

Newsletter

Executive Head's Address

Dear Parents/Guardians,

At our first PTA meeting this year, I briefly touched on different parenting styles I have encountered in my years of teaching. One is referred to as "helicopter parenting", where parents hover over every move their children make in order to always have enough of a bird's-eye view to ensure their overall safety.

Recently, I have come across what is referred to as "the lawnmower" parent. Parents who will go out of their way to remove any and every obstacle they view as a potential threat to their children.

Inspired, I went and did some research and came across a fascinating article on the popular website "Parent 24". One thing all parents have in common is the desire to have nothing less than the best for their children. Being a father of 3 myself, I am very much aware of the hoops I jump through, strings I pull and fights I have with any adult who does not appear to have my kids' best interest at heart or, at the very least, will not allow me to give them exactly that. I never realised that my parenting style has the potential to cause more harm than good, though. This article gave me quite a different perspective and I wanted to share it with you:

During the last couple of decades, new types of parents have emerged. From the anxiously involved helicopter parents to the pushy tiger mums, these differing styles all have one thing in common: they tend to involve over-parenting.

This is where parents micromanage their children's lives – giving them little autonomy, putting too much pressure on them to achieve academic and personal success, while allowing few chances for their children to experience failure and frustration.

These are the parents who run back to school when their children forget their sports kit, do their homework, and ask others in the parent WhatsApp chat for the homework when their child does not bring it home. Some of these parents believe their children are always right. They will confront teachers if the child feels they have been unfairly treated, or will confront other parents if, say, their child is not invited to a party.

As their children grow, these parents decide which subjects their children should choose, and do not allow their adolescents to travel on their own because they are afraid they may be kidnapped. These parents may well accompany their children to university applicant interviews, or even to job interviews. And they are parents who consider themselves their child's best friend rather than their parent. While there is no doubt that these parental behaviours are acts of love, the problem is that by making sure that the children never fail an assignment, experience a detention, or the disappointment of not being invited to a party, these parents are not letting them fail.

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As a result, they are effectively hindering their child's development.

The power of failure

By learning to overcome failure, children develop resilience. They learn to deal with frustration and to regulate their emotions properly. And it is crucial children develop these skills during childhood to be able to lead successful lives.

Most of the research on over-parenting has focused on how it has affected university students. But the link between over-involved parents and negative consequences is found when examining children of all ages. Indeed, pre-school and primary school children of over-involved parents tend to experience high levels of shyness, anxiety and poor peer relations.

When examining adolescents and university students, these negative consequences continue. For example, 16 to 28 year-old students who reported having helicopter parents were more likely to have low levels of self-efficacy – the trust that people have in their own abilities and skills – and poor relationships with their peers.

In similar research, young people who reported having over-involved parents experienced higher levels of depression and stress, less satisfaction with life, as well as less ability to regulate their emotions. They also reported a higher sense of entitlement, and increased drug use than young people with less involved parents.

Bad for parents too

Over-parenting does not only have negative consequences for the children, though. Parents who over-parent are more likely to experience high levels of anxiety, stress and regret. This in turn has negative consequences for their children, who may pick up on their parents' anxiety and make it their own.

This may be one of the reasons why the number of university students struggling with anxiety and depression is at an all-time high. Indeed, a recent poll concluded that one in five university students in the UK suffers from high anxiety levels.

So, should all parents back off and not get involved in their children's lives? Not quite. Because to make matters more complicated, research clearly shows that children who have involved parents tend to do better at school, have higher levels of self-esteem, and better peer relations than children whose parents are not as involved.

Children whose parents are warm, loving and have high expectations of them tend to do better than children of cold and undemanding parents. The difficulty lies in establishing what the right amount of love is. So, the key aspect that researchers are now trying to establish is what the optimal level of parental involvement is.

There is no doubt that parents want to protect their children and avoid them getting hurt but they also need to consider when that level of protection becomes too much. So, next time your child calls from school asking you to bring in their sports kit, think twice before doing it.

Life inevitably brings problems and disappointment. It is better to teach children how to face these issues rather than to solve all their problems for them. By doing so, parents will help children to develop resilience and the ability to deal with frustration – tools that will allow them to thrive once they leave the parental home.

By: Ana Aznar, Lecturer in Psychology, University of Winchester

I enjoy growing as a parent and I strongly believe that the old African adage "it takes a village to raise a child" is still relevant today.

Kind regards,

Brian O'Neil
Executive Head





From the Sport Office

Curro Cup Athletics:

On Wednesday, 3 February we took 5 athletes to the inaugural Curro Athletics Cup where our school competed against approximately 26 high schools and 31 primary schools from all over the country. We are proud of our athletes performance and are excited to get our team together for next year's event.



Parent vs Child soccer/Netball:

On Saturday, 1 February we had one of the most anticipated events on the sports calendar, our Parent vs Child netball/soccer event. We enjoy seeing how our parents and learners compete against each other and absolutely love being part of this bonding opportunity between parent and child. We had a fantastic turn out and cannot wait till the next one.





Important dates: Saturday, 22 Feb and Saturday 29 Feb

COMPULSORY SATURDAYS

Due to numerous numbers of public holidays in the month of April, Curro has decided to make use of a Saturday to ensure learners do not miss out on vital Academic time. Curro urges support from the community for the following dates.

Saturday, 22 Feb.

