

Date: 21 August 2020

Issue no.: 24

Dear Parent / Learner

The 2020 school year has certainly proven to be a challenging one, especially with the shift to online learning and then to hybrid teaching. We wish to commend all our teachers, parents and learners who have been making every effort to ensure continued academic success during the COVID-19 pandemic.

That said, we encourage learners to return to school (especially for writing assessments) where possible.



In order to assist your child with their academics, and in line with government regulations, please note the following changes to the assessment and class options:

- Should your child or a family member have a co-morbidity, please send a doctor's note confirming this to the Grade Head in order to ensure that class and assessments can continue online.

Unless you or a family member have a co-morbidity, please note the following:

- All Cycle Tests must be written at school.
- To better assist all our learners, we strongly recommend attendance at school on in-person days. We have seen a significant improvement in learner performance where learners are physically present in class due to the structure and routine with which the learners are familiar and comfortable.

Routine can be an anchor. The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to.

A lack of structure and routine can exacerbate feelings of distress and make you pay more attention to the source of your problems. As Goldman, a psychologist and clinical assistant professor at the NYU School of Medicine, explains: "If people don't have structure and are sitting around with less to focus on, then they also probably will find themselves thinking about the stressful situation more, which can also lead to additional stress and anxiety."

One way to get out of this cycle that promotes ruminating over the source of your stress is to maintain some structure and routine throughout your day.

And always remember you are not alone in this! Reach out – we are here for you...

SCHOOL CALENDAR

Term dates as announced recently:

Grades R to 12						
Term 2	Days	Term 3	Days	Term 4	Days	Total days
1 April – 31 May (ONLINE ONLY)	(40)	6 July – 23 Sep	57	5 Oct – 9 Dec	50	126
1 June – 26 June (BLENDED APPROACH)	19	(BLENDED APPROACH)				(166)

Please take note of the extended September break as communicated on Friday 21 August by our Executive Head Mr JC Engelbrecht.

Schools will close on **Wednesday 23 September** and will re-open on **Monday 5 October** for the start of Term 4.

PLEASE NOTE:

- 1) **Holiday Care for Castle and Primary School** learners (Group 3 to Grade 7) will be available at **no cost**.
- 2) Parents may request **additional revision work** (non-compulsory) from subject teachers in case they want their children to continue working during this period.
- 3) **Matric Prelim exams** (theory) will finish on **18 September**, with various practical assessments scheduled to finish on **23 September**.
- 4) **Grade 12 teachers** will be available to support Grade 12 learners online via MS Teams during the extended break.

We trust that you will enjoy this period of rest before we take on Term 4 with renewed enthusiasm and mental vigour.

The last day of school is scheduled for 9 December at this stage, but some learners will finish a bit earlier, depending on the examination timetable which we will compile as soon as we have a final version of the Grade 12 timetable as it impacts on venue availability.

Our **online schooling will continue** in terms of our commitment that no child is left behind:

- Our goal is to include all our learners and families, and any special provisions necessary will be made to ensure a continuation of learning for all the children under our care;
- We will continue uploading work for those still in lockdown to ensure that no work is missed by the learners during this time;
- We ask all learners to commit to their studies to ensure that they keep up to date with their curriculum and assignments as much as possible until such time as their grades are able to return to the classroom.

SCHOOL UNIFORM

Matrics: School uniform is to be worn on Mondays and Fridays, allowing enough time to have the uniform cleaned. Should you (the learner) have PE on a Monday or a Friday, please wear your full school tracksuit with blue pride T-shirt. We ask that learners are dressed neatly (and warmly) for school please.

As all **Grade 8 to 11 learners** will only be on campus every other day, therefore learners are required to **wear school uniform**.

Please also note that **normal hair and nail regulations** still apply– let's look neat and tidy, ready for school.

FROM THE “DESIGN” DESK

Mr Jannie Viljoen

Online teaching and learning is tough on practical subjects where the personal connection between teacher and learner is vital for guidance, inspiration and creation. Our learners have done well to navigate in this difficult situation, where we are not always in the same venue to feed off the energetic atmosphere created by a full class and everybody is radiating positivity, creativity and all round good vibes.

