

Date: 26 February 2021

Issue no.: 7

Dear Parents, Guardians & Learners

Many families are facing major changes in their day-to-day lives because of COVID19. With all the unknowns that come with a new virus, it is normal to feel anxious about the "what ifs" and the future.

This stress does not just affect adults – children and teens are also at risk for anxiety, especially as their daily routines are affected. Right now, it is difficult to anticipate the future, and kids have been pulled from their normal routines. Any time a child faces significant change, it can cause fear and anxiety.

When anxiety is not managed, it can affect both the body and brain, and cause feelings of helplessness and sadness. However, there are ways parents can help children cope with stress and anxiety about COVID-19.

(The following infographic was posted by Roshini Kumar, LPC, a clinical therapist at Children's Health and I wanted to share it with you):

Stay healthy. Stay calm.
8 tips for managing your child's anxiety about COVID-19.

-  Create a routine.
-  Listen to your child and check in frequently.
-  Look for signs of anxiety.
-  Teach coping skills.
-  Focus on controllable tasks like washing hands.
-  Encourage positive thinking.
-  Stay connected.
-  Seek professional help if needed.

Get more tips and resources at childrens.com/covid19

children'shealth[?]

Dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. When you feel anxious, quietly say to yourself, "OK, there's my anxiety again." Just putting a label on what we feel helps reduce our concern. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over.

Though we are getting more information about the virus daily, we do not know what will happen, something that is a massive anxiety trigger for almost everyone. It can be tempting to get caught up in imagining what the future might look like. Focus on making sure you are in the moment and dealing with things in the present.

Also, a reminder to reach out – we are here to assist. Please keep your child's Grade Head informed of anything that may impact on their emotional well-being so that we can assist in offering support when required.

THANK YOU AND WELCOME

We wish Ms Linda Headley well with her continued medical research as she further her studies and thank her for so ably assisting us over the past few weeks in the Science and Technology departments.

It is with great pleasure that we welcome Mr JJ Marais to our teaching team. Mr Marais hails from Cape Town and is looking forward to joining the Curro Aurora family as a permanent member of staff.

NB: PUNCTUALITY

TEMPERATURE SCREENING AND RECORDING IS FROM **06:45 TO 07:45**
SCHOOL STARTS AT **07:45** WITH TUTOR LESSON

(Teachers who are on duty to do screening in the mornings need to be in class by 7:45.)

ACADEMIC ARRANGEMENTS UNTIL FURTHER NOTICE

50%

(subject to change)

Grade 10,11 and 12 (FET Phase):

To limit numbers on campus and ensure that more bigger venues are available for teaching, we will continue with reduced capacity measures in **Grades 10 and 11**:

- **Grade 10** learners are to be at school for face-to-face teaching on days 1; 3; 5; 7 and 9 and continue with online hybrid learning on days 2; 4; 6; 8 and 10 and rotate with Grade 11 learners. This will limit the number of bodies on campus for each day.

- **Grade 11** learners are to be at school for face-to-face teaching on days 2; 4; 6; 8 and 10 and continue with online hybrid learning on days 1; 3; 5; 7 and 9. This will limit the number of bodies on campus for each day.
- After each two-week cycle, the attendance days will swap. Please refer to the Assessment Planner for a quick reference to online and in-person days.

ONLINE and On-CAMPUS LEARNERS NEED TO BE IN TUTOR CLASS BY **07:45** PLEASE – LEARNERS WHO ARE **LATE** FOR TUTOR CLASS WILL BE MARKED AS **ABSENT** AND WILL BE RECORDED AS SUCH ON END-OF-TERM REPORTS.

50%

Grade 8 and 9 (Senior Phase):

- 50% of Senior Phase learners in a tutor class will therefore be at school on any specific day. This limits the number of bodies and allow for the increased social distancing required on campus for each day.
- 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**.
Schedule from Monday 8 February:
 - Group A 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.
 - Group B will have face-to face classes on days 1; 3; 5; 7 and 9 and online classes on days 2; 4; 6; 8; 10.
- After a two-week cycle, the groups will swop – Grade Heads will keep learners informed and cycle rotation schedules have been posted on Teams grade groups – for learners to reference.

