



Date:  
3 August 2020

Issue no.:  
10/20

**CURRO**  
Durbanville

**NEWS LETTER**

Dear Parents/Guardians and Learners

## The Isolation Station

*Advice on how to cope with the pandemic*

Laughter is the best medicine... or so the saying goes. But can a laugh a day really keep the coronavirus blues away? As COVID-19 continues to spread, social media platforms have begun to crank out more positive content in an attempt to seek out the light and humour amid all this darkness and uncertainty. From memes, to bad puns, and even TikTok video clips, the world has come together to laugh in the face of this virus. Of course, using humour to process fear, uncertainty and tragedy is in no way a new phenomenon. Humour has been used as a coping mechanism since the dawn of time.

Today, memes are common place and have become an outlet for people to diffuse their feelings surrounding a wide range of issues. Humour is a perfectly healthy reaction to our grim circumstances and can actually be an effective coping strategy for stress. Researchers have found that memes can help people struggling with anxiety and depression to find comfort in a shared experience. Moreover, humour can help build a sense of community; something that is much needed in the time of social distancing. What makes this current situation unique is the fact that billions of people from around the world are in the same predicament. We are able to use memes to stay in touch and to relate to one another through humour.

Although there is plenty that is *not* funny about this pandemic, laughter appears to be the survival mechanism of 2020. Laughter is curative. It allows us to blow off steam and lower our internal pressure. It is an in-built stress-reliever and mood enhancer, allowing us to take back some of the control we've lost to the pandemic. So, share those memes, repost those videos, tell your jokes, laugh with (and at) your teachers, and don't forget to laugh at yourself too.



when you're tired of hearing about corona

Laughing at corona memes like





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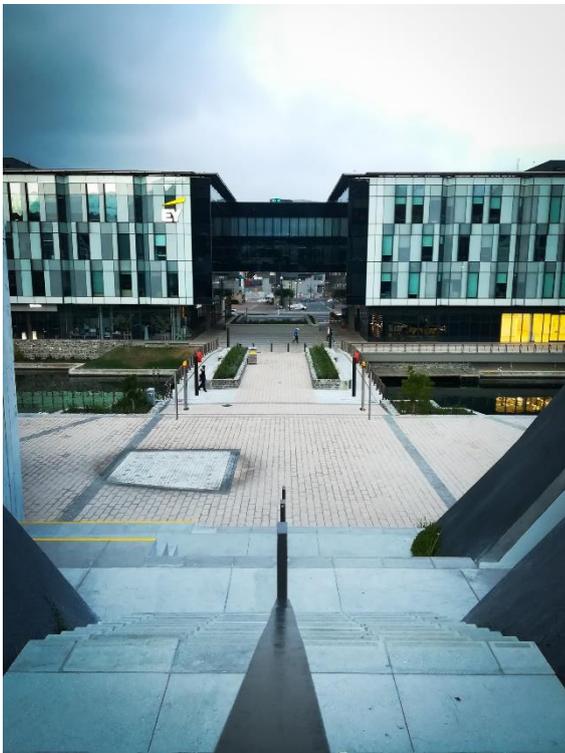
## CULTURE

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### **Curro Durbanville High School: CULTURE WEEK**

The following photographs were submitted as part of the Curro Arts Superhero initiative that took place during lockdown level 5. The learners could choose from various categories, such as nature, architecture, movement, landscape and many more. These artworks were then submitted to be adjudicated by South African photographer Robert Hamblin. Well done to: Sebastian van der Wolf, Maria Inggs, Christof Venter, Leigh van Deventer, Ithike Gunter, Jarred Hamer, Lauren van der Westhuizen and Megan Naude.