Our **Grade 12** learners have been busy this term with their final IEB sourcebook and design products based on the theme “Neo-Ethnic”. The ladies finished their 24-hour final practical exam this past weekend (14 – 16 August) and produced work of which they can truly be proud.



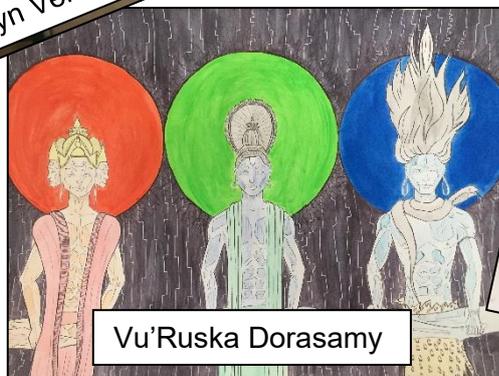
Caitlyn Venn



Keira Montile



Megan Archer



Vu'Ruska Dorasamy



Shaelyn Khan

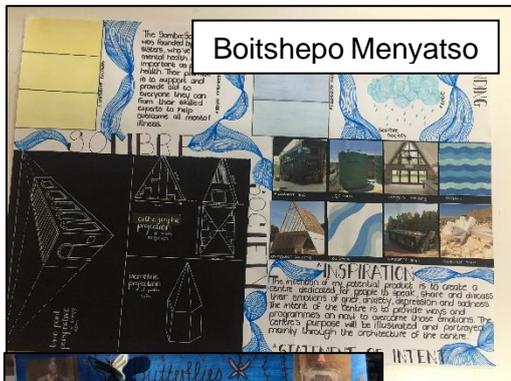
The final practical exam may not be outsourced, so all work is done in class during a 24-hour period.

The ladies created designs in the following disciplines:

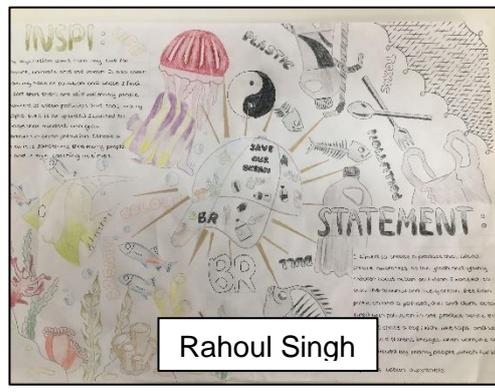
- Megan Archer (Environmental Design - Architecture)
- Vu' Ruska Dorasamy (Visual Communication Design - Illustration)
- Shaelyn Khan (Environmental Design – Interior Design)
- Asanda Kunene (Product Design – Furniture)
- Keira Montile (Visual Communication Design - Illustration)
- Hlulani Sabela (Product Design – Language game)
- Caitlyn Venn (Product Design – Fashion [Toys])

The learners' works are varied and projects each one's own individual character. I am extremely proud of the quality of the work created.

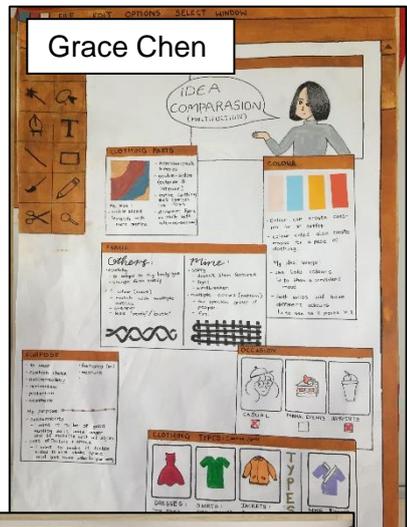
Our **Grade 11** learners have been busy with their second practical project for the year based on the theme of “Phantasmagoria”.



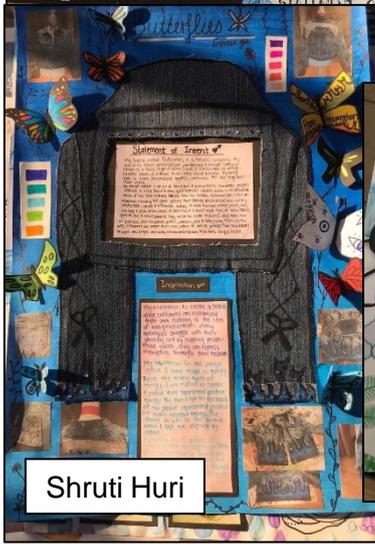
Boitshepo Menyatso



Rahoul Singh



Grace Chen



Shruti Huri



Gaia Nozic



Shriya Balaram

Based on dreams/nightmares the learners have really delved deep into the subject matter and are in the process of creating the sourcebook with the final products to follow next term.

