

# High School BULLETIN

**CURRO**  
Aurora

Dear Curro Aurora parents and learners

**A dream doesn't become reality  
through magic; it takes sweat,  
determination and hard work.**

Colin Powell

As we reach the end of Term 2, I would like to thank every learner, staff member and parent for the manner in which they continue to embrace the changes we were forced to make since the opening of schools in April. Without a collaborative approach and effort, the successful implementation of the systems and procedure, designed to keep us safe, would not have been possible. We believe that we have done, and will continue to do, our very best to minimize the transmission of COVID19.

As a school we will also remain sensitive to the needs of our community and we will continue to be in regular communication with all stakeholders as we move into the second half of 2021. The conditions of living with a pandemic have placed a burden on many, if not all persons, and educational institutions are no exception. In seeking to ensure the safety of learners and staff, we note again that we will continue to monitor directives from health and government officials while we navigate our way through the next wave of infections.

Soon after the start of Term 3 (30 August) the Grade 12 learners will start writing their NSC preliminary examinations. This is an important time for all matriculants, and I would like to underline the importance of using every possible opportunity to prepare for the upcoming exams.

The manner in which they adjusted to the COVID reality is however commendable! We wish them all the best for the months ahead!



Thank you to the remarkable Curro Aurora teachers for going the extra mile to ensure our learners stay on track. Your passion and love for our school, and every learner we work with, continue to inspire and change lives! Well done to all our learners who completed Term 2 exams and assessments successfully – we are proud of you!

Our thoughts and prayers go out to those who lost loved ones during Term 2 – we remain sorry for your loss. May you continue to find peace in His presence.

To every learner, staff member and parent – please enjoy the mid-year break and use the time to re-connect with family and friends.

**May God bless us all!**

**JC Engelbrecht**  
**Executive Head**  
**Curro Aurora**

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## **A WORD FROM MR DION KOTZÉ**

Dear Parents, Guardians & Learners

Education is not just a process of giving knowledge for a future job but a lifelong process which creates an understanding of moral and ethical values to guide one's life in a right path.

This week's newsletter is dedicated to you, our parents. We want to acknowledge the hard work you are doing and the supportive role you are playing for your children. As a parent, you want the best for your child and we are proud to be working with you to ensure that they are given the right knowledge to face the future challenges. Parents, students and the school authorities are a team and we have to complement one other's efforts.

You will have often heard talk about being part of the Aurora family, and now, more than ever, we feel that the concepts of community and unity are more important than ever before. During these extraordinary times the value of this family is greater than ever before. Remember that all your teachers, Grade Heads and members of staff in general are here for you. Feel free to contact any of us and we will support you in any way we can.

Ours is a school that often talks about Blue Pride and the values that this symbolises. We talk about the importance of *compassion and integrity*, and now, more than ever these two values need to be demonstrated, not only by us, but by our entire country. I know that as a member of the Aurora family, you will be making decisions based on our values, despite how challenging it may be to operate without the routine of school life or the ability to socialise normally with your friends and family during this winter holiday. “Connection” is made up of many small moments that are scattered through our day, even a few seconds when we make eye contact or share a joke or a sigh. Social distancing has impacted that. We need to re-establish those in our current situation to stay emotionally healthy. It needs to be intentional as our circumstances have made it harder for it to be incidental.

We have to show grace at this time and temper our expectations of one another. The situation is so different and new, that we need to acknowledge that we are all learning how to cope in this new context. Things don’t have to be perfect to be effective.

I wish you a relaxing and restful holiday. Take care, stay safe and look after yourselves and each other.

## CULTURE

*Mrs Saskia Snyders*

## FEDA

On Wednesday, 26 May 2021, a small group of FET learners performed at this year’s pop-up FEDA festival held at the Joburg Theatre. Congratulations to Achumile Koyana (Grade 11), Eugene Cilliers (Grade 12), Sabrina Freeman (Grade 12), Sizenalo Bidla (Grade 12), S’Qalo Nhleko (Grade 10) and Tinaye Paradza (Grade 11). Thank you to the teachers and parents who came to support. It was wonderful to see you on stage. The performance was described as “haunting and powerful”.



