

NEWSLETTER

MERIDIAN
Pinehurst

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

Dear Parents/Guardians and Learners

Do you dread homework as much as the kids do? Here's how to help your kids hit the books and develop good study and homework habits.



Layout a Plan

Start by setting up two or three goals at the beginning of the year. Discuss the areas that your child battled with previously. For example, did homework time run into bedtime? Then agree on an earlier start time. Did your child battle with reading? Try to find ways to make it fun—maybe set up a reading tent under your dining room table? Review these goals at the beginning of each term and adjust your plan as you go, letting your child take as much ownership of the process as possible.

Get into a Routine

The single best way in which to improve your child's homework performance, is to create a daily schedule or routine. Every home is different, so, for some this could mean jumping into homework right after school; for others, especially if your child is the type who needs to expend some energy before he dives back into the books, it could mean waiting until after dinner. Give your kids at least 30 minutes to have a snack and unwind without a screen—television, e-mail, or video games.

Dirt is good – so plan an **outdoor activity** or two to ensure that your child gets some fresh air and a bit of exercise. Giving kids a half-hour break between after-school activities and homework is always a smart idea. This however, does not include any extra-mural sports or after-school care. Kids need to relax a little at home before launching into homework.

The key to any great routine is consistency. Take a few weeks before homework gets heavy to try different approaches and see what works best, then stick to it.



What about **weekends**? Everyone deserves a break on Fridays, of course. Just be sure to pick a consistent time during the weekend for tackling homework.

Setup a homework station

Some kids do best with a desk set up in their bedroom so that they can work independently; others prefer to work in the middle of the kitchen while you cook dinner. Let your kids choose their preferred study spot. Keep it distraction-free—no TV, video games, or loud siblings playing nearby.

When to get extra help

If your kid is struggling with a homework assignment, your goal is not to become your child's study buddy. Trying to re-teach the work might be too different from the teacher's lessons and could therefore just create more confusion.

Rather send an e-mail or note to the teacher asking her to please explain the material to your child again. If your child is in Grade 4 or up, have him write the note or talk to the teacher. It's important that he learns how to speak up for himself. The teacher will likely have additional time set aside for those who need help.

Try to avoid being too involved

Of course it's okay—and actually necessary—to sit with 5-or 6-year-olds while they do their homework. However, your goal should be to help less over time and move physically farther from where your child works. You want your child to be encouraged to think through her work on her own before asking a parent for help.



Watch for overload

If your child in Grade 3 is spending an hour and a half on her math homework alone, for instance, that's way too much. Keep track of her time for several days, then, if necessary, talk to the teacher. Sometimes teachers honestly underestimate how long an assignment will take. If your child routinely works long hours because she's struggling, also bring this to the teacher's attention.

But if she seems to be slaving over homework because she's a perfectionist, you may need to discuss a reasonable amount of time to devote to an assignment, and then time her.

Make homework your child's responsibility. Not yours!



Don't always "bail" them out

If your child leaves her homework (or lunch, gym clothes, or other items, for that matter) at home and calls, begging you to bring it to school, agree that you will only do this once a term.

For many kids, just one missed break (or whatever the teacher's policy is for not turning in homework) usually improves their memory.

Spekboom Challenge

The Nursery school will be taking up the [Spekboom](#) Challenge over the upcoming weeks.

Stay tuned for more information.

SPEKBOOM

ABSORBS CARBON FROM THE AIR

ONE MATURE SPEKBOOM CAN PROCESS 4 TO 8KG OF CARBON DIOXIDE PER YEAR, MAKING IT 100 TIMES MORE EFFECTIVE THAN ONE PINE TREE IN COMPARISON

ONE HECTARE OF MATURE SPEKBOOM IS 10 TIMES MORE EFFECTIVE IN PROCESSING CARBON DIOXIDE, COMPARED TO ONE HECTARE OF THE AMAZON FOREST

BAKE SALE

Date: Friday, 7 February 2020

- Grades R to 3 learners will have the opportunity to support the bake sale on the campus.
- All items will cost less than R10.



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#Learners2Leaders

6 Campus Way, Pinehurst, Durbanville
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PAC Save the Dates

The Parent Advisory Committee (PAC) have some great events lined up for the year, so save the dates and join in the fun:



Friday 28 February

Friday 24 April

Saturday 29 August

Thursday 03 December

Family Camp Out

Kaskar 2020

Spring Picnic

Christmas Market & Carols



#DonateBlood

MERIDIAN PINEHURST

Thanks you
for your
contribution and support!



Western Cape Blood Service
Do something remarkable

☎ 021 507 6300
🌐 www.wcbs.org.za

Recipe of the Week

Not sure what to make for supper? Try this delicious recipe, provided by Chef Morné...

Feta and herb stuffed chicken breast with a vegetable ragout and a herb oil (serves 4)



Ingredients

- 4 Chicken Breasts Skinless
- 80g Coriander
- 100g Feta
- 80g Baby Marrow
- 80g Aurbegine
- 80g Mixed Peppers
- 80g Butternut
- 1 Tbsp Tomato Paste

Seasoning

- 50ml Olive Oil

Method

- Blend 40g of the coriander and all of the feta into a paste.
- Gently cut a pocket into the chicken and fill with feta paste.
- Season and grill or bake for about 18 minutes, or until cooked through.
- Blend the oil and the remaining coriander till smooth; set aside.
- Cut the vegetables into small cubes and gently pan fry, then add the tomato paste and a little water. Cook until the vegetables are just tender. Season and pile onto individual plates.
- Slice the chicken into three pieces and place on top of the vegetables. Drizzle with the herb oil and garnish with fresh coriander on top



The poster features a stylized illustration of a person with a large afro and a guitar, with a superhero figure flying above. The text reads: "CURRO CREATE ARTS SUPERHERO 2020 Create your heart out! CAS entries open 27 January 2020. #Learners2Leaders www.curro.co.za".