They also produced the Concept Boards for the first project done during Term 1 and 2 based on the theme of “I guess that’s why they call it the blues”, where they had to interpret the blues theme into a product of their chosen design discipline: Visual Communication, Surface, Product or Environmental Design.

Our **Grade 10** learners have also been busy with their second practical project for the year based on the theme of “Food! Glorious Food!” in which they have to build an interior design model for a bakery/sweetshop/confectionary.

Learners are creating their sourcebooks this term and will submit the model next term.

They will also create the Concept Boards for the first project done during Term 1 and 2 based on the theme of “Who the

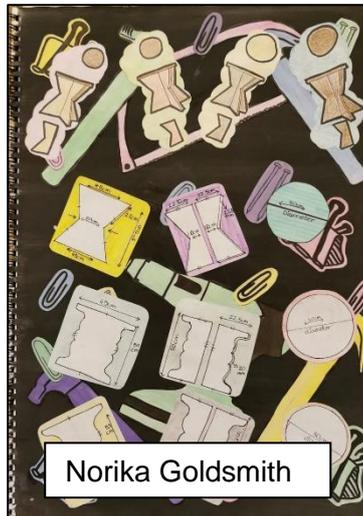


Debra di Casoli

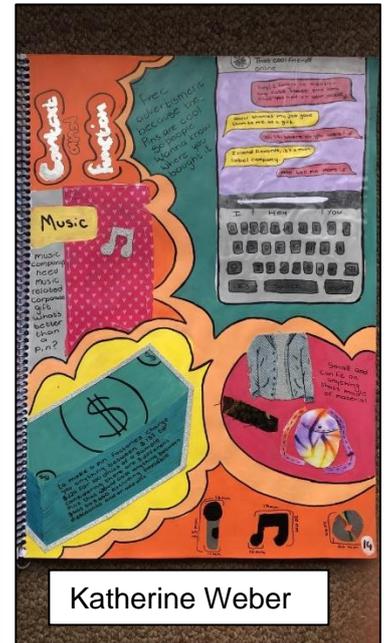
am dam do you think you am?”, where they had to re-design the corporate image for either Island Records or Liberty Foods on 22 August.



Dhiya Ramnath



Norika Goldsmith



Katherine Weber

50% CAPACITY MEASURES:

GRADE 10, 11 & 12:

The group of learners at school will receive the daily teaching face to face, learners not at school will receive the same teaching via MS Teams

50%

- At 50% capacity our Grade 10 learners and Grade 11 learners will be at school for face-to-face teaching and continue with online learning on alternate days.

- For all learners to be taught by their teachers at school, we will be following our normal timetable, practicing social distancing as far as possible and making use of bigger venues for bigger groups whenever possible.

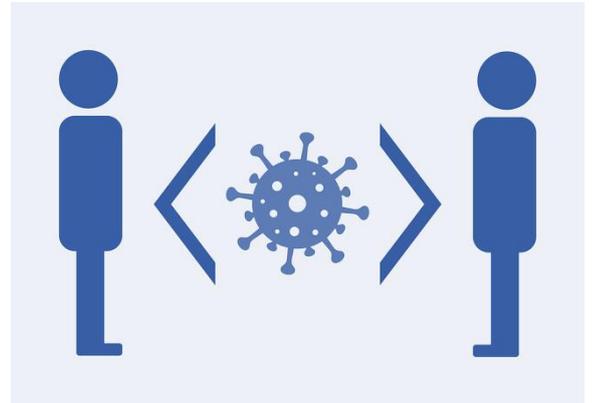
- The group of learners at school will receive the daily teaching face to face, learners not at school will receive the same teaching via MS Teams, online.