Figure 1(From L to R): Tinaye Paradza, Achumile Koyana and Eugene Cilliers



Figure 2 (From front to back): S’Qalo Amandla Nhleko, Sabrina Freeman, Achumile Koyana, Tinaye Paradza, Sizenalo Bidla and Eugene Cilliers



Figure 3 Sizenalo Bidla



## **CURRO CAS**

Curro CAS 2021 created a platform where our learners could engage with the world in a meaningful and creative way. The entries opened in Term 1 and Term 2 saw the rehearsals, performances and recordings of our talented learners. The mentor-adjudicators for each category are professionals in the creative industry and have meticulously gone through each entry. So far, we have received feedback on most of the entries and it is a great honour to announce that Curro Aurora High School's participating learners have achieved:



- 11 Kryptonite awards (95 – 100%)
- 51 Black Raven awards (85 – 94.9%)
- 35 Silver Surfer awards (75 – 84.9%)
- 13 Bronze Tiger awards (65 – 74.9%)

As soon as the nationwide adjudication has been completed, we look forward to be able to celebrate with the respective learners.

They have all done us proud!

## **NATIONAL EISTEDDFOD YOUNG PERFORMER AWARDS**



Paul Harber (Grade 9) and Alicia Ferguson (Grade 12 – 2020) were selected as finalists for their respective categories for the National Eisteddfod Academy's Young Performer Awards. They performed at the Roodepoort Theatre on Saturday, 8 May. We are thrilled to have shared in their excitement and joy. Congratulations to the two finalists. Congratulations to Alicia Ferguson who was also awarded Most Inspiring award. We are proud of you, Paul and Alicia.

Please remember that online entries for this season of the NEA is open. If you require any assistance to enter, please do not hesitate to contact Mrs Snyders (saskia.s@curro.co.za).

## **CULTURE ACTIVITIES TERM 3 2021**

<b>ACTIVITY</b>	<b>MIC (TEACHER)</b>	<b>DAY</b>	<b>TIME</b>
<b>HS CHOIR</b>	K Hayter	Mondays	17:00 – 18:30
<b>HS Photography Club</b>	L Reddy	Wednesdays	14:00 – 15:00
<b>Drama Club</b>	H Dawson A Bornman	Wednesdays	14:00 – 15:00
<b>Creative Writing</b>	K Gallon	Thursdays	14:40 – 15:30



<b>Curro National Theatre Festival (2 plays)</b>	<b>Create Youth</b>	S Snyders A Bornman H Dawson L de Wet	Rehearsals organised with respective selected casts to accommodate schedules.	
<b>National Eisteddfod Academy</b>		S Snyders	Tuesdays	14:45 – 15:45
<b>Slam Group (Learner initiative)</b>	<b>Poetry (Learner initiative)</b>	M Dlamini	Thursdays	Second Break 12:30 – 12:50
<b>Curro Aurora HS Band</b>		1. S Snyders	Rehearsals organised with selected band members to accommodate schedules.	
<b>Sound Lighting (SALT)</b>	<b>and Team</b>	1. A Neethling 2. D Bentel 3. S Snyders	*Anyone interested in joining the Sound and Lighting Team to please speak to Mrs Snyders about training.	As per relevant and required performances and events
<b>Praise and Worship</b>		1. S van Dyk 2. S Snyders	Wednesdays	Break 10:30 – 11:00

## SPORT

*Mr Adrian Ferreira*

When offered the opportunity to practice and then compete, our learners took these opportunities and competed with great enthusiasm and success! We look forward to the resumption of sport sooner rather than later.

## CURRO CUPS:

Curro hosted virtual athletics and swimming events towards the end of Term 1. Learners from the various Curro schools competed in races at their own schools and submitted their times for the events. Curro Aurora had Inter-House events that supplied the times for the Curro Cup.

## ATHLETICS:

The High School team finished 3rd out of 20 participating schools!

