



# Riverside College

Corner Cellars & Carmine Drive Burgundy Estate

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15 February 2019

Dear Parents

Love is in the air! We trust that you were spoiled with loads of love on Valentine's Day. Our Primary School learners are looking forward to their annual Valentine's Dance tonight. Learners will be all dressed up in red, white and pink. Look out for next week's newsletter for more Valentine's Day news and photos.

## NEWS FROM THE GRADE 3 CLASS

The Grade 3's learned a lot about each other when they had to do the Show and Tell about 'All About Me'. They had to bring different kinds of items to show off their favourite things!



## LIBRARY

Grade 2-3: 19 February 2019

Grade 4-6: 20 & 21 February 2019

## IMPORTANT DATES

Term 1 16/01 – 15/03

Term 2 03/04 – 14/06

Term 3 11/07 – 20/09

Term 4 01/10 – 04/12

2 March 2019 – Community Market

*These events will all take place on the school property.*



## SUMMER TIME

Please remember to send a water bottle and a cap to school on the days that are very hot.

## MEDICATION

Please note that the school will not be responsible for providing or storing any medication. Teachers will not medicate any learners at school. Also, learners are not allowed to have medication with them. Exceptions will be made for diabetes and asthma. Should a learner need to take medicine at school e.g. antibiotics or cough medicine, please allow the child to stay at home until healthy enough to come to school without it.

## REMINDER

Please take note of the following:

- \* No parents are allowed at or in the classrooms at any time of the day. If you wish to speak with the teacher, please make an appointment to see her. **Late-comers need to report to the office.**
- \* Parents must fetch their children directly after an extra mural or school. Unfortunately, we are not able to look after and take responsibility for learners once they have finished an extra mural or once the school day has officially ended.
- \* Parents must please take note that the office staff will no longer be able to drop off 'forgotten items' during the school day. Parents are to please ensure that their children have packed all their lunch, sports clothes and assignments before the school day begins as they will from Monday the 11 of February have to go without these items.

## STAR OF THE WEEK

Well done to our stars. We are very proud of you!

Gr 00/000 Great Austin-Ugbo

Gr R Inam Mpengesi

Gr 1 Riley Madden

Gr 2 Anie Inyangudo

Gr 3 De La Rose Kanushipi

Gr 4 Sinelizwi Bonongo

Gr 5 Stacey-Lee Pretorius

Gr 6 Adam Wagner



# Happy Birthday!

A very happy birthday to the following learners who celebrated their birthdays this week

11 Feb Faith B Gr. 4  
11 Feb Wyatt M Gr. 5  
14 Feb Chiedza C Gr.R  
14 Feb Michael A Gr. 6



A very happy birthday to Miss Bloem, who will be celebrating her birthday on 19 February. We hope you will have a fantastic day!

## **AFTERCARE WEEKLY MENU – Week 2**

<b>MONDAY</b>	Chicken & Veggie Stew with Rice
<b>TUESDAY</b>	Meatballs & Rice with Sweet Pumpkin and Gravy
<b>WEDNESDAY</b>	Fish fingers, Mash and Salad, Jelly and Custard/Soup
<b>THURSDAY</b>	Shepherd's Pie with Veggies and Rice
<b>FRIDAY</b>	Pizza and Chips

### **A note from the principal, Dave Swart**

In keeping with the importance of mental health, here are a few pointers on how to help yourself and your child maintain a positive and a healthy state. It is easy for parents to identify their child's physical needs however, a child's mental and emotional needs may not be that obvious. Here is a very basic list of these different needs:

### **Basics needed for physical health:**

Nutritious food  
Adequate shelter and sleep  
Exercise  
Healthy living environment

### **Basics needed for mental health:**

Unconditional acceptance and love from family  
Self-confidence and healthy self-esteem  
The opportunity to play with/communicate with peers and friends  
Encouraging teachers and supportive caregivers  
Safe and secure surroundings  
Appropriate guidance and discipline

Support, acceptance and understanding should be at the heart of family life and should encompass **all** family members. Let us set the example of how we should be treating one another so that our children learn from our example.

Enjoy your weekend,  
Primary School Staff

## **BRAINTEASER**

**Brain teaser answer: #2**

9 p.m.

**Brainteaser: #3**

How do you write 23 using only the number 2?

34 using only the number 3?

56 using only the number 5?



## **PRESCHOOLERS G000 – GR R**

Planning for the week 18 - 22 Feb

Theme for the week:

Pets

PLEASE SEND THE FOLLOWING:

- Message Books daily ☺

PLEASE REMEMBER:

- A change of clothing every day
- A healthy snack + Water/Juice
- No fizzy cooldrinks or sweets

WHAT WE WILL LEARN THIS WEEK:

- Phonics: letter dD
- Number: Number 4 and 2D shapes