



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate

Ph nr: 021 802 2001/3 074 779 1352

1 February 2019

Dear Parents,

With so many new learners entering our school this year, there are many opportunities for them to make some wonderful new friends. In assembly this week, the learners were given 10 important ingredients for making friends. They will need: 1st a jar of kindness, 2nd a spoonful of listening, 3rd a can of honesty, 4th a tub of trust, 5th a carton of patience, 6th 1kg of forgiveness, 7th a box of encouragement, 8th a pot of respect, 9th a bag of loyalty and finally a Bottle of fun. Let's hope they can use this to make some lasting friendships that will make their time at Riverside College even more special.

NEWS FROM THE GRADE 1 CLASS

The Grade 1 learners have settled into their new class very well and are already hard at work. Some have been a bit nervous this week, because they are starting to do homework for the first time and have their first Spelling and Mathematics tests coming up. Regardless of these many challenges, they have embraced the new experiences and should be very proud of themselves.



LIBRARY

Grade 2-3: 5 February 2019

Grade 4-6: 6 & 7 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

1 February 2019 - Parents Welcome Braai

15 February 2019 - Grade 1 – 6 Valentine's Dance

These events will all take place on the school property.

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.

SUMMER TIME

We would like to remind you to please provide your child with a water bottle, specifically one, that they can uncap to refill during the day. Learners must also wear their Riverside College cap for all out-door activities like PE and Sports. If these caps are out of stock, then please buy a plain maroon cap for your child to wear.

STAR OF THE WEEK

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

Gr 00/000 Yasmine Kalwiba

Gr R Eden Sinclair

Gr 1 Mikayla Awaseb

Gr 2 Sam Africa

Gr 3 Simthandile Tshonga

Gr 4 Genevieve Clarke

Gr 5 Ethan Moore

Gr 6 Manuella Dongmo



Happy Birthday!

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

29 January

Farah Burton

Grade 5

1 February

Ndikhangele Madlingozi

Grade 1



BRAINTEASER

Brain teaser answer: #1 – Jimmy.

Brainteaser: #2

I don't have any special powers, but I can predict the score of any soccer match before it begins. How can I do this?



AFTERCARE WEEKLY MENU – Week 2	
MONDAY	Chicken and Veggie Stew with Rice
TUESDAY	Meatballs and rice with sweet pumpkin and gravy
WEDNESDAY	Fish fingers, mash and salad, Treat: jelly and custard/soup
THURSDAY	Shepherd's pie with veggies and rice
FRIDAY	Pizza and Chips

A note from the principal, Dave Swart

***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 parents and caregivers we are responsible and obligated to ensure that we and our children know and understand the above concept. 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.

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. We are not talking about mental health in a derogatory or demeaning manner but rather as something that is vitally important. 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 or for our children to feel so trapped and desperate that they feel the only action left is suicide.

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 be 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 and function in an ever changing world and society.

Enjoy your weekend,
Primary School Staff

PRESCHOOLERS G000 – GR R

Planning for the week 4 - 8 Feb

Theme for the week:

My Home

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 bB
- Number: 2 and 2D shapes



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