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17 August 2020

Issue no.:
11/20

CURRO
Durbanville

NEWS LETTER

Dear Parents/Guardians and Learners

The Isolation Station

Advice on how to cope with the pandemic

Picture this: It's 7:30 on a cold winter's morning and over 30 staff members are seated in front of the high school building anxiously waiting for an exam to be handed out. What did they have to study? EVERYTHING! This is what our wonderful Matrics had planned for their teachers as revenge for all the assessments we have put them through over the years.

The funny thing is... I was actually nervous. All my old memories of exam-time stress hit me like a tidal wave. My heart was beating against my ribcage; my hands had suddenly become jelly; my mind turned into a black hole of useless knowledge as I stared at the blank page in front of me. I felt wholly unprepared. I know this is how every learner feels as they walk into their exam sessions (unless they truly are suckers for punishment).

However, what I think our learners tend to forget, is that their teachers are just as anxious as they are when they write that exam. All we want is for you to be successful and to achieve your goals. We do everything in our power to help you do this. So, our hearts also race away, our hands also tremble and we anxiously pace up and down praying you remember everything we have taught you.

As you wander into your exam venues, remember that we are in this with you. We may not be writing the exam for you, but we do empathise. Do your best and ignore the rest. Good luck to each and every learner with all their exams! The wolfpack is rooting for you!





ACADEMICS

August/September Exams

Please see the letter containing important details regarding the exams that was emailed to all parents and guardians on Friday, 14 August.

Subject Changes

As a leader in private education in the Northern Suburbs, we at Curro Durbanville have seen our school grow over the last three years. With this growth it has become increasingly challenging to manage all requests for subject choices and subject changes. Thus far we have been successful to accommodate the vast majority of requests from learners. However, to streamline the process the application for subject changes will now take place twice a year. Subject changes for 2021 will open 9 December 2020 and closes 16 December 2020. In 2021 the application for subject changes opens 25 June 2021 and closes 2 July 2021. Please note that owing to the combinations of subject packages, a subject change might have an effect on your child's other classes or teachers. Thank you for your understanding and support in this matter.

Mathematics

The Mathematics Department is extremely proud of all our learners. We acknowledge all the challenges our learners are facing during the lockdown. However, their determination and perseverance is unprecedented. With the upcoming examination we want to wish all learner the best and remind them that their term mark for Mathematics will be calculated using only the marks they obtain in their examination papers. Over the lockdown period we implemented several strategies to assist learners and ask that they continue to make use of them to prepare for the upcoming examination. These strategies include:

- (1) Detailed, day-to-day planning
- (2) Recording of daily lessons
- (3) Support classes
- (4) Regular tutorials
- (5) Additional free resources (described in planning documents)
- (6) PaperVideo free video lessons for Grade 8, 9 and 10 learners
- (7) Videorized textbook for Grade 11 and 12 learners
- (8) Maths and Science clinics for Grades 10 – 12 learners (exam prep classes)

Thank you for your continuous support and all the best with the exam.

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 but 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 derick.v@curro.co.za if you would like to play or participate as a sponsor.



GENERAL

Learner Council 2021

The time has come to nominate and vote for our new Learner Council Leaders of 2021. The process will start on 24 August with an online application, followed by a poster and a short video submission. Start thinking about whether you would like to be a part of this driven, enthusiastic group of leaders that will make 2021 a year to remember. Look out for the MYHUB letter regarding the link for the application forms.

The World Knowledge Olympiad

The World Knowledge Olympiad is once again accepting entries as of 1 August. The Olympiad will take place on 8 October 2020 and has adjusted its testing to an online platform. Entries are R25 and prizes are awarded to the top three achievers. If you are interested in broadening your knowledge and having a little fun, please contact Mr Nel (jason.n@curro.co.za).

Visit <http://worldknowledgeolympiad.co.za/> to access previous WKO Quiz papers.