#### **Sebastian van der Wolf (Grade 9)**



#### **Maria Inggs (Grade 8)**

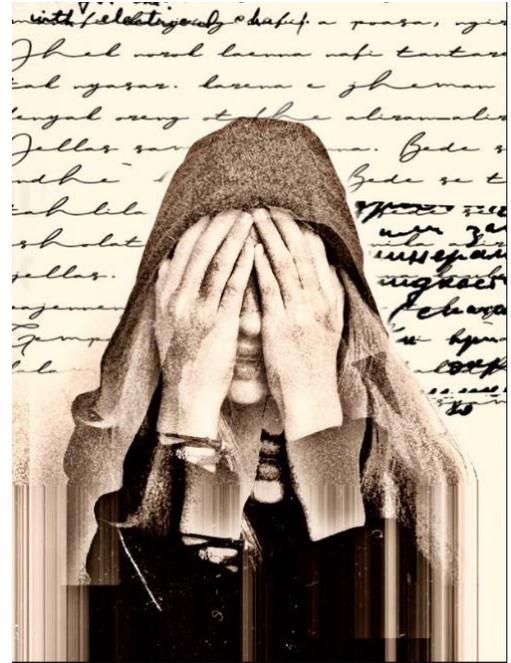




**Christof Venter (Grade 9)**



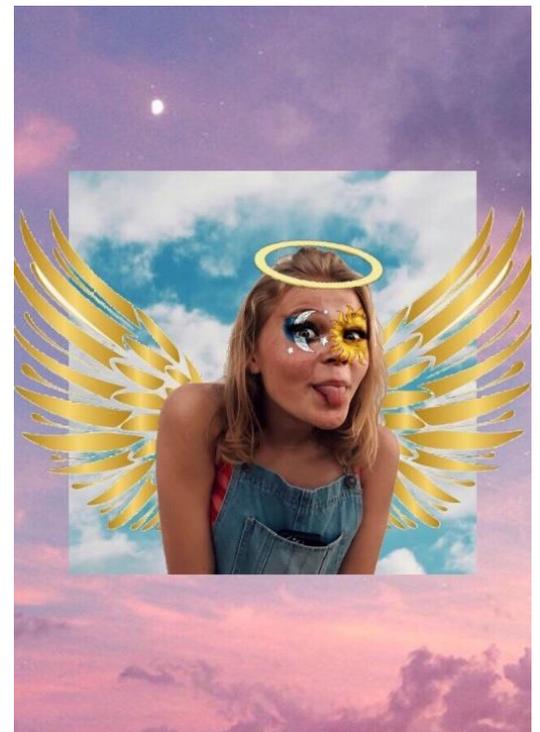
**Ithike Gunter (Grade 8)**



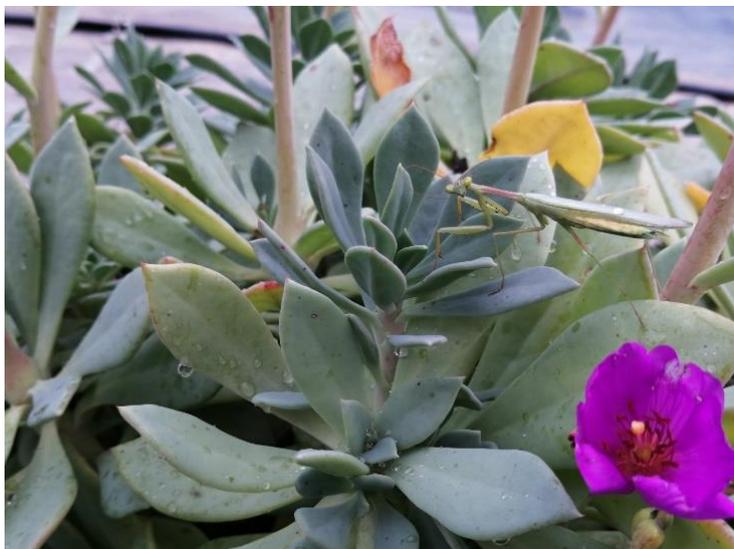
**Leigh van Deventer (Grade 8)**



**Megan Naude (Grade 9)**



**Lauren van der Westhuizen (Grade 10)**





## Jarred Hamer (Grade 12)



### From Broadway to Bird Street

Watch *From Broadway to Bird Street/Van Broadway na Birdstraat* (Recorded live at the Toyota US Woordfees 2020) from the front row. Germandt Geldenhuys, Timothy Moloi, Lynelle Kenned, André Terblanché, Corlea Botha and 22 Curro Create young superstars are ready to blow you away. The performers included our very own learners, Mia Dippenar and Gheran Hattingh. 10% of every ticket sold will be donated to the South African TRIBUO Fund for artists in these difficult times.

You can watch this once-in-a-lifetime experience at any time between 29 July at 20:00 and 10 August 2020. click on the Webtickets link (<https://www.webtickets.co.za/v2/event.aspx?itemid=1502489717>) and buy your ticket today. Sit back and be transported to a front row seat in a Broadway Theatre in New York. Enjoy every second!



**FROM BROADWAY TO BIRD STREET**  
**VAN BROADWAY NA BIRDSTRAAT**

★★★★★ "A MUST-SEE!"      ★★★★★ "WORLD CLASS"      Germandt Geldenhuys, Corlea Botha, Timothy Moloi, Lynelle Kenned, André Terblanché and 22 Curro Create singer / dancers

LIVESTREAM FROM WEDNESDAY  
**29 JULY**

web tickets  
Tribuo  
We stand together as artists. 10% of ticket sales will go to the Tribuo Fund

CURRO CREATE



## SPORT

### Curro Durbanville Annual Golf Day – 18 September

With lockdown level three allowing golf enthusiasts to take up their beloved sport again, we are excited to announce that the well-known and very popular annual Curro Durbanville Golf Day will be taking place in 2020. Enjoy a round with us at Durbanville Golf Club on **Friday, 18 September**. The golf might be rusty, the competition fierce and the friendships formed, priceless.

