



# FATIMA FOCUS

The official newsletter of Our Lady of Fatima Dominican Convent School

## PRINCIPAL'S MESSAGE

The decline in resilience among children has become a key topic at many conferences, as well as in educational debates and discussions. The strong link to parental overprotection, parents doing their best to remove disappointment, bypass challenges, and inadvertently fostering a sense of learned helplessness in their children, is well documented.

These discussions weigh on my heart, not only as a principal who hopes for the very best for the girls in our care, but also as a parent of my own children, especially my eldest, who has now reached her final two years of schooling and whom I will soon send into the university landscape.

Is she ready? Have we equipped her sufficiently?

With all these thoughts circling my mind, I came across the story of Austin Applebee. I have asked myself over and over: would I have had the courage to let my 13-year-old go? Would I have trusted him enough? Would I have believed deeply enough in what we had deposited in him?

I cannot adequately summarise the power of this story, so I am going to share the words of Dr Justin Coulson who writes on this remarkable man so beautifully.

"Austin Appelbee is 13 years old. He recently failed his swimming assessment because he couldn't swim 350 metres continuously. Last week, he swam about 4 kilometres through choppy ocean waters - where sharks are known to frequent - to save his family's life. When their inflatable paddleboards drifted out to sea off the WA coast, Austin's mum - with her heart in her mouth and as a last-hope desperate prayer - sent him back in a leaking kayak to get help. When that failed, he ditched the kayak and then the life jacket (it was slowing him down) and swam.

For four hours.

Through waves and wind.

Who knows what was in the water.

In open ocean.

He told himself, "Not today. I have to keep going." When his legs buckled on the sand, he ran another 2km to call emergency services. His family was rescued just as darkness fell. Police called his efforts, "Superhuman". This is a heroic story. I love it. But I'm sharing this because:

Austin didn't become a different kid in that moment. The same determination, grit, and love that got him through those waters was already there. The crisis just revealed it.

I'm constantly reminding parents - you don't know you're resilient until you have to be resilient. And being resilient doesn't usually feel resilient. It feels like "I can't" far more than it feels like "look at me being awesomely resilient". We spend so much time worrying about whether our kids are ready for life's challenges. Whether they're tough enough. Capable enough. Whether we've done enough.

Austin's story reminds me that kids do have reserves we can't always see in the everyday moments. And that when it really matters, they'll find what they need.

C. LOURENS

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# FAITH AND FLOURISH

## Made to love, Called to Serve

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

In these powerful words from the Gospel of Matthew, Jesus reveals a profound truth.

Whenever we care for those who are vulnerable, overlooked, or in need, we are caring for Him. He invites us to open our eyes to the needs around us and to respond not only with kind intentions, but with loving action.

Last week, as a school community, our Fatima family together with parents and friends lived out this Gospel call the most beautiful way. With generous hearts and willing hands, we made over 700 pancakes. These were donated to the Denis Hurley Centre to be shared with those who come seeking a warm meal.

How fitting that this act of service marked the beginning of the sacred season of Lent. As we begin Lent with Ash Wednesday, we are reminded of who we are and to whom we belong. Marked with ashes, we begin a sacred journey of prayer, fasting, and almsgiving. It is a time to return to God with humble hearts and to renew our commitment to love in action. May this week be an opportunity for each of us to ask, How can I serve? and How am I making space for God in my life this Lent?

With Love and Faith

Miss T. Nanak

## STAFF NEWS



Mrs Snelling and Mrs Eagleton will be participating in the Masters Inter-Provincial Tournament in Durban this weekend, proudly representing KZN in the Ingwes Team. We wish them both the very best.

