



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
021 802 2001/ 074 779 1352

01 February 2019

Dear Parents

Life is all about going through the ups and downs in the pursuit of our dreams. Don't let any kind of obstacle and failure pin you down or push you against the wall in life. Fight hard and take the challenges with courage, determination and perseverance. Just keep moving forward with hope and before you know it the day will come for you to stand tall as a successful human being. Here are just a few inspirational messages about life.

- To be successful, you don't need a degree. Successful is he who knows how to lose and still have a loving family and friends.
- Your actions will take you to the top notch of success. Just keep working on your goals. It will create the path to success.
- Life ends when you stop dreaming, hope ends when you stop believing and love ends when you stop caring. So dream hope and love...Makes Life Beautiful!
- You can. You will. Have faith in yourself. The word 'you' has power in it.
- The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.

Mr C Cronje

Important Dates and Announcements:

Term 1	16/01 – 15/03
Term 2	03/04 – 14/06
Term 3	11/07 – 20/09
Term 4	01/10 – 04/12

Assessment Calendars:

Assessment calendars have been handed out to all learners. It is also available on our website. Please keep these safe as all Formal Assessment Tasks must be handed in on time in order for the learners to receive the best marks they can. Late assessments will carry a penalty and therefore lower the final term marks.

Valentines Dance	16 February – High school learners
Community Market & Fun walk	02 March – Inquire about stalls from the office
Senior School Camp	8 – 12 April – Preliminary dates – Info to follow
Art Auction & Cheese and wine	31 May – A not to be missed event!

**All of these events will take place on the school property.*

Athletics:

Inter schools 15 February

With the inter-house done and dusted, we now focus on the inter-schools meeting where we are once again united as a team. Team Riverside we will be competing against the following schools: Blouberg International, El Shaddai, Melkbos Private and last but not least CBC. We are training hard and we are amped about what we are going to achieve at this meeting.

The winners of the inter-house athletics which was held on the 31st will be announced in the following newsletter.

Valentine's dance:

Tickets to this event will cost R50.00 per person and will be sold during the register period in the mornings. Learners may purchase tickets for and bring along a friend from outside the school, provided that the friend is under the age of 18.

Sport 2019

We have decided to revamp our sporting program this year and remind you that it is compulsory for your child to take part in one sport and one cultural activity per term. In order for our sports program to be successful we need the support and commitment from all our learners. Having said this, we have settled on the following:

Action cricket	Girls and boys and or a mixed team
Action netball	Girls and boys and or a mixed team
Five's Soccer	Girls and boys and or a mixed team
7's Rugby	Girls and boys and or a mixed team
Softball	Girls and boys and or a mixed team (After athletics)

Please return the forms with the needed information as soon as possible to allow us sufficient time for the registration of the teams.

Trophies:

We need all our learners who received trophies during the 2018 academic year to please return these trophies to the office by Monday the 3rd of February.

Test series dates:

Gr 7 – 9	1 March – 13 March
Gr 10 – 12	1 March – 13 March

Olympiad dates:

English	5 March – Written at school
Mathematics	12 March – Info to follow shortly

Uniforms:

The office will send out a SMS message to notify you when the different stock items arrive. All enquiries must be directed to the office where our friendly staff are always ready to assist you.

Lockers:

Lockers are available at R200 per unit for the 2019 academic year. You would need your own lock and it is on a first come first serve basis. Please send all queries to the office.

Message from our Principal: Mr. D Swart

There is a very important conversation that we need to have and that we need to share with all individuals, young and old, and it is all about our mental health! Working towards and or maintaining a state of positive mental health is the most important gift that we can give ourselves and those around us. Yes, we are going there, we are going to have the hard conversations because we need to. It is our obligation and responsibility to ourselves and to society to ensure that we look after ourselves physically and mentally in order for us to be healthy, well balanced, positively contributing individuals.

All people are at risk of unhealthy stress today, even our children who are dealing with far more issues than we can even imagine. It really isn't important **what** you do to keep yourself from succumbing to the ills of our modern society, but the fact that you **do** something. NO, we are not talking about been crazy...we are long past that perception. We are talking about living a healthy and well-balanced lifestyle in which we take the time to relax, unwind, de-stress and deal with issues or problems that need to be dealt with in a healthy productive manner. We are no longer sweeping things under the carpet and making like they don't exist only for these issues to resurface in our 40's and to cause us to come apart at the seams.

Mental health is defined as a state of well-being in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a positive contribution to his/her community.

As you can tell from the above definition it is clear that this pertains to our everyday lives and how we deal with normal everyday issues. In keeping to our pledge of Riverside been a safe zone for all our children, we will start this conversation by presenting our **Anti-bullying** workshop to all our learners during February, after which we will sign the "I am not a bully" pledge for 2019. This workshop teaches very important and much needed skills on how to deal with one of the more serious ills in our society today.

Reminders and notes:

- If you haven't already, check out our Facebook and give it a like – search for –'Riverside College' and stay up to date with all activities.
- If you're on Twitter, follow us on @RiversideCPT for daily updates, pics and news.

School Schedule:

Monday	04 Feb	Day 1	07:55 - 15:15
Tuesday	05 Feb	Day 2	07:55 – 15:15
Wednesday	06 Feb	Day 3	07:55 – 15:15
Thursday	07 Feb	Day 4	07:55 – 15:15
Friday	08 Feb	Day 5	07:55 – 14:00

Have a good weekend

High School Staff
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