

Dear Parents/Guardians and Learners

From the office – A message from Mr Stroebel

This week marks the final newsletter of Term 2. I want to take a moment to acknowledge the impact COVID-19 has had on our school community, both negatively and positively.

Parents, learners and staff alike have faced tremendous adversity since the end of Term 1. As a school, we were also faced with many challenges, changes and hardships. Everything that is usually associated with a 'normal' Term 2 of the school year, took a radical turn towards the unknown. We experienced anxiety, fear and uncertainty, to name but a few emotions that all had to cope with and adjust to. We had to re-align and re-invent schooling as we know it.

It was confirmed yet again why Curro Durbanville High School has seen such tremendous growth and success during its history: we are able to adapt, and we have buy-in attitude from all our stakeholders. We love our school and want to see it flourish. In times of difficulty we stand together.

I witnessed:

- learners facing this adversity and their fears by rising to the challenges of attending classes and handing in their work.
- learners becoming better time planners and managers.
- learners reading and exploring their subjects more.
- our young adults thinking about the events unfolding around them and, in doing so, becoming active citizens, understanding their role in building a better future.
- the development of critical thinking, empathy and focus as they navigated themselves through these uncharted waters, subconsciously preparing themselves better than any generation before for life after school.
- parents adapting, accepting and supporting their children and the school as we take hands to carve out our future together.
- parents, despite whatever personal circumstances this situation has put them and their families in, still placing their children and their education first.
- the adaptability of teachers as a community, here at Curro Durbanville, and worldwide. They were able to change from one system to another in the matter of days, training as they taught. This is the type of attitude and people you would like to take to war with you.
- teachers negotiating their own family circumstances and challenges but never letting that keep them from doing their service to our learners, school and society, sometimes at great cost to themselves. The stuff heroes are made of.

Having said that, I would like to acknowledge how difficult this journey had been for so many. I witnessed and saw the fear, the anxiety, the pressure of surviving financially and the emotional toll of not knowing what the future holds in the eyes of my staff, parents and many of our learners. The past few months have not been easy; we need to acknowledge that and work on it in order to heal and move forward. We need to be empathetic and understanding and kind to one another for our Curro Family, the Wolfpack, to emerge stronger, together.

I am grateful that I find myself in this space and part of this family whilst going through this global pandemic.

Keep safe and enjoy a well-deserved rest.

FROM THE LEARNER AFFAIRS OFFICE

This year, with all its strangeness, has presented the school not only with academic challenges and changes, but also with stress, anxiety and emotional challenges. Our teachers, learners and parents are trying to adapt to the 'new normal'.

In these times, the school has responded and tried to assist through the existing safety net of guardian teachers, grade heads and counsellors.

Pamphlets have been distributed on how to cope and surveys have been done to establish the emotional well-being of our learners. These surveys are being analysed to see where we should assist and what the needs of our learners are. Our grade heads and the counsellors, Ms Claassens and Ms Human, have been very busy supporting our learners.

The school will provide debriefing sessions with each grade next term and Mrs Georgia Setzer, our on-campus counselling psychologist, has provided information and support to the staff in order to guide us through this time.

She will also be providing us with a newsletter from time to time to provide guidance to parents, teachers and learners. Please see her first letter in this newsletter.

We would like to make use of this opportunity to thank Ms Marianna Claassens and Ms Kayla Human for the hours they spend on counselling so unselfishly; their service to the learners cannot be measured in any way.

Please be reminded of the following procedure regarding counselling:

Mrs M Claassens: Grades 10 – 12

Ms K Human: Grades 8 – 9

Learners will be encouraged to seek counselling through their guardian teachers, grade heads, the counsellors, Ms Swanepoel or Mr Stroebel. The first port of call will always be the guardian teacher and grade head. They will help learners to contact one of the counsellors should they need additional support.

It must be noted that, although the counsellors are qualified to counsel, they are not therapists. Therefore, they will counsel for four sessions before suggesting further therapy with the permission of the learner.

Mrs I Swanepoel

(Head: Learner Affairs)

ACADEMICS

Welcome back to our Grade 10 and 11 learners

We were so happy to welcome our Grade 11 learners back to school on Monday, 8 June. Our Grade 10 learners continued this excitement with their return on Wednesday, 17 June. The grade heads and guardian teachers were there to welcome their learners home, and they added a bit of 'flavour' to make each learner feel special. We look forward to next term so that we can see our Grade 8 and 9 learners again.