GRADE 8 & 9

- For all learners to be taught by their teachers at school, we will be following a normal two-week cycle whereby each class is split into two groups, Group A and B. Group A will have face-to face classes on days when Group B will have online classes on alternate days and vice versa.

- 50% of learners in a tutor class to be at school on any specific day. This limits the number of bodies on campus for each day.

- Grades 8 and 9 learners are moving classes to limit academic time lost as teachers had to move to new venue, do sanitizing procedures for the class and then log on to the school network again and then access MS Teams to allow for hybrid teaching before classes could start. In light of this, we ask that learners please bring own sanitizing wipes or spray for their own desks as they move about. Though teachers do sanitise as far as possible between lessons, and the cleaning staff sanitise at breaks and after school, it is only prudent that learners take on the responsibility of looking after their own health too – the educational value of this cannot be over-emphasized.



Should you / the school be affected by load shedding, lessons will be made available via MS Teams for access by the learners when possible. We monitor attendance and logging into classes and downloading of material and recordings by using the INSIGHT app.

CULTURE

Mrs Saskia Snyders

[TERM 3 High School Culture Council Drive #support_local](#)

The High School Culture Council's initiative: **#support_local** is well on its way.

It is a wonderful opportunity and honour for the culture council to chat to artists from all walks of life.

August will be dedicated to Film and Theatre Makers.

We look forward to chatting to our own talented learners and to people in the industry.

If anyone is interested in joining this initiative, please contact Mrs Snyders at Saskia.s@curro.co.za.

August is the month to
**SUPPORT LOCAL THEATRE
AND FILM-MAKERS**



#Learners2Leaders

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SPORT

Mr Adrian Ferreira

This week's theme is swimming and it's most fitting to showcase is one of our High School teachers, Mr Paul Fryer. Paul is the Head of Department of History and coaches the school swim team.



Paul is a former competitive National swimmer who held the South African record in the 100m, 200m and 400m freestyle. He was also a national title holder in the 100m, 200m, 400m and 1500m Freestyle events. Paul won the Midmar Mile twice (1992 and 1993). He is a Swimming South Africa Level 3 accredited Coach and is the Head Coach of the Waterborn Swimming Club based at the Curro Aurora Aquatic Centre.

He has coached several South African age-group champions and junior national team members.

I interviewed him and got some insight into his thoughts on competing, training and fitness, as well as on his swimming and coaching career:

What did a typical day's training involve when you were swimming competitively?

I swam with Dean Price (national level coach) for most of my swimming career. We did a lot of distance and Individual Medley training – up to 20km per day during certain times of the season. I was fortunate that I was in a squad that had several strong trainers and who were all competitive, but also, we were supportive and encouraging of one other.

I was in an age-group program at the Wanderers Swimming Club doing about 3x sessions per week, but I was also driving my mom crazy with my energy so she did what any sensible parent back in the 80's did – made me do more sport! I was already playing club soccer at Randburg FC which I continued to do until about 1987 when the travelling distances from home to school and to swimming and/or soccer became too difficult. I decided to drop soccer to focus on swimming. I'd already joined Dean's squad in mid-1986 and started on a program which continued until the mid-1990's. At my peak I was doing the following:

- Swim training workouts (2hours each) - 2x per day on Monday, Tuesday, Thursday, Friday, and 1x on Wednesday and Saturday. Training was all year-round – maybe a couple of weeks off at the end of the season in April.
- Land training (generally weights, cycling, rowing and cords) 3-4x per week.

Later in my career, I spent more time in the gym focusing on strength gains and less time in the water. Also, I picked up an injury in late 1997 which restricted how much swimming training I could do. My last two seasons were with Peter Williams from Waterborn and I was also his assistant coach.

What are the benefits of fitness training in swimming and do you have any advice for all athletes from various sports?

Swimming is a weight-bearing activity so has many advantages – both for recovery and for fitness. I have coached many triathletes who have claimed that improving their swimming made their run and cycle better. The overall cardiovascular gains made in the pool will improve any other sport in which an athlete participates. Swimming requires a combination of specific strength, flexibility, balance and fitness which a swimmer can only really get by swimming. Some coaches believe that swimmers should only swim with very little land training. But to me, a swimmer should be athletic – they should be able to run, jump, climb, do push-ups, pull-ups, skip, cycle etc. Being stronger and more athletic will ensure a swimmer is better prepared and suffer less injury when training in the pool. A lot of triathletes, cyclists, runners etc. often use swimming as a recovery workout.

