



### Principal's Corner

Dear Theodorians

*"We need to be the architects of moments that matter."*

Chip and Dan Heath, from "the power of moments"

This week has been a busy one as we have celebrated academic, sporting and cultural successes at our respective Junior and Senior Prize-giving ceremonies. They have been events where success and achievements have been recognized. There were proud moments aplenty. I congratulate everyone who received awards in every category; they are richly deserved in every respect.

I used the occasion to highlight some important issues - and there were a number of them. I made reference to Chip and Dan Heath's book: *The power of moments*. I will not be re-hashing my speech, suffice to say that I will highlight 2 main points:

- 1) We have to create or be the architects of our own moments...and that sometimes these moments do not have to be remarkable ones. They can be found in the ordinary...the hum drum of life.
- 2) The moments that do matter or which are significant are buried in the question: "What really matters to you?"

It is a deeply personal one because it is a question that forces one to re-evaluate everything about one's life and one's priorities; re-evaluate what one wants for one's child/ren and what we want Theodor Herzl Schools to be, or not to be.

As a community of teachers, parents, children and colleagues that question (what really matters to you?) is an important one as we journey alongside each other; it will frame relationships and conversations we have with each other. Conversations about:

- a. What does being "successful" really mean to you as a teacher, parent, child?
- b. How do I (as a parent, teacher, child) cope with failure? Whatever "failure" is, in the broadest sense of the word.

I have to agree with the sentiment that if a child can do Advanced Programme English or Maths, Speak 3 languages, obtain a 95% aggregate, obtain A's for all subjects in Matric, represent a significant sporting team, play the piano at licentiate level...the list is endless, but cannot manage their emotions, think creatively and imaginatively and practise conflict resolution or handle stress, and ultimately be a happy well-rounded person, none of that other stuff is going to matter.

Equipping our children with **emotional intelligence** (EQ) remains as vital now as it has ever been. Having children and adults understanding that significant moments are seen in the ordinary too, is an important realisation and skill. Statistics do not lie. International trends indicate that:

- 1 in 5 children have mental health problems
- a 43% increase in ADHD has been noted
- a 37% increase in adolescent depression is being seen

There are numerous reasons for the statistics, but it is widely believed that today's **children are deprived** of the fundamentals of a healthy childhood (I will make reference to 6) such as:

- Emotionally available adults (parents, possibly teachers)
- Clearly defined limits and boundaries
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general, but especially outdoors
- Creative play, social interaction, unstructured game opportunities and boredom spaces

What matters to me/us at Theodor Herzl is having a happy, well-rounded child/ young man or woman. I make reference to a poignant video/advertisement depicting Elton John as well as a more than meaningful and powerful poem entitled "If this time" by Kevin McCormack. It is also presented in video format. They are both powerful messages, touching on the sentiments mentioned above. They are worth watching.

The links are:

video Elton John:

<https://www.youtube.com/watch?v=DShEAPKV0EU>

Poem, "In this time.":

<https://www.youtube.com/watch?v=vFRIV-9nFAI>

Again, I thank you for your support of the various functions this week and I wish you a blessed weekend and week ahead.

**Viktor**

Viktor Kurz

Executive Principal

## We are proud of...

Rebecca Roux who is a member at the Kings Beach Surf Lifesaving Club. She is part of the u/9 team that took part in the 2021 DHL South African Lifesaving Championships. Their team finished 4th in the country.



## Pre-Primary Fun

Our brave Theodorables loved meeting some of Mark Marshall's reptilian friends during his visit to the Pre-Primary School.



## Primary School Activities

Four young Theodorians recently joined the 1<sup>st</sup> Walmer Cubs/Scouts SA Club. Their *Investiture* took place last Friday at the Walmer Scouts Hall where they recited the Cub Promise and Cub Law with so much pride. Enjoy learning new skills in the Wolf Cub Pack.



Old Theodian, Kasvia von Memerty, adjudicated our Primary School Public Speaking Competition this week. Congratulations to our Junior winners: 1<sup>st</sup> Tamishka Reddy, 2<sup>nd</sup> Troy Bisscoff, 3<sup>rd</sup> Taylor Hawkins and Senior winners: 1<sup>st</sup> Max Schewitz, 2<sup>nd</sup> Adrienne Schmidt, 3<sup>rd</sup> Haroon Aslam.



## High School News

Hard work always pays off. Our High School achievers were recognized for their hard work at our very prestigious Prizegivings this week.



What an exhilarating exhibition of superb acting the fortunate audience of 26 socially distanced staff, friends of the school, parents and fellow Grade 12s witnessed during the Grade 12 Dramatic Arts Practical Examinations last week in the High school Drama Studio. From sparkling comedy, classical and realistic drama to emotional explorations, the consensus of all who witnessed was that the standard was exceptional. Congratulations to all, including our super-committed Tech Team who lit each performance atmospherically. We are so proud of all of you.



Our first Inter-schools tennis match in 2 years took place last week. We played singles and doubles matches against our friendly neighbours, DF Malherbe. Our High School 1st Boys team won 6 matches to nil and our Girls team lost 4 matches to 2.



Our High School Golfers practiced their skills during their first visit to the Walmer Golf course this week.



Good luck to our Matric Class of 2021 in your final Examinations.

DON'T  
STOP  
UNTIL  
YOU'RE  
PROUD