



Our Lady of Fatima
Dominican Convent School
EST. 1954

FATIMA FOCUS

The official newsletter of Our Lady of Fatima Dominican Convent School



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PRINCIPAL'S MESSAGE



“Working hard for something we do not care about is called stress; working hard for something we love is called passion.” – Simon Sinek

Education should be about more than just academic achievement; it should also nurture a love of learning, spark curiosity and help our girls discover what truly excites them. When children are passionate about what they do, school becomes a place of joy, growth and endless possibilities. This week, as we dive into another busy schedule filled with interhouse galas, netball, tennis, and hockey matches, debating league fixtures, leadership training, and our Open Days, it's clear to see the passions of both our girls and staff shining through at Fatima.

Passion transforms hard work into purpose, but it's important to remember that passion doesn't always appear instantly. Sometimes, it's discovered through perseverance—through trying new things, overcoming challenges, and learning from setbacks. Sometimes our greatest disappointments can also drive us towards our deepest passions. As we progress through the school year, I encourage you to have conversations with your daughter about what excites her, what sparks her curiosity, and what brings her joy. Passion is contagious, and together, we can inspire our girls to work hard—not from stress, but from a deep love for learning.

Thank you for your ongoing support in helping make Fatima a place where passion shines.

FAITH AND FLOURISH

The Lord is my Light and My Salvation..... **Devotional on Psalm 27:**

Psalm 27 is a beautiful reminder of God's presence and protection in our lives, and it reveals David's deep trust in the Lord during times of uncertainty. In verse 1, David declares, "The Lord is my light and my salvation—whom shall I fear?" This opening verse is such a beautiful reminder that when we are anchored in God, fear has no place in our hearts. In the business and chaos of our lives we are called to seek God, a God who gives us peace that surpasses all understanding.

Verse 13 expresses David's confidence in God's goodness: "I remain confident of this: I will see the goodness of the Lord in the land of the living." This confidence is rooted in the belief that God's love and faithfulness are steadfast, even when we can't immediately see the outcome.

Psalm 27 challenges us to place our trust in God's character rather than the circumstances around us. He is our light, salvation, and stronghold. When we seek Him and dwell in His presence, we can rest in the assurance that He will lead and protect us.

****Reflection Song:****

Passion - "Whom Shall I Fear (God of Angel Armies)" by Chris Tomlin.

This song beautifully echoes the truth of Psalm 27, reminding us that with God as our protector, we have nothing to fear.

Let this song and Psalm 27 inspire you to find peace and courage in God's presence today.

Miss T. Nanak

STAFF NEWS

Congratulation to our Fatima staff who took part in the 2025 Aquelle Midmar Mile.



PARENT'S CORNER

SECRET SUNRISE 2025



20TH MARCH

Fatima PTA Fundraiser

5:45am | R160pp

INCLUDES AN ICE-CREAM!

**FOLLOW
THE SUN**

FUN PRIZES TO BE WON!

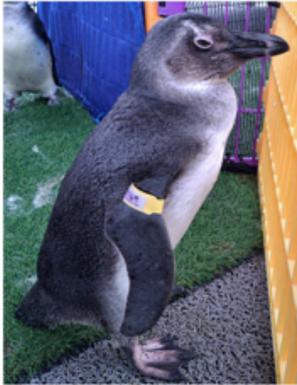
Tickets available on the Karri App



FOUNDATION PHASE

This term the Grade 3 classes are learning about penguins. I approached SANCCOB and successfully adopted a penguin for our class. Meet Sunshine the African Penguin. He is being looked after at SANCCOB in Cape Town. The letter and photo attached provide helpful information about the plight of the African Penguin and what we can do to help.

ADOPTION CERTIFICATE OF *Sunshine*



ADOPTED BY
Grade 3 'Buck'
Our Lady of Fatima Convent School

WHERE FROM	Yzerfontein
Arrived at SANCCOB	11 January 2025
REASON FOR ADMISSION	Altered Mental State

Dear Grade 3 Buck class

Thank you for adopting me! I am one of thousands of African penguins and other seabirds, rescued and cared for each year by SANCCOB. Now, SANCCOB can ensure I have all the creature comforts and fish I could every want, because of you!