The following athletes are congratulated on podium places:



Nevada Zhogby (u/14 girls): 800m (2nd) & javelin (3rd)  
 Keira Pugh (u/14 girls): 800m (3rd)  
 Joshua Heydenrych (u/14 boys): High jump (2nd)  
 Ameerah Hank (u/15 girls): shot put (1st)  
 Letho Magagula (u/15 boys): high jump (2nd) & discus (3rd)  
 Sandralee Carolus (u/17 girls): 800m (3rd)  
 Sabrina Freeman (u/19 girls): 1500m (1st)

Inter-House results (including track and field events):

1st: **Atlantis** (74½ points)  
 2nd: **Discovery** (59 points)  
 3rd: **Apollo** (42 points)  
 4th: **Challenger** (7 points)

The Victor and Victrix Ludorum is awarded to the top performing athletes:

Victor Ludorum: Ruben Grobler (**Discovery**)  
 Victrix Ludorum: Cameron Malan (**Atlantis**)  
 Junior Victor Ludorum: Letho Magagula (**Atlantis**)  
 Junior Victrix Ludorum: Nevada Zoghby (**Atlantis**)

Thank you Ms Nicole Webb and Mrs Geneva Schmidt for your assistance!

## SWIMMING:

The Curro Virtual relay gala that takes place in Term 4 will provide points that will be added to this gala to ascertain overall school placings.

The following swimmers are congratulated on achieving podium places:

Kiara Fryer (u/19 girls): 50m freestyle: 1st 50m butterfly: 1st 50m breaststroke: 1st 100m breaststroke: 1st 100m freestyle: 1st 200m breaststroke: 2nd	Leila Choriapoulos (u/19 girls): 50m backstroke: 1st 50m butterfly: 2nd 50m freestyle: 2nd	Ethyn Harris (u/19 boys): 50m breaststroke: 3rd
Sandralee Carolus (u/17 girls): 50m backstroke: 1st	Tyrone McCabe (u/17 boys): 50m freestyle: 1st	Dylan Kim (u/17 boys): 50m breaststroke: 1st



50m butterfly: 2nd 50m freestyle: 2nd 100m butterfly: 2nd 100m freestyle: 2nd 200m freestyle: 1st 200m individual medley: 2nd	50m butterfly: 2nd 100m butterfly 3rd 100m freestyle: 3rd 200m freestyle: 3rd	100m backstroke: 2nd 100m breaststroke: 2nd
Alexia McCabe (u/15 girls): 50m freestyle: 1st 50m butterfly: 1st 50m backstroke: 1st 50m breaststroke: 1st 100m freestyle: 1st 100m backstroke: 1st 200m freestyle: 1st 200m individual medley: 2nd 200m backstroke: 2nd	Connor Lipp (u/15 boys): 100m butterfly: 2nd 200m backstroke: 3rd	Jared Fairweather (u/15 boys): 50m butterfly: 3rd

## INTER-HOUSE RESULTS:

- 1st: **Atlantis** (88 points)
- 2nd: **Challenger** (68 points)
- 3rd: **Apollo** (41 points)
- 4th: **Discovery** (38 points)

The Victor and Victrix Ludorum awards are awarded to the top performing swimmers. Due to the number of events, the swimming staff decided to award two swimmers per phase:

- Victor Ludorum: Dylan Kim (**Challenger**) & Tyrone McCabe (**Discovery**)
- Victrix Ludorum: Kiara Fryer (**Atlantis**) & Sandralee Carolus (**Discovery**)
- Junior Victor Ludorum: Jared Fairweather (**Apollo**) & Connor Lipp (**Challenger**)
- Junior Victrix Ludorum: Alexia McCabe: (**Discovery**) & Caitlin Kennedy (**Atlantis**)

Our thanks to Mr Paul Fryer Webb and Mrs Wendy Longwitz for their management and assistance.

## CURRO ONLINE LEAGUE CHESS TOURNAMENT:



The second tournament this year took place on Saturday, 29 May.

The following are congratulated on achieving top-10 places in their age-group categories:

Dylan Williams (u/20):	3rd
Nathan Phiri (u/20):	4th
Thabo Singosho (u/16):	3rd
Ryan Diamond (u/16):	9th

## EQUESTRIAN:



The SANESA Qualifiers 1, 2 & 3 took place at Maple Ridge and took place this term. The following are congratulated on their placings:

Rae-kyndra Ragoobee, riding Capital Crusader, achieved the following:

Handy Hunter 90cm (Level 5): 1st on two occasions.