Curro Arts Superhero (CAS)

Entries are now open for submission to all learners from **Grades 4 to 12**.

The two categories are:

- **Performance category**

This 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.

- **Submission category**

This caters 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) |

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

Grade 8 Blazer Ceremony

We are so proud of our Grade 8 learners who received their blazers during the Blazer Ceremony last week and pledged to uphold the values of the school.

#Learners2Leaders

OPEN DAY

Date: Saturday, 15 February 2020 | Time: 09:00 – 12:00

Contact us today to book a campus tour!

- From 3 months to Grade 12
- English classes
- Safe and secure campus
- Affordable fees



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#Learners2Leaders

021 970 4540 | info.pinehurst@curro.co.za
www.curro.co.za

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Enrolments Now Open for 2021!

Our first open day for the year takes place on Saturday 15 February.

This is an open invitation to prospective families to visit our campus between 09:00 and 12:00 on this day, to explore each of the phases and experience all that our school has to offer.

Please share this information with families who are possibly relocating, potentially looking for a school for their children or who are just curious about our campus.

[Visit our Facebook page and share our event details with your family and friends](#)



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, 5 February 2020
07:30-09:00 (card or cash accepted).

INTERNASIONALE KINDERKANKER DAG
ARMS OF MERCY FONDSINSAMELING



Valentyn SOKKIE!

KOM DANS JOU HART UIT VIR 'N GOEIE CAUSE!
15 FEB 2020 | 7-12 PM
MERIDIAN PINEHURST

(MERIDIAN 6 CAMPUS WAY, PINEHURST DR, DURBANVILLE)

**DRAG: SMART CASUAL – PRYS VIR
BEST DRESSED COUPLE IN SWART
EN ROOI MET 'N TOUCH OF BLING!**

*RAFFLES
*WYN VEILING
*LUCKY DRAW PRYSE
*BRACELET STALL
*PHOTOBOOTH

BRING EIE DRANKIES EN VERVERSINGS

R100 PER KOP

VIR BESPREKINGS KONTAK ANELL:
076 9811 041 OF AOM.EVENTSWC@GMAIL.COM

ARMS OF MERCY

INTERNATIONAL CHILDHOOD
CANCER DAY 
VALENTINES DANCE!!!!!!

Come and enjoy the evening
in support of Arms of Mercy
NPC and International
Childhood Cancer Day!

Funds raised will be donated
to ongoing medical expenses
of all cancer children.

Entrance fee: R100 per head
– includes a glass of sparkling
wine and a photo of each
couple!

Dress: Smart Casual – PRIZE
for Best Dressed Couple –
Black and Red with a touch or
bling!

Bring your own food and drink: Ice, glasses, soft drinks will be available for purchase.

It's going to be a great evening with Raffles / Wine Auction / Lucky Draw Prizes / AOM Bracelet Stall and a Valentine's Photobooth.

Come dance your heart out for a good #CAUSE! Visit their website for more information:

<https://www.armsofmercy.org.za/updates-2020/international-childhood-cancer-day-valentines-dance-cape-town-15-february/>

For bookings contact Anell: 076 9811 041 or aom.eventswc@gmail.com

The Arms of Mercy is a non-profit organisation, raising funds for children with cancer, rare diseases, and special needs.

| Date | Day | Nursery | Grade R to 3 | Grade 4 to 7 | Grade 8 to 12 |
|-----------|-----|---|---|---|--|
| 03-Feb-20 | Mon | Blood Drive | Blood Drive | Blood Drive | Blood Drive |
| 04-Feb-20 | Tue | | | | |
| 05-Feb-20 | Wed | | | | |
| 06-Feb-20 | Thu | | | | Grade 11 Grade Assembly |
| 07-Feb-20 | Fri | | Gr R Bake Sale, | | Individual photos Catch up Norman Hauzer Athletics |
| 08-Feb-20 | Sat | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair |
| 09-Feb-20 | Sun | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair | Meridian Pinehurst at the Hey Baby Fair |
| 10-Feb-20 | Mon | | | | |

STAFF BIRTHDAYS celebrated in FEBRUARY

- 01 - Alex Rousseau -temp
- 04 - Curt Wilkinson
- 05 - Sorentio Antonio
- 06 - Sasha Zinn
- 07 - Nicole Brown
- 12 - Ansa Cronje
- 14 - Tramaine Totten
- 15 - Amos Mnyebe
- 15 - Raymondé Fuller
- 19 - Meagan Williams
- 20 - Pier Kuun
- 22 - Kelly Adams
- 23 - Nereshia Johaar
- 27 - Erica De Jager
- 27 - Shani Michaels
- 28 - Micaela Davids
- 28 - Tanya Hampton

Wishing all our parents good luck with homework.

Yours in education

Dean Marsh
Executive Head