While it's difficult to imagine a world without penguins and other seabirds, the truth is that time is running out for us as we struggle through the threats we face such as lack of food, climate change, oiling, predation and human disturbances. This kind gesture to adopt me brings hope for our species because the contribution made helps SANCCOB to get me healthy and strong so I can be released back into the wild. By adopting me you have enabled the kind folk at the SANCCOB 'hospital' to care for me, feed me and medicate me so that I can be fit and healthy. Every donation supports my rehabilitation and my family of African Penguins to reverse our status on the IUCN Red Data listing. There are less than 8 600 breeding pairs of us left in the wild. Lucky for us we have SANCCOB, YOU and a whole bunch of caring conservationists doing everything in their power to turn our fate around.

What to do if you meet a penguin on the beach:

Remember that we are "wild" birds and we tend to bite and struggle if we are scared or unsure of what is happening around us. Firstly, you should call SANCCOB immediately on +27 (0) 21 557 6155 and they will either dispatch their seabird 'ambulance' to come and get us.

People are always asking 'how can we help' so here are a couple of tips of how you can help to save us and the precious marine environment that we rely on:

Litter and pollution are penguin-enemies - spare a thought for where your trash ends up; and remember to recycle regularly.

Reduce your carbon footprint- walk or cycle instead of taking your car. Be a picky eater - make responsible choices when eating seafood.

Visit one of SANCCOB's seabird centres in the Western Cape (Cape Town) or Eastern Cape (Gqeberha) for an educational tour.

Volunteer at SANCCOB if you have time to spare by emailing volunteers@sanccob.co.za. Donate to SANCCOB at www.sanccob.co.za or see what items are needed on SANCCOB's Wish List.

Tell your friends about your penguin adoption! They can also be penguin parents. So, once again, thank you for adopting me and remember that every little bit helps.

From your penguin
Sunshine



SANCCOB
saves seabirds

GRADE 3 GALAS



GRADE 3 TENNIS AND NETBALL



SENIOR PRIMARY

GIRLS ARE BUSY WITH A VARIETY OF SPORTS THIS TERM



SENIOR PRIMARY INTERHOUSE GALA



INTERHOUSE GALA TROPHY WINNERS 2025

TROPHY	DESCRIPTION	RECIPIENT
BESTER TROPHY	Junior Open Individual Medley	B. Salmon
CONVENT TROPHY	For 100m Freestyle	B. Salmon
ELLIS TROPHY	For 50m Freestyle	B. Salmon
CAMLAUREY TROPHY	For 50m Breaststroke	B. Salmon
BURTON TROPHY	For 50m Backstroke	B. Salmon
KUSTER TROPHY	For 50m Butterfly	B. Salmon
MOST POINTS SCORED	Under 10	M. Ludlow
MOST POINTS SCORED	Under 11	T. Janse Van Rensburg
MOST POINTS SCORED	Under 12	R. Moir
MOST POINTS SCORED	Junior Open	B. Salmon
JAYDE DANCE TROPHY	Most Promising Swimmer	T. Janse Van Rensburg
BOTHA TROPHY	Most Improved Swimmer	A. Gomez-Cuadrado
HORSFALL TROPHY	For Perseverance	T. Brown
MICHAL DANCE TROPHY	Runner Up to Victrix Ludorum	B. Salmon
JUNIOR VICTRIX LUDORUM	Highest points scored in Junior School	R. Moir
HOUSE SPIRIT CUP	St Patrick's	
ELDON INTER HOUSE TROPHY	St Anthony's	

HORSE RIDING SANESA RESULTS

Savana Terreblanche	3rd place in prelim level 2 dressage test
Charlotte Goble	1st for working hunter level 1 2nd for equestrian level 1
Amélie Ozoux	1st in equestrian 1st in working hunter 2nd in dressage (test 1) 2nd in dressage (test 2)

ACTION NETBALL LEAGUE RESULTS

U10 A	Vs Glenwood A	Lost	1 - 8
U10 B	vs Virginia B	Lost	3 - 14
	vs Chelsea B	Lost	0 - 7
U11A	vs Westville A	Won	16 - 7
	vs Northlands A	Lost	3 - 9
U12 A	vs DGC A	Drew	9 - 9
	vs Northlands A	Lost	2 - 9
U12 B	vs Ashton B	Lost	4 - 16
	vs CLL B	Lost	3 - 9

HIGH SCHOOL

CRAFT CLUB



NATIONAL AQUATICS FESTIVAL

Our aquatics team recently took part in the Nations Aquatics Festival in East London. The swimming team swam exceptionally well, finishing 1st in the gala, as well as achieving 17 podium finishes in 28 events. A special shout out to our U19s for winning gold in all their events and the U14s for earning three golds and a silver.

