

NEWSLETTER

MERIDIAN
Pinehurst

Date: 20 January 2020
From the Office of the Executive Head

Dear Parents/Guardians and Learners

Curro Create National Projects

Are you, or is someone you know, a talented, creative human being? We have exciting news! Entries for the Curro Arts Superhero project opens Monday, 27 January 2020. CAS is divided into a performance category and a submission category.

Curro Create is guided by only one question: What is good for the creative child?

Curro Arts Superhero (CAS) started in 2018, with 1 500 national entries. In 2019 this quadrupled to 6 000 entries; meaning roughly 7 500 Curro learners had the chance to strut their creative stuff.



This mentorship-driven creative platform invites all learners from **Grades 4 to 12** to live out their best creative selves in **two categories** – **performance and submission**.

The *performance category* includes the mentorship-evaluation of actors, dancers, singers, readers and spellers, choirs, bands, instrumentalists, as well as artists in any media – ranging from ceramics to painting, sculpting and costume design.

These categories are evaluated in real time, at hubs that cover all the Curro schools across Southern Africa and the mentors are professional artists at the top of their respective disciplines.

The **submission categories** cater for filmmakers, vloggers, Instagrammers, writers, poets and photographers. These entries are submitted via email/electronic media and evaluated off-campus.

Learners can be awarded any of the following certificates: Participation, Bronze Tiger, Silver Surfer, Black Raven and the highly-sought-after Kryptonite certificate (95% and higher), which comes with a once-off Kryptonite badge.

Project dates are as follows:

27 January	Entries open
28 February	Entries close
6 to 11 April	Adjudication Western Cape schools (at Curro Durbanville)

Those learners who are awarded Kryptonite status are eligible to be invited to form part of the KrypCon.

Kryptonite Concert (KrypCon).

This concert is an explosive showcase of the best of the Curro talent and will play for three nights in Cape Town and three nights in Gauteng. Kryptonite winners are further mentored during the rehearsal process, they are stretched by being given new work to rehearse and they are reconfigured in unexpected and beautiful combinations which had thousands of spectators roaring in approval during the 2019 concerts which involved more than 300 learners and attracted over 2 000 audience members over three nights.

Project dates are as follows:

26 June to 2 July	Rehearsals (Stellenbosch)
3 and 4 July	Cape Town performances
5 to 8 July	Cast and crew travel to Johannesburg
9 to 11 July	Gauteng performances
12 July	Cast and crew return home

Curro Create National Youth Theatre Festival (CCNYTF)

This festival is open to all primary and high schools. Schools are invited to enter a one-act play in any genre and any official language or combination of South African languages. The regionals take place in KwaZulu-Natal, Gauteng, the Western Cape and Namibia and the top plays are invited to take part in the final round where the national winners are announced.

Project dates are as follows:

2 March	Entries open
24 April	Entries close
12 to 15 August	Regionals (Western Cape)
28 September to 3 October	Finals (Johannesburg)

The process includes a large focus on mentorship, where schools have access to some of the most acclaimed young theatre makers in South Africa to guide them through the process. Our mentor-adjudicators this year are Vinette Ebrahim, Terence Bridgett and Mahlatsi Mokgonayana.

For more information on the specific categories or how to enter, contact our Head of Arts and Culture, Iain Johnson, at iain.j@curro.co.za



Curro Sports

Are you ready to get active? The Curro 10-km challenge and 5-km fun run will take place on **Wednesday, 29 January 2020**.

Times: Entries are open at venue the from 17:15 – 18:30 on race day.

The fun run will start at 18:30 and the 10-km challenge at 18:40.

Venue: The race will start and finish at Meridian Pinehurst

This race is in accordance with the rules of ASA and WPA.

Die Burger: Matric Bragging Supplement

Get today's edition of **DIE BURGER** newspaper, featuring 2 of our top learners, Xiaojing Huang and Maziko Kagoli.

Brain Food

Many people snack while performing tasks that require 'brainpower' – such as studying, writing, reading, etc.

Sugary and unhealthy snacks may hinder concentration, which could lead to being unproductive.

Rather opt for 'brain food'. These foods promote brain health, focus and information retention.



BRAIN FOOD

These foods are beneficial to the brain!



Blueberries

Blueberries contain antioxidants that improve brain function, short-term memory and hand-eye coordination.
Serve delicious blueberry muffins.

Dark Chocolate

Dark chocolate increases blood flow to the brain which makes you more alert and able to retain information.
Serve in bite-size chunks or oatmeal cookies.

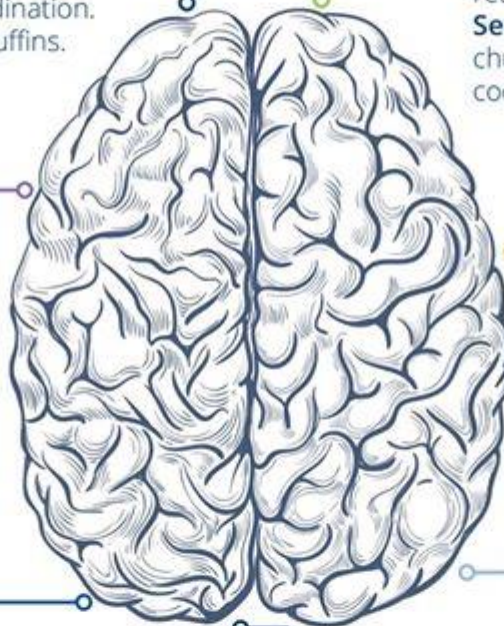


Chickpeas

Chickpeas are high in magnesium, which helps information retention and recollection and reduces stress.
Serve whole as a snack, in a salad, or on crackers (hummus).

