



Date: 24 January 2020 Issue no.: 02

# CASTLE NEWSletter

**CURRO**  
Castle  
Aurora

## School is our Happy Place!

Our children are settling into their routines and the laughter on the playground is contagious. I love being outside with the little ones, it is the highlight of my day!

Just see for yourself. . .



Your children have an active day at school, filled with loads of fun activities. Many say a happy goodbye and run, however, some parents are still finding it tough to say a quick goodbye. I have found an excellent article to explain the importance of a loving and swift goodbye.

## Article of the week:

### SAYING GOODBYE: SUPPORTING CHILDREN WITH THIS DIFFICULT TRANSITION

Let's face it. As a parent, saying goodbye to your child for the day is never easy. Most of the time, it's harder on the parent than it is on the child. However, this is never easy to remember when your child is clung to your leg crying and begging you not to leave. You immediately fill your mind with guilt and sadness. For young children, goodbyes can be an extremely emotional experience. Starting between 6- 8 months old is when children can start experiencing separation anxiety. It is at this time when children can understand that their parents are their main caregivers and can leave. However, young children cannot understand the concept that a parent will return until later toddler years. As disheartening as all this may sound, separation anxiety in children is completely normal. Here are a few tips how teachers and families can help support their child with this transition and ease their fear.

#### Start Goodbyes Early

Start a routine with your child every time you have to say goodbye. **Make it short and sweet such as a kiss and wave goodbye. You don't want to drag out your goodbyes because this will only allow your child time to become emotional with this transition.** Even if you are running to the store and will be back within 20 minutes, make sure you properly say your goodbye. The more often to leave with a proper goodbye, the easier and faster your child will start to understand separation. The most important thing is NOT to sneak out! This only confuses your child and now makes them worried what happened to you. Inform your caregiver on your goodbye routine, that way when the breakdown starts, your teacher can immediately start their plan of action.

#### Develop a Ritual

Make a goodbye ritual with your child, such as a high-five, fist bump, a special saying, or meeting them at the window. A childcare teacher should do the same as they greet the child in the mornings. This will help your child understand it's time for you to leave and start their day at school. This also is a fun way for your child to look forward to drop-off.

#### Get to Know Your Teacher

Try to spend a few minutes at drop-off and pick-up communicating with your caregiver. It is your caregiver's job to be communicating their day, what their successes were, and activities that are taking place within the classroom. Your child will see this positive communication and will help them feel comfortable in their classroom setting. You will also be able to implement these conversations at home to help remember all the fun that happens at school.

#### Be Timely

Picking your child at the same time consistently helps them not to worry that you may have forgotten about them. This will gradually help with drop-off; your child will develop a trust that you will not leave them at school forever.

### **Be Empathetic**

You want your child to know that you understand how they feel. Parents and caregivers sometimes feel that we are only making the child sadder if we empathize with them, so we try to distract them from their feelings by saying "It's okay" or "You're fine." This simply tells a child that their feelings are not appropriate, and their feelings are not important to us. The key is to talk to the children about their feelings and that it is ok to feel sad; value their feelings. By explaining all the emotions that come with separation, we support their social-emotional development can strengthen their trust.

### **Reassurance**

Every parent has gone through this stage with their child. It is such a horrible feeling and can flat out ruin the start to a parent work day. To build trusts with families, caregivers can call or send an email to a parent to let them know how their child's day is going. This builds trust in the parent and reassures their child is in good hands while they must be away. Parents need to make sure that their child care facility has an open-door policy, meaning they are welcomed into the center at any time, or call to see how their child's day is progressing.

### **Do Not Get Lured Back**

Try your best to not return back when your child starts crying and reaching for you. Coming back in after you have left only gives your child incentive to cry harder and longer next time. As hard as it may be for you, try to remember that not giving in to the meltdown is the right thing to do to help your child's development. If you need to come back, repeat the goodbye and ritual and remind your child that you will come back. Be as specific as you can about when you will return, in kid's terms of course.

"You are going to have such a fun day with [insert name of sitter]. Mama has to go to work, but Mama will see you after dinner! Parents always come back. I love you!" Give a hug and kiss and be on your way.

<https://www.verywellfamily.com/the-importance-of-goodbyes-617125>

### *Thank you!*

A big thank you to our Castle receptionist, Rowena. She is always there to support any parent who is finding drop off a challenge. If you need an update, please do not hesitate to call Rowena for a check in.

087 087 7790

Hi mama has been a roaring success so far this year. I appreciate all families jumping on board and making use of the app. Please ensure at least ONE family member is on the Hi mama app for communication purposes.



himama

## CURRO Aurora

### GRIT CONCEPT LOUNGE OPENING TIMES

Monday	12:00 – 15:00
Tuesday	07:30 – 15:00
Wednesday	13:00 – 17:00
Thursday	07:30 – 15:00
Friday	Closed

### 2<sup>nd</sup> HAND SHOP OPENING TIMES

Monday	07:00 – 09:00
Tuesday	07:00 – 15:00
Wednesday	12:30 – 15:00
Thursday	Closed
Friday	Closed

Please note that both shops will be opened on the 1<sup>st</sup> of the month from 08:30 – 11:00.