Those who returned their response slips to me in the Term 1 will automatically be added to the entries list.

IT-Olympiad

Congratulations to **Xander Rall (Grade 11)** and **Anja Fourie (Grade 10)** for qualifying for the second round of the IT Programming Olympiad. The second round will take place on Wednesday, 19 August. We wish them the best of luck.

Matric 40-Days

On 31 July, our Matrics celebrated that they have only 40 days left before their last day of school. It was a wonderful day on which a tangible sense of fun and spirit could be felt among these matric learners who have, in many ways, had a very challenging year so far.

The day began with the teachers having to write a 150-mark exam set by the Matrics. They sat at desks set out for them in front of the school and the Matrics invigilated and answered all the teachers' silly questions. The Matrics even included the leaf-blower as a distraction at one point! The school doors were eventually opened, and teachers and learners entered the decorated, cling-wrapped, tin-foiled, bubble-wrapped, ballooned and streamer-filled corridors and classrooms.

After restoring order to the corridors, the Matrics, dressed in their very impressive outfits and disguises, enjoyed a braai at the new High Performance Centre. They also each received a 'box of sunshine' gift from their teachers and parents. Many thanks are extended to the De Gouveia family for donating the boerewors, Feedem for the rolls and Mrs Louise Hamer and the class representative moms for the time spent putting the sunshine boxes together, as well as for the various donations received in this regard. We are blessed to have a parent community who is so willing, generous and creative.

