

Principal's Corner

Dear Theodorians

*"Hearts that beat to the tune of kindness
can change the rhythm of the world"*

CJ Peterson

With Mother's Day celebrated on Sunday 8 May, the image of the heart, generating kindness, is an apt one. Although a day which many perceive to be "an artificial and commercialized one", I do believe it forces one to stop and reflect on and acknowledge the role of one's mother.

I am aware that our Moms at the Pre-Primary School are being treated to a special "spoil" today, while at the High and Primary School, opportunities have been created to spoil our Moms too!

We welcome back **Mrs Natalie Weatherall-Thomas** (Mathematics teacher at High School) who returns from her maternity leave, as well as **Mrs Naledi Malunga** (C.A.T teacher at High School) who returns after being away due to illness.

The term has certainly started with a flourish - on all fronts. As the images on our Facebook posts have reflected and will reflect, there has been much activity at all three schools right from the opening bell on Wednesday. The lovely new front entrance (foyer) at the Pre-Primary School is a welcome addition.

The co-curricular programme at our respective schools has swung into action with gusto too, with our High School students winning their Junior Debating competition this week in the Gqeberha Debating League, while our netball girls, soccer boys / girls cross-country athletes have competed successfully at the respective league matches and events in the past few days. The happy sounds of activity and healthy competition at the Primary and High Schools are good to hear!

It has also been heartening to see many of our High School students volunteering to join the Random.com society session yesterday - the aim of which was to make a personalized gift for their mothers for Mother's Day. This is the heart of Theodor Herzl.

I draw your attention to the virtual workshop, hosted by our Counselling Psychologist, **Mrs Elzaan Cothill** and parent, **Dr Emma Gardiner**. Although the topic concerns vaping and other addictive activities, it certainly involves and is linked to a much broader topic of anxiety, stress etc. too. This is certainly not peculiar to Theodor Herzl, and we have opened the discussion to other schools too. It is also open to all ages - the "issues" and concerns are not just High School ones. Mental wellness is as crucial as physical well-being - it is something we take seriously at our Schools. There are many factors and dynamics at play - being knowledgeable about these is vital.



I wish our High School students well as they prepare for their mid-year examinations. With just three weeks away, I encourage you to keep a gentle eye on your child/children as they deal with the pressures of preparing for these examinations. Sadly, they can be stress-inducing moments. As mentioned in a previous newsletter, examination booklets which reflect the scope of each subject and what is to be assessed have been sent to you and printed for each child. They are created to take the angst out of examinations!

The following article in *The New York Times*, entitled, "The power of regret" is an interesting and significant one. It is worthy of a read. The link is:

<https://bit.ly/3ykyYLA>

All that is left for me to do is to wish you well for a restful weekend - and whatever has been decided for Mother's Day, may it be a happy and significant day.

Viktor

Viktor Kurz
Executive Principal

Jewish Life

On the 5th of Iyar 5782 (4th to the 5th of May 2022), Jewish people around the world celebrated the 74th Anniversary of the founding of the State of Israel. Yom Ha'atzmaut, which is Hebrew for the Day of Independence, is the National day of Israel and commemorates the Israeli Declaration of Independence on the 14th of May 1948. A special service was held during Jewish time where the Israeli flag was raised and a Hatikvah melody was sung in Israel's honour.

Chag Sameagh, Happy holiday, Le Eretz Yisrael.



Pre-Primary School News

A festive return to the second term. It was very exciting to enter though our newly renovated front school entrance!



Primary School News

Our Grade 3s had the best time on their Bee outing to *Apairista*.



High School News

The Theodor Heart in action: During this week's Random.com meeting, our Theodorians designed something special for Mothers' Day. We can only show you the close-ups after Sunday!



Our HEARTS are filled with pride: Our Junior Debating team won their debate this week. Congratulations to Ukho Majali who was awarded Best Speaker.



News From the Sports' Department

Mr *Jason Hyam* reports:

This week in Sport...

The U15 netball girls had an exciting start to term 2 with their very first match being played. It was an evenly contested match. Congratulations to all involved and thank you to Mrs D'Arcy and Miss Dominique for coaching and umpiring.

The Boys' Soccer Captains were appointed this week for the season. Congratulations to Vice-Captain *Lihle Nxiweni* and Captain *Kamva Mpongwana* on their appointments. We are looking forward to an action packed few weeks before the exam break.



THSmatters: Counselling News

Mrs *Elzaan Cothill* shares:

At the end of Term 1, we saw an increase in children and adolescents struggling with emotional and psychological issues. In fact, we continue to see a general increase in mental health difficulties and adolescent substance use in PE and beyond. In order to support and assist our children, we need to work alongside you as parents as well. Staying informed is key, so we would like to invite you to join us for a talk on adolescent substance use, which includes the topic of vaping, as well as how mental health difficulties play a part. Topics to be included are:

- Adolescent development and why substance use is so dangerous
- Medical perspective and risk factors (with Dr Emma Gardiner)
- Emotional perspective and associated mental health issues
- Protective factors and the importance of policies and procedures

To join, simply email Elzaan Cothill at cothille@theodorherzl.co.za or follow the zoom link on Facebook next week.

Theodor Herzl High School presents

A Webinar via Zoom on *Teenage Drug & Substance Use* (including Vaping)

Thursday 12 May
18:00

We'll also discuss Mental Health issues that today's teenagers are facing with Counselling Psychologist Mrs Elzaan Cothill and Medical Practitioner Dr Emma Gardiner.

To join, simply email Elzaan Cothill at cothille@theodorherzl.co.za or follow the zoom link on Facebook next week.

