



Dear Parents, Staff, Boys and Girls

FROM THE OFFICE OF THE PRINCIPAL

Disruption is like a Masterchef Mystery Box Challenge

Future-proofing yourself to win at work and life is both an attitude and a broad set of skills and behaviours. More than anything, it is about accepting that change is going to happen and we have to learn how to deal with it and get comfortable with being thrown the unexpected. Disruption is like a MasterChef Mystery Box Challenge. In fact, life is a series of disruptions of all kinds - from the adoption of new technologies to relationship make-ups and break-ups; from new schools and jobs to a global pandemic and working from home; death or disease and so much more.

I am always fascinated by how each MasterChef competitor comes up with unique solutions (i.e. dishes) when given the same mystery box of ingredients, none of which are their own choosing. Sometimes contestants like what they get and sometimes they don't. Sometimes they have never cooked with some of the ingredients in the box. Regardless, they embrace the creative challenge, problem-solving with what they've got. Interestingly, they often do better with limited ingredient selection and a narrow brief, than when they are given the free run of the pantry to make anything they like. Have you noticed that?

While MasterChef is a cooking competition, I think the personal development that contestants experience while learning and doing under pressure, is quite extraordinary. Imagine if we reframed our challenging experiences as mystery box competitions instead of problems? It is what it is and everything is 'figure-out-able'. Everything you go through, all the positive and negative experiences, can help you be better than, or be more than, you were yesterday. They add richness to your repertoire of how you do life and how you accommodate and adapt to change. There are two vital questions we should be asking ourselves every time we are faced with disruption: What can I learn from this? How can I grow from this?

The answers make the discomfort worthwhile. They are the self-reflection work that is necessary to keep you moving forward. At the end of the day, fear of change as a source of energy is not sustainable. But curiosity is. How curious are you?

FROM THE OFFICE OF THE PRINCIPAL

Takeaways for winning at home and life:

- I find some of the most interesting meals are the ones that have to be created out of nothing. Don't go shopping, rather use the limited ingredients you have in the pantry and the fridge. This is an exercise in resourcefulness and thinking out of the box.
- Get your kids into the kitchen and involve them in cooking and baking. It's science in action as ingredients change state. They get to see how you can disrupt a recipe by changing an ingredient or oversalting a dish etc.
- When something is tough like going to a new school or having to break into a new friendship circle: affirm that while they may be uncomfortable, you know they can do this. Help them to identify what they are learning from the experience and how they are growing from it. Self-awareness can never start too young (eight years of age is a good time to start).
- With teens you can do cook-offs: parents vs teens or one teen and one parent vs the other teen and parent: there is nothing like a bit of friendly competition. Create new memories you can dine out on in the years to come - "remember when...."

Words have power. Reframing a disruptive moment as a Mystery Box Challenge could open the door to a completely new way of thinking that may yield some interesting results. Try it. You may surprise yourself and your team.

Source: Nikki Bush

GENERAL MONTROSE NEWS

SGB Elections - 2021

As we come to the end of the three-year term of our current SGB, SGB elections will take place on Thursday, 8 April 2021. Information on the elections and nominations will be communicated to the parents prior to the election date.

If you are thinking of being a part of the School Governing Body, please take the time to read the information on the Communicator (under Resources/Newsletters) which sets out what being a governing body member entails.

FROM THE INTERSEN PHASE DESK

Assessment Timetable

23 March:	English (Gr 4-7)
24 March:	History (Gr 4-7)
25 March:	Afrikaans/isiZulu (Gr 4-6)
	Afrikaans (Gr 7)
26 March:	Geography (Gr 4-7)
29 March:	NS & Tech (Gr 4-6)
	Natural Science (Gr 7)
30 March:	Mathematics (Gr 4-7)
31 March:	EMS (Gr 7)

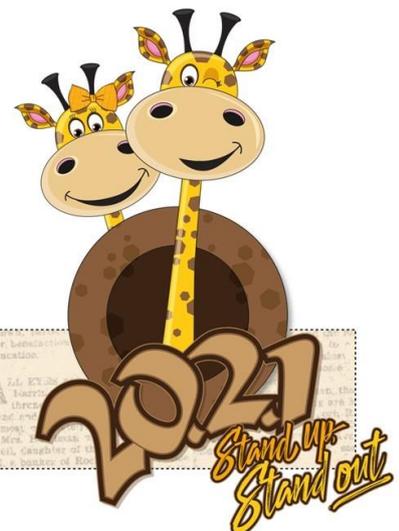
These assessments will be written at the beginning of the day and it is therefore imperative that learners arrive at school on time.