GRADE 11S:



GRADE 10S:



Welcome back
to school

We
missed
you!
(A LOT)

CULTURE

Radikale Redenaars Nationals Finalists

The following learners have made it to the final round of the Radikale Redenaars Competition:

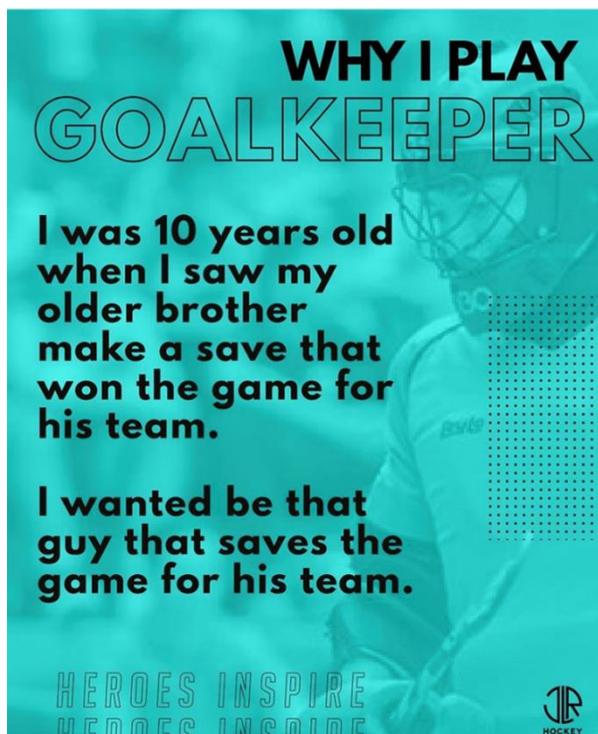
- Megan Naudé (Grade 9)
- Jenna Rigby (Grade 10)
- Micia Smit (Grade 11)
- Emma Beckley (Grade 11)
- Siyabonga Nhlapo (Grade 12)

Congratulations on this incredible achievement. We wish you the best of luck for the finals.

SPORT

Goalkeeping Heroes Inspire Award – Alex Crause

We are extremely proud of Alex Crause (Grade 9) who was recently awarded the Goalkeeping Heroes Inspire Award, which was presented to him by former SA goalkeeper and coach, Jacques le Roux. Alex, who has continued his training throughout lockdown, was awarded the GK Inspire Heroes Award in recognition of his achievements in hockey. Last year Alex saved the last goal during the showdowns, which awarded his Western Cape team GOLD at the National Tournament. He has achieved similar results in outdoor and indoor hockey. Well done, Alex. This is a brilliant achievement.



FROM THE DESK OF OUR LEARNERS

The Grade 8 Afrikaans Home Language learners were given the task of writing 10 tips to survive the lockdown. This is what Maria Inggs had to say:

Wenke

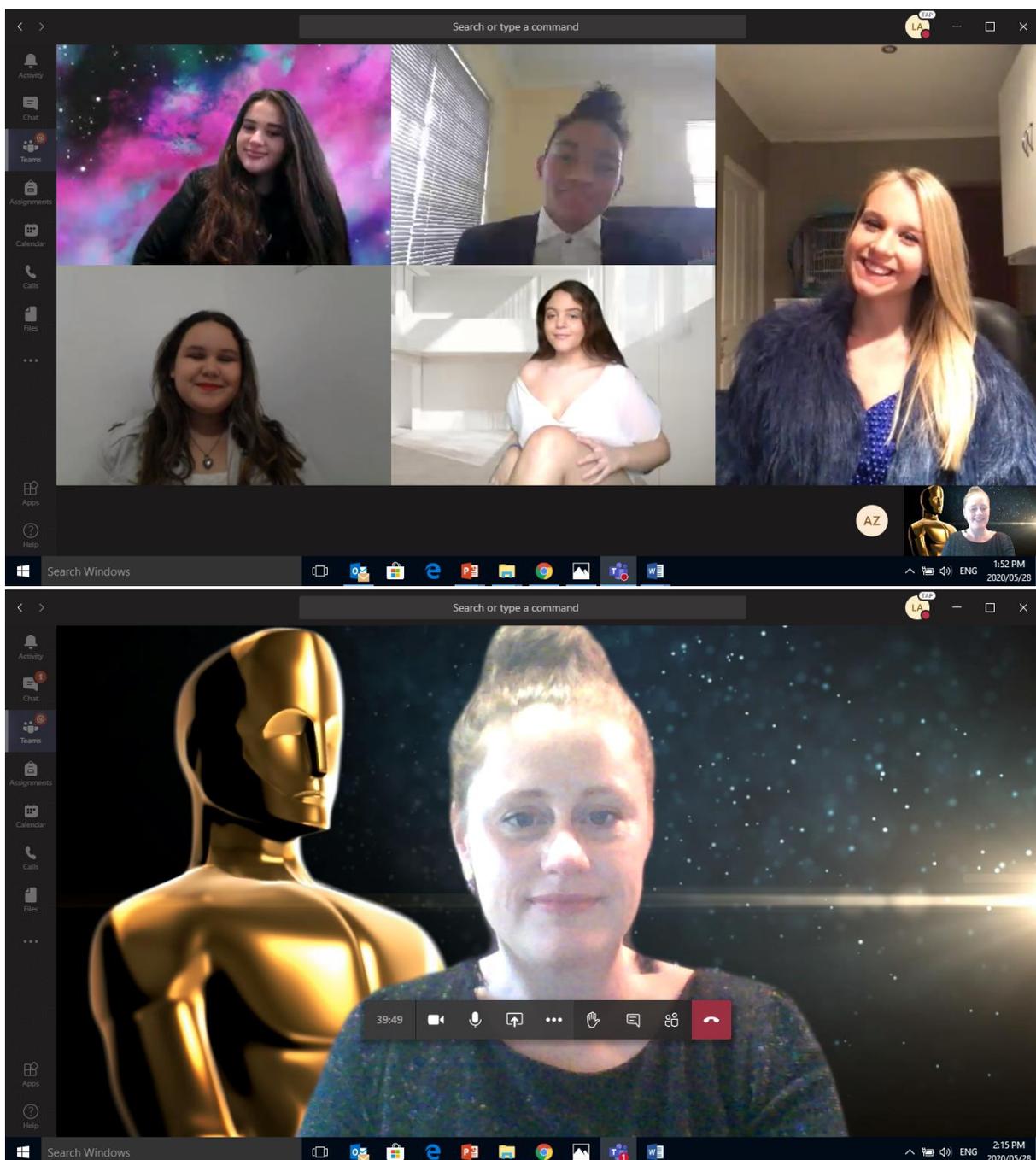
Maria Inggs (Grade 8)