SCHOOL CAMPUS PROCEDURES:

- The wearing of cloth masks is compulsory. The wearing of screens will only be permitted if worn with a mask.
- The sanitising of hands remains a priority. Sanitiser is provided by the school, but we also encourage learners to carry their own.
- Social distancing must always be adhered to. Staff will be on duty to enforce this rule. In classes where laboratory desks are in use, dividers will be used to ensure social distancing. At this stage, spectators will not be permitted to observe extra-murals.
- Movement on the campus will be minimised as far as possible.
- We kindly ask that learners attend school wearing PE kit on sport and PE days as per teacher instructions.



All COVID19 safety protocols that have been instituted will still be in effect. **We need parents' support to emphasise the importance of adhering to safety regulations.** Though teachers do follow the sanitising protocol between lessons, and the cleaning staff sanitise classrooms 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-emphasised.

Learners are also encouraged to bring their own sanitising wipes or spray to use as they move about.

Learners with comorbidities in the family who are not at school will continue to receive the same teaching via MS Teams. Please notify your Grade Head of any comorbidities within the family, necessitating online learning. **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.
- Should you / the school be affected by load shedding, lesson recordings or learning material will be made available via MS Teams for access by the learners when possible.

Please note that teachers are available for assistance on various platforms, including Microsoft Teams, WhatsApp, e-mail, ITSI and MyHub. We are using this multi-platform approach as we realise that our parents and learners have different access capabilities, restricted by the availability of devices or data. **Please note that Microsoft Teams is our preferred platform for communication with learners.**

We invite parents and/or learners to contact subject teachers, Grade Heads or members of the Senior Management Team with any queries or guidance – you are more than welcome.

If you are feeling overwhelmed or unsure of what to do, please ask for assistance. You are never alone, and everyone is here to help you make the most of your time at Curro Aurora and become your own success story.

GENERAL ARRANGEMENTS

1.	Learners must take responsibility for their academics by attending all online lessons, completed tasks and assessments by due dates given, and communicating timeously with their teachers should they experience any difficulties. Remaining up-to-date with work is essential.
2.	Online learners need to be ready to start classes at their regular school time each day for the whole day – classes will follow the current timetable. Tutor lessons will be used to communicate grade-specific information.
3.	Learners who do not have access or who have limited access to internet/laptops must please inform their respective Grade Heads.
4.	Specific arrangements in terms of extra-mural activities to be communicated.
5.	Attendance at all classes is mandatory.
6.	Laptops and cell phones are to be fully charged each morning, ready for the day's classes. If learners experience difficulty during the day, admin and IT staff can be contacted for assistance or contact: servicedesk@curro.co.za or 087 285 1699.
7.	Learners who are struggling must contact their teachers or Grade Heads via Teams.
8.	Learners must ensure that all learning material is available to ensure continuity of learning.

CULTURE

Curro CAS 2021

Thank you to everyone who entered Curro CAS 2021. The interest was overwhelmingly positive, and the Culture Department is excited about the creative process ahead. Please keep an eye on the Culture Notice Board and newsletter for rehearsal dates and times.



CREATIVE WRITING

The Creative Writing Course will be officially starting on 4 March 2021. Mrs Gallon is excited to share this awesome process with all our budding writers.

Please join the **Creative Writing Team** using the code: **kdqd911** if you are interested before 4 March 2021. Sessions will be on Thursdays from 14:40 – 15:30.

Please contact Mrs Gallon if you have any queries.

DANCE CULTURE

We would like to introduce you to, Quintus Jansen from Dance Culture. Quintin has recently taken over from Mario Gomes at the Curro Aurora Performing Arts Academy.

Dance Culture Studios was founded in 2012 by Quintus Jansen, an Internationally qualified adjudicator and dance coach specialising in Ballroom & Latin American. He holds an MBA in Entrepreneurship and is the Executive Producer of WORLD of DANCE South Africa since 2017.

The studio currently operates from 2 locations in Honeydew and Bryanston. Over the years, he has trained many qualified professionals and dancers who have represented South Africa countrywide and abroad. Movement plays a vital role in building confidence, releasing stress, stimulating and encouraging creativity and maintaining overall health and wellness. Dance styles offered by Dance Culture Studios include Latin American, Salsa, Kizomba, Hip Hop & Street Dance, Contemporary and Ballet.

