



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate

Ph nr: 021 802 2001/3 074 779 1352

06 September 2019

Dear Parents,

Our assessments will start on Monday the 9th of September. This can be a very stressful time for all so we encourage you to motivate your child to study all their material at home. Getting enough sleep and eating a substantial breakfast is very important. Be prepared and make sure that the learners are equipped with the appropriate stationery items that they will need. Gr 4 – 6 learners should have the following items 2 pens, 2 pencils, eraser, sharpener, ruler.

IMPORTANT DATES

Term 3	School closes @ 11:00 on the 19 th of September
Term 4	02/10 – 04/12
Test Series	09 Sep – 16 Sep
Annual Fun Walk and Market Day	07 Sep – On the school premises
Heritage Day Celebrations	18 Sep – On the school premises.

FAMILY FUN RUN/MARKET DAY

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 1st Adult and child female and the 1st 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.

Happy Birthday!

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

Phemelo Mokuele	02 September	Grade 6
Kendra Rainier	03 September	Grade 2
Tendai Msomi	07 September	Grade 4
Makgoshi Mamabolo	08 September	Grade 5



Brainteaser answer #28: 16 Tables

Brainteaser: #29

When Ashley was 15, her mother was 37. Now, her mother is twice her age.
How old is Ashley?

RUGBY WORLD CUP 2019 RAFFLE:

Rugby World Cup 2019 is around the corner and we are privileged to have an awesome opportunity for one lucky person to have an official rugby world cup 2019 jersey! In celebration of RWC 2019 we have only 2000 Raffle Tickets at R20 each to sell, proceeds of the raffle will be used to upgrade the current computer centre. Selling 2000 tickets is an achievable task if every class sells at least 240 tickets per class. The raffle closes on the 18th of September, so come on Riverside College parents and learners let's rise to the challenge. We know it can be done and we hope we can count on the RC community ☺.



RUGBY
WORLD CUP™
JAPAN 2019

A note from the principal – Mr. D Swart

Mental health topics must include issues related to anxiety! New data shows a 20% increase in diagnoses of anxiety in children aged 6 to 17, between 2007 and 2012. Our children are suffering and unfortunately we are often the cause of these issues because we refuse to acknowledge and deal with our own anxieties and stresses. It is no secret that our children watch us, listen to us and model our behaviours and bad habits.

You as a parent can help reduce anxious behaviour by taking the following steps:

Know what triggers you.

Keeping track of what triggers your own anxious thoughts will help you determine what the causes of your own anxiety is. Sometimes anxiety is triggered by specific fears, but it can also be triggered by certain places and events, overwhelming amounts of stress, or interacting with others.

How to track your triggers:

When you start feeling anxious, grab that pen and jot down the following: What is happening? What are you feeling? What time of day it is? What are you thinking about or doing right before you feel your anxiety grip you? Now look for patterns in the data, and pinpoint your triggers.

Encourage Healthy Risks

When children learn to push themselves and to evaluate their strengths and weaknesses for themselves, they figure out how to thrive in this world. If watching your child climb a rock wall, ride a bike in the street, or play a rough sport with a group of other children makes you anxious or uncomfortable just remember that you must allow them to experience that for themselves. You cannot shield them from all experiences in life just because it makes you anxious! Children need to be encouraged to take healthy risks. You don't have to join them on that roller coaster, but you do have to let them try for themselves.

Talk about healthy coping skills

We all feel anxious at times and growing up isn't always easy or pleasant. When parents model healthy strategies to manage and cope with stress and anxiety, children learn that they can cope with their triggers and stressors independently.

Anxiety can affect everything from school and work to physical health and relationships. Learning to identify your triggers and find coping skills that work for you not only helps you manage your anxious thought cycle, but it also teaches your kids that they can learn to cope with their own triggers, and by managing these they can live fully balanced happy lives.

Why not empower your child today?

STARS OF THE WEEK

Grade 00/000 Frederique Kanushipi
Grade R Chiedza Chaniwa
Grade 1 Lexi Trimmer
Grade 2 Kendra Rainier
Grade 3 Colby Buckley-Fawcett
Grade 4 Meloney Branford
Grade 5 Chizitalum Ihezue



AFTERCARE WEEKLY MENU – Week 1	
MONDAY	Spaghetti Bolognese
TUESDAY	Beef & Veggie Stew with Rice
WEDNESDAY	Fishfingers, veggies, baked beans, Treat: Fruit salad and custard/Soup
THURSDAY	Macaroni Cheese
FRIDAY	Savoury mince with veggies on rice

HONOURABLE MENTION

Congratulations Ruby O'Connor for achieving 60 merits. Keep up the good work and well done!

Have a good weekend,
Primary School Staff

PS! Don't forget to sell your RWC raffle tickets!!

PRESCHOOLERS GR000 – GR R

Planning for the week 9 - 13Sept

Theme for the week:

Assessment week

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: Review A - V
- Number: Review shapes and sizes