



THEODOR
HERZL
SCHOOLS

SCHOOLS
With HEART

NEWSLETTER

30 May 2025

Issue #11



Principal's Corner

Dear Parents / Guardians

“Resilience is distinct from mere survival, and more than mere endurance. Resilience is often endurance with direction.”

[Eric Greitens](#)

I have often mentioned resilience and its importance in our children's/students' lives at school or in the wider world. We learn these lessons at school...and at home. Closely aligned to resilience and which is a common challenge that can often hinder our progress and well-being is: the danger of underestimating one's own ability and potential.

I have loved watching our High School Quiz team participate in the inter-schools Herald on the Go Quiz competition. From being a team that, to a degree, doubted their own expertise and underestimated their ability, they are now semi-finalists, the first time Theodor Herzl School has been in this position in many years...if ever! I am so proud of them. Eric Greitens's quote captures our Quiz team's performance perfectly – they have endured round after round, beating favoured teams, but they have had “direction” – the end destination in mind – to win the title. The Semi-Finals and Finals will take place in the week ahead. I wish them and Mrs Venter, who has supported, coached and guided the team, every success.

We live in a world that often highlights perfection and effortless success, leading many of us to compare ourselves unfavorably to others. It comes in different forms: a child/student hesitant to raise their hand in class, even when they know the answer, or a talented individual shying away from a new challenge (be it in or outside the classroom) because they doubt their capacity to succeed.

Unwittingly, as teachers and parents, we may contribute to and be part of the “problem”. In trying to remove the problem, obstacle or challenge a child/student may be facing, we deprive the child of experiencing the feeling of “success” and achievement, of having a

“squirt of dopamine.” Although a seemingly controversial sentiment, we can sometimes be “stealing” our child’s access to the much-needed dopamine by unintentionally eliminating the problems a child faces. As adults, **we have the “dopamine rush”** as we feel that we have solved the problem for the child (and we feel good about ourselves), but what about the child? Where is their satisfaction in having “battled” and persevered? Dopamine, a neurotransmitter and hormone, is crucial in various bodily functions, including movement, learning, memory, mood and motivation. It is often referred to as the “feel-good” hormone, as it is associated with feelings of pleasure, reward and satisfaction.

It is crucial for our children/students at Theodor Herzl Schools (from pre-primary to High School) to discover and be reminded **that true growth happens when we step outside our comfort zones and discover what we’re truly made of.** As teachers, parents/guardians, we need to help them in this regard.

Knowing when to intervene and help and when to step back and away is always a fine line. With our high school students fully involved in exam mode, the need for one to “step aside” is realised even more keenly!

On a different tack, I have been intrigued and excited to see our Primary School children learning about the Chinese culture as they partner up with Huancheng Primary School in Jinhua Province, China. It is all about finding opportunities to collaborate and celebrate the richness of one’s respective cultures. Good learning moments at every turn at Theodor Herzl School

We certainly live in an “interesting” world, and the following article reinforces this. Not for one moment am I implying that we are contemplating doing what the schools mentioned in the article below are doing, but the article is part of the ongoing narrative around the role of technology, be it within schools or outside them. It is worth a read.

The article refers to five Ontario (Canadian) school boards and two independent schools that have joined a Canadian lawsuit against social media technology giants Meta, Snapchat and TikTok that alleges they disrupt student learning and the education system. The link is:

<https://globalnews.ca/news/10531229/ontario-school-boards-social-media-lawsuit/>

All that is left for me to do is to wish you a happy weekend ahead.

Kind Regards

Viktor

MR VIKTOR KURZ
Executive Principal

Pre-Primary School News

Our Grade 00s have been learning all about healthy habits and had a wonderful time making these beautifully colourful artworks. After all, an apple a day keeps the doctor away 🍏



Primary School News

The Grade 1 Theodorians visited the Museum to learn more about Dinosaurs last week. This week they shared what they learnt with the rest of the class.



High School News

An incredible achievement as our Theodor Herzl High School Quiz Team secures a spot in the top four of The Herald ISUZU Schools Quiz! Their hard work, teamwork, and quick thinking have taken them one step closer to the title. Theodor will be competing alongside Uitenhage High School, Pearson High School, and Victoria Park High School in the semi-final rounds.