These are all offered at Curro Aurora and is open to all ages and levels. The studio will provide dance instruction for the entire community - not only for Curro Aurora learners. All are welcome to join us in "Dancing Well & Having Fun".

DANCE CULTURE STUDIOS OPEN DAY
27.02.21 | 8:00AM TO 2:00 PM



**OPEN
DAY**



CURRO AURORA SCHOOL, Puttick Ave, Sundowner, Randburg
RSVP INFO@DANCECULTURE.CO.ZA OR
MAGS.T@CURRO.CO.ZA



Please contact Quintus Jansen on cell: 076 809 0912 or quintus@danceculture.co.za.

SPORT

Mr Adrian Ferreira

Extra-mural sports programme:



Based on the current guidelines some sports are allowed skills-based training with no sharing of equipment. Other sports can only do fitness and conditioning. This is a great opportunity for learners to participate and we look forward to these sessions! No matches are allowed at this stage. Mr Hourquebie and Ms Webb's fitness and conditioning sessions will continue and learners who participate in Athletics should attend.

Please note the following arrangements and protocols to be adhered to:

- Learners must attend sport sessions in the Curro PE kit. They are allowed to change after school.
- Learners who not at school on the day of a session, due to platooning, are allowed to attend practice.
- Learners must submit the Covid-19 declaration form to the relevant sport teacher before they can participate.
- Learners to meet at the allocated bag area 10 minutes before the scheduled start.
- Learners must be collected immediately after their activity is finished.
- School bags must be taken with learners to the allocated area and placed within the allocated bag zone.
- Bags must be placed 1,5 metres apart.
- No child will be allowed back into class to collect their belongings as classrooms get fogged in the afternoons.
- Each teacher will have the following: Sanitiser bottle, signage on safety guidelines, screening forms and thermometer.
- All learners attending must be screened by the allocated teacher.
- A social distance of 1,5 metres must always be applied.
- Specific safety protocols will be applied at the respective codes.
- Learners must bring their own water bottles. No sharing of water bottles will be allowed. Masks must be worn to the screening station. Once screened, masks can be removed while doing exercises with the permission of the teacher, provided that the 1,5 metre social distancing is applied.

VIRTUAL CURRO CUP: ATHLETICS AND SWIMMING

Curro is hosting virtual athletics and swimming events. Learners from the various Curro schools will run and/or swim in races at their own schools and submit their times for the events. Curro Aurora will be having Inter-House events that will supply the times for the Curro Cup. Grades will compete during specified time slots. Learners must attend school in the Curro PE clothing and Curro tracksuits (should it be chilly) on the specified day.

INTER-HOUSE DATES:

ATHLETICS:

Wednesday, 3 March:

- Grade 12

Thursday, 4 March:

- Grade 8 group B, Grade 9 group B and Grade 10

Friday, 5 March:

- Grade 8 group A, Grade 9 group A and Grade 11

SWIMMING:

Wednesday, 10 March

- Grade 12

Thursday, 11 March

- Grade 8 group B, Grade 9 group B and Grade 10

Friday 12 March:

- Grade 8 group A, Grade 9 group A and Grade 11

1500 METRE CHALLENGE:

As part of the Curro Cup Athletics, we are challenging all athletes and sportsmen/women, of all age-groups, to participate in one of the 1500m races that will be held on Monday, 01 and Thursday, 04 March from 15:00. We encourage our learners to take up the challenge!

CURRO CHESS ONLINE LEAGUE TOURNAMENT:



We are extremely excited about the Curro Chess online tournaments taking place on the following dates:

- 1st league tournament: 27 February 2021
- 2nd league tournament: 29 May 2021

This wonderful event gives all learners from all Curro schools an opportunity to compete against each other online. Anyone may enter using the following steps.

We wish our 19 High School participants all the best for the tournament!

Curro Sport will send all relevant information regarding the tournament to you (on the Teams platform) and on the Lichess teams forum. If you have any questions, please email mercia.a01@curro.co.za or for technical support please contact Kenneth Willenberg (WhatsApp: 064 362 1817).