ACADEMIC SCHOOL DAY

Learner attendance is required

Learners to wear uniform and come with all relevant school items (school bag, books, stationery)

SCHOOL STARTS

- Grade 1 to 10 at 7:30
- Grade R at 8:00

SCHOOL FINISHES

- Grade R to 6 at 13:30
- Grade 7 at 13:30
- Grade 8 to 10 at 13:30

• NO AFTERCARE

• NO EXTRA-MURALS

• THE CASTLE WILL NOT BE OPEN ON THIS DAY

• PLEASE MAKE SURE TO BE AT THE SCHOOL AHEAD OF COLLECTION TIME TO COLLECT THE LEARNER AS SOON AS THEY ARE FINISHED.

Saturday, 29 Feb.

OUR SCHOOL DAY

Building and improving areas in our school/classes with the help of our parent community.

This day is a great opportunity to make creative im-

provements in the learners' classes and to build a relationship with the rest of the parent body.

BEFORE THE DAY

- The Class representative will be contacted by the Class teacher for their specific class.
- Parents will have the opportunity to share the ideas with the Class teacher.
- We trust we will have a positive, creative and uplifting idea for each class.

The ideas have to be manageable, relevant and realistic to achieve within 2 hours on that day.

EXPECTATION FOR THE DAY

Teachers, Parents and Learners to build meaningful, caring relationships. Curro Rivonia strives to have a community that supports, invests and grows together.

LAYOUT OF THE DAY

08:00 – 10:00	DIY in the classrooms with Teachers, Parents and Learners
10:00 – 12:00	Social with the rest of the Teachers, Parents and Learners
12:00	Home time



Announcements

EEZIPAY CARDS FOR GRADES R TO 10

The card will be empty until money is transferred onto the Eezipay card.

The Eezipay card DOES NOT take money from your school account. It functions through the My Hub app.

HOW TO TRANSFER MONEY ONTO THE EEZIPAY TUCK SHOP CARD:

1. Go to the MyHub home page.
2. Log onto MyHub (same way for ordering uniforms).
3. Select "Eezipay" (sixth from the top).
4. Please select the learner you would like to transfer money to.
5. Enter Top Up amount and click on "Top Up".
6. The screen should open to a third-party payment forum where you choose the Payment Options.
7. Complete all the relevant fields and select "Pay Now".
8. It can take up to 24 hours before the money will reflect

on the Eezipay card.

Having trouble making payments or payments not reflecting onto cards?

Please email accounts@eezipay.com for quick and easy assistance.

Unfortunately, the school will not be able to resolve these queries for parents.

Learner lost their Eezipay card?

Please email info.rivonia@curro.co.za.

Each time the card is lost, a new card has to be linked to the learner for R80.

This amount gets billed onto the school account.

It can take up to 2 days for the learner to receive the new/second card.

Optional Hearing Screening for Castle and Primary School learners

Please see attached form that needs to be completed.

The class teacher will keep track of these forms until they finally submit the total for their class on the 26th to the School nurse.

Please do not send your form directly to Reception or to the School Nurse.

Feel free to email your class teacher the electronic version.

Hearing Screening dates:

CASTLE - 10 March 2020

PRIMARY and HIGH SCHOOL - 9 March 2020

Aftercare Biometrics—applicable to all learners collected after 14:00

The following information is relevant to any learners collected after 14:00. Not just full time Aftercare applicants.

Please click on below link and provide us with the relevant details for the Aftercare Biometrics system to be implemented by latest Term 2.

If the information has not been provided to the school, the learner will not be able to be collected by anyone not loaded onto the Biometrics system.

Please note that the Biometrics you signed up for at Reception is completely separate to the Aftercare Biometrics.

https://forms.office.com/Pages/ResponsePage.aspx?id=MXrG0HTVGUOpLktqiwUehWvQfbXj_FBEnbxPn_wCidUMzRKMkxPT04ySUo4QUxaRFRGNEFZUjFGSy4u

Our Aftercare will have Biometrics for parents, drivers, family members etc to sign out learners in the afternoons.

Our Aftercare Cell phone number is 083 894 2659.

REMINDER: Family car stickers are VITAL for access to the school.

Family members, friends, personal drivers, au pairs are required to have a Curro sticker as well.

Once this form has been completed, they are welcome to collect the sticker from Reception between 7:30 and 16:00, Mondays to Fridays.



From the PTA

Newsletter Classifieds

The 2020 PTA is launching the Classifieds section of the Newsletters. The first Issue of Classifieds will run on Thursday, 27 February.

Any person who is interested in advertising in our Castle and Primary/High School Newsletter can do so by following this process:

- 1) Send a request to Mrs Natasja Kruger (natasja.kruger@gmail.com) with the preferred sizing of your ad.
- 2) Specify the Newsletter/s you want your ad to run in (Primary/High School newsletters are issued every two
- 3) Confirm the number of issues in which you want your ad to run.
- 4) Make the relevant payment into the school's bank account with the reference "YOUR NAME-PTA NEWS".
- 5) Send the proof of payment as well as your artwork through to Mrs Kruger no later than 3 days before the next issue.
- 6) Mrs Kruger will forward you a copy of the Newsletter once it has been sent out.

Vertical Banner 17cm x 14cm @ R400

Horizontal Banner 21cm x 11cm @ R350



(In Studio, At Home or Online)



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Curro Rivonia Independent School

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>

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

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