATIVE

We have sent a box home with your child, for our Christmas Box appeal. These boxes will be distributed to vulnerable children and families in Diepsloot. Please encourage your children to get involved in the process of giving to others - the true meaning of Christmas. We are including the following suggestions

Please include:

- Toothbrush, Toothpaste, Face Cloth, Soap
- Small toy (Maximum value R60 as the children will open their boxes in front of other children who have received a box and we don't want any disappointment)
- Packet of Sweets
- Crayons and blank book

You can fill the box up with: Tinned fish, tinned Beef, tinned fruit, baked beans, sugar, tea bags, long life milk, jam, biscuits. Please wrap the box in Christmas wrapping paper or newspaper. Please return your boxes by **Wednesday, 28 November**. Collection points: Senior Primary Girls and Boys: Chapel; Junior Primary Girls and Boys: JP reception areas.

Father Richard (*Chaplain*)

SCHOOL SHOP

FAMILY ORGANISERS

The popular Family Organisers - 2019 are now in stock for R130. They also make great Christmas presents.

REMINDER

There are only two weeks left before school closes so please remember that the following Grades will need uniform upgrades for next year:

- Grade 0 girls will need new grade 1 uniform items
- Grade 2 girls will need new grade 3 uniform items

Nadia Thompson (*School Shop*)

SECOND HAND SHOP

The Second Hand Shop will be open 08:00 to 12:00 on Monday, 14 January.

FORTHCOMING WEEK

Tuesday	27/11/2018	07:30:00 AM	08:00:00 AM	GIRLS JP:	Gr 0-2 Little Mozart's	Royce Hall
Tuesday	27/11/2018	8:00:00 AM	9:00:00 AM	GIRLS JP:	Grade 2 Service of Thanksgiving	Chapel
Tuesday	27/11/2018	9:00:00 AM	9:30:00 AM	GIRLS JP:	Grade 2 Parents' Information Meeting about Grade 3	Chapel
Tuesday	27/11/2018	9:00:00 AM	9:30:00 AM	GIRLS JP:	Grade 2 Girls meet Grade 6 Buddies	Newlands Field
Tuesday	27/11/2018	9:30:00 AM	10:00:00 AM	GIRLS JP:	Grade 2 Parents' Tour and Tea	Girls SP Terrace
Friday	30/11/2018	8:00:00 AM	9:00:00 AM	PREP:	Sunset Carols Choir Practice Gr 2-4	Mvukuzane Field
Saturday	01/12/2018	9:00:00 AM	10:00:00 AM	PREP:	Sunset Carols Choir Rehearsal Gr 2-4	Mvukuzane Field
Saturday	01/12/2018	2:00:00 PM	5:00:00 PM	PREP:	Christmas Market	Feathers Filed
Saturday	01/12/2018	6:00:00 PM	8:00:00 PM	PREP:	Sunset Carols	Mvukuzane Field


SUNSET CAROLS: SATURDAY, 1 DECEMBER




Our choirs are working so hard to make sure the music at Sunset Carols is even more spectacular than last year – get your tickets so that you don't miss out on this magical evening!

bit.ly/SunsetCarols for ticket sales.



 Thank you for these amazing photos.
www.hugatreephotography.co.za



Link to purchase Sunset Carols tickets: <https://tickets.tixsa.co.za/event/stpeters-sunset-carols-2018>