1. Koop of neem boeke uit en lees jou dae verby.
2. Vind uit waarvan jy hou, indien jy nog nie weet nie, en probeer om dit te doen; as jy nie kan doen waarvoor jy lief is nie, dink nuwe stokperdjies uit en probeer dit.
3. Bly in kontak met ander mense buite jou huisgesin.
4. Volg 'n gestruktureerde roetine, gee vir jouself tyd om net te lê of sit en te dink oor dinge en maak tyd om iets saam met jou gesin te doen, al is dit net om saam te lees.
5. Onthou, dit is normaal om jou vriende en ander aktiwiteite te mis en hartseer daaroor te wees, maar jy moet nooit moed verloor nie.
6. Wees altyd positief en maak die beste van die situasie.
7. Probeer om dit plesierig vir die mense rondom jou te maak, en moenie jou humeur verloor nie, dit gaan die grendeltyd net erger maak.
8. Aanvaar dat dit is hoe die lewe voorlopig gaan wees, en probeer jou bes om daarby aan te pas.
9. Kry 'n nuwe troeteldier, bv. 'n hond of 'n voël om jou besig te hou en vir jou vreugde te bring.
10. Weet en onthou altyd, dat maak nie saak hoe sleg dit gaan nie, die Here sal altyd by jou wees, jou beskerm en seën, en sy oneindige liefde vir jou, sal nooit vergaan nie.

