



Dear Parents, Staff, Boys and Girls

FROM THE OFFICE OF THE PRINCIPAL

14 Powerful Ways to be Fearless

I recently read an article by a musician by the name of Anthony Mazzocchi and wanted to share it with you as it really resonates with the school's theme for the year, "Fearless".

We all have fear - it's an emotion that's as normal as breathing. The problem is that most people cling to their fears and are therefore unable to move forward in their lives with necessary change.

I have learned a lot about fear in my life as a professional musician, and I've learned that the only difference between people who achieve greatness and those who do not is that the former ditched their fear. Many of the methods I have used to prepare for huge performances have helped me to conquer fear in other areas of life.

Here's how you can start overcoming fear:

1. **Be aware of fear in your life.** Before you can begin overcoming fear, you have to admit that you have it. Perhaps fear is your "normal" state of being, and that is quite a bit to overcome all at once. Write down some aspects of your life where you have fear; getting them down on paper is important, because trying to simply think them through never works.
2. **Stare at fearless people.** Fill your brain with images of what you want your "future self" to look like. Connect with as many role models as you can, whether in person, through a book, or online. Use these examples as an energy source to combat your fear.
3. **Be objective.** Take an interest in investigating your fears. Ask yourself about what thoughts generate your fear, where you feel the fear, and how you react to it. Try to be an objective observer of your own life.
4. **Be willing to look stupid.** Remember, once you are willing to risk the emotional pain of making mistakes, you will shed more fear than you ever imagined. Know that making mistakes will help you obtain information you use to create the correct behaviours, and that everyone who has ever done something great has failed more than once
5. **Adopt a mindset of gratitude.** Whenever you feel fear, try to feel grateful instead. I have been performing a lot of solos recently, and it is scary! Instead of freaking out, I have decided to be grateful for the opportunity to communicate musically with so many people, and I know that they are there to genuinely listen to me play and root me on.
6. **Seek out teachers.** It's never too late to have a teacher; we are never done learning. Seek out someone who scares you a little—not a polite person who always makes you feel warm and fuzzy. Seek out someone who watches you closely, is brutally honest, and gives clear directions on how you can get better at whatever scares you.

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7. **Share.** How often do we hold the negative in because we are afraid of how others might react? Sharing helps, because you will realize that many people feel the same way as you do and have stories to share as well. Do you have a fear of success, or a fear of failure? Sharing with someone can help you examine what you truly want from life, and where your fears come from.

8. **Embrace struggle.** Most of us instinctively avoid struggle, because it feels like failure, and that scares us, but the term "no pain, no gain" holds true. To develop our skills, it is a necessity that we struggle, so we must embrace it. Once we struggle, fear slowly disintegrates.

9. **Read.** My personal favourite. Reading a good book related to your specific fear can open new doors on how you can get rid of it. I constantly fill my world with motivational and inspirational books on, and related to, the topic I'm dealing with.

10. **Use visualization.** Imagine yourself in a scary situation without fear. Watch people do things fearlessly that would normally freak you out. Visualize yourself as that person. Create a very clear picture of fearlessness in your mind.

11. **Put things in perspective.** Putting your negative thoughts in perspective is a huge way to overcome fear. In the grand scheme of life, why are you afraid? While you are freaking out about something, life is moving on without you. Sometimes it's helpful to remember this.

12. **Release control.** Of course we want to be in control, but when we relinquish it, we tend to free ourselves up. Allow yourself to make mistakes—after all, that's where learning and growth really happens. We learn from our failures, but to fail we need to release control.

13. **Think about the worst-case scenario.** What's the worst that could happen? I have crumbled on stage in front of hundreds of people. My wife still loved me; I lived. Life goes on.

14. **Look within.** What is the root of your fear? Meditate on it. Look inside and ask yourself when the fear started: How far back does your fear go? Did you have an early failure that has stuck with you? Explore it. That's what life is all about. Overcoming fear requires a growth mindset; an attitude that we can grow and change if we choose. Nothing is "locked in" forever; we can change. It takes time and practice. Hopefully the tips above will help you begin your journey to ditch fear.

