



Riverside College

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

15 February 2019

Dear Parents

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: nutritious foods, warm clothes when it's cold, bedtime at a reasonable hour 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

Mrs. C Ellis

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 |

Upcoming events:

| | |
|-------------------------------|--|
| Valentines Dance | 16 February – High school learners |
| Community Market & Fun walk | 02 March – Stalls are available at R200 per unit – please enquire at the office if you are interested. |
| Senior School Camp | 8 – 12 April |
| Art Auction & Cheese and wine | 31 May – A not to be missed event! |

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

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.

Senior School Camp

Information letters were sent home on Wednesday regarding the annual school camp. The camp for Gr 7 – 12 will take place from the 10 – 12 April 2019. Please send these forms back by the due

date to ensure that all arrangements are made to accommodate all our learners. The school camp is compulsory for all learners.

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
- Natural Science 16 May – Written at school
- Life Science 16 May – Written at school

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.

Medication:

Please note that the school will not be responsible for providing, storing or administering any medication. Teachers may not medicate any learners at school. Also, learners are not allowed to have medication with them. Any tablets found on our learners will unfortunately be confiscated as we cannot run the risk of learners sharing medication. 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.

Our policy regarding children reporting sick during the school day:

Unfortunately, we cannot send every child home that complains about a headache or a sore stomach. Not only do the children abuse this system, but we also understand that parents can't leave their work station at the drop of a hat. We have experienced in the past that children will ask to go home because they have not completed homework, studied for a test or just don't feel like attending a class. We are here to educate our children and part of that responsibility lies in teaching them coping skills. The policy below shows how we will deal with the various complaints that we receive and only in extreme cases will we actually call a parent to collect a child.

If you feel that your child is too sick to attend school, please keep them at home.

| | COMPLAINT / VISIBLE SYMPTOMS / INJURY | IMMEDIATE ACTION | SECONDARY ACTION |
|----|--|---|--|
| 1 | Headache <u>or</u> Stomach Ache (no fever or vomiting) | Instruct learner to have some water | Observe for an hour. If learner is still in discomfort telephonically enquire from parent if medication may be administered. Only in severe cases will learner be allowed to leave the school. |
| 2 | Headache <u>or</u> Stomach Ache with fever | Contact parent requesting permission to administer medication. | Observe for 1 - 2 hours. If learner is still uncomfortable, contact parent to collect learner. |
| 3. | Headache <u>and/or</u> Stomach and vomiting | Contact parent to collect the learner. | Not applicable |
| 4. | Feeling faint / light headed | Instruct learner to have some water & lay learner down with feet elevated above hip / chest height. | Observe for an hour. If learner is still in discomfort telephonically inform parent of the observation and action. Request learner to be collected. |
| 5. | Fainting | Contact Parent immediately. | Make learner comfortable and offer liquids while waiting for parent. |
| 6. | Light injuries (Scrapes & grazes) | Clean wound and administer plaster if necessary | Inform parent of incident via message book or phone |
| 7. | Moderate injuries: Cuts | Clean wound & put on plaster. | Telephonically inform parent immediately after incident. |
| 8. | Moderate Injuries: Head bumps, falls off equipment, etc. | Check learner's mobility and observe movement. Make learner comfortable if distraught and or in pain. | Immediately contact parent and inform of observations. |
| 9. | Severe injuries | Call Paramedics and parents. | Follow up with parents & enquire about learner's |

| | | | |
|-----|----------|---|------------------------------------|
| | | | wellbeing. |
| 10. | Headlice | Keep learner aside from other children. | Contact parent to collect learner. |

A message from our principal – Dave Swart

Love, care, security, acceptance and a positive role model are all essential elements that will help to ensure positive mental health for all. Please remember that parents are human too and this applies for parents towards children and children towards parents. Support, acceptance and understanding should be at the heart of family life and should encompass **all** family members.

People need to know that they are accepted regardless of their accomplishments. Mistakes and /or defeats should be expected as part of normal life. Confidence grows in a home that is full of unconditional love and affection.

Please let us be take notice of how we are treating one another, how we are interacting with one another and what the affect is that we are having on one another. Well balanced individuals lead to well-balanced societies in which all individuals can enjoy the benefits of healthy well-maintained states of mental health.

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 | 18 Feb | Day 1 | 07:55 - 15:15 |
| Tuesday | 19 Feb | Day 2 | 07:55 – 15:15 |
| Wednesday | 20 Feb | Day 3 | 07:55 – 15:15 |
| Thursday | 21 Feb | Day 4 | 07:55 – 15:15 |
| Friday | 22 Feb | Day 5 | 07:55 – 14:00 |

Have a good weekend

High School Staff
Riverside College