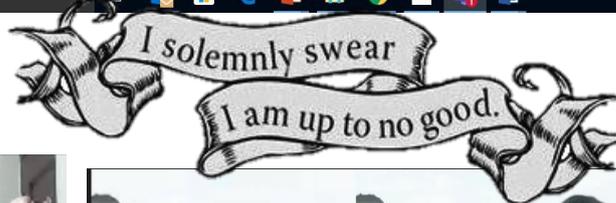
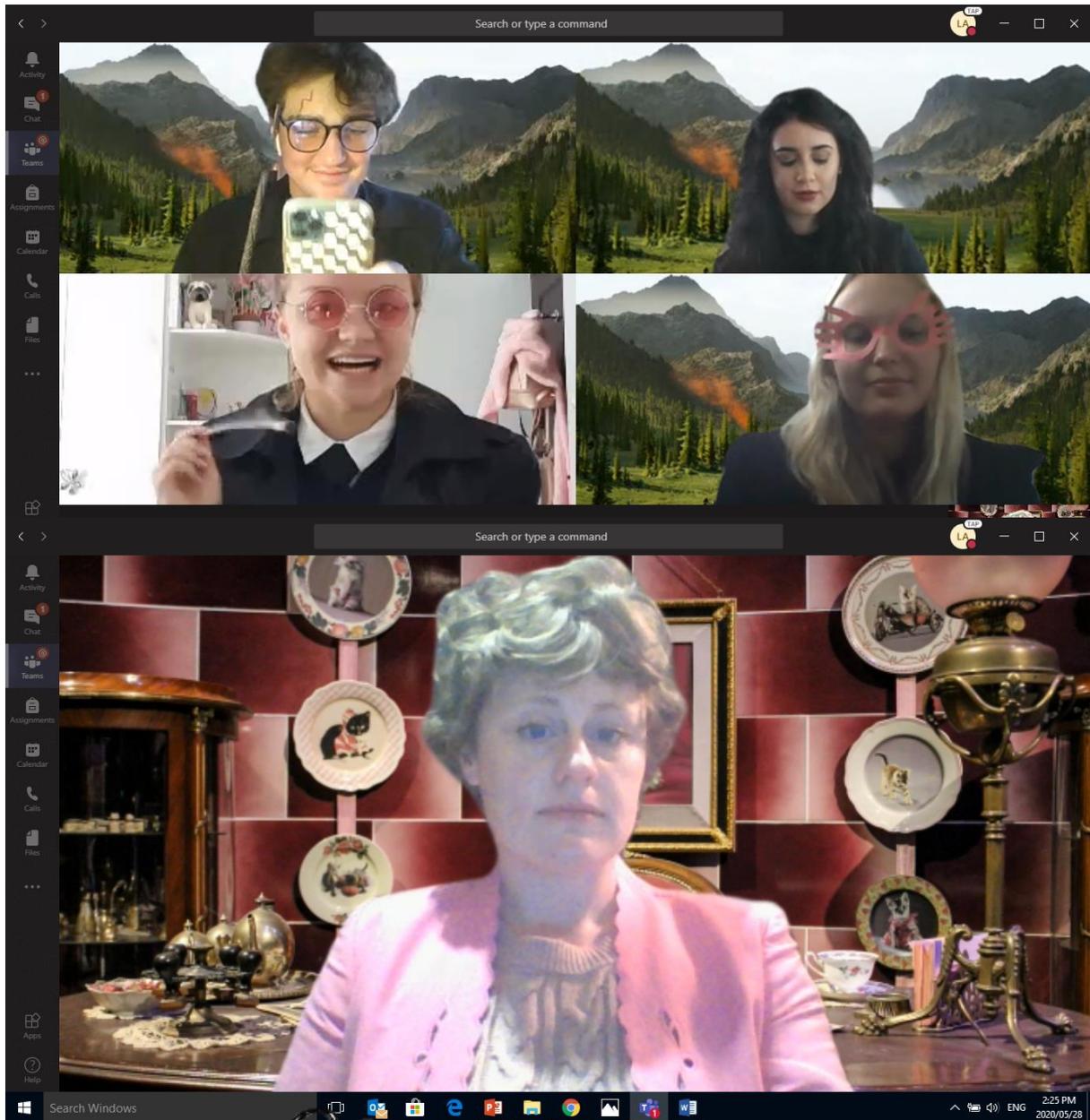
THE SPOTLIGHT IS ON... ONLINE LEARNING IN THE DRAMA DEPARTMENT