What advice would you give to someone who hasn't done any sport or fitness training who would like to start?

Start out slow and focus on technique. Learn about body position in the water, the importance of kick and how to feel and hold the water on your hands and feet. Breathing is very important and is the no.1 mistake most new swimmers make. Never hold your breath – concentrate on the rhythm of blowing out into the water and breathing in during the breath phase of a stroke. Later as you progress start counting strokes per length, try to reduce this number and be consistent. Next, start to measure your heart rate in relation to your stroke count – you'll start to notice the correlation between faster effort and therefore more strokes and higher heart rates. Lastly, start recording your time and pace. Just focusing on these three factors will not only improve your swimming but also give you something to focus on instead of just the black line.

Who was your role model as a youngster and why?

Hungarian Tamás Darnyi who is a former World Record holder and Olympic Champion in both 200m and 400m IM. In my opinion, he was the most complete swimmer until Michael Phelps came along. I think the best swimmers are the ones who are great in the Individual Medley: it requires proficiency in all 4 strokes and there is a specific level of fitness that's unique to an IM swimmer. What makes IM tough is the transitioning from stroke to stroke while doing it at maximum effort. My favourite sets as a coach are IM sets – they tend to make it obvious who in the squad is fit.

Also, Russian Alexander Popov, the former-World Record holder and Olympic Champion in 50m and 100m Freestyle, who is the only man to defend both the 50m and 100m Freestyle at consecutive Olympics (1992 and 1996). He and his coach, Gennadi Touretski, revolutionised the freestyle in the 90's. They called him "The Tsar".

How many International championships did you swim in and how did you fare?

- World Short Course Championships Palma de Mallorca, Spain – December 1993 (Swam heats)
- Commonwealth Games Victoria, Canada – September 1994 (11th in 100m Freestyle, 15th in 200m Freestyle)
- All Africa Games Harare, Zimbabwe – September 1995 (1st in 200m Freestyle)

- Mediterranean Grand Prix Swimming France, Monte Carlo & Spain – June 1996 (1st 100m Freestyle)
- World University Games Sicily, Italy – September 1997 (5th 100m Freestyle)

How many national champions have you trained and how many of them have gone on to compete at international events? What international events have you attended as a coach?

- I've coached several junior national champions who have won titles at the South African Junior Championships. In April 2019, Michael Deans, whom I've coached since he was six, qualified for the World Junior Swimming Championships in Budapest, Hungary.
- In April 2012, I was the Team Coach for the Junior South African Swim team at the Confederation Africaine de Natation Amateur (Cana) Swimming Championships in Maputo, Mozambique.
- I was selected as Team Coach for the 13th CANA Junior African Championships in Tunis, Tunisia in September 2019, but did not attend due to teaching commitments. I've also coached some swimmers who have represented South Africa in Open Water swimming, including Curro Aurora's Aiden Petersen.
- Other Curro Aurora swimmers I've coached, who have represented South Africa on Junior Teams, include Rais Hassim, Mikhail Hassim and Tyler Buffel.

What was your most memorable race?

I won the 1500m Freestyle at the 1992 South African Long Course Swimming Championships. It was Olympic trials and the water temperature was 18 degrees. Three of us raced for 30 lengths and it came down to a sprint at the finish. This race was the result of almost years of training and working towards goals without much success. I had just won Midmar the month before so mentally I was in a positive place.

It was also the start of a 6-year phase where I was able to win several national titles, break some national records and compete for South Africa internationally. It's been over twenty years since I was that guy and I am proud to have been him. Swimming gave me many gifts but, most importantly, it taught me about focus, commitment and having a relentless work ethic.

MOUNTAIN BIKING:

Joshua Dike participated in the SA Schools virtual race on Thursday, 13 August. The race included 43 cyclists from all the provinces. The virtual route was a 30km race on the Champs-Élysées in Paris, the traditional closing stretch of the Tour de France. Joshua is congratulated on winning the race!

GOLF:



The Kyalami CCGU Junior 18 Holes event took place at Kyalami Country Club on Sunday, 16 August.