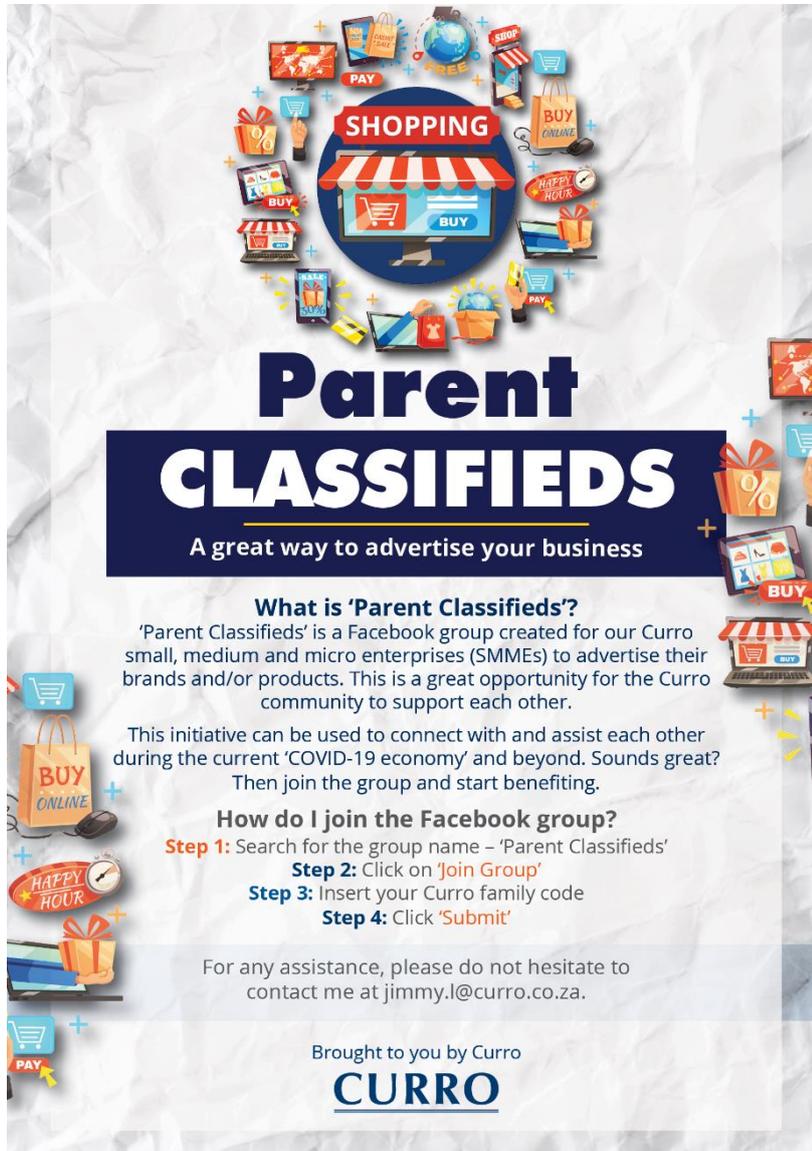


MATRICES 2020





Parent Classifieds



Parent CLASSIFIEDS

A great way to advertise your business

What is 'Parent Classifieds'?
'Parent Classifieds' is a Facebook group created for our Curro small, medium and micro enterprises (SMMEs) to advertise their brands and/or products. This is a great opportunity for the Curro community to support each other.

This initiative can be used to connect with and assist each other during the current 'COVID-19 economy' and beyond. Sounds great? Then join the group and start benefiting.

How do I join the Facebook group?
Step 1: Search for the group name - 'Parent Classifieds'
Step 2: Click on 'Join Group'
Step 3: Insert your Curro family code
Step 4: Click 'Submit'

For any assistance, please do not hesitate to contact me at jimmy.l@curro.co.za.

Brought to you by Curro
CURRO

Food donations for our partnership school

We will be collecting food donations for our partnership school, Masibambane Secondary School, from 12 August to 9 September. Masibambane undertakes to ensure that food items reach the families of the learners most severely affected by the pandemic.

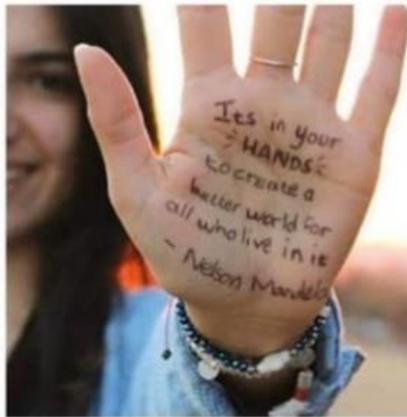
Here is a list of the basics needs:

1. Samp
2. Sugar beans
3. Rice
4. Cooking oil
5. Maize meal
6. Sugar
7. Tea/coffee
8. Canned fish
9. Margarine/jam/peanut butter



10. Wheat flour
11. Washing powder
12. Body soap
13. Vegetables [potatoes, carrots, onion, cabbage, etc.]

We will comply with COVID-19 regulations in the collection of these items. Learners can place their donations in the provided container as they enter through the swimming pool area in the mornings. From there, each item will be sanitised and stored until delivery. Please place donated items in sanitised plastic bags.





THE SPOTLIGHT IS ON... THE ACCOUNTING AND EMS DEPARTMENT

In Accounting and EMS, we focus on measuring performance and the processing and communication of financial information. We deal with the logical, systematic and accurate recording of financial information and transactions, as well the compilation, analysis and interpretation of these statements and managerial reports for use by interested parties.

In a nutshell, we teach you to Act, Count and Think. Accounting is an exciting, interesting and dynamic subject that can open doors for you one day and equip you with valuable skills.

MEET OUR TEAM:



Ms Lowene Christians



Ms Elsa Boshoff



Mr Derick Visser



Ms Lucinda Jansen

CURRICULUM ENRICHMENT:



On Tuesday, 4 August, our Accounting learners were provided with an eye-opening opportunity. Our learners participated in a Microsoft Teams discussion with Lyle Malander. Lyle Malander is a qualified Chartered Accountant and a co-founding director of the Malander Group. He is also currently the co-chair of the South African FinBiz2030 committee, an initiative pioneered by Chartered Accountants Worldwide and One Young World, aimed at mobilising the finance and business community to achieve the Sustainable Development Goals.

