



**THEODOR
HERZL
SCHOOLS**

SCHOOLS
With **HEART**

NEWSLETTER

9 May 2025

Issue #9



Principal's Corner

Dear Parents / Guardians

***"Saving R8 per day
= R2848 per year***

***Reading 20 pages per day
= 30 books per year***

***Walking 10 000 steps per day
= 70 marathons per year***

***Never underestimate the power of
small habits."***

Although I have not started my newsletter with a traditional quote, the above facts/statistics (author unknown) are a reminder, certainly for myself, that there is much "power" in developing small habits. In the domain of school life, those little habits, no matter the context, are equally crucial for our children and students to learn.

Well, as usual, our new term has started with a flourish! I trust that the holidays were a treat for all of you—it was a sizeable chunk of time away from

the routines of school life, and judging from the stories that I have heard from our students and staff, a good holiday was seemingly had by all. I believe that the decision to extend the 1st term and the holiday was a good one!

We have had a few new children/students join Theodor Herzl this term, and I wish them well as they settle into the rhythm of life at Theodor Herzl schools. To the parents of the children/students – welcome to our family!

I sat in my office this past Wednesday afternoon doing some work and, from my desk, I looked across at the sports fields. They were packed with hockey, soccer, and netball practices. Our students and children from both the primary and high schools were all neatly dressed, organised, and enthusiastically participating. It was a good moment! Those "little habits" were in action again—with life lessons being learned incidentally and intentionally, too.

Our High and Primary School Musical bands return today, having participated at the national band competition held in East London. Although I have not heard all the results, I do know that Gold awards were obtained along the way! I look forward to reporting the full results in the following newsletter. Mid-year examinations are a little over a week away for high school students. The term is already moving at a pace! It is undoubtedly a short and sharp term.

I am especially proud of our three swimmers, Emily Geldart, Jayden Viduya (Grade 8), and Kellen Jones (Grade 9), who have achieved notable successes at the national and international junior swimming championships during the holidays. Their results are reflected below.

It has long been felt that many of our Theodor Herzl School community may know very little about our School Board members and the vital role that each plays in our school. With this being said, this week's newsletter features our Chairman, Mr Ian Meyer, who writes a little about himself and his journey at Theodor Herzl Schools. I intend to introduce each member of the Board each week, with each member writing about his/her context and role. We are, after all, a team: Board, staff, parents and children/students. "Getting to know each other" is valuable and powerful.

The expression "well-being" (with all its associated words such as belonging, happiness, feeling valued...the list is not an exhaustive one) is well known. It is an expression being used more and more frequently. In our ever-changing and fast-paced world, the expression and its associated words are more relevant than ever. At Theodor Herzl Schools, it is no different. It is not simply an add-on and gimmicky fad – we are **intentional** about it, and in many ways, have always been so. We constantly strive to ensure that "well-being" remains an intentional strategy – for everyone.

With the above in mind, I was intrigued to read a few weeks ago that Steve Bartlett, a British entrepreneur and investor, author of the book "The Diary of a CEO" and an investor in the TV series, "Dragon's Den", announced in post on LinkedIn, that he was hiring a Head of Happiness and Health at his business. But he's not the first—back in 2018, Timpson appointed a Director of Happiness, and companies like Airbnb, Coca-Cola, and Google have similar roles focused on employee experience and well-being.

The link, for those interested in what the advertisement contained, is
https://www.linkedin.com/posts/stevenbartlett-123_is-this-the-best-job-in-the-world-activity-7298597403803176960-UBNr

To all of our mothers and mother-figures, I sincerely wish that this Sunday, 11 May (Mother's Day) is a special and meaningful day.

I wish you all a good weekend and week ahead!

Kind Regards

VICTOR

MR VIKTOR KURZ
Executive Principal

Pre-Primary School News

Mrs Carly Collett, HOD Pre-Primary writes:

Welcome back to all our wonderful children and parents!

I hope you had a wonderful holiday, and that your hearts feel full after a well-deserved break. Term 2 is a short, busy term and we are so excited to get started. Even if you weren't able to take time off, I'm sure the slower mornings and a break from packing school lunches were a welcome change of pace.

Term 2 is a short but busy one, and we are excited to get started. Gerrie and his team have been hard at work over the holidays, and it is lovely to see our sandpits full, the jungle gyms ready, and our classrooms sparkling clean. As I write this, I can hear children laughing and playing in our beautiful garden — what a happy place to be.

The first week has started with a bang and we have all been very busy making various arts and crafts to make our mom's feel extra special this Mothers Day. To "mother" is to love, nourish, protect, teach, guide, embrace and care for - unconditionally. Our children obviously benefit greatly from the people in their lives who embody this role. I'm sure we can all relate to this beautiful quote by Anne Lamott:

"There are places in your heart that you didn't know existed until you love a child."

Wishing everyone a happy term 2.



Primary School News

Our Grade 1s were practicing their Critical Thinking Skills during their first week back at school. The Brief: Design a shelter to keep the Dinosaurs safe during an asteroid shower!



