



# Fatima Focus

The official newsletter of **Our Lady of Fatima** Dominican Convent School | Est 1954

## Principal's Message

I have just returned from an inspiring few days in Bloemfontein where we gathered for the annual *South African Girls' Schools Association (SAGSA) Conference*. The buzzwords of Reinvent, Reimagine, Rethink and Resilience were woven throughout the discussions, particularly through the lens of our changing world and how it will shape the future we envision for our girls. One talk that particularly intrigued me focused on neurolinguistic programming. I have often heard of neuroplasticity and the brain's remarkable capacity to be reshaped and rewired, regardless of age or experience. Neurolinguistic programming is slightly different. It considers the language we use in our everyday lives and how that language is stored in our subconscious mind.

The speaker shared that our subconscious is responsible for approximately 95% of how we outwork our daily lives and that it thrives on familiarity. If we consistently say the same thing over and over again, it becomes embedded in our subconscious and develops into a narrative that we tell ourselves and others. A mature mind must become aware of the narratives that live in both heart and speech, and how those narratives ultimately shape our world. An example of this, I applied to my own life is that I often say that when people ask me why I still teach or coach netball, it is because it is some of the best parts of my day and my opportunity to leave the office and engage with the girls. This talk made me realise that by repeatedly saying that, I may be unintentionally programming my subconscious to believe that I do not enjoy being in my office. This is by no means true, but it is a narrative I could accidentally reinforce simply through the language I choose.

As we head into winter and notice the cooler mornings, the beautiful sunrises and sunsets, and the comfort of our favourite pyjamas and blankets, perhaps we should also pay attention to the language we use. The words we speak to ourselves and to others matter. They shape our thoughts, influence our outlook, and ultimately help create the reality we experience.

*Choose your words carefully. They may become the stories you live by.*

C.Lourens

# Faith and Flourish

As we journey through June, the month dedicated to the Sacred Heart of Jesus, we are reminded that Christ invites us not only to speak to Him, but also to be still with Him. In the silence, we are able to encounter His love in a special way.

Recently, Pope Leo wrote in his encyclical about AI: "Let us cultivate relationships. In an era that favours speed and fragmentation, the human person still yearns to receive care and recognition from attentive minds, kind words and hands capable of tenderness."

His words remind us that while our hearts ultimately long for God, we were also created for community. In a world filled with constant noise and digital connection, we still long to be truly known, seen, valued and loved. Silence helps us hear God's voice, but it also helps us become more attentive to those around us.

As we continue through this exam season, may we embrace moments of silence not as empty spaces, but as opportunities to draw closer to God and to one another.

This week's challenge: Spend five minutes each day in silence with God. Then, give someone your full attention by offering a kind word, listening carefully, or simply being present. You may discover that the deepest desires of the human heart are found in relationship with God and with one another.

With Love and Faith,

Miss T. Nanak

# Staff news



Mrs Lourens attended the annual Girls School Conference in Bloemfontein last week. This conference provides insights into current education trends for girls but is also an opportunity to network with other schools. She is seen here with **Mr Paule, the Head at Springfield Convent in Cape Town.**

# Parent's Corner

**Grade 8 & 9 Social**  
All schools welcome  
19 June 2026 | 18h00 – 21h30  
R160.00

Food available at the venue  
(Zapper or card only)

Ticket sales on Karri and at Fatima  
1 – 5 June 2026 | 09h45 – 10h45  
\*No ticket sales at the door



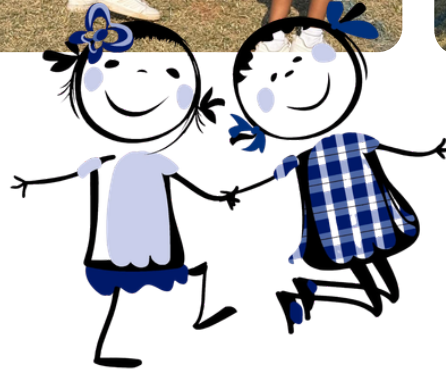
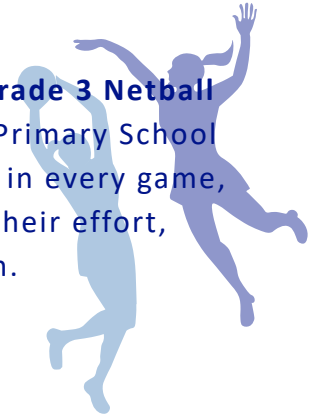
Our Lady of Fatima  
Dominican Convent School  
1971-1984

Great DJ and chill zone | Security on site all evening  
U16 ONLY Right of Admission Reserved

# Foundation Phase



The Grade 3s have been taking part in the **Grade 3 Netball League** and recently played at the Atholton Primary School Netball Festival. They have shown true **heart** in every game, and the coaches are incredibly proud of their effort, **teamwork** and growth this term.



Our Grade 2s have taken part in the **Mini Netball Festivals** this term and have shown wonderful improvement. Their confidence and teamwork grow with each fixture, and we are very proud of their progress.



