

Date: 7 August 2020

Issue no.: 22

Dear Parent / Learner

We all experience grief throughout our lifetime and it is not only defined by the loss of a person. We can feel grief at the loss of a job, a missed or unmet expectation, not reaching a goal, a change in teachers, the loss of a pet, or even a change in routine. Because of the COVID-19 pandemic, you may be unable to be with a loved one when they pass away, or unable to mourn someone's death in-person with friends and family.

As we reach high infection levels of COVID-19, there is a global and collective grief over what people are losing: connection with others, jobs, businesses, education opportunities, loved ones and financial support. On a health level, people are losing taste, smell, respiratory function and athletic ability. These losses can happen at the same time, which can complicate or prolong grief and delay a person's ability to adapt, heal, and recover.



The strange times that we are now in mean that many of us are isolated and these things cannot be mourned in the usual ways. This is challenging and will naturally cause anxiety.

Whether you have lost a family member or friend to COVID-19, a job or an education opportunity, there are ways you can process your grief, or support someone in their grief from home:

Practise mindfulness techniques. Focus on breathing, and recognise the reality of what is happening around you. For example, mentally describing objects in your home and reminding yourself that in this moment you are well, sheltered and fed. This can mitigate the intensity of your grief.

Be patient, kind and compassionate to yourself and others. Realise that if someone around you is acting out of character, they could be manifesting their fear and grief.

Focus on what you can control. Continue to sanitise and maintain your social distance regimen strictly.

Adolescents may also experience grief in ways that are both similar to and different from younger children and adults. Teenagers may experience significant changes in their sleep patterns, isolate themselves more, frequently appear irritable or frustrated, withdraw from usual activities, or engage more frequently with technology.

It is important for parents and guardians to engage with their children over their grief in order to promote acceptance and healthy coping.

Please remember that help is at hand – reach out and make contact.

## SCHOOL CALENDAR

All Curro schools will adhere to the term dates which Executive Heads announced to their respective school communities in the letter to parents dated 26 May 2020 as follows:

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				129
1 June – 26 June (BLENDED APPROACH)	19	(BLENDED APPROACH)	57	28 Sep – 9 Dec	53	(169)

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 till such time as their grades are able to return to the classroom.

**A reminder that we will be enjoying a long weekend from 7 August to 10 August (no school on Friday, 7 August or Monday, 10 August).**

## SCHOOL UNIFORM

Please note that until further notice, all grades will be wearing civvies to school, as per the information send out by Mr Englebrecht earlier this week.

## 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

- At 50% capacity our Grade 11 learners will be at school for face-to-face teaching on days 1; 3; 5; 7 and 9 and continue with online learning on days 2; 4; 6; 8 and 10 and rotate with Grade 10 learners as from 6 July. This will limit the number of bodies on campus for each day.
- Our Grade 10 learners will be at school for face-to-face teaching on days 2; 4; 6; 8 and 10 and continue with online learning on days 1; 3; 5; 7 and 9 as from 6 July.
- 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

- 50% of learners in a tutor class to be at school on any specific day. This will limit the number of bodies on campus for each day.
- Grades 8 and 9 learners have started moving classes again 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 lieu 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.
- 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 1; 3; 5; 7 and 9 and online classes on days 2; 4; 6; 8; 10.
  - Group B will have face-to-face classes on days 2; 4; 6; 8 and 10 and online classes on days 1; 3; 5; 7 and 9.
- After each two-week cycle, the groups will swop around.

The syllabus will continue as normal through-out face-to-face and online classes.

Should you / the school be affected by load shedding, lessons will be made available via MS Teams for access by the learners when possible.

## CULTURE

Mrs Saskia Snyders

### ATKV-DIGIPRAAT



**Jada Reddy** (Grade 9) participated in this year's ATKV-Digipraat virtual platform.

Under the guidance of Mrs Helen Steyn, Jada entered the additional language category and was awarded an A for her speech.

We are incredibly proud of your achievement, Jada. Congratulations!