## PARENT'S CORNER

**Our Lady of Fatima**  
DOMINICAN CONVENT SCHOOL | Est 1954

**VERITAS**

**2026 OPEN DAYS**

**PRIMARY SCHOOL**  
**21 February**  
**9am**

**HIGH SCHOOL**  
**23 February**  
**5:30pm**

**BOOK ONLINE** [www.fatima.co.za](http://www.fatima.co.za)

155 Kenneth Kaunda/Northway Durban North



# FOUNDATION PHASE

Our Grade 1s had a wonderful time enjoying their PJ party, filled with fun, laughter, and lots of smiles.



Our netball girls have been competing in the Action Netball League, with both our A and B teams remaining unbeaten so far, while our FP swimmers made us incredibly proud at their first FP Gala of the year, with a special mention to our Grade 1 swimmers who bravely participated in their very first gala for Fatima.



Well done to our FP girls who swam at the Midmar Mile.



Well done to our tennis girls who played in the tennis matches at Crawford La Lucia



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# SENIOR PRIMARY

## INTER-HOUSE GALA TROPHY WINNERS 2026

TROPHY	DESCRIPTION	RECIPIENT
<b>BESTER TROPHY</b>	Junior Open Individual Medley	Ryleigh Moir
<b>CONVENT TROPHY</b>	For 100m Freestyle	Ryleigh Moir
<b>ELLIS TROPHY</b>	For 50m Freestyle	Ryleigh Moir
<b>CAMLAUREY TROPHY</b>	For 50 Breaststroke	Ryleigh Moir
<b>BURNTON TROPHY</b>	For 50m Backstroke	Ryleigh Moir
<b>KUSTER TROPHY</b>	For 50m Butterfly	Ryleigh Moir
<b>MOST POINTS SCORED</b>	Under 10	Ava Mendenidis
<b>MOST POINTS SCORED</b>	Under 11	Hayla Staebel
<b>MOST POINTS SCORED</b>	Under 12	Tatum Janse vsn Rensberg
<b>MOST POINTS SCORED</b>	Junior Open	Ryleigh Moir
<b>JAYDE DANCE TROPHY</b>	Most Promising Swimmer	Mufaro Kachisi
<b>BOTHA TROPHY</b>	Most Improved Swimmer	Brooke Ellis
<b>HORSFALL TROPHY</b>	For Perseverance	Emily Roe
<b>MICHAL DANCE TROPHY</b>	Runner Up to Victrix Ludorum	Tatum Janse vsn Rensberg
<b>JUNIOR VICTRIX LUDORUM</b>	Highest points scored in Junior School	Ryleigh Moir
<b>HOUSE SPIRIT CUP</b>		St Patrick's
<b>ELDON JUNIOR INTER HOUSE TROPHY</b>		St Anthony's
<b>WHOLE SCHOOL INTER-HOUSE TROPHY</b>		St Stephen's





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Action Netball Results			
TEAM	OPPONENT	RESULT	SCORE
U10B	Chelsea B	Lost	5-11
U11A	Northlands A	Won	4-3
U11B	Reddam Umhlanga A Curro Heritage House A	Lost Won	5-14 7-2
U12A	Penzance A	Won	19-5
U12B	Northlands A Chelsea B	Lost Won	5-14 11-10
U13B	Reddam Umhlanga A Reddam Ballito	Drew Won	11-11 11-0

Tennis Results			
TEAM	OPPONENT	RESULT	SCORE
FATIMA 1	Ashton Reddam	Lost Lost	12-32 11-33
FATIMA 2	Umhlali 4 Reddam Umhlnaga 2	Lost Lost	17-27 10-34
FATIMA 3	Berea	Lost	36-63

Outdoor Netball Results			
TEAM	OPPONENT	RESULT	SCORE
U10B	vs Chelsea vs DNP vs Ashton	Won Won Lost	3-1 4-2 1-2
U10C	vs Ashton vs Northlands vs Chelsea vs Northlands	Lost Lost Drew Drew	1-2 0-2 0-0 1-1
U11C	vs Ashton vs DNP vs Umhlali	Lost Lost Drew	1-2 0-1 2-2
U12C	vs Ashton vs Chelsea vs DNP	Won Lost Drew	5-1 1-4 1-1
U12D	vs Chelsea vs Northlands vs Umhlali	Lost Lost Lost	0-6 1-2 1-6
U13C	vs Chelsea vs Ashton vs DNP	Lost Lost Lost	3-11 2-4 1-3

## HORSE RIDING

Charlotte Goble completed in KZN SANESA Q1 with her Pony King.