Please also confirm your entry and participation (name and tutor class) to Adrian.f@curro.co.za.

HIGH SCHOOL SPORTS PROGRAMME

Based on the current guidelines some sports are allowed skills-based training with no sharing of equipment. Other sports can only do fitness and conditioning. This is a great opportunity for learners to participate and we look forward to these sessions! No matches are allowed at this stage. Mr Hourquebie and Ms Webb's fitness and conditioning sessions will continue and learners who participate in Athletics must attend.

- This programme is subject to change depending on changing sport protocols.
- The cricket and softball sessions are finished for this term.
- Swimming practices have resumed.

Sport	Teacher in charge	Days and Times	Practice/ Fitness & Conditioning
Fitness and Conditioning/ Athletics:	Ms N Webb & Mr C Hourquebie	Monday & Thursday: 14:45-15:30	Fitness & Conditioning
Cheerleading:	Mr S Krause	Monday & Friday: 15:00-16:30	Fitness & Conditioning
Boys' & Girls' Hockey:	Mrs N van Biljon	Monday & Thursday: 15:00-16:00	Practice No sharing of equipment
Netball:	Ms I Strydom	Monday & Thursday: 15:00-16:00	Fitness & Conditioning
Rugby:	Mr W Hammond	Monday & Thursday: 15:00-16:00	Fitness & Conditioning
Street Dance February	Ms M Chou	Thursday: 15:00-16:00	Practice
Swimming	Mrs W Longwitz	Monday & Thursday: 15:00-16:00	Practice
Boys' and Girls' Tennis: February & March	Mr A Neethling & Mrs J Tobin	Monday & Wednesday: 15:00-16:00	Practice No sharing of equipment

OPEN WATER SWIMMING

Connor Lipp (Grade 9) swam in his first 3 km Open Water Swim over the weekend and did very well. He came in the Top 10 in his age group with a time of 53.38 which is 5 minutes just outside his qualifying time for Nationals. Good luck for the rest of the swimming season, Connor!

EQUESTRIAN



Rae-kyndra Ragoobear (Grade 11) participated in the Maple Ridge Showjumping Competition on Saturday, 20 February 2021, in the Junior (under 18) 80cm events.

This was a Graded & Training Show under SA Showjumping. She placed 1st & 2nd in her two events out of 30 riders.

We are very proud of her achievements.

THE IMPORTANCE OF CONDITIONING

Mr Jono Wernich

As the Curro Aurora sporting family gets ready to embark on their various sporting journeys for 2021, we would like to emphasize the importance of sport conditioning. Curro Aurora has some exciting plans to get our children active and conditioned for sport! Body conditioning exercises target your whole body, using lots of different muscles to strengthen, shape and tone our bodies.

They may combine several types of exercise such as flexibility, strength, and resistance training. Body conditioning improves endurance, increases flexibility and establishes a balanced, stable physique.



There are a wealth of positive benefits to our overall health and fitness levels. Being conditioned will help build power, coordination and speed. This allows us to improve our athletic performance and feel better about ourselves. All athletes and children should focus on conditioning their bodies to prepare for their specific sports. Conditioning not only helps athletes be prepared for their sport, but also plays a crucial role in injury prevention. Conditioned athletes and children will lower the risk of injuries. This is because they will strengthen ligaments, tendons and muscles while creating a higher level of flexibility.

Benefits of conditioning

Body conditioning exercises are a form of anaerobic exercise. They are immensely beneficial to our physical health and overall well-being. They should be a vital part of any fitness routine. They do not require equipment which means children can do them anywhere. This is ideal when we are traveling or stuck at home.

Helps build a strong heart:

The aerobic advantages of these exercises boost our cardiovascular and respiratory systems. They strengthen our musculoskeletal system, slow down bone loss, and improve bone density.

Helps improve your metabolism:

Increased muscle mass helps us burn calories and stay fit. Muscle cells burn more calories than fat cells, even while at rest.

Helps improve mental state:

Conditioning our bodies helps us feel better overall as we gain confidence, reduce depressive symptoms and feel better mentally.