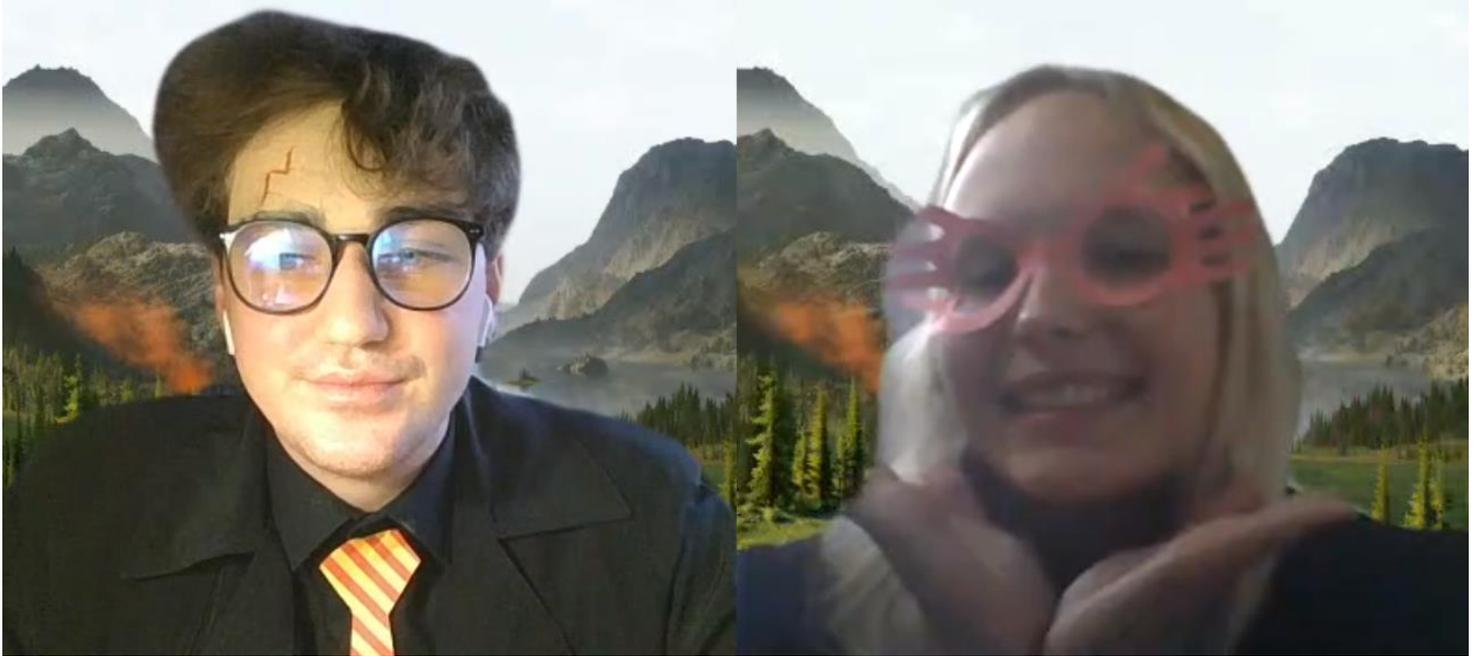
Grade 11 and 12 Dramatic Arts learners had a dress-up day on Thursday, 28 May. In drama we like to improvise to keep the creative juices flowing! Since lockdown we have not been able to play around with improvisation. We decided that a dress-up day would be a fun way to be creative and dramatic. The Grade 11s decided on a 'Night at the Oscars', where they had to dress up in their best attire. We even handed out awards and improvised acceptance speeches. The Grade 12s decided on 'Harry Potter', it was their last official online class before the Grade 12s returned and we thought it would be a fun way to end off our online lessons.

Grade 11s:

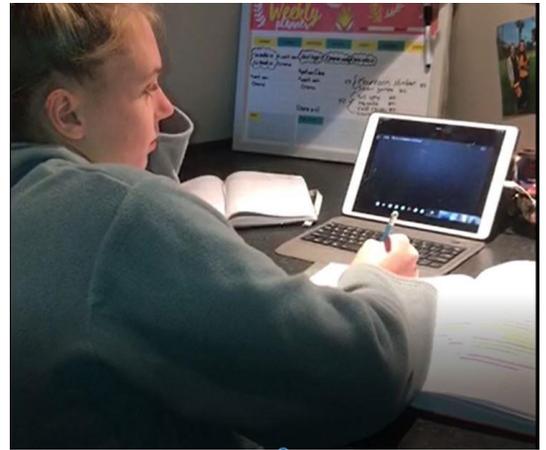


Grade 12s:





Grade 11 - Drama Practicals during Lockdown



Parody performances: The Grade 11s learnt about 20th Century-'isms' and how theatre can be used as a tool to protest against social ills. For their practical task they had to create their own parody on the current circumstances in South Africa and the world relating to Covid-19. They had to take an existing song and adapt the lyrics so that they convey the chosen theme. They then had to make a 'music video' to accompany their parodies. Here are some screenshots from their music videos:



