



**ST ANNE'S
DIOCESAN
COLLEGE**

Dear Parents

As **The Rev Dr Susan van Niekerk** said at yesterday's Chapel Service, this has been a term of many "ups and downs". In terms of the "downs", I allocated part of the end of term Assembly to congratulating the girls for their resilience in persevering through these tough times. I also thanked those girls, many of whom are in Form 5 and 6, who played a significant role in supporting their peers in dealing with incidents such as the Michaelhouse accident.

I also reminded the girls that we have fortunately experienced more "ups" than "downs". Last Friday evening's Chanel Ball, Wednesday evening's music concert, yesterday's interhouse athletics meeting and our current Celebration Week are examples of happier times that remind us of the many reasons why St Anne's is such a special place.

Three of the above events, together with Saturday morning's tea on Front Lawn, involved parents. I continue to be impressed by, and grateful for, the wonderful support that our parents give to their daughters, and to the College in general. I know that I will see further evidence of this support at the tennis and water polo tournaments that take place at St Anne's this weekend.

HONOURS AWARDS

Congratulations to the following girls who were awarded Honours yesterday:

Academic:- **Erin Crossman, Robyn Ducasse, Sabrina Henderson, Katerina Itopoulos and Emma Pitout**

Music:- **Robyn Ducasse and Munashe Mashanda**

Service:- **Mwenya Chishimba, Munashe Mashanda and Sithelo Mthethwa**

EXAMINATION ARRANGEMENTS FOR FORM 6 BOARDERS

Mrs Debbie Martin has requested that I point out to parents of Form 6 boarders that their daughters are welcome to remain at school for the duration of the exam period. For those choosing to sleep out, the following regulations apply:

- Girls may sleep out with parents but must return by 18.00 the night before a morning exam, or by 10.00 a.m. for an afternoon exam.
- An exeat must be completed very time a girl wishes to sleep out with her parents. This exeat must provide the date and time of departure and return, as well as the name of the transporting person. No girl may leave campus without a completed exeat.
- No girl may leave the campus without signing out.
- Please communicate timeously with Housemothers, and ensure that they approve of any proposed arrangements.

Thank you for your assistance in this regard.

RECOMMENDED READING

I recently finished reading a book entitled "**Untangled: Guiding teenage girls through the seven transitions into adulthood**" written by **Lisa Damour**. I was prompted to read the book after attending a conference in New York at the beginning of 2016. I strongly recommend the book to parents and have included a few extracts from the book that may whet your appetite. The seven "Transitions" that she identifies are

1. Parting with Childhood
2. Joining a New Tribe
3. Harnessing Emotions
4. Contending with Adult Authority
5. Planning for the Future
6. Entering the Romantic World
7. Caring for Herself



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"Bullying has more in common with pneumonia. Bullying is serious and potentially dangerous, and it needs to be treated aggressively. Just like pneumonia, bullying can cause real, lasting damage if ignored. But our culture's preoccupation with bullying has led to its overdiagnosis. Too many unpleasant interactions among young people are now referred to as bullying, and misdiagnosis leads to improper treatment. Treating conflict as bullying is the equivalent of prescribing a full-blown course of antibiotics for the common cold. The treatment isn't necessary, will not cure the cold, and creates new problems. Of course, treating bullying as if it were everyday conflict is the equivalent of misdiagnosing pneumonia as a common cold – left untreated, the situation can reach critical proportions."

"If your daughter mentions that a girl is popular, ask, "Is she popular or just powerful? Do kids like her, or are they scared of her?"

".... the success of all your conversations with your teenage daughter will depend as much on what you don't say as it does on what you do say?"

"Parents on the receiving end of their daughter's new attitude feel like they used to be a jelly bean but now they've turned into a Brussels sprout. You might be good for her, but you are to be avoided when possible."

"..... it's better for your daughter to be safe than for her friends to think you're cool."

"Teens actually count on us to act like adults."

"Teens aren't addicted to social media. They're addicted to each other."

"If you really want to help your daughter manage her distress, help her see the difference between complaining and venting. Complaining generally communicates a sense that "someone should fix this," while venting communicates that "I'll feel better when someone who cares about me hears me out."

"If you could staff your daughter's school with nothing but the most engaging, talented, and conscientious teachers, she'd have an amazing educational experience but would graduate without the skills needed to thrive in the outside world. Once your daughter leaves school, she will need to know how to manage unpleasant bosses, difficult college instructors, and other challenging people in positions of authority. So when she encounters a problematic teacher, seize the opportunity to help your daughter develop strategies that will serve her for the rest of her life."

"...the best predictor of future behaviour is always, always, past behaviour."

".... never get into a power struggle with a teenager in an area where she holds all the power."

"Girls who learn from small failures are more likely to avoid big ones."

I hope you will be able to spend some quality time with your daughter in the next week.

Kind regards

Dave Arguile
COLLEGE HEAD