



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



Change is an inevitable part of life. It stretches and shapes us, refining our character and calling us to grow in faith, resilience, and grace. To navigate change well, we must remain **fluid**—willing to adapt to new circumstances while holding steadfast to the values that anchor us. As Jack Welch wisely said, “Change before you have to.” At our school, we find ourselves in a season of change—welcoming new leadership and celebrating our largest student body in our 70-year history. These milestones bring both challenges and opportunities.

Our theme this year, **IN THE SUN**, reminds us to keep our faces turned toward the light. Helen Keller’s words resonate deeply: “Keep your face to the sunshine and you cannot see the shadows.” Shadows will always exist, but we choose to dwell in the warmth and radiance of Christ’s light. By doing so, we cultivate a school community that is open-hearted, adaptable, and filled with hope. Rather than chasing the perfect life with perfect friendships and perfect experiences let us focus on **striving for personal growth**—examining our hearts, acknowledging our blind spots, and striving to be kinder, gentler, and more compassionate in all we do. When we stand in the light of truth, love, and faith, we grow into the people God calls us to be.

As we journey through this year together, may we embrace change with confidence, knowing that even in uncertain times, the Son always shines upon us.

MRS C.LOURENS

# FAITH AND FLOURISH

## A New Weekly Tradition in RE

Over the past few weeks, I've introduced a beautiful new practice in our RE classroom: each week, the girls choose a verse which is in card form, keeping it with them as a source of inspiration and encouragement. After a week, they return the card and select a new one. This simple tradition is designed to help the girls feel a special connection to God's word, reminding them that He may want to speak to them in a personal and meaningful way. What has truly touched my heart is how eager the girls have been to engage with this activity. Every week, I hear them excitedly ask, "Miss Nanak, where are the verses?" This enthusiasm shows me that they are genuinely leaning into God's word, discovering new meanings, and feeling a sense of comfort and guidance throughout their week.

Here's what Caro and Nicola, both in Grade 11, had to say about the experience:

"I look forward to our weekly messages as a reminder of what God wants us to hear during that week. It's reassuring to know that God's word is always timely and graceful. These messages truly reflect God's light through the darkness."

"These spiritual cards have been such a highlight of so many of our weeks. They remind us that, even when we feel lost or uncertain, we can always look back and find comfort in knowing that God has us in His hands. His word is greater than ours, and these cards remind us to trust in Him always."

This week, I invite you to join in this tradition. Pick a verse for the week, reflect on it, and pray with it. Let it be a source of peace, strength, and connection as you walk through your week.

Miss T. Nanak

# STAFF NEWS



A wonderful baby shower was organised by the staff for Mrs. Wedderburn.

# PARENT'S CORNER

## SECRET SUNRISE 2025



**Our Lady of Fatima**  
DOMINICAN CONVENT SCHOOL

**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

## Grade 2 Ridderhof

For our first really get to know each other in Grade 2 this term, the girls presented a Show and Tell Oral: "Me in a box!" about themselves to their class.

They choose 5 objects from home that are meaningful to them and they put them in a bag/box/pillowcase and brought it to school - obviously nothing 'alive'.....

They then prepared a few sentences about each object and told their friends and teacher why it means a lot to them. They had such fun sharing and learning more about each other, asking and answering each other's questions.



## Grade 1 - 3 Saturday Hockey Skills

Our young hockey stars in Grade 1 - 3 have been working hard every Saturday, learning the basics, and improving their skills on the field! With guidance from our 1st Team and U16A hockey girls, these sessions have been full of energy, fun and exciting mini games, helping the younger players grow their confidence and love for the sport.





# SENIOR PRIMARY SPORTS RESULTS

ACTION NETBALL LEAGUE RESULTS			
U10A	DGC A Chelsea A	Lost Lost	2 - 11 3 - 22
U10B	RHU A Glenwood B	Lost Lost	0 - 3 5 - 6
U11A	Glenwood Chelsea	Lost Lost	7 - 10 7 - 17
U11B	Glenwood B Chelsea B	Lost Lost	6 - 12 3 - 11
U12A	Ashton A Glenwood A	Lost Lost	7 - 17 0 - 28
U12B	VPS B Westville A	Lost Lost	4 - 5 2 - 22
U13A	Glenwood A Ashton A Chelsea A	Lost Lost Lost	6 - 36 7 - 17 5 - 26
U13B	Virginia A Glenwood A	Lost Lost	9 - 12 0 - 33
TENNIS FIXTURES			
Green Ball	Winston Park	Lost	12 - 16



**Congratulations to our A and B Swimming Squads on both placing 2nd in the North Durban A and B League Gala's.**



# HIGH SCHOOL

We had the privilege of hosting the formal inauguration of the 2025 Durban Youth Council, which included the official executive handover. Isabella Cocorozis, the 2024 mayor and a matric pupil at Fatima, handed over the position and the official NYC mayoral chain to the 2025 mayor, Caroline Steenhuisen, who is a Grade 11 Fatima pupil. Isabella delivered her farewell speech, followed by the new executive team for 2025, who shared their introductory speeches and introduced the various committee captains.