### TERM 3 High School Culture Council Drive #support\_local

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

**HS  
CC**  
Curro Aurora  
High School  
Culture Council

**#Learners2Leaders**

Taurus Road, Sundowner, Randburg, 2188  
info.aurora@curro.co.za | 087 087 0355

[www.curro.co.za](http://www.curro.co.za)

**CURRO**  
Aurora

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.

As written in an advert for Tribuo Fund: "Artists breathe air into our inner lungs / Say what we cannot say / Show us what we could never see / Move and make our hearts pound / They hear our secrets and make music from it / ... / Art teaches us to know ourselves / Draws us together / Makes us whole / Collects our memories / BUT NOW OUR ARTISTS NEED US"

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.

Learners who are interested in joining this initiative, need to contact Mrs Snyders at [Saskia.s@curro.co.za](mailto:Saskia.s@curro.co.za).

**#Straight2Camera**

## Curro Create National Youth Theatre Festival 2020



### #Straight2Camera Monologue Festival

**FREE ENTRY!**  
Grades 4 to 12  
Don't miss out.

Check out the awesome categories:

**The YoungStars (Grades 4 to 7)**

- Comedy or drama

**The Rising Stars (Grades 8 to 10) and  
The Stars (Grades 11 and 12)**

- Film monologue
- Theatre monologue
- Poetry/Prose monologue
- Shakespeare monologue

Matrics, if you're studying drama or film next year, you are in line to

**win a R50 000 bursary!**

Speak to your head of culture for details. If you do not have a Head of Culture, or if you need more information about entering for this festival, please email us at [marguerite.d@curro.co.za](mailto:marguerite.d@curro.co.za).

**CURRO**

#Learners2Leaders

[www.curro.co.za](http://www.curro.co.za)



Entry fee: FREE

If you have any questions or queries, please do not hesitate to contact Mrs Snyders (Saskia.s@curro.co.za)

For wonderful advice and excellent professional tips, please watch the web series which is loaded on the Curro Create YouTube channel.

There are six full series of masterclasses (41 episodes in total) available on Curro Create's YouTube Channel:

- David Viviers - Category: The Stars (Grades 11 and 12). Contemporary Monologue : A Life, by Nick Payne
- Sanda Shandu - Category: The Rising Stars (Grades 8 - 10). Modern Classic Monologue: Cory Maxson, from Fences, by August Wilson
- Devonecia Swartz - Category: The Rising Stars (Grades 8 - 10) - The Shakespearean monologue: Iago's Act 2 monologue, from Othello
- Milan Murray - Category: The Stars (Grades 11 and 12) - An Afrikaans monologue - Hester, from Huishou, by Philip Rademeyer
- Paul and Joshua du Toit: The YoungStars (Grades 4 - 7) - A primary school contemporary monologue - Monster, from Gasp, Farrah and Monster, by José Cruz González, from the anthology The Bully Plays.
- Indalo Bennet - Category: The Rising Stars (Grades 8 - 10) - An isiXhosa monologue: A girl's prayer from Modjadji, in Absentia, Dramaturge: Mandla Mbothwe

.....and ACTION!!

## CURRO CREATE - "From Broadway to Bird Street"

Only 5 days left!

Buy your tickets today and watch the astounding production "From Broadway to Bird Street" any time until 23:00 on 10 August.2020.

Don't miss out!!

<https://www.webtickets.co.za/v2/Event.aspx?itemid=1502489717>



## Jou Groot Talent

GROOTfm 90.5 en die GROOTonbyl bied aan:



Here is another opportunity for those of you who would like to stay creative and share your talents. Another online platform has been created by GROOTfm in which you can record your performance and submit it online and stand a chance to win wonderful prizes, develop your craft and gain exposure.

The categories include: Poetry, Prose, Public Speaking, Prepared and Unprepared Reading, Singing, and Instrumentals.  
Entry fees are R120 per entry.

Entries close on the **21st of August 2020**.