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Staff News

A warm welcome to the following new staff members:  
Mrs Jessica van Willingham (Grade 2 Yellow)  
Miss Charlene Quick (Grade 5D, Grade 5 Afrikaans)  
Mrs Nicole Ralph (Grade 7 English)  
Miss Marna Schutte (Grade 1-2 Afrikaans)  
Mr Damien Moodley (Foundation Phase Intern)  
We wish you a very successful time at Montrose.  
Mrs Cheryl Ah Sing will also be with us whilst Mrs Murray is on maternity leave (Grade 3 Red)

UPCOMING EVENTS

- 25 January: Virtual Form Room 'Meet and Greet' Meeting (Grade 4-7 C&D classes) @ 18h00
- 26 January: Swimming trials (new learners to the school - Grade 2-7 only) @ 13h45-14h45
- 27 January: Interhouse Gala - **postponed** (date tbc)

GENERAL MONTROSE NEWS

Staff Birthdays

- 3 February: Mr Phaswana; Mr Temo
- 5 February: Miss Herron

**Facebook:**  
Montrose Primary School South Africa

**Instagram:**  
@MontrosePrimary

Our **hashtags** across both platforms are:  
#MontrosePrimary  
#YieldNot



## GENERAL INFORMATION

- Should a family member or person living in the same household test positive for COVID-19, any learners living in the same house will be required to quarantine for 10 days. Should this occur, please send an e-mail to [monty@montrose.org.za](mailto:monty@montrose.org.za), so that measures can be put in place for the learner.
- NO parents are allowed on the school premises at any time unless with a prior appointment with the office or with the relevant coach should you be attending a match.
- Please note that no items will be allowed to be dropped off at school for learners (e.g. lunch or books). We encourage parents to ensure that their children pack their bags the night before school to ensure that they have everything they need for the following day.
- Children must always carry a pocket size hand sanitizer with 70% alcohol with them and have a spare mask in their school bag.
- All learners are encouraged to bring an umbrella, a hat and sunscreen to school every day, especially during the summer months. No caps/hats other than the Montrose branded ones may be worn with the uniform outside of the school property, but may be worn during breaks.
- All main tuck shop orders will still need to be pre-ordered and paid for by parents. Parents are to continue to communicate directly with the tuck shop on 082-566-8566 or via e-mail at [tuckshop@montrose.org.za](mailto:tuckshop@montrose.org.za) should you wish to place a lunch order or have any queries.
- The tuck shop will also be open at set times for different grades as follows:
  - Grade 1: Friday - 1<sup>st</sup> break
  - Grade 2: Friday - 2<sup>nd</sup> break
  - Grade 3: Thursday - 2<sup>nd</sup> break
  - Grade 4: Thursday - 1<sup>st</sup> break
  - Grade 5: Wednesday - 2<sup>nd</sup> break
  - Grade 6: Wednesday - 1<sup>st</sup> break
  - Grade 7: Tuesday - 1<sup>st</sup> and 2<sup>nd</sup> breaks
- The aftercare is open and operating under strict protocols. They will take both fulltime and part-time learners daily. The Aftercare Centre offers friendly assistance with homework, a good meal, snacks and a plan for the day. A short stay rate for learners who will be collected by 15h00 has been introduced. Aftercare is also there for parents who may need a free afternoon away from the parenting stress or for other needs which may arise. They are open until 17h30 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. For more details and information please contact Sonia Carbarns via [carbarns@mweb.co.za](mailto:carbarns@mweb.co.za) or on 082-888-0397 or Ryan Carbarns on 071-464-8735.
- **Uniformity School & Sportswear:**  
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 either [uniformity@outlook.com](mailto:uniformity@outlook.com) or 082 453 7875.
- **Attaché** is the second uniform supplier and can be found at Unit 6 SaK's Corner, 140 - 11<sup>th</sup> Street, Parkmore. For any queries, feel free to contact Attaché on (011) 783-4037

