



Edition: 38

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)

SPORTS DEPARTMENT

TENNIS

In this week's sporting newsletter, we run a special feature on tennis and the wonderful programme that is run at St Peter's Girls Prep. The tennis programme runs in conjunction with SPANNS of Sport who benefit from the services of Mrs Nadine Megaw and her awesome coaching staff. SPANNS of Sport has been in operation for 30 years and delivers a wonderful product. Mrs Leigh Lidgey has headed up tennis this year and certainly seems to be making her mark. Her wonderful organisation allows the girls to focus on their tennis. Our tennis players' proficiency has come on in leaps and bounds. We look forward to making our mark in next year's inter-schools tennis fixtures.

Tennis has become very popular and is the only sport that is played all-year-round at St Peter's Girls Prep. The hotly contested, Inter-house tennis competition took place recently. The players displayed some wonderful tennis skills, which can be attributed to the many hard working hours that they have put in behind the scenes. Waveney though, were *too hot to handle* in this year's inter-house competition as their players stroked their way to a near flawless display. Well done, Waveney!

Inter-House Tennis Results:

1. Waveney
2. Founders
3. Oliver.



The victorious Waveney Team!

This term saw the introduction of a Grade 3 tennis festival, which was hosted by St Mary's. The players were very excited to be competing in this inaugural Grade 3 festival. Some of the raw talent that was on display was fascinating to watch as the girls proceeded to play with grace and ease.

The Tennis Championship is the culmination of ladder matches that have occurred throughout the year and which give the girls entry, and a seeding, into the championship. This year's semi-final will be hotly contested by Madison Edwards versus Hollie Brown and Sophie Lidgey versus Rachel Rostron. Best of luck girls!

CROSS-COUNTRY

St Peter's Girls Prep hosted another superb Cross-Country event on Friday, 16 November. The utilisation of the bike park makes for an awesome venue. Though the temperatures were soaring, the girls kept their cool and ran some terrific races. Good luck to the runners who will be competing in their last cross-country event today.

SWIMMING

The SP Inter-house relay gala will be held on Monday, 3 December 10:30 to 12:30 at the Girls swimming pool.

Chris Tomsek
(Acting Director of Sport)

MUSIC DEPARTMENT

Registration for individual music lessons is open for 2019. An electronic application form (which can be found on the Communicator St Peter's) 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.

Marguerite Schmitt
(Director of Music)

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>
St Peter's Prep Schools PA

We look forward to hearing from you!

CHRISTMAS BOX INITIATIVE

We are sending 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.

GRADE 5 CHRISTMAS MARKET

The Grade 5s will be hosting their annual CHRISTMAS MARKET this Friday, 23 November. We suggest that girls bring no more than R30.



The 2019 calendar and extra-mural timetable are in the process of being finalised. These documents will be sent out with the newsletter next week.

FORTHCOMING WEEK

Monday	26/11/2018	13:00:00	13:00:00	School closes at 13:00 until end of term. Please refer to 'Communicator' for the schedule of choir practices.	
Monday	26/11/2018	08:00:00	12:00:00	Grade 6 & 7 Exam Feedback	Classrooms
Monday	26/11/2018	18:30:00	19:30:00	Nine Lessons and Carols	Chapel, wear No 1s
Tuesday	27/11/2018	06:30:00	06:30:00	Grade 7 Leavers' Camp Departs	
Tuesday	27/11/2018	07:30:00	07:30:00	SPEET Week Commences	
Tuesday	27/11/2018	07:30:00	07:30:00	Art Exhibition Commences	
Wednesday	28/11/2018	12:00:00	12:00:00	Grade 7 Leavers' Camp Returns	
Wednesday	28/11/2018			REMINDER: Chapel Collection for Tomorrow	
Thursday	29/11/2018	07:30:00	08:30:00	Chapel Awards	Chapel
Thursday	29/11/2018	09:00:00	10:00:00	Grade 3 & 4 Celebration of Achievement	Chapel
Thursday	29/11/2018	09:00:00	12:00:00	Community Partnership Christmas Party	
Friday	30/11/2018	13:00:00	13:00:00	Art Exhibition Ends	
Saturday	01/12/2018	14:00:00	17:00:00	Christmas Market	
Saturday	01/12/2018	18:00:00	20:00:00	Sunset Carols	

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.



 hugatree

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>

ART EXHIBITION: 27 – 30 NOVEMBER