Kim Turgut is congratulated on winning the girls' division and for finishing tie-5 overall!

Congratulations, Kim – we are extremely proud of you – your hours of training, dedication and hard are paying off handsome dividends.

FITNESS FRIDAY:

Mr Craig Hourquebie's weekly fitness sessions can be challenging and tiring but all are encouraged to continue with the sessions, or to try them if you haven't yet done so!

Consider the quote from Michael Phelps (USA). Phelps is a former competitive swimmer and the most successful and most decorated Olympian of all time, with a total of 28 medals. He also holds the all-time record of winning 23 Olympic gold medals:

"When I feel tired, I just think about how great I will feel once I finally reach my goal."

WEEKLY TRIVIA:

We will be asking 5 sports-themed questions each week. The answers will be revealed in next week's newsletter.

This week's theme is swimming:

- 1 Which swimmer was the first man to break the 60 second barrier for the 100m Freestyle in 1922, won five Olympic gold medals and went on to become a famous Hollywood movie star, notably for his role as Tarzan?
- 2 Which South African swimmer won both the Women's 100m and 200m Breaststroke events at the 1996 Olympic Games in Atlanta?
- 3 Who were the 4 South African swimmers who broke the World Record and won the Gold Medal in the Men's 4x100m Freestyle relay event at the 2004 Olympic Games in Athens?
- 4 Who was the most successful swimmer at the 1972 Olympics in Munich?
- 5 Who beat world record holder Michael Phelps to win the Men's 200m Butterfly at the 2012 Olympic Games in London?

Good luck and no googling!

Previous week's golf answers:

1. Who captained the USA and International teams at the 2019 Presidents Cup?
 - Tiger Woods (USA) & Ernie Els (International)
2. Who recently broke the record for the most appearances on the European Tour?
 - Spaniard Miguel Ángel Jiménez made his 707th appearance in the Hero Open.
3. Who is the only female to score a round of 59 in an official tournament?
 - Swede Annika Sorenstam shot 59 during the second round of the Standard Register PING in Phoenix, Arizona in 2001.
4. Who won the 2020 SA Open and where was it played?
 - Brendan Grace at Randpark Golf Club
5. Who is the last amateur to win the SA Open?
 - Denis Hutchinson won in 1959.

INTER-CURRO CHESS ONLINE TOURNAMENT:



INTER-CURRO CHESS

Online Tournament

Date: Saturday, 22 August 2020
Times: 10:00 – 13:00 (primary schools)
14:00 – 17:00 (high schools)
Platform: Lichess.org

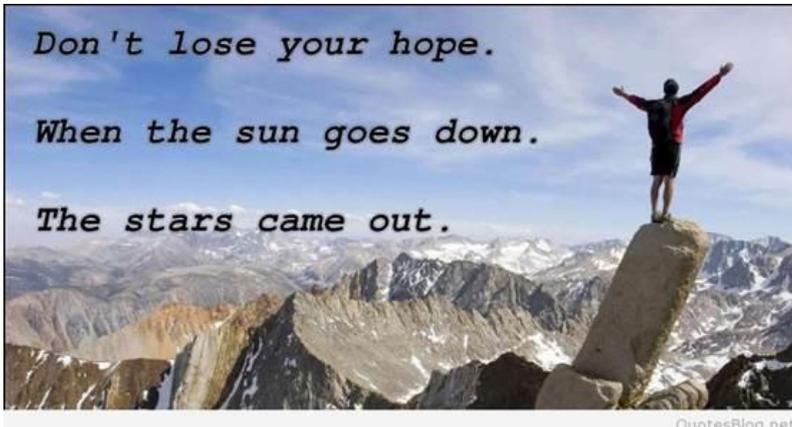
No entry fee!

For more information, please contact your head of sport or chess organiser.

#Learners2Leaders



HAMPERS FOR HOPE



As part of the “Hampers for hope” collections that the Grade 10s have been busy with since lockdown, some of the donations also went towards animal food for the Randburg SPCA.

This is to assist them with looking after the animals in their care and the SPCA were incredibly grateful for the donations.

Thank you to the Grade 10 learners, parents, teachers and general public who generously donated to this cause.



Cycle2Ride:

Spring is almost here and so is our cycling season.

Start training in September!!