Showjumping Accumulator 90cm (Level 3): 5th & 3rd on two occasions.

Showjumping Competition 90cm (Level 3): 5th, 3rd, 2nd and 5th.

Equitation 90cm (Level 4): 5th, 4th & 3rd.

Kayla-Lee de Vos, riding Regal Legent, competed in Qualifier 3:

Showjumping 60cm (Level 0) Competition: 1st

Showjumping 60cm (Level 0) Ideal Time: 2nd

Thank you Mrs Rheetha Ragoobee for your management and Mrs Janine Tobin for your assistance!

## GOLF:

The following are congratulated on their achievements:

Kim Turgut represented the Gauteng Ladies 'B' team that played in the 'A' section in the 72 Hole Teams Championships that took place at Kingswood Golf Estate from Monday, 24 to Wednesday, 26 May. The team finished tie-8th.



The CGGU/Aspire Atlantic Championship took place at The River Club on Monday, 19 May. Based on their performance throughout the three 'Race to River Club' tournaments, the following qualified and finished in the following places:  
Stefano Marchetti: 2nd  
Kael Strydom: 20th

The golfers played in the Woodlands Junior Masters at Royal Johannesburg & Kensington Golf Club from Sunday, 09 until Tuesday 11, May. They finished in 8th place

#### Individual places:

- Stefano Marchetti: 2nd
- Kael Strydom: tie-10th
- Arnoux van der Merwe: 83rd
- Cameron Strauss: tie-96th
- Berk Turgut: 101st
- Tae'yn Plaatjies: 1 03rd

#### MOUNTAIN BIKING:

Curro Aurora hosted a MyRyde event on Saturday, 15 May. The cyclists competed on courses that included various terrains from tar to gravel roads, grass and anything else you can find on the school campus. Joshua Dike prevailed in the senior event. Thank you Mr Jonathan Wernich for your management!



#### TENNIS:

There were no matches but a number of learners benefitted from Coach Tiaan's coaching sessions. Thank you to Mrs Janine Tobin and Mr Anando Neethling for their management, and Mrs Elisabeth Nicholson and Mrs Sharon Weber for their assistance.

## **HOCKEY:**

*Mrs Nadia van Biljon*



Although our return to hockey ended abruptly due to the pandemic, I am extremely proud of the progress that our players, coaches, and teams made during a season of much frustration and uncertainty. Two of our biggest accomplishments were the successes of our 1st boys' team who remain undefeated under the leadership of coach Mr Jonathan Wernich. The second boys' team included a wide range of experience and newcomers who were eager to learn.

There was an immense growth in numbers in our girls' section. I remember having 6-8 players at training at the beginning of the season, and we ended up with a full complement of sixteen 1st team players, and an excess of 20-30 odd junior players who committed to this beautiful game for the first time.

Additional highlights of the girls' season include their opening games against Rand Park High School, who are traditionally a strong hockey school. There was much anticipation leading up to the 1st team game. We have in the past always played against their 2nd team, but I requested for them to send their full strength 1st side. The girls showed outstanding tenacity and walked away with a draw.

We hosted our annual Lumley & Hague festival. Top schools, namely Rand Park High School, Northcliff High School, Parktown High School for Girls and our 1st girls' team were in attendance. Our girls once again showcased their talent and progression and pulled off some amazing results. One of our Grade 12 learners, Boitshepo Menyatso, was awarded 'Defender of the Tournament'.

We have seen more interest of our players at a club level, and have numerous boys and girls playing at various senior level clubs. We also saw two of our 1st boys' team players, Asad Davids and Vaiyur Moodley, drafted into the Mzansi Hawks franchise and participate in the inaugural Johannesburg Hockey League (JHL).

There is a rumble in the air when it comes to hockey at Curro Aurora. We have grown and improved in leaps and bounds in a very short space of time and it is testament to the commitment, passion and time that all of our players, parents and coaching staff have invested. I look forward to the 2022 season and seeing our sport rise even more!

Thank you Mr Jonathan Wernich, Mr JJ Marais, Kivesh and Brent for coaching the various teams.