## GENERAL INFORMATION [CONT.]

- Due to COVID-19, extra-murals are by invite and no learners may attend extra-murals without first confirming with the relevant coach/teacher.
- The siblings of the learners attending **extra-murals** will be able to wait for their sibling so that they can leave together, **only if indicated to the coach on reply to the invitation email**. If there is no communication, the sibling will wait at the relevant gate for collection directly after school and you will be contacted telephonically should you not collect your child.
- At the end of the extra-murals the Grade 1-3 learners will be taken to the Foundation Phase gate for collection and the Grade 4-7 learners will be taken to the netball court closest to the teachers' carpark and will be dismissed through Gate 5 (the gate next to security).
- **Lost property:** Any items misplaced at school will be returned to the owner if they are marked, alternatively given to Uniformity to sell if they are not labelled. Please ensure that you label all items of clothing, stationery and lunch boxes properly, either with the label issued by the school or by using a good quality permanent/laundry marker (we find Artline to be a good quality). E-mail your child's teacher as soon as possible should an item go missing as this allows them to look for the missing item in the relevant places according to the day's timetable.

## IMPORTANT CONTACT INFORMATION

- **Accounts Department:**  
Fees: [molly@montrose.org.za](mailto:molly@montrose.org.za)  
Bursar: [terry@montrose.org.za](mailto:terry@montrose.org.za)  
Assistant Bursar: [sonya@montrose.org.za](mailto:sonya@montrose.org.za)
- **Social Worker:**  
[adell@montrose.org.za](mailto:adell@montrose.org.za)
- **Scadsys Parent Portal (registration queries and updating of details):**  
[monty@montrose.org.za](mailto:monty@montrose.org.za)
- **Scadsys Parent Portal Website:**  
<https://www.scadco.co.za/ScadCo2/Home/ScadsysLogin>
- **Scadsys Parent Portal Registration:**  
<https://www.scadco.co.za/ScadCo2/Parent/Registrar>  
School reference: 0013
- **D6 School Communicator:**  
<https://d6.co.za/education/downloads/>
- **Mathletics (login queries):**  
[sophia@montrose.org.za](mailto:sophia@montrose.org.za)
- **Admissions:**  
[admissions@montrose.org.za](mailto:admissions@montrose.org.za)



## SCHOOL TIMES AND PROCEDURES

### Drop Off

Drop off takes place between 07h00-07h20. Please note that the gates will be closed at 07h20 and learners arriving after that time will need to enter through the reception entrance and will be marked as late. **Please ensure that you make allowances for load shedding and/or inclement weather and extended travel times as a result.** Please ensure that your child enters through the correct gate, i.e. Foundation Phase gate for Grade 1 - 3 learners and Netball Court gate for Grade 4 - 7 learners and siblings. No Intersen Phase learners will be allowed to enter through the Foundation Phase gate. Siblings must be dropped off at the Netball Court gate to enter the school together and this will include siblings in the Foundation Phase (**unless both siblings are in Grade 1, 2 or 3**, in which case they can enter through the Foundation Phase gate).

### Collection

Children who have siblings in the Intersen Phase will be taken down to the Netball Court gate for collection in the afternoon. Where siblings are all in the Foundation Phase, they are required to be collected from the Foundation Phase gate. Where parents collect more than one learner, the collection time for the eldest sibling may be used for collection to avoid having to queue for two different time slots.

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.

**All parents are reminded to have the sign with their child's name with them for collection each day.** This ensures an efficient collection process. Those parents with signs will be assisted first. The Foundation Phase gate will be closed at 13h15 on a Monday and at 13h35 from Tuesday to Friday. Any Grade 1-3 learners who have not been collected will be taken to the Intersen Phase gate at the netball courts and parents/guardians must park (behind the red line) and stand in the field for their child to be called to the gate. Learners may not be called from the side roads as the dismissal of learners is strictly controlled.

### Parking

Please adhere to the one-way system in the car park. Parents are driving out of the entrance gate which is causing traffic jams and turning in the open area where parents are waiting for their children. **This is not only inconsiderate, but extremely dangerous as it places all the people waiting at risk.** Please note that it is not the school's responsibility to manage and control parents' behaviour and conduct and we appeal to all parents/drivers to be considerate of others and ensure the safety of all.

Please utilise the second carpark should the first carpark be full.

Parents of Foundation Phase learners are reminded of the one-way system in the mornings and afternoons. **Foundation Phase parents are requested please to avoid going around the school and up Marie Street after drop off in the morning as this causes congestion.**