They achieved the following results:

1<sup>st</sup> for Working Hunter 60cm  
1<sup>st</sup> for Equatation level 3  
1<sup>st</sup> for Dressage Prelim Test 1  
2<sup>nd</sup> for Dressage Prelim Test 2  
4<sup>th</sup> for Working Riding level 3  
1<sup>st</sup> for Jumping - Accumulator 60cm  
2nd for Jumping - Normal comp



## TENNIS

On Saturday, 14 February some of our tennis players participated in the eThekweni tennis trials at Westridge tennis stadium.

Those that attend were:

Amaya Gomez-Cuadrado

Mila Warther

Indiana Chapman

Ava Shotland

Charley Springate and

Rosetta Evans.

It was a long, tiring day of tennis where the girls played nearly 7 games each.

Well done to all of our girls who attended.

# ATHLETICS

On Wednesday 11 February some of our girls participated in the Durban Central Athletic Trials at Kings Park stadium.

Those who attended were:

Payton Snelling  
Scarlett Cannon  
Brooklyn Ramsay  
Mia Ludlow  
Harris Gunther  
Leila Salmon  
Dylan Halstead  
Ryleigh Moir  
Willow Gunther and  
Emma Morgan



All of our runners ran their hearts out and represented Fatima with pride. Well done to the following girls who have made it through to the next round and will run in the District trials: Willow Gunther for the 1500m and 800m and Harris Gunther for the 1200m.

# SWIMMING

On Saturday 24 and Sunday 25 January some of our swimmers participated in the District Swimming Trials that took place at Reddam Umhlanga.

Those girls include:

Morgan Elliott  
Brooke Greenwood  
Tatum Janse Van Rensburg  
Mufaro Kachisi  
Ryleigh Moir  
Emily Roe  
Chloe Swanepoel

All of the girls listed above have made it through to the Provincial Swimming Trials that will take place on Saturday 21 and Sunday 22 February.

Well done ladies and good luck with the upcoming trials!

# HIGH SCHOOL

## INTER-HOUSE GALA TROPHY WINNERS 2026

TROPHY	DESCRIPTION	RECIPIENT
<b>AMY VERNES TROPHY</b>	Top Matric Individual Medley time	Angelina Hall
<b>TATIANA OLCHANETZKY TROPHY</b>	Top Matric 50m Freestyle	Angelina Hall
<b>ALISON CAMPBELL TROPHY</b>	Senior School Fastest 50m Butterfly Time	Saskya Kistnasami
<b>DOMINIC TROPHY</b>	Senior School Fastest 50m Breaststroke Time	Saskya Kistnasami
<b>ROBERT PENNELL TROPHY</b>	Senior School Fastest 50m Backstroke Time	Saskya Kistnasami
<b>SISTER CLARA TROPHY</b>	Senior School Fastest 50m Freestyle Time	Saskya Kistnasami
<b>SUSAN BESTER TROPHY</b>	Senior School Fastest 100m Freestyle Time	Saskya Kistnasami
<b>OLD GIRLS TROPHY</b>	Senior School Fastest Individual Medley Time	Saskya Kistnasami
<b>JENNINGS TROPHY</b>	Improvement & Commitment	Sage Moodie and Tayla Stuart
<b>BETH HARRISON TROPHY</b>	Commitment & Contribution	Almone Bosch
<b>AGE GROUP TROPHY</b>	Most Points Scored in U14	Tayla Brown
<b>AGE GROUP TROPHY</b>	Most Points Scored in U15	Saskya Kistnasami
<b>AGE GROUP TROPHY</b>	Most Points Scored in U16	Evalyn Brown
<b>AGE GROUP TROPHY</b>	Most Points Scored in U17	Tylah-Anne Stirton
<b>AGE GROUP TROPHY</b>	Most Points Scored in Senior Open	Angelina Hall
<b>SENIOR VICTRIX LUDORUM</b>	Most points scored in the High School	Saskya Kistnasami
<b>HOUSE SPIRIT TROPHY</b>	St Patrick's	
<b>HS INTER - HOUSE TROPHY</b>	St Stephen's	
<b>COMBINED INTER - HOUSE TROPHY</b>	St Stephen's	





