



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

The term is fully underway, and already we are celebrating some wonderful moments on the sports field across both our Primary and High School. Our Humanities girls have also been hard at work rehearsing for a number of upcoming events, including our Open Days. With calendars filling quickly, the holidays can begin to feel like a distant memory as the days grow busy and full.

In assembly this week, Catie Padoa, our Student Executive Head of Ethos, shared a reflection from an Afrikaans essay she was writing. Finding herself thirty words short of the required count, she simply added thirty adjectives to fill the space. Her insight was a powerful one in that we can sometimes approach life in the same way: filling our days with “nice-sounding” things, and yet sometimes missing the deeper substance. In doing so, we may end up chasing happiness rather than choosing true joy.

It has been meaningful to explore this theme together as a school, as we look through our rose-coloured glasses, not to ignore reality, but to choose our posture toward it, to choose joy with intention. We are encouraging our girls and staff to choose it in our classrooms, on our sports fields, in our rehearsals, our relationships, and in our daily efforts. We are reminding ourselves that joy is not something we wait to feel but rather it is something we decide to live. That choice made deliberately, is what shapes our culture, our character, and our courage going forward.

C.Lourens

FAITH AND FLOURISH

Grace in the Everyday

Over the past few weeks of school, our corridors have been full of life. Grade 8s are learning new names and finding their classrooms, while our Matrics are stepping up and leading with maturity, grace, and heart. There is so much growth happening around us.

In conversations with the girls, one theme keeps coming up: how hard it can be to make mistakes and how difficult it is to balance academics, friendship, and fun. Many of us feel this quiet pressure to be perfect in our work, our relationships, and the way we present ourselves. But chasing perfection often steals our joy.

God gently reminds us of a different way: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9). We do not have to have everything together for God to work in our lives. In moments of pressure, doubt, or insecurity, He is not disappointed in us. He is close. Our weaknesses are not failures. They are spaces where God's strength carries us into the joy and fullness of life He desires for us.

This week's challenge:

Pause when things feel overwhelming. Instead of striving for perfection, thank God for His grace and allow yourself to rest in the joy He has already gifted you. Let His strength meet you right where you are, and do not forget to dance in that joy!

With love and faith

Miss T. Nanak

STAFF NEWS



Congratulations and best of luck to our amazing staff taking on the Midmar Mile this weekend.

PARENT'S CORNER



We congratulate our 2026 PTA Committee headed by Mr Nic Kinsley, PTA Chairman, on their confirmed appointments at the recent PTA AGM. The invitation to all parents/guardians to join the PTA remains open.

FOUNDATION PHASE

HEADWAY PRE- PRIMARY

Our Grade Rs at our Headway Pre-Primary School Campus have had a productive and joyful start. The classes have been buzzing with curiosity and excitement. It has been wonderful to see our girls settling in, building confidence, and developing new friendships



On Wednesday, we had very special visitors to Fatima. Durban author Roslynn Toerien joined us, along with Julie Smith-Belton and our past pupil Rachel Nyman (Class of 2022), who, at a young age, has already illustrated many of Ros's books along with a card game, all while studying Art at The University of Pretoria.

Ros shared her magical story "The Speedy Six Olympics" with our Foundation Phase girls, bringing her latest book to life.



Starting the year off with Grade 1 - 3 Hockey Skills at Riverside



SENIOR PRIMARY

WORLD READ ALOUD DAY

The Grade 7 girls celebrated the joy and privilege of reading by sharing stories with our excited Grade 1s.



Summer Sports in full swing: Action Netball, Swimming and Tennis



HIGH SCHOOL

National Aquatics - Swimming

Well done to our Swimming Team who participated in the National Aquatics Gala, finishing an outstanding 3rd out of 10 schools!

Medal Results:

U14: 1 Gold, 1 Silver, 1 Bronze

U15: 2 Gold, 2 Silver

U16: 1 Bronze

U19: 1 Gold

A special mention must go to:

- Sage Moodie for winning the Junior 200m Freestyle event.
- Saskya Kistnasami for winning the Junior Dash 4 Cash



NATIONAL AQUATICS - WATER POLO

Well done to our 1st Team Water Polo Team who finished 8th out of 12 schools at the National Aquatics Water polo Tournament.

We are incredibly proud of the girls for their determination and growth throughout the tournament. As a new and youthful team, featuring five Grade 9 players, they showed great courage, teamwork, and resilience against strong competition.