If you are interested, please contact Mrs Snyders at [Saskia.s@curro.co.za](mailto:Saskia.s@curro.co.za)

## SPORT

*Mr Adrian Ferreira*



### INTER-CURRO VIRTUAL DUATHLON CHAMPIONSHIP:

**Aiden Petersen** (Grade 12) is congratulated on winning the boys u/19 category!

**Well done, Aiden – we are extremely proud of you!**

### INTER-CURRO CHESS ONLINE TOURNAMENT

We are extremely excited about the new Inter-Curro chess online tournament that will take place on Saturday, 22 August 2020. This is a wonderful event where learners from all Curro schools can get together online and play against each other in the spirit of great sportsmanship.  
If you would like to participate in this tournament, please follow the steps below.

#### Step 1:

Learners need to make sure that they are registered on the [www.lichess.org](http://www.lichess.org) website.

#### Step 2:

Join one of the teams on [www.lichess.org](http://www.lichess.org) depending on your age.

Primary schools: <https://lichess.org/team/curro-sport-chess-primary-schools>

High schools: <https://lichess.org/team/curro-sport-chess-high-schools>

### Step 3:

Complete and submit the following forms document so that we can get to know you and accept you on the team.

Link to the form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXrG0HTVVGUOpLktqiwUehRJotwxdnXdKrhIRNxOX3udUNkExUzYyMzVMR1dCSTdFUjNDUVRVTzNSVC4u>

### Step 4:

You are done! You will now be accepted on the team.

### Step 5:

We will send all relevant info about the tournament to your Head of Sport as well as Chess Teacher. All info will also be available on the Curro Sport Facebook page and Instagram soon.

All learners need to join the teams by 12 August 2020 please.

If you have any questions, please ask your chess teacher, Mrs Lashanta Reddy (lashanta.r@curro.co.za).

For technical assistance please Whatsapp Kenneth Willenberg on 084 262 4113.

### **FITNESS:**

*“Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body.” – Arnold Schwarzenegger*

Before becoming an actor, Schwarzenegger’s goal was to become the greatest bodybuilder in the world, which meant becoming Mr. Olympia. He won his first of 7 titles in the 1970 competition, making him the youngest ever Mr. Olympia at the age of 23, a record he still holds to this day.

His reference to ‘tones the spirit’ is interesting. People often only see the physical results of exercise but, for many, there are other benefits. Regular exercise can relieve stress, improve memory, help you sleep better, and boost your overall mood. You don’t have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

Therefore, if you are following your own exercise regimen or Mr Craig Hourquebie’s fitness sessions, please continue to enjoy the benefits. If you’re doing little or no exercise, we encourage you to start doing some form of exercise. You may actually enjoy it!

### **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 athletics:

1. Who was the first athlete to run a sub 4-minute mile?
2. Who has won the most Comrades Marathons?
3. Whose 400-meter world record did Wayde van Niekerk break?
4. Who holds the men’s long jump world record of 8,95 meters?
5. Which South African won the Marathon at the 1996 Olympics in Atlanta?

Good luck and no googling!

Previous week's soccer answers:

1. Which Bafana Bafana captain also captained Leeds United? *Lucas Radebe*
2. How did Kaizer Chiefs get their name? *Kaizer Motaung founded Kaizer Chiefs and played in the USA for Atlanta Chiefs. He combined his name with Chiefs, hence Kaizer Chiefs.*
3. Who was the first player to be sent off in a FA Cup Final? *Manchester United's Kevin Moran was sent off in the 1985 final against Everton. United won 1-0.*
4. The Liverpool anthem song, "You'll Never Walk Alone", was originally composed for which Musical Show? *Carousel*
5. Which South African footballer holds the record for the most appearances for South Africa? *Janine van Wyk has represented SA on 170 occasions. The male player with the most appearances is Aaron Mokoena with 107.*

## AUGUST CHALLENGE:

Introducing our new challenge for August: #MoveIt!

We're inviting all of our Curro learners, parents, and teachers to join! 😊 Since this is a family/group orientated challenge, the winning dance (one on Facebook and one on Instagram) will each win a R500 Checkers voucher!



*How will it work?*

We will post 1 video every week for the next 4 weeks - each showcasing a new dance move taught to you by Vicky from V Dance and Fitness. In week 5, we'll post a video where all of the moves are put together to make a whole dance and that's when you will get those bodies

moving and send us your own video doing the dance and adding your own twists and turns to it!