Should your child miss an exam, a doctor's note must be provided. The note can be sent via e-mail to monty@montrose.org.za and the original given to the teacher for Miss Langkilde. Should no doctor's note be provided, the learner will be given a zero for the examination.



STAFF BIRTHDAYS

12 March:	Mr Guedes
19 March:	Mr Jones
20 March:	Miss Langkilde
2 April:	Miss Zeelie
6 April:	Mrs Moodley
30 April:	Mr Edmeston



Don't forget to check the D6 Communicator and the Parent Portal regularly for more information and updates.

TUCK SHOP, AFTERCARE AND UNIFORMS

- The tuck shop is open but only to provide food to the children whose parents have pre-ordered and paid for the order. No child will be allowed to go to the tuck shop at all. This is just as a service to the parents. Please communicate directly with the tuck shop via e-mail at tuckshop@montrose.org.za or on 082-566-8566 should you wish to place an order or have any queries.
- The aftercare is open and operating under strict protocols. They will take both fulltime and part-time learners daily. Parents/guardians are however required to send a message via WhatsApp to Mrs Carbarns to confirm attendance should they not be attending on a daily basis. Any queries regarding aftercare must be directed to Mrs Carbarns on 082-888-0397 or via e-mail at carbarns@mweb.co.za.
- NO parents are allowed on the school premises at any time unless with a prior appointment with the office, and this includes aftercare. No learners may be collected at the aftercare gate after extra-murals unless the child is attending aftercare on the day.
- Although our in-house uniform shop, Uniformity, is not operating on the school premises on a fulltime basis, they are open for business. For help or assistance please call Mrs Alexis Scott on 082 453 7875
Uniformity School & Sportswear
uniformity@outlook.com: 082 453 7875 (M)
- Attaché is the second uniform supplier and can be found at Unit 6 Sak's Corner, 140 - 11th Street, Parkmore. For any queries, feel free to contact Attaché:
Tel: (011) 783-4037
E-mail: fashion@attacheffashions.co.za; or schools@attacheffashions.co.za info@attacheon11th.com

FROM THE PRE-PRIMARY DESK

IMPORTANT CONTACT INFORMATION



- Accounts Department:**
Fees: molly@montrose.org.za
Bursar: terry@montrose.org.za
Assistant Bursar: sonya@montrose.org.za



- Social Worker:**
adell@montrose.org.za



- Scadsys Parent Portal (registration queries and updating of details):**
monty@montrose.org.za



- Mathletics (login queries):**
sophia@montrose.org.za



- Admissions:**
leyla@montrose.org.za

COVID-19 Public Hotline: 0800 029 999
WhatsApp Support Line: 0600-123456

STAY SAFE
PROTECT SOUTH AFRICA

COVID-19 Online Resource & News Portal SAcoronavirus.co.za

health Department of Health REPUBLIC OF SOUTH AFRICA

2020 NDP

Stay Safe and Healthy

GENERAL REMINDERS AND INFORMATION

Arrival Times

We have a number of learners arriving late for school and this is very disruptive to teachers and learners in class and teaching begins promptly in the morning. Parents/guardians of learners who regularly arrive late will be contacted by the form room teachers to find out the reasons for the late-coming and the Department will be notified of continuous late-coming.

Please ensure that you get your children to school before the bell rings. Learners must be in line by no later than:

- 07h10: Grade 3, 6 and 7
- 07h20: Grade 2, 4 and 5
- 07h30: Grade 1

and preferably be in line at least 5-10 minutes before the bell rings for the relevant grades to ensure that they get to class promptly.

Please note that gates will be closed at 07h25 (Netball Gate) and 07h35 (FP Gate) and no learners will be allowed through the gates after those times and will have to go through reception.



Dismissal Times

Please note that all learners must be collected on time. Parents will be contacted telephonically if their child has not been collected by 13h30 on a Monday and by 14h00 from Tuesday to Friday. Please notify the office if there is a once off emergency, but this cannot be a daily occurrence.

Grade 1:	Monday: 12h40
	Tuesday - Friday: 12h55
Grade 2:	Monday: 12h55
	Tuesday - Friday: 13h10
Grade 3:	Monday: 13h10
	Tuesday - Friday: 13h25
Grade 4-5:	Monday: 12h55
	Tuesday - Friday: 13h25
Grade 6-7:	Monday: 13h10
	Tuesday - Friday: 13h40

The Foundation Phase gate will be closed at 13h20 on a Monday and 13h40 from Tuesday to Friday. Any learners remaining at school will be taken to the Netball Court gate, which gate will be closed at 13h30 on a Monday and 14h00 from Tuesday to Friday.



MySchool
www.myschool.co.za