High School News



**THEODOR
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High School Term 1 Top 5 Academic Achievers:

Grade 8



Mila Schumacher



Jayden Viduya



Tamishka Reddy



Elihle Tebelele

Grade 9



Crystal van Tonder



Ruhi Doorgapershad



Camilo Ncoyo



William Greenwood



Tsebo Maliehe

Grade 10



Fiona Wu



Ella Scheepers



Callan Crone



Jade Meyer



Sarah van der Merwe

Grade 11



Liyemah Funani



Haroon Aslam



Nicholas Pitsiladi



Kira Olivier



Kirsten Lewis



Ashley Filtane

Grade 12



Sibahle Tebelele



Sienna Scribante



Rachel Honeyball



David Horak



Chloe Smith

Sports News

Primary School Sport

Coach Petro reports:

Date	Sport	Opponents	Result
8 May	U13a Netball	John Masiza	Lost 14-0
8 May	U13b Netball	John Masiza	Lost 8-0
8 May	U13a Netball	Eminence	Won 9-0
8 May	U13b Netball	Eminence	Won 7-0
8 May	U11a Soccer	Harvest	Won 3-2
8 May	U13a Soccer	Harvest	Lost -2-1
8 May	U11b Soccer	St Augustine's	Lost 4-0



High School Sport

Mr Scriven Reports:

Equestrian:

Bella Muller competed on her pony, **Jon-Jon**, in the Autumn Show Jumping Show held at PE Riding Club during the Holidays. They came first in the 80cm A2 class, first in the 80cm 2 Phase Class and won the 80cm Championship!

Nuha Jeeva participated in the Autumn Show at PE Riding Club in the 30cm pony rider class with **Riverview Kenya**. She placed 1st in all three classes and won the championship in her height.

Netball:

Netball u/15 lost to Stedin College
Netball u/15 & 1st team lost to Alexander Road

Soccer:

Soccer u/16 Boys side won Cape Receife 9-1
Soccer u/19 Boys lost to Morningside 1 - 4

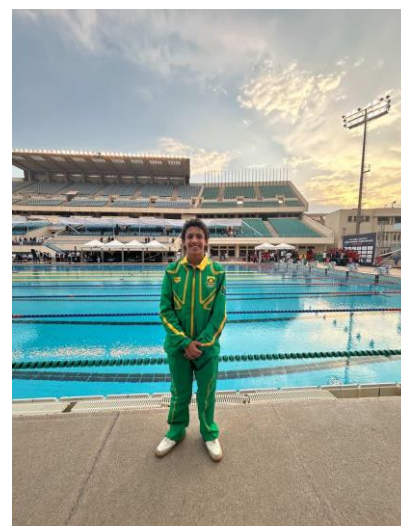
Swimming:

Kellen Jones's SA Junior Nationals Gala results:

400m free: Gold

200m free: Bronze

Kellen also represented SA in the African Aquatics Junior Swimming Championships in Egypt during May. He swam his Personal Best times in the 800m free and 1500m free and came 5th in both these events. He placed 9th in the 200 fly. SA won overall!



Jayden Veduya's SA Junior Nationals Gala results:

Gold in 50m Breaststroke

Silver in 100m Breaststroke

Bronze in 50m Butterfly and 50m Freestyle

4th place in 200m Individual Medley

6th place in 100m Butterfly

7th place in 50m Backstroke

Bronze in the 4 X 100m Mixed Medley Relay

Kelly Geldart's SA Junior National Gala results:

Kelly made finals in the 50 and 100m breaststroke and attained Gold for the relay event.

Meet our Board Chairman



Ian Meyer

In 1991, when my daughter was in grade one, Hilary, my wife, presciently informed me that it was time to become more involved in my daughter's education. Similarly, she previously told me that if you want to know your daughter, you better start by changing nappies! She was right on both accounts. So, I started a journey of self-development at Theodor Herzl and have served the school in a voluntary capacity since then. And I invite you to engage in a similar journey.

Professionally, I am a qualified and practising clinical and neuropsychologist, specialising in adult individual and marital therapy, traumatic brain injury and forensic psychology. I think my skills as a psychologist have been particularly helpful in leading Theodor's Board of Governors democratically, respectful of all its voices. Simultaneously, as the school's chairperson, I support our principals and assist them in remaining true to the Theodor ethos.

Over the past 33 years, I have served on the PTA and Board of Governors and been the school chairman for the past 23 years and the vice chairman for the preceding six years.

What was my driving motivation? In retrospect, it was an ideological desire as a parent and professional psychologist to develop an inspiring and aspirational educational model with like-minded parents to benefit my two children, community and successive years of students. And I welcome all parents to contribute.

In the early years of my participation in the Board of Governors, Theodor Herzl was in the process of transforming from a community school primarily serving the needs of the Jewish community to the multicultural school that it is today, still owned by the founding community but catering to the needs of a pluralistic society.

While leading Theodor Herzl with a dedicated Board of Governors, I have always strived to develop and maintain an educational model where every student aspires to achieve academic excellence and actualise their potential through 15 years of education, commencing in pre-primary and reaching matriculation. Furthermore, I believe that cognitive development and educational achievement must ideally occur in an environment where universal human values guide everything we do as members of the Theodor school community, which includes our professional staff, support staff, parents, students and lay leadership.



ACHIEVING EXCELLENCE WITH HEAD AND HEART