Congratulations to Caroline on being elected as the new mayor! We are so proud of our Fatima girls. Continue to inspire our youth and stay passionate.



## CRAFT CLUB



Grade 10 Geographers presenting their climate speeches as they unpack the issues facing Africa due to climate change.



## HIGH SCHOOL SPORTS RESULTS

Congratulations to our high school swimming team on placing 1st at the Independent Girls Schools Gala. The team swam in 24 events, placing top 2 in 21 events! Well done!!





## BIATHLON

At the KZN Biathlon Championships, Saskya Kistnasami (Grade 8) and Amber Liebbrandt (Grade 9) claimed 1st place in their respective age groups, while Sarvani Kistnasami secured 2nd place in hers. All three have qualified for the KZN Biathlon team and will compete at the SA Biathlon Championships in Oudtshoorn on 21–22 March 2025. Well done, girls!



## Fatima Shines at KZN Lifesaving Champs

Fatima was well represented at the KZN Lifesaving Championships, with six high school and nine junior school girls competing in the event. Our athletes delivered outstanding performances, bringing home multiple medals. A special mention goes to Lucy Harker (U13), Justina Pellandina (U14) and Harris Gunther (U11), who achieved top rankings in their respective age groups!



### ACTION NETBALL LEAGUE RESULTS

U14A	Ashton	Won	16 - 9
U14B	DGC	Lost	10 - 11
	Ashton	Won	21 - 5
U15A	Ashton	Won	16 - 14
	George Campbell	Won	34 - 1
U15B	Ashton	Won	32 - 2
	CNC A	Won	20 - 5
U16A	DGC	Lost	11 - 28
	Ashton	Lost	9 - 33
U16B	CLL A	Lost	11 - 23
1st Team	Ashton	Lost	17 - 18

### OUTDOOR NETBALL FRIENDLY GAMES

U14C	DGHC B	Won	12 - 2
	Hampstons U15A		9 - 0
U14D	DGHS C	Lost	2 - 7
2nd	Hampstons 1st	Won	21 - 1

### INDOOR HOCKEY LEAGUE RESULTS

U14A	Maris Stella	Won	12 - 0
	TMC	Won	13 - 0
U14B	DGHS A	Won	3 - 2
	St Mary's B Danville B	Lost Won	1 - 2 2 - 0
U16A	Danville	Won	4 - 0
	Ashton	Drew	2 - 2
U16B	Curro Hillcrest A	Drew	1 - 1
	Hillcrest A	Won	4 - 0
	CLL A	Won	3 - 0
1st Team	Maris Stella	Won	4 - 1
	Danville	Won	3 - 0
	CLL	Won	8 - 0
2nd Team	DGC 2nd	Won	2 - 1
	RHU 2nd	Won	5 - 0

### TOUCH RUGBY LEAGUE RESULTS

1st Team	Hillcrest 1	Won	2 - 1
2nd Team	PGHS 1	Won	2 - 1
	Portshepstone 1	Drew	0 - 0
3rd Team	Kloof 1	Lost	1 - 4
	Ashton	Drew	0 - 0

### TENNIS DOUBLES LEAGUE RESULTS

1st Team	Westville 1st Team	Won	8 - 2
	St Mary's 2nd Team	Won	22 - 10
2nd Team	Danville 2nd Team	Won	22 - 14



Congratulations to our 1st Team Indoor Hockey on finishing 2nd in their League



# NEWS

PLEASE HELP US, HELP THE **Hope Valley** CHILDREN

## Ways to give:

- \* Tuesday charity at school
- \* **Monetary donations: KARRI App**
- \* 'Donations from list' drop off zone: Junior Drama Room

**(Last day for drop off is Thursday 20 March.)**

**HOPE VALLEY SCHOOL**  
IN GOD WE TRUST

## HOPE VALLEY LIST OF NEEDS

- Toilet paper
- cleaning supplies
- Brooms
- mops
- buckets
- prestik
- board dusters
- celotape
- laminating sheets
- paper plates
- white cardboard
- art supplies
- Pencils
- pens
- Pritt glue
- Erasers
- Soccer balls
- Paint for classrooms
- black bags
- first aid supplies (plasters especially)

Please note we are very happy with second hand stationery.

We are also currently redoing our teachers accommodation and will need furniture, if you have any second hand furniture you would like to donate, we would really appreciate it.

If you require any further information please contact us on 0724387342