



# Riverside College

Corner Cellars & Carmine Drive Burgundy Estate  
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30 August 2019

Dear Parents

The masks we wear...

We wear masks for many reasons, good and bad. We wear them to hide our identity, to become someone else for a little while. We wear them to have fun and play out our wildest fantasies of being a princess, a prince, a villain or even a monster.

The reality is, we all wear masks daily. We are one person at home, another person at school and yet another person around our family and friends. Do we even remember who the person behind the mask is?

Technology has also become another mask we use to hide behind, to protect ourselves and sometimes to impress others. We post happy pictures of our families and ourselves on Facebook/Instagram to give the illusion that all is perfect in our lives; when in fact many of the people who post these photos are actually suffering terribly, whether emotionally, physically or financially. Still, the mask goes up and we portray happy... happy... smiling... smiling. We barely look up and notice others around us, eventually forgetting they even exist. Lift your head, notice what is right in front of you, another person in need of a smile, a beautiful tree with changing leaves, the sky, a new-born baby yawning... Life is not to be missed – it passes too quickly before us, *pay attention!*

If we are truly honest with ourselves, we will admit that we are all guilty of wearing masks and, in a way, I think it's a form of survival. But you need to grow confidence in yourself and who you really are. Have the courage to remove that mask and leave it behind.

My message to you is simple, pay attention to why you chose that mask in the first place. What you are gaining from it and when can you remove it? Most importantly, please never let it become who you really are. Always be true to who you really are and everything else will fall into place.

*Come out from your hiding spot! It's not so bad out here...*

*Mr. C Cronje*

## **Important Dates and Announcements:**

Grade 12 Prelims	21 Aug – 16 Sep
Test Series Dates Gr 7 – 11	9 Sep – 16 Sep
Annual Fun Walk and Market Day	07 Sep – On the school premises.

## **September Test Series:**

Please note that the test series will be treated the same as any official examination period. Children must attend school every day and if they are absent from a test, they will need a Dr's note. Please refrain from making any out of school appointments during this time as we will continue with normal academic work after the duration of the test. The exam rules will apply and will be enforced if and where necessary from Grade 4 to Grade 12.

## **Family Fun Run and Market Day:**

As the annual Family Fun Run is one of the fundraising events for the year everyone attending will need to buy a ticket in order to participate. Tickets are currently on sale at school and the prices are as follows:

Adults	R40 (Early bird) R50 On the day
Children	R25 (Early bird) R30 On the day

*This is one of those compulsory events that we plan as part of our official school functions for the year. We do not expect parents to be at school every weekend or even every month, so when this type of event is hosted, we do expect that ALL our learners and their parents will attend. It is an opportunity for families to spend a morning together doing something that they don't ordinarily do.*

There are loads of prizes and incentives available for those who participate: First 200 runners to cross the finish line will all get medals together with prizes for the 1<sup>st</sup> Adult and child female and the 1<sup>st</sup> Adult and child male who cross the line.

Each learner will receive 5 merits for attendance and an additional 5 merits for bringing an adult along who participates in the run; civvies day vouchers and spot prizes are also up for grabs. As always, this day promises to be loads of fun and there will also be a market!

Please come and join us.

### **A message from our Principal – Mr. D Swart**

In order for us to comfortably move around one another in close proximity and work together in the same small spaces, we need to remind our teenagers once in a while what healthy hygiene rituals are and how often they should partake in such rituals. It is the most unpleasant task to have to talk to someone about their offensive body odour or the fact that their clothes are dirty and smelly, so please help us by ensuring that your child has what he/she needs in order to maintain a healthy hygiene standard.

These rituals should include, but are not limited to the following:

Brush teeth twice daily.

Floss once a day.

Shower or bath daily.

Wash their hair regularly.

Wash their hands regularly.

Shave regularly.

Brush their hair at least once a day and get a regular haircut.

Clip and groom their finger and toenails once a week.

Take care of any injuries/sores as they happen to avoid infections.

Use personal hygiene products correctly, including deodorant, feminine hygiene products, facial acne cleansers, etc.

Wear clean clothes and underwear daily.

### **Reminders and notes:**

- Our teachers parking area has become a wheel-clamping zone. Please ensure that you do not park your car in this area – even for a few minutes - as the wheel-clamping rule will be applied to all. We have asked politely that you do not park in these areas for the safety of our children and unfortunately, we will have to now enforce a stricter rule.
- Please add us on Instagram – search for riversidecollege\_cpt
- 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.

### **School Schedule:**

Monday	02 Sep	Day 1	07:55 – 15:15
Tuesday	03 Sep	Day 2	07:55 – 15:15
Wednesday	04 Sep	Day 3	07:55 – 15:15
Thursday	05 Sep	Day 4	07:55 – 15:15
Friday	06 Sep	Day 5	07:55 – 14:00

Have a good weekend!

High School Staff

Riverside College

Newsletter #28 30 Aug 19 SNRS