These videos must be sent to **challenges@curro.co.za** between 31 August and 4 September (17:00). Remember to incorporate all 4 moves into your dance!

Winners will be announced on Monday, 7 September.  
#MoveIt! #YourMove

## LEFT TO OUR OWN DEVICES

*Sandrilee Carolus (Grade 10)*

The saying “left to your own devices” means to leave someone to do whatever they want or to leave them to look after themselves without any help. The saying could also mean self-discipline in online schooling for students around South Africa. The Covid-19 pandemic has surely been one of the most difficult levels of the real-life version of the Jumanji game, which has forced students worldwide to go to a virtual classroom. In this case, looking at our devices the whole day was not so bad, now was it, mom and dad? In all goodness, sports like cycling have gone virtual, but for many sporting codes, it remains a mystery as to when they will make a comeback in their original form.

Technology is evolving faster than ever to help people who work from home have the same production rate that they would have working in the office. Air pollution has almost decrease by 60% worldwide, while people are getting more family time and are also choosing to work on themselves during in this period of being at home more. With all the good, there must be some bad. Small businesses have had to shut down, economies worldwide are suffering, and mental health issues have increased by almost 100 percent since April.

On top of all of this, the Matric class of 2020 cannot have their prized Matric Dance. In all honesty, I do think we need to keep the Grade 11s and 12s in our prayers as they prepare university entrance marks, as well as private schools who are in session during the peak of the pandemic and those who do not have any form of schooling due to lack of resources in the form of devices and proper sanitation at school facilities.

As for me, being a seasoned swimmer, I do miss the pool and my coach screaming at me for resting between lengths too often, but I do not mind sitting at home with a cup of coffee in my pyjamas and Netflix by my side.

## 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.



## 'From the desks of the Geography Department ...'

*Mrs Janine Tobin*

World resources are not distributed equally and this unequal division of wealth leads to social inequalities."

It is with this in mind that the Geography department has been giving learners the opportunity to investigate these problems through their own online presentations.

The Grade 10s had to research a country experiencing a refugee crisis and the effects that this forced migration has had on people's lives.



The Grade 9s had to create a poster to show the inequalities that exist between the developed and developing nations.

This poster was created using a split image which would draw attention and provoke thought from the viewer. If anything, it makes a clear statement and definitely gets the point about inequality across.

As we all struggle through these uncertain, often daunting times, we must be grateful for the things we have, as there are many people with far less than we have. And, to be honest, feeling grateful at times is a difficult thing to do, because this virus seems to bring out the best and worst of people and humanity. We need not minimize our struggle and emotions, we must just keep it simple – take note of what makes you smile in a day or that which makes you happy for an hour. When it comes down to it, we can be mindful and kind to those around us and to ourselves because we deserve as much gratitude for ourselves as we give to others.

When your world moves too fast  
and you lose yourself in the chaos,  
introduce yourself  
to each color of the sunset.  
Reacquaint yourself with the earth  
beneath your feet.  
Thank the air that surrounds you  
with every breath you take.  
Find yourself in the appreciation of life.

Christy Ann Martine

By giving and receiving, the cycle of gratitude completes itself. After all... the practice of being grateful is said to improve immune functions.

Much love, the Geography department

## COMMUNICATION:

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

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

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

## STAFF MATTERS

It gives us great pleasure to welcome Ms Robyn Habib as our new English Home Language Head of Department. Ms Habib is an experienced educator and we wish her and her children many happy years at Curro Aurora.

Please join me in wishing Mr Brendan van Zyl all the best as he is leaving us at the end of the August. Mr Henri van Rooyen will be joining our team on 1 September in the post vacated by Mr van Zyl as from 1 September.

## 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:

We are in the midst of a highly teachable moment. There's no doubt that this period will be referred to for the rest of our lifetimes. We have a chance to go deep, and to go broad. Globally, we're in this together. Depth is being forced on us by great suffering, which as I like to say, always leads to great love.

**RICHARD ROHR**

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

Yours in education,

Dion Kotze  
Head of High School