In October 2015, he left corporate employment to form the Malander Group, a Group of which he currently serves as Executive Director. In 2018 Lyle was named the winner of the SAICA Top 35 under 35 competition and in 2019, he was named the Young Professional of the Year in the South African



Professional Services awards. This was a once-in-a-lifetime opportunity for our students to gain information from someone who is successful in their very own subject-choice field.

You can watch the session here: <https://web.microsoftstream.com/video/323591df-729d-4a55-a126-54a8378994e7>

Here is what some of our students had to say about the discussion:

Elona Fikani (Grade 12)



The talk with Lyle Malander was the perfect inspiration for any struggling Accounting learner. Mr Malander opened up to us about his incredible life story filled with trials and tribulations. In doing so, he taught us many life lessons about never giving up, and the value of perseverance when chasing your passion. From the perspective of an aspiring CA, like me, hearing how successful he has become in this career instantly motivated me more to continue working hard and continue to chase my dreams. Overall, the whole group greatly enjoyed the talk and I would certainly enjoy future talks with innovative entrepreneurs such as Mr Malander.

Christo Barnard (Grade 10)

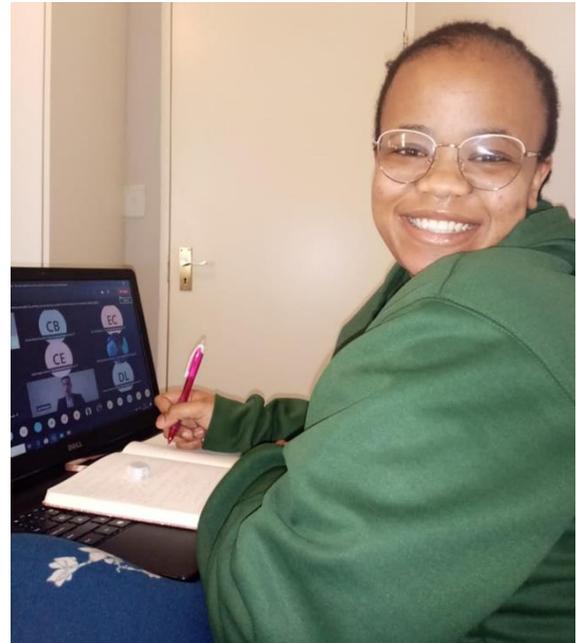
I did find Mr Malander's story interesting. I always thought an Accountant is office bound, but this meeting opened my eyes. It helped me to realise that following a career in Accounting can open many doors.





Iyabizi Rojie (Grade 11)

'A lot of people will tell you things are impossible. Remember the only limitation is yourself.' These are the words Mr Lyle Malander left ringing in my head. Most successful speakers speak entirely on their success. However, this successful, humble CA left us with a sense of hope and motivation. His message was realistic and educational. Hearing of his academic journey and not being a top student, changed my perspective of what's needed to become successful. Also, now I know the clear perspective of studying Accounting and all the opportunities it brings. Mr Lyle reminded us that the only road to success is self-belief.



Thalia Devon (Grade 11)



Attending the meeting on Tuesday has truly been to my benefit. The commercial field has always captured my attention and, with university around the corner, I was uncertain regarding which path to take in this respective field. After the informative meeting, I am more secure about this decision and am truly honoured to have been able to acquire such valuable advice; from life as a chartered accountant student to being a qualified chartered accountant. Mr Lyle Malander's advice has allowed me to have a greater understanding of this industry and what to expect.

Rhea Naidoo (Grade 11)

I thought that overall it was extremely informative, especially to get a long-term idea of where CA certifications can take you. He was very relatable, and his advice was easy to understand. This talk definitely made me more interested to pursue this as a career.





STAFF MATTERS

Congratulations to Ms Lucinda Jansen

On Friday, 7 August, Ms Lucinda Jansen and her husband welcomed another beautiful baby boy into the world. Congratulations! We welcome Xander Jansen to the Curro family.