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Action Netball Results			
TEAM	OPPONENT	RESULT	SCORE
U14A	vs St Mary's	Won	27 - 20
U14B	vs NGHS	Won	13 - 12
U15A	vs Ashton	Won	20 - 14
U15B	vs Curro	Won	23 - 7
U16A	vs Ashton vs Reddam Umh	Lost Won	17 - 22 23 - 13
2 <sup>nd</sup> Team	vs DGC	Won	18 - 14

Outdoor Hockey Results			
TEAM	OPPONENT	RESULT	SCORE
U14A	vs TWC vs St John's	Drew	1 - 1 0 - 0
U16A	vs TWC vs St John's	Won	3 - 0 2 - 0
1 <sup>st</sup> Team	vs TWC vs St John's	Won	5 - 1 1 - 0

Touch Rugby Results			
TEAM	OPPONENT	RESULT	SCORE
1 <sup>st</sup> Team	vs Untouchables	Lost	2 - 5
2 <sup>nd</sup> Team	vs NGHS	Won	7 - 0
3 <sup>rd</sup> Team	vs Mavericks vs Virginia	Lost Won	2 - 5 2 - 0

Tennis Results		
TEAM	OPPONENT	RESULT
OLOF 2	vs Danville	Won
OLOF 3	vs Danville	Won

Indoor Hockey Results			
TEAM	OPPONENT	RESULT	SCORE
U14A	vs Maris Stella vs St Mary's	Won Drew	11 - 0 1 - 1
U14B	vs TMC vs DGC	Won Lost	6 - 0 1 - 2
U14C	vs Reddam U14B vs DGC	Won Lost	6 - 0 0 - 1
U16A	vs TWC vs St John's	Won	3 - 0 2 - 0
U16B	vs DGC vs TMC	Drew Won	2 - 2 6 - 0
U16C	vs DGC U16D vs DGC	Won Won	7 - 0 5 - 4
1 <sup>st</sup> Team	vs St Mary's vs Maris Stella	Drew Won	3 - 3 2 - 1
2 <sup>nd</sup> Team	vs DGC vs TMC	Won Won	14 - 0 9 - 0

Well done to our U14A, U16A and 1<sup>st</sup> Team who went their indoor season unbeaten!

Special mention to our U16A and 1<sup>st</sup> Team who came tied 1<sup>st</sup> in their leagues, but lost out on goal difference



# NEWS

Our WOW Worship Evening was a beautiful time of reflection, fellowship and renewal. Guided by the theme of New Life, our girls were encouraged to let go of the old and commit to the new. The girls symbolically released what they were leaving behind and pinned their commitments for the year ahead.



## CRAFT CLUB

The High School Craft Club are being creative for Valentine's Day and Easter Craft.



# VALENTINE'S DAY

Last week, our school was truly buzzing with love as the entire school prepared the ingredients, and our parents generously baked pancakes. Over 700 pancakes were donated to the Denis Hurley Centre. A special thank you to all our parents who made this possible, as well as to the Northwood and Clifton boys for making our girls Valentine's Day extra special by presenting roses and sharing the love.



# SHROVE TUESDAY/ASH WEDNESDAY

