

# Newsletter

## Head of Primary School's Address

Dear Parents/Guardians,

In this, the first edition of our Primary School Newsletters for 2020, I'd like to use the opportunity to extend a warm welcome to the parents who have only recently joined our school – yes we are still enrolling new learners every week and our schooling community continues to grow.

I'd like to share with you an article I found on social media earlier this year. One that, when I read through it, made me realise that parenting sometimes seems like a daunting task, but there are solutions to the things we find most challenging. Of course, it would have been great if all the best practices we've compiled in a manual that one receives as you leave the hospital with your newborn baby. Since this is not the case, I'd like to share the advice Lauren Tamm offered in her article titled *Boundaries, Routines and Early Bedtimes: Habits That Raise Well-Adjusted Kids*

### 1. Boundaries

It's hard to set boundaries for kids and stick to them especially when they push back, scream endlessly or say things like, "I hate you." Remember that when kids act this way, they are meeting their own needs in the only way they know how. Depending on the boundary, it can take a long time before a child lovingly accepts a parent's boundary.

When they start to push back less, this is your child moving towards acceptance of the boundary. Boundaries will help your child, not only feel grounded, but thrive. Be consistent in applying your boundaries if you wish for your child to take it seriously.

### 2. Routines.

There's so much of childhood that is new and

challenging for kids. Learning self-control and empathy. Learning how to be a friend and interact with others. These are all very BIG things for kids. Using something as simple as these printable routine cards can help kids feel grounded and relaxed. In fact, knowing what to expect at mealtimes, mornings and bedtimes can bring a sense of relief to even the most carefree child.

### 3. Early bedtimes.

Sleep is the building block for healthy brain development. It helps us process the day's events and learn from it. Kids brains are constantly developing and creating new neural connections. They absolutely must get sleep to nurture these connections.

Between kid activities, school and always squeezing in tech time, kids are going to bed later and having a difficult time settling before sleep. One of the most basic things you can do for your child's behavior, health and well-being is to help them get the sleep they need. **NO PHONES OR DEVICES IN THEIR ROOMS AT NIGHT!**

### 4. Empathy.

What do kids really need to be happy and successful? The answer surprises most: Empathy. It's the trait that allows us to "walk in another person's shoes." New research shows that empathy plays a major role in predicting kids' happiness and success. Empathy promotes kindness, prosocial behaviors, and moral courage, and it is an effective antidote to bullying, aggression, prejudice and racism. Though kids are hardwired to care, they aren't born empathetic, just like they aren't born knowing how to order a latte at Starbucks. It's a learned behavior.

## Inside this issue

### News

Sport

Outreach

### Announcements

Second hand shop

School uniform

IT Assistance

Advertising in the Newsletter

### Addendums

2020 PTA Class Representatives



## 5. Hugs

Hugging triggers the release of oxytocin, also known as the love hormone. This feel-good hormone has many important effects on our bodies. One of them is growth stimulation. The nurturing touch of a hug can enhance a child's growth. As we do not allow boy-girl hugging from Grade 4 up, we rely on our moms and dads to never stop hugging their children.

## 6. Playful parents

Children don't say, 'I had a hard day - Can we talk?' They say, 'Will you play with me?'" We don't reserve much room in our lives for fun and games anymore. Our days are filled with stress, obligations and hard work, and without realising it, we are more disconnected from our kids than ever. Play is the work of the child and to connect with our kids, we must play with our kids. Movement through active free play, especially outside, improves everything from creativity to academic success to emotional stability.

Take the time to put down your phone and play, draw and colour in with your child. It sounds silly, but whatever you're reading about on the internet will still be there for years to come - your children won't.

## 7. Chores

Even though it is more difficult at the time to persist in having children do chores, kids benefit from the experience. Research indicates that those children who do have a set of chores have higher self-esteem, are more responsible, and are better able to deal with frustration and delay gratification, all of which contribute to greater success in school.

## 9. Experiences, not things.

Children require less things and far more meaningful experiences. When they grow up, it's not the stuff in their life they will remember, it's that time you tried to catch tadpoles at the lake, or that sandcastle you both built that the wave knocked over at the beach. The best life experiences cost little to nothing, like a picnic in the park, blowing bubbles in the backyard, making chalk drawings on the sidewalk, or kicking a football around, but they all have one thing in common: you do them together. What kids really want in life is quality time spent with their parents.