This experience will no doubt strengthen the team as the season progresses — the future of Water Polo at our school is looking very bright!



Summer Sports in Action

It has been an incredible start to the year for our Sports programme. With a busy schedule already in full swing, our hockey, netball and tennis girls have shown exceptional commitment, courage, and team spirit, both on and off the field.

We are so proud of the way they continue to represent our school and their respective sport.



SPORTS RESULTS

U10-U13 Outdoor Netball			
TEAM	OPPONENT	RESULT	SCORE
U10B	vs Northlands C	Drew	0-0
	vs Umhlali C	Won	1-0
	vs Chelsea C	Lost	2-0
U10C	vs Northlands C	Won	2-0
	vs Ashton D	Won	4-2
	vs Ashton C	Lost	1-0
U11B	vs Durban North Primary D	Lost	1-0
	vs Ashton C	Won	4-0
	vs Chelsea D	Lost	3-2
U11C	vs Chelsea D	Won	5-2
	vs Northlands D	Won	3-0
	vs Umhlali C	Lost	3-1
U12C	vs Umhlali C	Won	4-3
	vs Ashton C	Drew	2-2
	vs Chelsea C	Lost	7-0
U12D	vs Durban North Primary D	Won	8-6
	vs Chelsea D	Won	4-2
	vs Durban North Primary D	Lost	8-2
U13B	vs Ashton C	Won	4-2
	vs Durban North Primary C	Drew	6-6
U13C	vs Ashton D	Drew	3-3
	vs Chelsea D	Lost	12-2
	vs Ashton D	Lost	7-2

HS Action Netball			
TEAM	OPPONENT	RESULT	SCORE
U14A	vs Reddam Umh	Won	35 - 2
U14C	vs NGHS U14A	Won	15 - 9
U15B	vs Fatima U15C	Won	12 - 7
	vs DGC	Drew	10 - 10
U15C	vs Curro	Won	16 - 3
U16B	vs DGC	Lost	10 - 12
1 st Team	vs St Mary's	Won	39 - 3
2 nd Team	vs DGC	Won	16 - 8

HS Tennis			
TEAM	OPPONENT	RESULT	SCORE
OLOF 1	vs St Mary's	Lost	2 - 7 1 - 8
OLOF 2	vs St Mary's	Lost	3 - 6 2 - 7

U10-U13 Action Netball			
TEAM	OPPONENT	RESULT	SCORE
U10A	vs Glenwood A	Lost	8-6
	vs Penzance A	Lost	8-5
U10B	vs Glenwood B	Lost	5-2
	vs Virginia A	Won	10-2
U11A	vs Glenwood A	Won	7-6
U11B	vs Umhlali B	Lost	6-2
	vs Virginia B	Won	8-4
U12A	vs DGC A	Won	19-5
	vs Glenwood A	Lost	16-9
U12B	vs Virginia A	Lost	14-5
U13A	vs Kuswag	Won	13-3
U13B	vs Maris Stella B	Drew	11-11
	vs Curro Heritage House	Won	11-4

National Aquatics Water polo			
TEAM	OPPONENT	RESULT	SCORE
1 st Team Water Polo	vs St Stithians College	Lost	1 - 15
	vs Pretoria	Won	8 - 2
	vs St Mary's Waverley	Lost	3 - 5
	vs Kingsmead College	Lost	6 - 7
	vs Roedean College	Lost	4 - 6

HS Indoor Hockey			
TEAM	OPPONENT	RESULT	SCORE
U14A	vs TMC	Won	4 - 1
	vs Curro	Won	6 - 0
U14B	vs Reddam	Won	7 - 0
	vs Curro	Won	14 - 0
U14C	vs TMC	Won	6 - 1
	vs Fatima U16C	Lost	9 - 1
U16A	vs Curro	Won	6 - 0
	vs TMC	Won	6 - 1
U16B	vs Reddam	Won	18 - 0
	vs Curro	Won	9 - 0
U16C	vs TMC	Won	11 - 1
1 st Team	vs Curro	Won	2 - 0
	vs TMC	Won	5 - 0
2 nd Team	vs Curro	Won	7 - 0
	vs Reddam	Won	7 - 0

NEWS

HIGHSCHOOL RETREAT

The high schoolers had fun at their retreat.



MIDMAR MILE

Congratulations and best wishes to our girls as they take on the Midmar Mile this weekend. We're so proud of you and cheering you on all the way!



Growing MINDS • Growing FAITH • Growing HEART • Growing FAMILY