Eggs

Eggs contain several vitamins and minerals that are beneficial to brain health.
Serve yummy devilled eggs or egg salad.



Avocados

The minerals and vitamins in **avocados** help to prevent stress/anxiety and enhance metabolism function and muscle strength.
Serve in bite-size chunks, as a dip, or on a wholegrain sandwich.

Nuts and seeds

Nuts and seeds are rich in omega-3 fatty acids, vitamin E and antioxidants, which improve brain function – especially almonds, hazelnuts and sunflower seeds.
Serve as a snack or in a salad.

Greek yoghurt

Greek yoghurt is filled with omega-3 essential fatty acids which is crucial to eye and brain development and is a great mood stabiliser.
Serve with fruit or honey.

#Learners2Leaders

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CURRO

Warning: Consider your child's allergies before serving any of these food types.



New Campus Chef

Meet our new campus Chef, Morne Steenkamp!

Morne has a passion for cooking and, with more than 26 years' experience, he understands the nutritional needs of young children. He is father to a beautiful one-year old girl who is the apple of his eye. Morne is looking to jazz up the menu by implementing more organically healthy options. The children are looking forward to enjoying the new additions to the menu.

Welcome to our TEAM!



Safety on Campus

There is a growing concern for learners who walk onto campus with earphones in their ears. We urge learners to please remove their earphones as they enter our campus.

This will ensure that they will:

- be able to hear any car coming from anywhere
- be able to hear anyone who calls for attention
- be able to concentrate/focus on their immediate surroundings/be alert to any danger.
- even when walking home in the afternoon - to ensure their safety, we propose the same.

We ask that you please have this conversation with your child, explaining the safety concerns.

Aftercare

Parents are reminded to adhere to the following procedure when signing out learners from Aftercare:

- **ALL** children must be signed out at the **AFTERCARE OFFICE** situated at the entrance to the Foundation Phase quad.
- **Grade R to 3:** After signing the aftercare register, parents can enter through the gate to collect their child/children from the aftercare teacher.
- **Grade 4 to 12:** Parents must sign out their child/children at the aftercare office. The aftercare teacher will be contacted via the 2-way radio and the child/children will then meet the parent at the aftercare office.
- All children must be signed out by the parent or guardian and not an older sibling.
- Please ensure that the gate is closed at all times.

If you are running late or alternate collection arrangements need to be made, please notify the Aftercare Supervisor on **073 679 0995** via SMS, WhatsApp or telephonically or via email at lyle.m@curro.co.za. This will allow us to put your children at ease.





Rugga Roots: Same coaches, new name

RUGGA ROOTS is the new service provider for girls and boys, from ages 3 to 9, wanting to develop their rugby skills. Sessions are still being offered by the same coaches but operating under a new name.

For more information, contact Deon Thiart directly on 084 339 5333 or deon@ruggaroots.co.za.

DATES TO DIARISE

Date	Day	Nursery	Grade R to 3	Grade 4 to 7	Grade 8 to 12
27-Jan-20	Mon				
28-Jan-20	Tue				Grade 8 Blazer ceremony 08:00 to 09:00
29-Jan-20	Wed	Curro 10 Km Challenge and 5Km Fun Run	Curro 10 Km Challenge and 5Km Fun Run	Curro 10 Km Challenge and 5Km Fun Run Athletics – Gr R to 1	Curro 10 Km Challenge and 5Km Fun Run
30-Jan-20	Thu			Athletics – Gr 2 to 3	
31-Jan-20	Fri			Athletics – Gr 4 to 7	
01-Feb-20	Sat				
02-Feb-20	Sun				
03-Feb-20	Mon	Blood Drive from 12:00 to 17:45	Blood Drive from 12:00 to 17:45	Blood Drive from 12:00 to 17:45	Blood Drive from 12:00 to 17:45



2nd Hand Clothing Bank

Open every Wednesday from 07:30 to 09:00
in Block B behind reception.

The 2nd Hand Clothing Bank will be open this week:
Wednesday, 29 January 2020
07:30-09:00 (card or cash accepted).

STAFF BIRTHDAYS celebrated in JANUARY

07 - Mariska Daniels
07- Merishe Pieters
08 - Cecily Adams
10 - Marisa Rieger
14 - Lauren Gonsalves
14 - Sanashia Sandamela
15 - Alicia Petersen
15 - Madelein Leigh
18 - Savanna Chanderpaul
26 - Jessica Barnard

All the best to our learners and parents for the week ahead.

Yours in education

Dean Marsh
Executive Head