Unfortunately, there will be no 19th hole but prize-winners will be announced, contacted and asked to collect their prizes from school. Check MYHUB for further information on how you can get involved. Please contact **Derick Visser** at [dvisser@curro.co.za](mailto:dvisser@curro.co.za) if you would like to play or participate as a sponsor.

### Chess News

**Inter-Curro Chess Online Tournament**

**Join our team and prepare!**

All primary and high school Curro chess players are invited to join our Curro Sport chess team on **lichess.org**. This is in preparation for the Inter-Curro Chess Online Tournament that will be hosted by Curro Sport in August.

**How to join:**

1. Go to **www.lichess.org**.
2. Ensure that you are registered on the website as a chess player.
3. At the top, click on the 'community' tab.
4. Click on 'Teams'.
5. Search for 'Curro Sport Chess Primary Schools' or 'Curro Sport Chess High Schools' depending on your age.
6. Click on 'Join Team'.
7. Complete and submit [this form](#) so that we can get to know you and accept you to the team.

All players must please join the team by Wednesday, 12 August 2020.

Entry details for the tournament will follow.

**#Learners2Leaders**



## Curro Sport Virtual Relay Champs Winners

Congratulations to the Durbie Wolf Pack Virtual Relay Team, including our own Connor Henderson and Josh Mettler, for their win in their category at the Curro Sport Virtual Relay Champs. Each team member won a voucher from Sportsman's Warehouse.



## MANDELA DAY: Curro Durbanville Cricket Boys Give Back

On Saturday, 18 July, our high school cricket boys took up the 67 minutes for Mandela Day challenge. Owing to current social distancing and COVID-19 protocols, it looked a little different, but they still managed to impact their neighbourhoods positively. The boys made sandwiches or soup at their homes and then handed this out to various charities or less privileged individuals in their areas. Well done, boys, for honouring Tata Madiba's memory by giving back to your communities.





## GENERAL

### Mandela Day

In honour of Mandela Day, Curro schools across South Africa participated in the first ever 5-km virtual big walk on Saturday, 18 July. Well done to all the Curro Durbanville families who participated and donated to charities close to their hearts. Your contributions made this project a huge success.




	Outdoor Run Open Goal 16:01 - 17:09 Bellville
Total Time <b>1:07:50</b>	Distance <b>8,84km</b>
Active Calories <b>403cal</b>	Total Calories <b>468cal</b>
Elevation Gain <b>137m</b>	Elevation ▲ 141M MAX ▼ 119M MIN
Avg. Cadence <b>106spm</b>	Avg. Heart Rate <b>PIC•COLLAGE</b>



**2020-07-18**  
**5km Walk to Freedom**

Donation to:  
**SPROUTING MINDS**  
www.sproutingminds.org.za

July Today, 18 Jul 2020

Stand  
**4/12HRS**

Steps  
**8,480**

Flights Climbed  
**0**

Workouts  
Outdoor Walk  
**5.35KM**

PIC•COLLAGE





## THE SPOTLIGHT IS ON... THE LIFE SCIENCES DEPARTMENT

### Life Sciences: The 'heart' of the matter

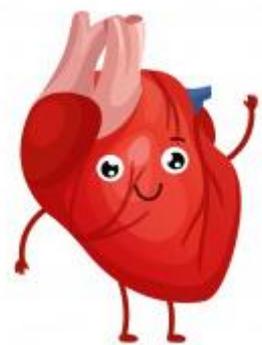
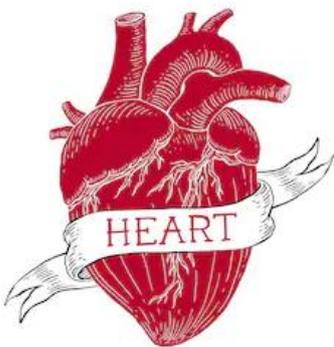
The Life Sciences department has been busy during the lockdown period. Learners made 'cell cakes' during the first weeks of hard lockdown to help them learn the different organelles and structures within a cell. We hope they shared their cakes with their families and didn't eat them all at once!





We have also had several practical activities since returning to school. Learners enjoyed actively engaging with the content they are learning and marvelling at the incredible way body systems work together. The Grade 11s had an exciting day by dissecting a heart and learning about the circulatory system and how the complex heart functions.

Several of the Grade 11s also completed practical scientific investigations to learn how to write a scientific method which is an essential skill for tertiary studies and will help them prepare for their Matric PAT examination. They have learnt that, despite difficult times, learning can still be fun and engaging. The 'heart' of the matter is choosing to enjoy your subject and making the most of the task at hand.