## 10. Books read to them.

One of the most important things parents can do, beyond keeping kids healthy and safe, is to read with them. That means starting when they are newborns and not even able to talk and continuing well beyond the years that they

can read by themselves. Study after study shows that early reading with children helps them learn to speak, interact, bond with parents and read early themselves, and reading with kids who already know how to read helps them feel close to caretakers, understand the world around them and be empathetic citizens of the world.

## 11. Music.

Science has shown that when children learn to play music, their brains begin to hear and process sounds that they couldn't otherwise hear. This helps them develop 'neurophysiological distinction' between certain sounds that can aid in literacy, which can translate into improved academic results for kids.

## 12. Screen-time limits

In order for the brain's neural networks to develop normally during the critical period, a child needs specific stimuli from the outside environment. These are rules that have evolved over centuries of human evolution, but these essential stimuli are not found on today's tablet screens. When a young child spends too much time in front of a screen and not enough getting required stimuli from the real world, her development becomes stunted.

Change starts with one parent and one child at a time. You have a beautiful window of opportunity to build the foundation that your child desperately needs but also craves.

The foundation for values such as; generosity, responsibility, appreciation, warmth, kindness, helpfulness and hard-work ethic all starts during the early years. Let's get back to the basics.

I hope you find these suggestions helpful and that our learners will benefit from the boundaries you set at home and the routines you have in place.

Mr Leroy Botha  
Head of Primary School  
Curro Rivonia





## From the Sport Office

On Wednesday, 29 January a select few of our top athletes went to Curro Sagewood to compete in our first Inter Curro Athletes. Our athletes competed against Curro Sagewood and Curro Waterfall. It was a day of many first for our learners but they rolled with the challenges and went above and beyond what they thought they were capable of.

Even though we finished third, we received many podium finishes for the events and couldn't be prouder of our athletes!

Now we are ready to take our teams through to the Curro Cup next week Wednesday at Tuks in Pretoria where they will compete against different Curro schools all around the country.



## Outreach Club



Support the Outreach Club on Valentine's Day

Civvies day on Friday, 14th February

Give your R10 to your class teacher on the 14th



Candy Floss on sale on the patio outside the Cafeteria at second break for R15



## Announcements

### IT Assistance

Our on-site technician is Mr Heino Esterhuizen. His office is located next to the Senior Phase Foyer, opposite the Sick Bay.

He will be available to assist with IT-related issues on **Mondays, Wednesdays and Fridays.**

Please note that he is not able to assist if a ticket has not been logged with Curro Service Desk.

Parents and learners can log tickets by sending an e-mail to [servicedesk@curro.co.za](mailto:servicedesk@curro.co.za)

**Please ensure the following details are in the e-mail:**

1. Name and Surname of Learner
2. Grade and class of learner
3. Learner's username
4. Please specify that the learner is in Curro Rivonia

### **Second Hand Shop**

We are very proud to share that our PTA parents have a Second Hand Shop and Lost Property room within Curro Rivonia.

Please find attached a letter with all the relevant information and FAQ's.

### **OPENING TIMES:**

Fridays

07:00—07:30

13:40—14:30

### **Scholarships 2021**

We are offering merit scholarships to learners who excel in academics, culture, sport, leadership or who are all-rounders.

Please note scholarships are only available to learners who will be in Grades 8 –11 in 2021

Applications close 30 April.

**Click here to apply:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXrG0HTVGUOpLktqiwUehQKa06McrMhMje4IIKgzSDxUQURFN1hVVIFVSE5FTVg3OUxVODU5OEZXRC4u>

### **Uniform grace period expiration**

Please take note that all learners will be required to be kitted in full summer uniform by 3 February 2020.

A copy of the uniform catalogue is included in the Welcome Pack for your reference.



## 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**

**Business Card 9cm x 5cm @ R100**

**PTA SECOND HAND SHOP & LOST PROPERTY**

Opening times: Fridays 7H00 - 7H30  
13H40 - 14H30

(In Studio, At Home or Online)



Have you found us online yet?



Follow us!  
@curro.rivonia



Like our page!  
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>

## Contact us:

**Address: 43 Homestead Road, Rivonia, 2191**

**E-mail: [info.rivonia@curro.co.za](mailto:info.rivonia@curro.co.za)**

**Tel: 087 287 9551**