Our young and dedicated water polo team, battled it out against the best, finishing 10th. The team gained valuable experience over the weekend. We really look forward to watching them grow from strength to strength.



Congratulations to our 1st team action netball and indoor hockey teams for their impressive wins against DGC's 1st team. Both teams put in incredible effort, and it's exciting to see all their hard work paying off. Well done, everyone!



SENIOR PRIMARY INTERHOUSE GALA



TROPHY WINNERS 2025

TROPHY	DESCRIPTION	RECIPIENT
OLD GIRLS TROPHY	Individual Medley	I. de Villiers
AMY VERNES TROPHY	Top Matric Individual Medley Time	I. de Villiers
ALISON CAMPBELL TROPHY	Senior School Butterfly	I. de Villiers (New Record)
TATIANA OLSCHANETZKY TROPHY	Matric 50m Freestyle	I. de Villiers
SUSAN BESTER TROPHY	100m Freestyle	I. de Villiers (New record)
DOMINIC TROPHY	Senior School Breaststroke	S. Kistnasami
ROBERT PENNELL TROPHY	Senior School Backstroke	I. de Villiers (New record)
SISTER CLARA TROPHY	Senior School 50m Freestyle	I. de Villiers
JENNINGS TROPHY	Improvement & Commitment	R. Gouws
BETH HARRISON TROPHY	Commitment & Contribution	A. Brown
AGE GROUP TROPHY	Under 14	S. Kistnasami
AGE GROUP TROPHY	Under 15	R. Gouws
AGE GROUP TROPHY	Under 16	J. Reuning
AGE GROUP TROPHY	Under 17	A. Hall
AGE GROUP TROPHY	Senior Open	I. de Villiers
SENIOR VICTRIX LUDORUM	I. de Villiers	
HOUSE SPIRIT TROPHY	St Patricks	
HS INTER - HOUSE TROPHY	1st: St Stephen's	Points: 1205
	2nd: St Patrick's	Points: 887
	3rd: St Anthony's	Points: 859
COMBINE INTER - HOUSE TROPHY	1st: St Stephen's	Points: 2005
	2nd: St Anthony's	Points: 1716
	3rd: St Patrick's	Points: 1695



Action Netball League Results

U14A	vs Reddam Umhlanga vs NGHS	Won Won	42 - 0 44 - 1
U14B	vs CLL A	Won	20 - 8
U15A	vs Reddam Ballito	Won	26 - 9
U15B	vs Curro Heritage House vs CLL A	Won Lost	24 - 1 12 - 14
U16A	vs Inanda vs Reddam Umhlanga	Won Won	18 - 8 21 - 9
U16B	vs Highway College vs Ashton B	Won Won	17 - 4 10 - 8
1st	vs Inanda vs DGC	Won Won	29 - 3 19 - 18
2nd	vs NGHS vs DGC	Won Won	32 - 6 20 - 14

Tennis Doubles League Results

1st	vs DGC 2nd	Won	28 - 2
2nd	vs Maris Stella 1st vs St Henry's 1st	Won Won	35 - 1 22 - 14

Indoor Hockey League Results

U14A	vs Ashton	Won	3 - 1
U14B	vs Kloof A	Won	3 - 2
U16A	vs RHU	Won	5 - 1
1st	vs DGC vs RHU	Won Won	5 - 4 4 - 0
2nd	vs DGC 2nd vs DGHS 1st	Won Won	2 - 1 5 - 2