Sports News

Primary School Sport

Coach Petro reports:

Date	Sport	Opponents	Result
16 May	Junior Chess	Erica	Won 7-0
16 May	Senior Chess	Newton Park	Won 4-3
20 May	U10 Hockey	St Georges	Won 2-0
20 May	U9 Soccer	St Josephs	Draw 2-2
20 May	U10 Tennis	Collegiate	Won 11-4
20 May	Open Tennis	Clarendon C	Won 19-12
21 May	U11a Soccer	Elsen	Lost 3-0
21 May	U14 Hockey	Parsons Hill	Won 2-0
22 May	U11b Soccer	Nasruddin	Lost 3-1



Mr Scriven reports:

Equestrian:

Three of our Theodor Herzl Equestrian Team members participated in the Arena Eventing competition held at PE Riding Club last weekend. These Lassies did very well!



Bella Muller on her pony *Jon-Jon* placed 2nd in the AE 75cm class.



Chloe Wiese on her horse *Denny's Gift* placed 3 in the AE 80cm class



Jemma Schewitz on her horse *Callaho Liberty* placed 1st in the AE 1.05m class.

Important notices



★ **THANK YOU-** ★

We did it — together

Thanks to your kindness and generosity, during the Sipper day this past Friday we managed to raise R2660! This means the world to us and will make a real difference.

💛 Every cent is going towards the Reach for a Dream Foundation – who make it their mission to make the dreams of children with terminal illnesses come true 🌻 🌙

You've shown the true meaning of community — and we are so grateful.



With heartfelt thanks,
Interact



Ready to rule the spotlight? We are choosing Mr & Miss THS — enter now for your chance to shine! LINK: <https://forms.gle/WVVBrznZEugVJVTQA>



The poster features a dark background with a repeating floral pattern. At the top center is a gold crown with a blue shield on its front, flanked by ornate gold scrollwork. Below this, the text 'Mr & Miss' is written in a large, elegant, gold cursive font. Underneath, 'Theodor Herzl High School' is in a bold, gold, sans-serif font, followed by '2025' in the same font. The date and time '14 August 2025 19:00' are displayed in bold, gold, sans-serif font, followed by 'School Hall'. Below this, 'ENTER NOW' is in a smaller, gold, sans-serif font, followed by 'Follow the Link:' and the URL <https://forms.gle/WVVBrznZEugVJVTQA>. A gold ribbon graphic curves across the middle of the poster. Below the ribbon, the text 'ENTERIES CLOSE on Monday 28 July' is in a small, gold, sans-serif font. At the bottom, a green banner with a repeating fleur-de-lis pattern contains the text 'If you are a Grade 8 – 12 Theodorian and would like to...' followed by a list of benefits: 'Win this Prestigious Title', 'Enjoy Amazing Entertainment', 'Win Wonderful Prizes', and 'Meet a few South African Celebrities'. The banner ends with '...make sure you enter by 28 July.'

Mr & Miss
Theodor Herzl High School
2025

14 August 2025
19:00
School Hall

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Follow the Link:
<https://forms.gle/WVVBrznZEugVJVTQA>

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If you are a Grade 8 – 12 Theodorian and would like to...

- Win this Prestigious Title**
- Enjoy Amazing Entertainment**
- Win Wonderful Prizes**
- Meet a few South African Celebrities**

...make sure you enter by 28 July.

Meet one of our Board Members



Paola Horak

Paola Horak writes:

“We have been part of the Theodor family since our eldest son enrolled at the pre-primary in 2006. Both our sons have attended Theodor from Gr 000 to Matric and we are very grateful that they have been educated in a school that is not driven by motive of profit or prestige but by dedication to excellent education of individuals within a values based environment.

By profession, I am an attorney, notary and conveyancer and practised as such for 20 years until I left practice to focus on industrial property management and development. I was elected to the Board of Governors of Theodor in 2010 and have served on the BuildingCom and the EduCom for the past 15 years.

Over that period Theodor has grown in pupil numbers, expanded its teaching facilities and its staff

compliment and I have had the opportunity to work alongside and learn from a group of extremely dedicated educators, community members and fellow parents, all of whom have given of their best to make Theodor a place where children are educated and cared for in an environment anchored strongly in Theodor’s ethos of Jewish and universal values.

It has been an eye-opening experience to note the complexity of issues that schools deal with and being involved has shown me the depth of thought, care and discussion behind every decision. I have developed a great respect for the leadership and problem solving skills required from effective school management. That said, I have also noted that even the most complex decisions are made simple when guided by clear ethos and values. Theodor’s commitment to its values of respect, integrity, accountability, compassion and social responsibility along with the best interests of the individual child being at the heart of everything, provides a steady framework and keeps the focus on what truly matters.

I often feel as if not only my children that have been educated at Theodor but that, I too, have learned a great deal from my time here.”



Theodor
Herzl
Schools

ACHIEVING EXCELLENCE WITH HEAD AND HEART