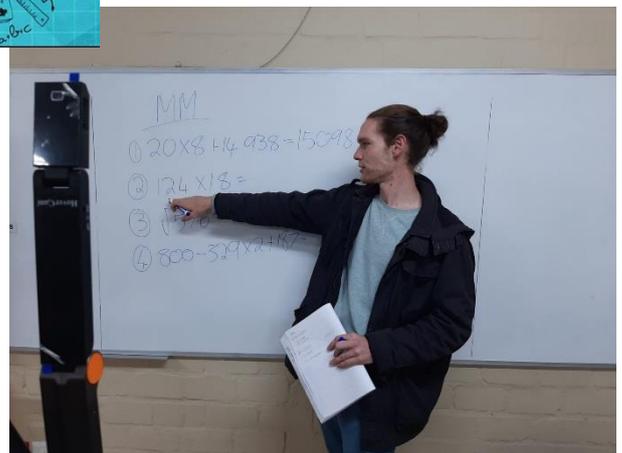
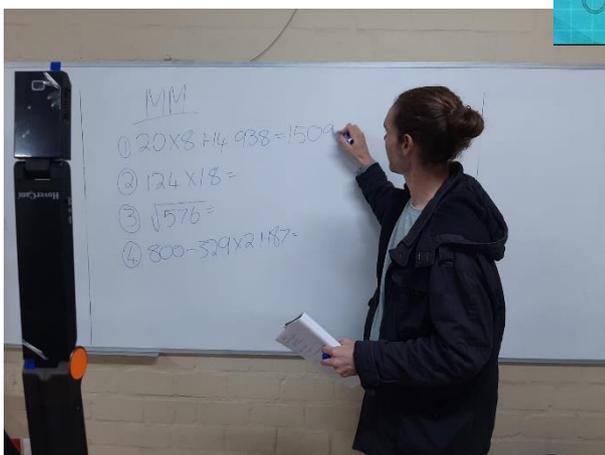
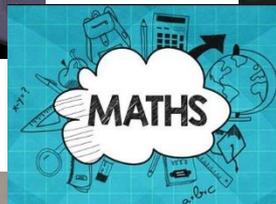
THE SPOTLIGHT IS ON... ONLINE LEARNING IN THE MATHEMATICS DEPARTMENT

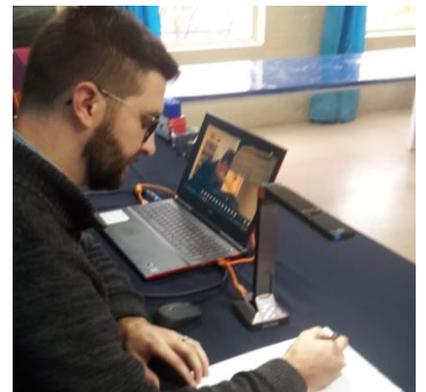
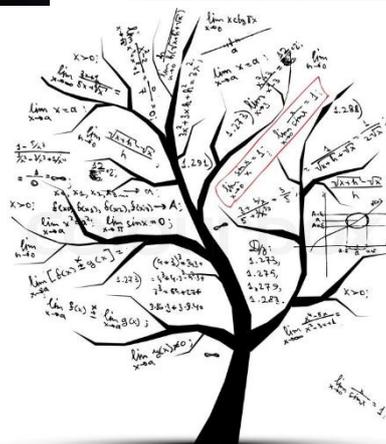
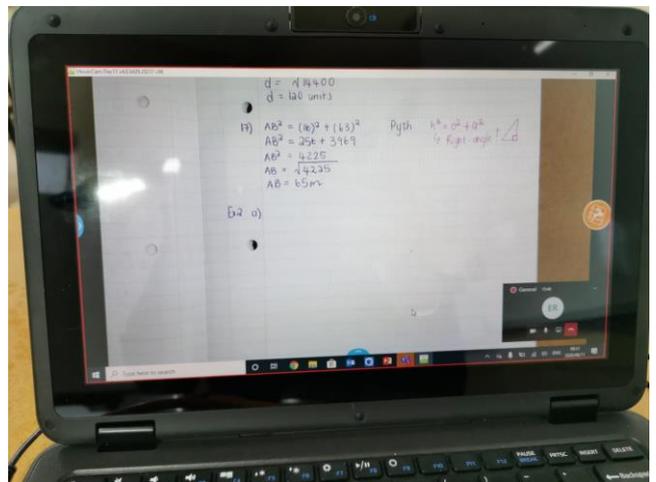
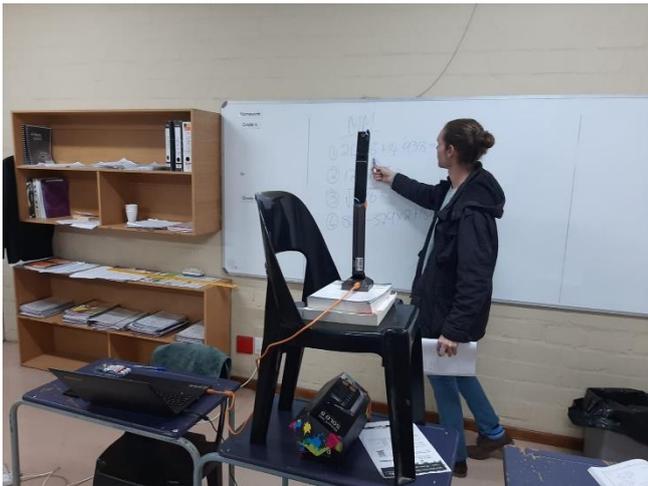
Who said Maths isn't fun? From white boards to computer screens and document cameras...