Builds muscle and strength:

As we build muscle and trim fat, we will have more power and stamina. This includes children lifting heavy items, carrying large bags and climbing stairs. Our muscles work faster and more effectively, making all kinds of movement easier, from reaching down while in a seated position to jumping higher during a sport match.

Increases flexibility:

Moving through body conditioning exercises trains our bodies to open up and move in different ways. Lengthening and extending our muscles is vital for improving flexibility, range of motion, and mobility.

Children also develop balance, stability, and coordination. All of these help to prevent injury. As our Curro Aurora learners start to feel better in their bodies, they may feel more inspired, motivated, or confident. This can lead to positive changes in other areas of their lives.

We encourage all learners to participate in sports or fitness and conditioning. It's important to get moving when we spend so much time learning online!

2021 National English Olympiad – Change of Examination Date

Mrs Sharon Weber



Because of recent changes to school term dates, the date of the English Olympiad examination must likewise be changed to ensure that teachers still have sufficient time to brief their candidates and to allow candidates to prepare themselves through group discussion and self-study.

Following consultation with educators, **Tuesday, 16 March 2021** has been identified as the most appropriate day for the examination. This is fourteen days later than the original examination date. (Note: The length of the examination will be three hours, and the starting time will be communicated in due course).

WEARING A MASK TO SCHOOL

Mrs SJ Olivier



A mask **MUST** be worn at all times. 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 must wear your mask when you arrive at the school gate to have your temperature checked and recorded.

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.

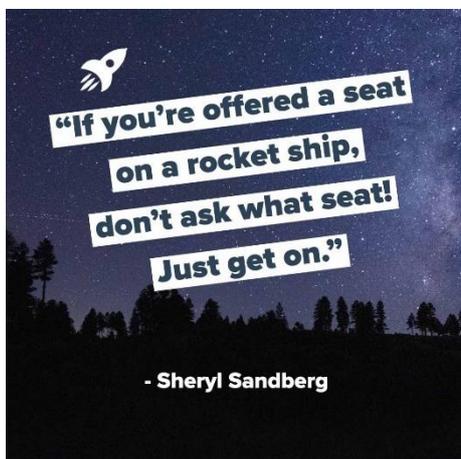
When removing your mask, do not touch the front of the mask.

Remove it by using the ties around your head or behind your ears.

Wash your mask after every use.

CONTACT DETAILS OF SCHOOL MANAGEMENT AND GRADE HEADS:

Receptionist	Cindy Duma	Cindy.D3@curro.co.za
Head of High School	Dion Kotze	Dion.K@curro.co.za
FET Phase Head	Sarah-Jane Olivier	Sarah-Jane.O01@curro.co.za
Snr Phase Head	Donne Valkenburg	Donne.V1@curro.co.za
Head of Sport	Adrian Ferreira	Adrian.F@curroholdings.co.za
Head of Culture	Saskia Snyders	Saskia.S@curro.co.za
Grade 12 Heads	Judy Beeston	Judy.B@curroholdings.co.za
	Anita Bornman	Anita.B@curro.co.za
Grade 11 Heads	Janine Tobin	Janine.T@curro.co.za
	Geneva Schmidt	Geneva.G1@curro.co.za
Grade 10 Heads	Kelsey Gallon	Kelsey.G2@curro.co.za
	Loutjie de Wet	Loutjie.D@curro.co.za
Grade 9 Heads	Kyla Hayter	Kyla.H@curro.co.za
	Warrick Hammond	Warrick.H@curro.co.za
Grade 8 Heads	Hayley Dawson	Hayley.D2@curro.co.za
	Craig Hourquebie	Craig.H2@curro.co.za



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

Yours in education,

Dion Kotze
Head of High School

Love is a Four-legged Word

Show some love for the community this Valentine's Day

Curro Aurora High School is working together with JustOneThing365 in aid of World Sterilisation Day.



Let's show our furry friends the kind of love they deserve.
Donations will be accepted until the end of the term.
These can be handed in to Cindy at the high school office.

For more information: www.justonething365.com | inspire@justonething365.com

#Learners2Leaders

087 087 0355
info.aurora@curro.co.za
[@curro.aurora](https://www.curro.co.za) | [@justonething365](https://www.justonething365.com)

www.curro.co.za

CURRO
Aurora

Want to work as a team?