# Senior Primary

## 30KM CROSS COUNTRY MILEAGES

Grade 4	Grade 5	Grade 6	Grade 7
Ruby Kitto	Brooklyn Ramsay	Brooke Ellis	Emma Morgan
Zahiya Tayob	Mia Ludlow	Stella Lewis	
Alexis Amos		Hayley Bonnin	
Imogen Tilley		Irrim Tayob	

Mia Govender and Rosetta Evans, along with high school girls, attended the **KZN Action Netball Awards Ceremony** on Sunday, 24 May. Both girls received trophies for winning the Plate Final.

Rosetta was also recognised for her outstanding season, receiving the U12 Player of the Year award as well as the Players' Player award, voted for by her teammates.



Liv Williamson was selected for the **U13 KZN squad** for **touch rugby**. Well done, Liv.



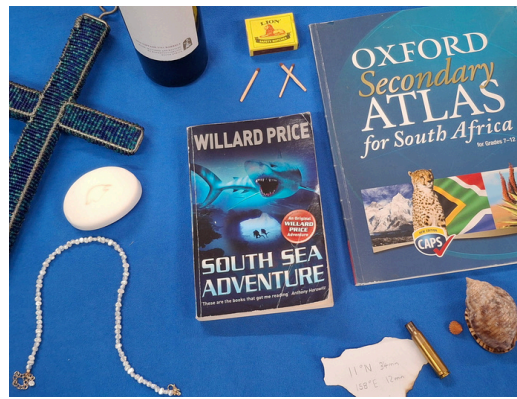
Aurora Wegerle participated in the **International Dance Open** this past weekend. She was awarded a gold medal and two trophies for her age group dances with Angela Smith School of Dance.



Rosalina Heffer took part in a **show jumping competition** with her horse Okarth on Sunday 31 May. She competed in the 40cm jumping class earning a rosette for her excellent performance. She challenged herself by taking part in the 50cm jumping class, showing courage, determination and a positive attitude.

# Senior Primary

Books are more than words on a page, they are worlds waiting to be explored. Through their Bento Box displays, the Grade 6 girls showcased their love of reading by creatively representing their favourite novel.



Thank you to Dr Michelle Blom, a Grade 5 parent, who recently volunteered her expertise and time to talk to our Grade 5 girls about preparing for the **developmental stage of adolescence**. She also so generously gave each girl a thoughtful care pack. We are so grateful to her for all her effort and for the kind, considerate way she spoke to our girls.



# High School

The final **High School cross-country league** run took place on Wednesday, 27 May at Waterfall College in Kloof. It was a tough course, but our girls did us proud. We look forward to the **Senior Primary cross-country** league starting **next term**.



Well done to our U15A Netball Team who participated in the **KZN Champs Netball Tournament** where they placed 3<sup>rd</sup> overall. We are so proud of you!

1 <sup>st</sup> Team Hockey St Anne's Tournament		
vs DGC	Won	2-0
vs Helpmekaar	Won	5-1
vs St Stithians	Won	6-0
vs St Anne's (Semi)	Won	4-2
vs Oranje (Final)	Lost	0-3

Our **1st Team hockey** participated in the **St Anne's Cup**. The Team performed exceptionally well throughout the tournament, reaching the final where they faced Oranje and finished second. Special mention goes to Charly-Rose Boyall for being named Forward of the Tournament. Well done, girls!



# High School



Hockey vs Curro Hillcrest		
1 <sup>st</sup> Team	Won	11-0
2 <sup>nd</sup> Team	Won	9-0
U16A	Won	7-0
U16B vs Curro U16A	Lost	0-1
U16C vs Curro U16B	Drew	1-1
U14A	Won	4-0
U14B vs Curro U14A	Lost	0-2
U14C vs Curro U14B	Won	4-0

Netball vs DGHS		
1 <sup>st</sup> Team	Won	14-10
U16B	Lost vs U16A	5-7
U15A	Won	25-2
U15B	Won	22-2
U14A	Won	13-12
U14B	Won	7-1

Netball vs Maris Stella		
1 <sup>st</sup> Team	Won	17-9
U16A	Won	22 - 12
U15A	Won	26 - 3
U15B	Won	14 - 12
U14A	Won	16 - 6

Hockey vs DGC		
1 <sup>st</sup> Team	Won	2-1
2 <sup>nd</sup> Team	Won	8-0
U16A	Drew	1-1
U16B	Won	1-0
U14A	Lost	0-4
U14B	Won	1-0

Hockey vs NGHS A's		
3 <sup>rd</sup> Team	Drew	0-0
U16C	Drew	1-1
U14C	Won	1-0

*Let us celebrate*  
**FOUNDERS' DAY**

**30 July 2026**

**Hockey - Riverside Sports**

**31 July 2026**

**Assembly - Guest Speaker  
Cake Cutting**

**1 August 2026**

**Mass**

**30 Years Service - Mrs June Druce  
Netball - Fatima  
Market**

You are cordially invited to join us  
as we honour our founders and celebrate  
the spirit of our school community.

*Celebrating Our Legacy*



*Growing MINDS • Growing FAITH • Growing HEART • Growing FAMILY*