Tennis Doubles League Results

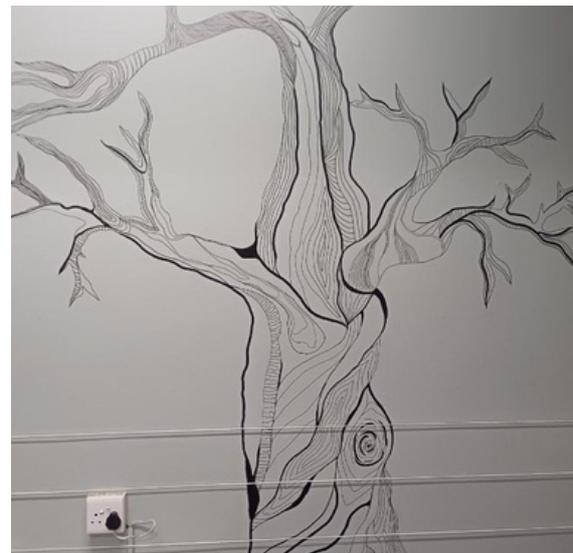
1st	vs DGHS	Lost	1 - 2
2nd	vs DGHS vs Curro	Lost Won	1 - 2 3 - 1
3rd	vs WGHS	Won	3 - 0

Jenna-Lee Atkinson represented the KSA Karate South Africa National team, at the 11th Commonwealth Karate Championship in December. Jen won a bronze medal for Kumite and a silver medal for Unison/Team Kata, in her age division – Girls 12/13 years.

Jen has recently been selected to the National Protea Karate squad, that will represent South Africa at the 22nd AUSC UFAK Region South Karate Championship in May.



NEWS



This is the 2025 Fatima Music Tree.

The musicians started this 3 years ago.

Bianca Harper, one of our 'music' mums was asked to draw a tree on the wall. Each year we have "leafed" it with "note" leaves where every girl who does music in the school (whether class music, marimba, band or choirs) writes their name on it and it 'grows' into a beautiful tree. We've started linking it to the yearly school theme. Last year the theme was *Still in Good Hands*, and so we used 'hand' cut-outs as the leaves. This year, the theme is *In the Sun* with the scripture 'Arise and shine' and so we have used a lovely bright yellow colour.

Music is an integral part of our school and this tree is a powerful visual representation of that.

2025 AQUELLE MIDMAR MILE

Congratulations to our girls and staff who participated in the 2025 Aquelle Midmar Mile.



OUR PTA COLOUR RUN

What a fantastic evening with our Fatima families - thank you to everyone who joined in the fun.



Restorative Discipline at Fatima: Building a Community of Respect and Responsibility

“At its core Restorative Discipline is an approach that shifts the focus from punishment to understanding and repairing harm. It encourages our girls to take responsibility for their actions, reflect on their impact on others, and work towards restoring relationships.”

In many traditional disciplinary approaches, consequences are often imposed without deep reflection or engagement, leading to repeated behaviour rather than real growth. While rules and structure always remain important, as a school we recognise the need for a discipline system that not only addresses wrongdoing but also fosters understanding, responsibility, and reconciliation. This is why we are making the shift towards restorative discipline; an approach that aligns with our values and helps nurture our ladies into compassionate, accountable individuals.

We see this as being an easy transition, as our Catholic Christian faith teaches us about forgiveness, compassion, and reconciliation—values at the heart of restorative discipline. By implementing restorative practices, our hope is to foster a culture where mistakes become learning opportunities rather than simply moments of reprimand.

Restorative discipline is guided by a set of “curious questions” designed to help students understand their actions and find a path forward. These questions include:

- What happened?
- What were you thinking at the time?
- What were you feeling?
- Who else has been affected by what you did?
- What needs to happen to make things right?

By engaging our girls in these conversations, the intention is to teach them the value of self-awareness, the impact of their choices, and the importance of making amends. This process does not remove consequences but rather ensures that consequences are meaningful, fostering both accountability and personal growth.

It’s important to acknowledge that restorative discipline is not just about addressing conflict when it arises; it is about building strong relationships and a whole school culture that values dialogue and understanding. When students feel heard and supported, they are more likely to develop respect for others and make responsible choices.

Our hope is that the principles of restorative discipline will extend beyond the classroom and into homes. By guiding these practices intentionally in our classrooms, our teachers will ensure that your daughters not only understand the philosophy behind this approach but also begin to apply it in their daily interactions, creating an environment where our girls truly feel that they can shine “in the sun.”