Our teachers at Curro have been working hard to ensure that our wolfpack receives a quality Maths education irrespective of the difficult circumstances within which we find ourselves. Teaching Mathematics in a virtual classroom created opportunities to use different methods and ideas. Using computer screens, following text chats, and watching learners 'raise their hands' became our 'new normal'. Soon, the wolfpack familiarised themselves with this platform and joined in the new way of teaching.

Learners are able to follow a timetable with detailed planning for Mathematics. Daily interaction, innovative teaching and effective assessment became a part of our remote learning environment. Learners were granted the opportunity to log in daily and meet with their teachers. Fridays became our assessment days in order to follow up and assess if our learners understand the work done throughout the week. Teaching took place, even in our own different ways... Teachers were forced to think 'out of the box', indeed out of their comfort zones. Lessons are also recorded which allows learners to review the work that was done and, in doing that, learn at their own pace. Learners do have the opportunity to ask when they don't understand difficult concepts. What made teaching MORE fun for educators was the collaborative teaching. Our teachers surely learnt from each other as well.

Learning Mathematics online has become efficient, effective and fun... We must admit also, we miss the beautiful faces and friendly smiles of our learners in the classrooms.

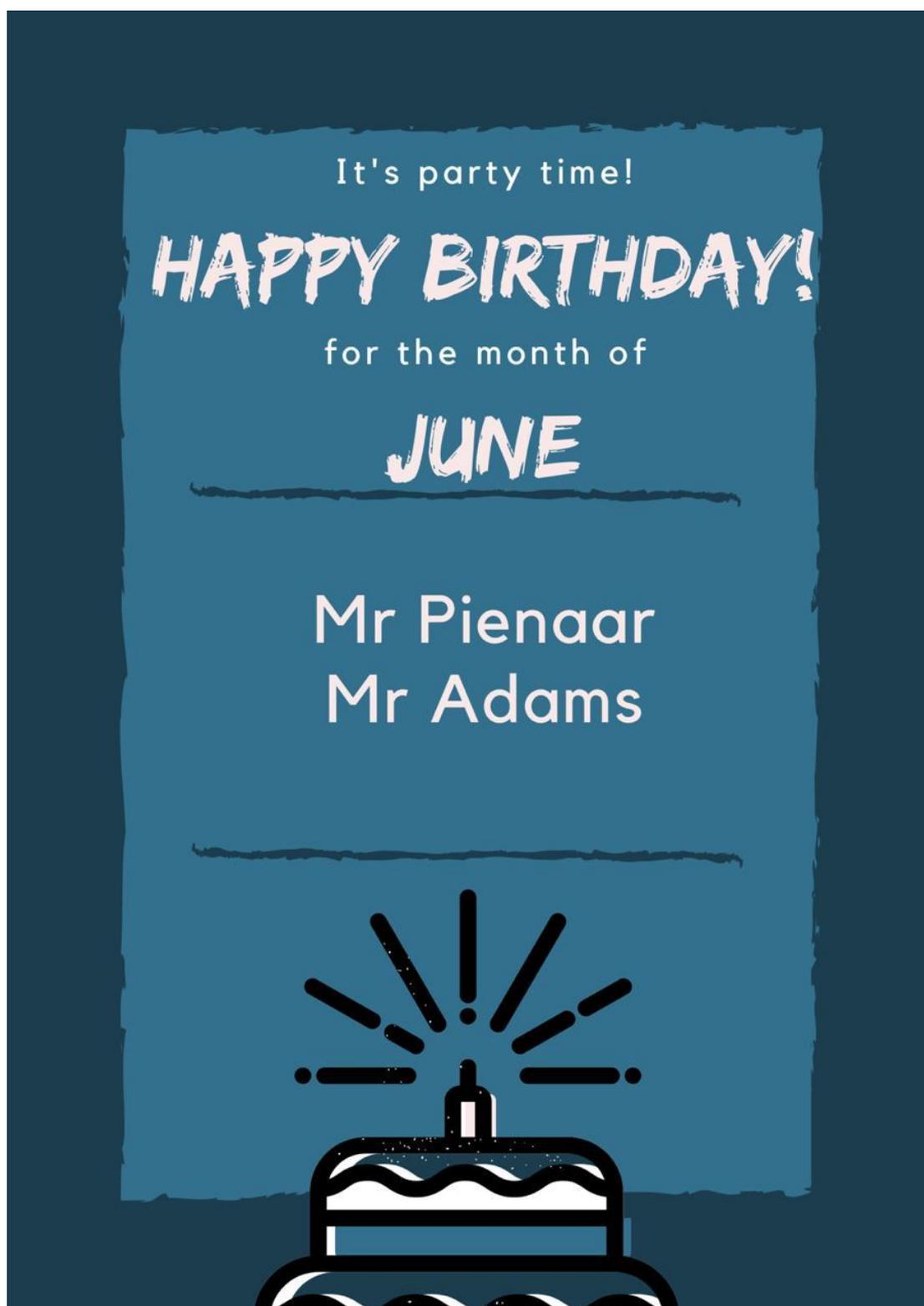




STAFF MATTERS

Staff Birthdays

The following staff members celebrated their birthdays in June. We wish them a happy birthday and hope their birthdays were very memorable!