## STAFF MATTERS

On Monday, 27 July, our high school head, Mr Stroebel, celebrated his birthday. May the year ahead be filled with joy, blessings and happiness. Love from your #WolfPack

*Happy Birthday*  
Mr Stroebel, Head of High School

STROEBEL  
001

ALPHA WOLVES

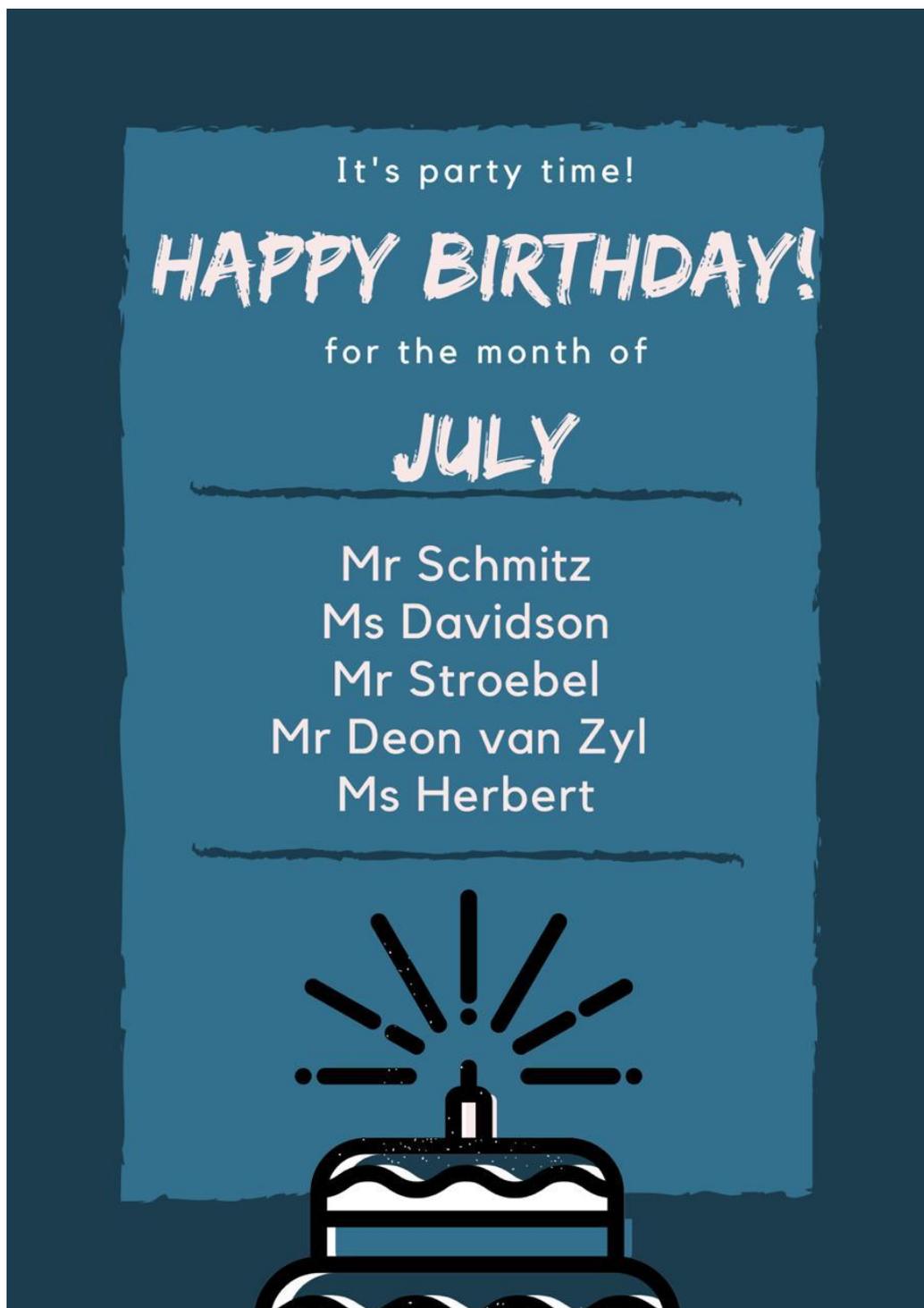
#Learners2Leaders

CURRO  
Durbanville



## Staff Birthdays

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





## IMPORTANT DATES: TERM 3

### August

- 5 Photo day – Grade 8 – 10
- 6 Photo day – Grade 11 – 12
- 7 School closed
- 10 Women's Day
- 24 Exams begin

### September

- 18 Term 3 ends
- 28 Term 4 starts

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**