Club together to donate R800 to sponsor the sterilisation of a furry friend.



JUST ONE THING 365

IT'S COOL TO BE KIND

What to do:

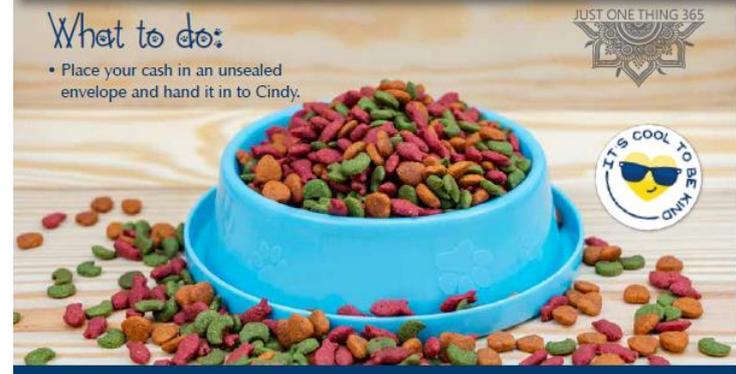
- Write a card to thank your furry friend's human for loving them so much.
- Sign your names.
- Place the card in an unsealed envelope with your R800 and hand it in to Cindy.

#Learners2Leaders

CURRO
Aurora

Didn't quite make the R800 total?

Thank you for doing your best!
Your money will go towards buying much-needed dog and cat food.



JUST ONE THING 365

IT'S COOL TO BE KIND

What to do:

- Place your cash in an unsealed envelope and hand it in to Cindy.

#Learners2Leaders

CURRO
Aurora

Upcycle, recycle or shop

Donate items to our furry friends and their loving humans.



JUST ONE THING 365

IT'S COOL TO BE KIND

What to donate:

- New or used collar and/or leash
- New or used blanket and/or bedding or cushions
- Something for our furry friend's human: a bag of sweets, non-perishable food items, used clothing, toys and stationery in good condition

What to do:

- Hand in your (washed and cleaned) items to Cindy in a clearly-marked bag.

#Learners2Leaders

CURRO
Aurora

Coronavirus (COVID-19) What you need to know

By staying informed and taking the necessary precautions, you can keep yourself and others safe.

Please check your child for any of these symptoms before school:



High fever
(over 37,5 °C)



Headache



Cough and
sore throat



Shortness of
breath



Muscle pain



Diarrhoea



Loss of taste or smell

Please do not send your child to school if they are displaying any of these symptoms.

Top tips

1. Wear your mask so that it covers your nose and mouth at all times (buffs are not effective and are not a replacement for masks)
2. Perform good hand hygiene
 - Wash your hands regularly with soap and water or make use of alcohol-based (70%+) hand sanitisers
3. When greeting each other:
 - No handshaking, hugging or kissing – rather just wave
4. When coughing or sneezing:
 - Cover with a flexed arm or tissue and wash your hands
5. Avoid crowds and maintain good social distancing – at least 1,5 m
6. Ensure that there is enough fresh air as well as good ventilation in all venues
7. Drink plenty of water and eat nutritious food

Protect yourself and others – be responsible.



#Learners2Leaders

www.curro.co.za

CURRO
Schools

Recycling Plant

Dear Parents/Guardians

We would like to extend the use of our recycling plant to our Curro Aurora families.



Kindly only use the Puttick Road entrance to the recycling plant.

We only accept paper, plastic, glass and cans!

#Learners2Leaders

www.curro.co.za

CURRO
Aurora

ROBOTICS CLUB



ALPHA ROBOTICS CLUB

Now hosting both physical and online classes!

You can learn both basic and advanced programming and building techniques in a creative and supportive environment.

Dates: Monday to Friday | **Time:** 14:00 – 16:00
Venue: Online Discord server / Robotics Lab
Cost: R78 per hour

Limited space available – register today!

For more information, please visit:
www.alpharoboticsclub.com
Grade 3 to 11 only

#Learners2Leaders

087 087 0355 | info@aurora.co.za
www.curro.co.za

CURRO
Aurora