## Term One Castle Calendar

**Extra-Murals start**

**Monday 27 January**

Parent Information morning

Saturday 25 January  
09:00 – 10:30

Class Moms and Dads tea

Saturday 8 February  
09:00 – 10:00

Hearing and Vision screening

Monday 10 February – Friday 14  
February

Friendship day picnic

Friday 14 February

Date Night

Thursday 20 February  
17:30 – 20:00

Grade R Gala

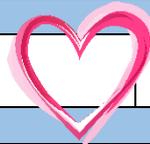
Friday 6 March  
17:00 – 19:00

Parent Consultations Group 3 to Grade R

Tuesday 17 March  
Wednesday 18 March  
14:30 – 18:00

Break up day

Friday 20 March



### Extra-Murals:

Please notify your transport companies, grandparents etc. if your child will be participating in an extra-mural. We have had a super week with lots of 'meet and greets' with a various service providers. Extra-Murals are not compulsory, however, an added benefit for parents not to have to schedule another session into their day. School is a safe place where children can attend an extra-mural. Plus, the teachers keep a close eye on coaches and times of the lessons.





'Choose friends  
by their character  
and socks by their  
colour.'

**Gary Oldman**

# Curro Aurora and Randpark Golf Coaching Professionals

cordially invite you to the Curro Aurora golf open day. All parents and players are welcome.

**Grassroots to elite**



**Date:** Saturday, 25 January 2020

**Time:** 08:00 – 09:00

**Venue:** Randpark Golf Club

**#Learners2Leaders**

[www.curro.co.za](http://www.curro.co.za)

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# BLOOD DRIVE

You don't have to be a doctor to save a life. Support the South African National Blood Service (SANBS) by donating blood.



**Date:** Wednesday, 12 February 2020  
**Venue:** Cosmic School Hall  
**Time:** 09:00 – 14:00



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## MyHub

*Are you having an MyHub issues?*

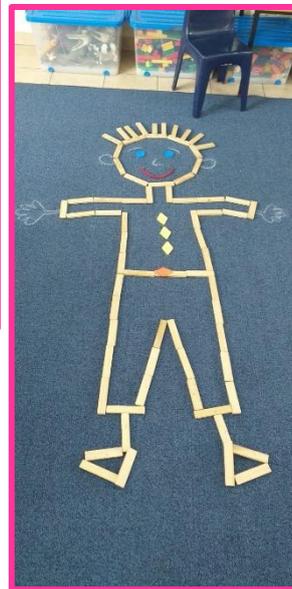
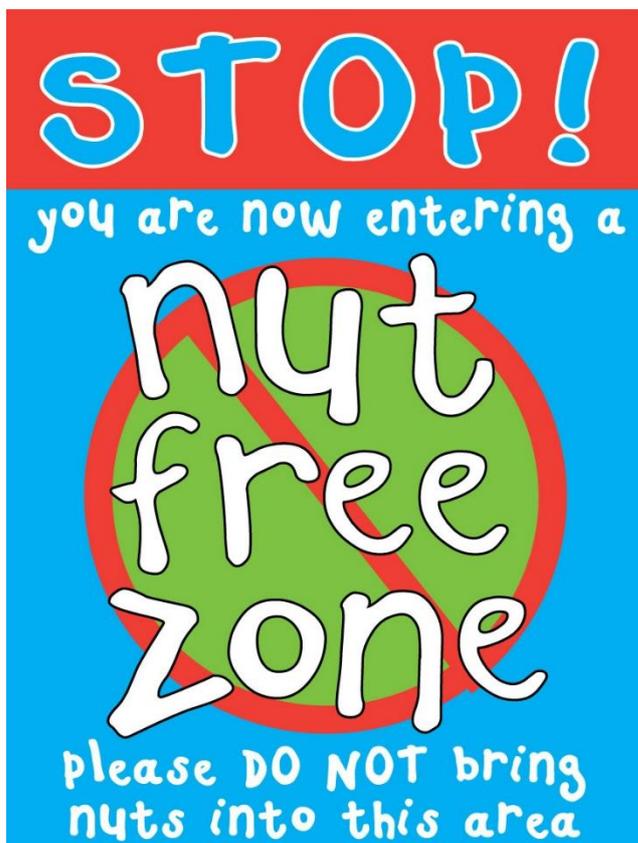
Please email [myhub@curro.co.za](mailto:myhub@curro.co.za) with a brief description of the problem at hand.

Please add the following to the email:

School name and family code. You will then receive a ticket number via email. Please use the ticket number as a reference when following up on the progress of the query.

This process is for eBooks, uniform, as well as general access to MyHub.

New parents will only have access to MyHub 24 hrs after enrolment is finalised.



**Clever trick for the crib when they grow out of it**



Have a wonderful week!

Yours in Education,

**Angie Bezuidenhout**

Castle Operational Head / Grade R Specialist

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**#Learners2Leaders**