IMPORTANT DATES: TERM 3

August

24 Exams begin

September

- 14 Grade 8 – 12 learners come to school to check their marks
- 15 Grade 8 – 11 learners come to school to check their marks
- 18 Term 3 ends, reports are emailed
- 28 Term 4 starts



August, 2020 #2

THE PLAYFUL PSYCHOLOGIST



YOU ARE NOT THE VOICE IN YOUR HEAD

BY GEORGIA SETZER

Your inner voice, or in other words, your thoughts, fill your mind all day and all night. The voice in your head can uplift you or bring you down. It has an opinion about everything - your appearance, your intelligence, your likeability, your confidence, to mention a few. It also comments on everything you do, everything happening to you and the environment and people around you. It can be rather judgemental and as research has shown, tends to focus on the negative.



We have all been to the movies and have been swept away by the story and perhaps even forgotten for a short while that we are in a movie theatre. But, we are not in the story on the screen - we are rather observers of the story. The same is true for the voice in our head. We are not the voice in our head, no more than we are our digestion or our breathing. These are simply body processes that we can be aware of. Knowing that you are the observer of the voice in your head is liberating. It means that you can step back and look at your thoughts and decide what to do with them. Unfortunately for us, the voice in our head is often wrong and makes comments that are not based on fact. Just as in the movie theatre, you can get drawn in and go along with your inner voice and the message it is giving you. In this way, you can easily be pulled along on a very negative and self-deprecating journey.

A helpful tip in the successful management of your inner voice, is to start becoming more aware of it.

Try to notice it with an attitude of curiosity, and to not judge it.

Rather notice if it is fast or slow; if it is about a variety of different topics, or if it's focusing on one thing or theme. Perhaps you might notice that it seems to be stuck on repeat, with the same thoughts over and over.

Once we get better at practising observing our inner voice

(it does take practice, as it's a mental muscle) we can then begin to choose how we want to respond to it.

This is taking it to the next level.

In therapy, I sometimes suggest that thoughts are like bubbles. They float around, but you don't always want them to be there, as they may be distracting or upsetting. I tell my clients to imagine popping them or gently blowing them away. In much the same manner, you can simply let your thoughts go.

Another option you have is to take a moment to question your voice.

Three good questions to ask are: 1) Is what it is saying true? (Is there evidence?) 2) Is your voice being helpful? (Does this thought help me in any way?) 3) Is your voice being kind? (Is this how I would speak to a friend?) Very often we say things to ourselves, about ourselves, that we would never say to another person.

Here are some examples:

Untrue, unhelpful, negative voice: 'I don't like Maths. I'm no good at it. I am obviously stupid.'

Realistic, helpful, kinder voice: 'I find Maths challenging. I am struggling and I need help. I can approach this with a better attitude.'

'I hate this pandemic. My year is ruined. It's not fair!'

OR

'This pandemic is temporary. It's been hard, but I have learned new skills. I have been part of history. I can adapt to difficult situations.'



As mentioned, psychology research has shown that our brain is wired towards negative thinking.

We tend to focus more on negative than positive information and we are inclined to hold on to the negativity. Another way of putting this is to say that, once we have decided something is negative, it is very difficult for us to change our minds and view it positively.

So, how can we change this natural inclination for the brain to focus on the glass half empty, rather than the glass half full? Research says that we should practise gratitude (writing it down is best), as this helps flex the mental muscle to focus on the positive.

Another good practice is to share the bright side of life with others, rather than the bleak. This practice becomes a habit and can lead to you shifting your negative bias.

The good news is that you are not the voice in your head. You are the one who sees the voice. Whether you hold on to it, whether you let it go, or whether you change it, the choice is yours.

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

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

Picture credit to pixabay.com



Thank you for your continued support.

Kind regards

Ms K Human
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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

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<https://itunes.apple.com/za/app/myhub-guardian/id1299057887>