## RUGBY:

*Mr Warrick Hammond*



In order to comply with safety precautions set out by SA Rugby and the Golden Lions Rugby Union (GLRU) we began a pre-season of fitness, conditioning and skill practices in Term1. The players showed impressive commitment to the sport even without the prospect of matches on the horizon.

After completing our 'Return to Play' conditioning, we were given the "all clear" by the GLRU to participate in matches. We organized an afternoon of matches at Curro Krugersdorp that

included Crawford College Lonehill. The teams achieved the following results.

<p><b>Curro Krugersdorp:</b>          1st won 12-10          Mixed u/18 lost 31-12          u/15 played twice: won 22-10 &amp; 27-12</p>	<p><b>Crawford College Lonehill:</b>          2nd won 25-17</p>
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Unfortunately the season was cut short due to safety concerns around the COVID pandemic.

We congratulate all the players and coaches, Spy and Alan, on a short but enjoyable season! Thank you Mr Henri van Rooyen for assisting and Mr Gerard Appelman for your support.

## NETBALL:

*Mrs Estelle Trovato & Ms Ilse Strydom*

Following a pre-season of fitness, conditioning and skill practices, Curro Aurora played three fixtures before the restrictions were re-instated. The teams achieved the following results:



<b>Curro Academy Wilgeheuwel:</b> 1st won 24-6 u/17 lost 10-1 u/15 drew 12-12 u/14 won 8-2	<b>Greenside High School:</b> 1st won 20-15 u/15 won 21-1 u/14 won 15-4	<b>King David Victory Park:</b> 1st won 41-10 u/17 drew 7/7 u/15 won 8/7 u14 won 24-5
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We congratulate all the players and coaches Melissa (1st), Nqobile (u/17), Sine (u/15) and Liza (u/14) for an enjoyable season.

**CROSS COUNTRY:**

*Ms Nicole Webb*

There was much excitement at the start of the cross country season, given that it was one of the first sports that was able to compete in inter-school events in 2021. The athletes were eager at training ahead of the upcoming cross country meetings. The training sessions involved a combination of endurance, strength and speed training, leaving the athletes exhausted at the end of each session. These sessions improved the athletes’ fitness levels and they pushed themselves harder each time.

The camaraderie amongst the athletes promoted healthy competition. The athletes started challenging each other to run faster, further and harder. Cross country is definitely a beneficial sport to assist in fitness for all other sporting codes.

We only participated in one cross country meeting held at St Stithians College. The athletes ran extremely well on a very challenging route. The route had many short and sharp climbs that pushed the athletes out of their comfort zones, but each athlete finished the event with a smile on their face. It was disappointing not to be able to compete in any other cross-country meetings, but I am certain that in 2022, we will have even more athletes.

**CHEERLEADING:**

*Mr Steve Krause*

Conditioning and tumbling started at the beginning of the year. Getting formations going without been able to lift was frustrating but it did not affect the vibe of the team. Our governing sports body, SAMCA, is attempting to work around the Pandemic level restrictions to get our cheerleaders an opportunity to compete. Competitions and Nationals will be virtual this year. In addition to the competitive cheerleading that we practice, performance cheerleading was introduced this year by SAMCA and final confirmation of acceptance as an Olympic sport is expected in October this year.



We continue to grow and look forward to new opportunities in cheerleading. Once you are involved, you cannot shake the love of the sport. This can be seen by the return of many Curro Aurora Alumni and past pupils who have joined the Tertiary Cheerleading team that I have started. From primary school through to high school and tertiary, cheerleading is now all on the same field.

Cheer Your Heart Out!

## **FITNESS AND CONDITIONING:**

*Mr Craig Hourquebie*

Fitness Fridays have become a stable and valuable way for our learners to find a channel to stay fit and positive, while maintaining some level of movement during this trying time.

I have a passion for fitness, hence a weekly video is sent out to the learners and parents via online platforms. The #FitnessFriday workout is for everyone and is completely scalable, easy to access and kept to a 20 to 30 minute time frame.