June, 2020 #1

THE PLAYFUL PSYCHOLOGIST



CONTROL - YOU HAVE MORE THAN YOU THINK

BY GEORGIA SETZER

“If there is no wind, row.” -Latin Proverb

In a time in history when we have had so much taken away from us, so much of our lives in others' control, we can be left feeling helpless, vulnerable to circumstances and at the mercy of a pandemic and politicians.

But we can row.

The truth is that there are things we simply cannot control. They are external to us and our influence. They require that we bend to them, accept them, make peace with them. The alternative is that we fight against our circumstances or feel at a loss and depressed about them. In therapy with children, I ask them to trace their hands on a piece of paper. They then need to brainstorm all the things in their life that they have no control over and write it in the space around their hands. Things they might include could be their bedtime, a naughty brother, homework, the girl at school who says mean things. As adults, the list would look a little different, but even grown-ups (who rule the world) have rules and life situations beyond their control.

The second part of this exercise is for the child to write down everything that they can control on the inside of the traced hands. Children tend to believe that they don't have much control and that they are at the mercy of their parents and teachers. But, as we talk about it, I open their minds to the idea that they can control their reactions to their circumstances.

They can choose how they are going to approach the issue or situation. This is where their control lies. It is something within - their reactions are their SuperPower.

Psychologists refer to an internal and external locus of control.

If you think that you have some influence over the outcome of something, then you have an internal view of control. You believe that your actions contribute to the end result and that what you do, can make a real difference. If, however, you feel that you have little or no influence over your life and that you are at the mercy of external variables, fate and luck, then you have an external view of control. Which is better? Research indicates that those of us who believe we can influence an outcome are more likely to take positive action; are less influenced by others' opinion; are more confident in decision-making when facing challenges; and, are generally less anxious and depressed.

That sounds pretty good.

So right now, here in 2020, the year of COVID-19 and lockdown, what is it that you have control over? Here's a list to consider: your attitude, your actions, your effort, your words, your acts of kindness, how hard you work, how well you listen, your level of fitness, your diet, your connection to friends, how you spend your free time, your priorities and your routine.

So, although we cannot change the external narrative right now, we can change our internal one.

We can choose to view ourselves as more in charge of our lives and its outcomes.

I challenge you to do the activity I shared here with your family members. It would make for a great supper time conversation and perhaps shift the mindset of someone who is stuck in a place of helplessness, to a place of choice and action.

Georgia Setzer is a counselling psychologist, who practises in Aurora, Durbanville. She is a single parent to tween and teen boys. Life is a little crazy, so a playful attitude is a must.

She can be contacted at gsetzer@mweb.co.za

Picture credit to gratisography.com

IMPORTANT DATES: TERM 3

Below is the school calendar for the remainder of 2020.

| GRADES R to 12 | | | | | | |
|------------------|------|------------------|------|-----------------|------|------------|
| Term 2 | Days | Term 3 | Days | Term 4 | Days | Total days |
| 1 June – 26 June | 19 | 6 July – 23 Sept | 57 | 28 Sept – 9 Dec | 53 | 129 |

Please refer to MyHub to read important information that has been sent to all parents/guardians regarding the school's plans for the school term amid the outbreak of the COVID-19 virus. You can also view our social media channels to see a special message from our high school head, Mr Riaan Stroebel.

Thank you for your continued support.

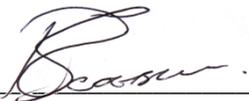
Kind regards



Ms K Human
Newsletter: Coordinator



Ms J Swart
Editor



Mr R Stroebel
Head: High School



Mr DD van Zyl
Executive Head

The MyHUB mobile app is now available



through Google Play store and iStore.



The mobile app allows you to:

- Receive notifications when an email or SMS is sent to your mobile number or email address
- View all communication related to your child/ren based on the profile you provide
- Access GRIT for online uniform orders
- View up-to-date statements
- Make school fees and event payments online quickly and easily
- View calendar events scheduled for your child/ren

CURRO

<https://play.google.com/store/apps/details?id=za.co.curroholdings.myhub>
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