Please register by this Friday, 21 August 2020 (TODAY) to be included in the training starting in September.

Don't Miss Out!

HURRY UP!

Do you want to start training in September?

Remember to register by Friday, 21 August!



COVID-19 ARRANGEMENTS

Please pay a visit to our website for the latest on Curro during the time of COVID-19.

<https://www.curro.co.za/covid-19/>



Curro Aurora has implemented the necessary safety precautions and procedures as detailed in our Standard Operating Procedures document.

WE URGE ALL TEACHERS, PARENTS AND LEARNERS TO ADHERE TO THE SAFETY MEASURES – SOCIAL DISTANCING, THE WEARING OF MASKS AND SANITISING IS NON-NEGOTIABLE. LEARNERS MUST ALSO PLEASE BRING PERSONAL SANITISER / WIPES TO SCHOOL TO ADD ANOTHER MEASURE FOR PERSONAL PROTECTION.

WEARING A MASK TO SCHOOL

Mrs SJ Olivier

You have been provided with two masks by the school. You are welcome to wear your own mask. Remember that your cloth mask must have a minimum of two layers. You may not re-use a single use mask.

Always wear your mask correctly! The mask must cover your nose and your mouth and fit snugly over the bridge of your nose and against the sides of your face.

Before you put your mask on, wash or sanitise your hands properly.

Remember that you will have to be wearing your mask when you arrive at the school gate to have your temperature checked.

Avoid touching your mask while you are wearing it. Make sure your mask fits correctly so that you do not need to adjust it. If you do touch your mask, be sure to sanitise your hands immediately.

When removing your mask, do not touch the front of the mask. Remove it by using the ties around your head or behind your ears.

Wash your mask after every use.



COMMUNICATION:

Contact details of the School Management Team and Grade Heads herewith for easy reference:

Receptionist	Cindy Duma	Cindy.D3@curro.co.za
Head of High School	Dion Kotze	Dion.K@curro.co.za
FET Phase Head	Sarah-Jane Olivier	Sarah-Jane.O01@curro.co.za
Snr Phase Head	Donne Valkenburg	Donne.V1@curro.co.za
Head of Sport	Adrian Ferreira	Adrian.F@curroholdings.co.za
Head of Culture	Saskia Snyders	Saskia.S@curro.co.za
Grade 12 Heads	Nicole Webb	Nicole.W2@curro.co.za
	Maria Chou	Maria.C@curro.co.za
Grade 11 Heads	Judy Beeston	Judy.B@curroholdings.co.za
	Anita Bornman	Anita.B@curro.co.za
Grade 10 Heads	Janine Tobin	Janine.T@curro.co.za
	Wendy Longwitz	Wendy.L2@curro.co.za
Grade 9 Heads	Kelsey Gallon	Kelsey.G2@curro.co.za
	Brendan van Zyl*	Brendan.v@curro.co.za
	Loutjie de Wet	Loutjie.D@curro.co.za
Grade 8 Heads	Kyla Hayter	Kyla.H@curro.co.za
	Warrick Hammond	Warrick.H@curro.co.za

*Mrs Loutjie de Wet will be taking over from Mr van Zyl as Grade Head as from the end of the month.

Mr Henri van Rooyen will be taking over Mr Brendan van Zyl's classes as from 1 September.

WE ARE OPEN

CURRO AURORA

AFTERCARE

A home away from home

ENROL
NOW



From 2,5 years to Grade 7 | Open until 17:30
All safety measures in place during the
COVID-19 pandemic.

#Learners2Leaders

CURRO

Aurora

SECONDHAND UNIFORM SHOP

Curro Aurora parents, please be advised that the Secondhand Uniform Shop has relocated to where the GRIT Lounge used to be at main reception.

The shop will continue to operate on an appointment basis during the following hours.

Monday	07h00 - 11h00
Wednesday	11h00 - 15h00
Friday	11h00 - 15h00

Please contact the shop coordinator Andy Watkins 0837833653 to make an appointment or call Andy should you have any queries regarding the process.

THOUGHT TO PONDER:

*The greatest weapon
against stress is our
ability to choose one
thought over another.*

-William James

We wish you and your loved ones continued health – please keep safe.

Yours in education,

Dion Kotze
Head of High School