Furthermore, Ms Nicole Webb and I offer fitness and conditioning sessions on Monday and Thursday afternoons from 14:45 to 15:30. We encourage learners to participate with the resumption of these sessions.

We look forward to continuing with these initiatives into the coming term.

Stay fit, stay healthy and stay strong.

## **SERVICE**

*Mrs S van Dyk*

### **MADIBA DAY- Jar of Hope! (Wednesday, 21 July 2021)**

For Mandela Day this year, we ask you to help us feed a family and ***Share a Jar of Hope!*** Hot 91.9 FM will support Curro Aurora in getting the jars to those in need.



#### Ingredients:

- half a cup of rice
- half a cup of soup mix
- half a cup of lentils
- one unwrapped stock cube
- one packet of instant soup powder

One of these jars can feed up to four individuals or provide multiple meals to one person. All that needs to be added is hot water (roughly 2 ½ litres of water), and the mixture needs to be stirred continuously for approximately 45 minutes.



A jar like this is a healthy, nutritious and sustainable meal specially in the winter. While this may not seem like much to us during this time of lockdown, something as simple as a little jar of hope can change the world of someone who was wondering where their next meal would come from.

Please use 67 minutes of your time on Saturday, 18 July to make a Jar of Hope.

Jars can be dropped off at school on **Monday, 20 July and Tuesday 21 July** at one of the entrance gates.

## **BLOOD DONATION**



Our thanks to all the donors for attending our blood drives hosted at Curro Aurora on 14 May 2021.

63 Volunteers donated blood. (This excludes donors who were unable to donate on the day.)

## **SLIPPER DAY**



Thank you to our parents, guardians, learners and staff who supported the Slipper Day Campaign.

We will be donating R21 720.00 to the Reach for a Dream Foundation on behalf of you.

## **ALLAN GRAY ENTREPRENEURSHIP CHALLENGE**

*Mrs Donne Valkenburg*



Pooja Chunnilall is in Grade 9 and entered the 2021 Allan Gray Entrepreneurship Challenge along with:

447 teachers, 223 NGOs, 52 Government institutions, 1093 Entrepreneurs and 2326 Gauteng participants who all signed up.

The challenge is open to all and is a fast, easy and fun way to gain hardcore business skills. It is a fully digital learning programme drawing on concepts from disciplines as rigorous as Economics, and Management, to Accountancy and Technology. Pooja was ranked 26<sup>th</sup> of 7535 total participants nationwide.

Congratulations to Pooja on an outstanding performance. Her future is certainly looking bright!

## 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.

## CONTACT DETAILS OF SCHOOL MANAGEMENT AND GRADE HEADS:

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



# High School **BULLETIN**

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



Have a Happy Holiday! Sending you best wishes full of hope, happiness and love for a joyous Holiday Season!

Dion Kotze  
Head of High School

# Mandela Day

A jar of hope

Curro Aurora, in collaboration with Hot 91.9FM, will be collecting jars of hope to help feed a family in need.

Date: Sunday, 18 July 2021

(use 67 minutes of your time on this day to fill a jar of hope)

Jars can be dropped off at school on Monday, 19 and Tuesday, 20 July 2021 at one of the entrance gates.

### Ingredients to be packed for a nutritious meal

- A half-cup of rice
- A half-cup of soup mix
- A half-cup of lentils
- One unwrapped stock cube
- One packet of instant soup powder
- One of these jars can feed up to four individuals or provide multiple meals to one person. Just add hot water (roughly 2½ litres of water), and the mixture needs to be stirred continuously for approximately 45 minutes.
- A jar like this is a healthy and sustainable meal. While this may not seem like much to us, a jar of hope can change the world of someone who was wondering where their next meal would come from.



#Learners2Leaders

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**CURRO**  
Aurora

A vertical graphic with a dark blue background and lighter blue curved accents. At the top is a shield-shaped emblem with a ribbon, containing the text "BLUE" in a bold, sans-serif font and "Pride" in a white, cursive font. Below the emblem are four lines of text, each with a horizontal line underneath:

We show  
**RESPECT**

We  
**GREET**

We wear our  
**UNIFORMS**  
with pride

We always  
**TRY OUR BEST**

We are committed to  
**EXCELLENCE**

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

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