



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
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11 October 2019

Dear Parents,

The month of October is National Bullying Prevention Month. In assembly we spoke about the possible reasons why people become bullies. They may be insecure or unhappy with themselves, have no stability at home or they could want attention. This week we challenged our learners to help stop bullying by being kind to others and making friends with someone you don't know at school.

NEWS FROM THE GRADE 000/00 CLASS

The Grade 000 & 00 had an awesome start to the fourth term as they visited Giraffe House this week. Giraffe House displayed an amazing little show for us, in which they taught us what cold blooded animals were and showed us some reptiles that include a tarantula, snake, as well as a frog that can grow to the size of a dinner plate. The kiddies were very intrigued and had loads of fun seeing the other animals too. They enjoyed their experience at Giraffe House so much, that they even asked after arriving back at school, "Teacher, when can we go again?" 😊



IMPORTANT DATES

Term 4	02/10 – 04/12
Exams Gr 4 – 6	20 November
Prize Giving	06 November
Interhouse Athletics	15 November
Gr 2 & 3 Outing to Animal Sanctuary	21 October

HONOURABLE MENTION

Congratulations to Genevieve Clarke for achieving 60 merits. Well done!

Happy Birthday!

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

Kenzi Van Louw	10 October	Grade 00
Inganathi Menze	11 October	Grade 1
Manuella Britney Dongmo	12 October	Grade 6
Sarrinah Mirando	13 October	Grade 4



Brainteaser answer #32: Gary 24, Chris 20

STARS OF THE WEEK

Grade 000/00	Kenzi Van Louw
Grade R	Eden Sinclair
Grade 1	Summer Knott
Grade 2	Cecile Laurette Dongmo
Grade 3	Sarah Hart
Grade 4	Sarrinah Mirando
Grade 5	Stacey-Lee Pretorius



Brainteaser: #33

If you buy a rooster for the purpose of laying eggs and you expect to get three eggs each day for breakfast, how many eggs will you have after three weeks?

Reminders and notes:

- 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.

Financial Assistance 2020:

Parents currently receiving financial assistance or those seeking financial assistance must please make application now in order to be considered for financial assistance in 2020.

Please e-mail or contact the financial team directly on 0218022004 or e-mail acc@riversidecollege.co.za to start the process.

AFTERCARE WEEKLY MENU – Week 2	
MONDAY	Chicken & veggie stew with rice
TUESDAY	Meatballs & rice with sweet pumpkin & gravy
WEDNESDAY	Fishfingers, mash & salad. Treat: jelly & custard/soup
THURSDAY	Sheperd's pie with veggies & rice
FRIDAY	Pizza & chips

A note from our Principal: Mr. D Swart

October is Mental Health Awareness Month and the World Health Organization (WHO) has put the focus on Suicide Prevention.

The following statistics indicate why this is such an important topic and why it is receiving so much attention worldwide.

In a publication dated the 9th of September 2019, the latest information was shared:

- 1 person dies every 40 seconds.
- More than 800 000 people die annually.
- For each suicide death there are at least 5 attempted suicides.
- Suicide is the 2nd leading cause of death among teenagers.

Mental health needs to be addressed from all angles, not only at school. We are not talking about strangers here or people with severe mental disorders, but our own children, who are at risk because they lack the skills that they need to deal with everyday issues and problems. We are solving their problems for them before they have even figured out what the problem is, and in doing so we are not allowing them to explore and develop the much-needed life skills. Many suicides happen impulsively in moments of crisis when there is a breakdown in the ability to deal with life stresses, such as financial problems, relationship breakups, conflict situations, violence and abuse, identity confusion, failure and loneliness, just to mention a few.

The prevention of suicide is something that needs all role players to know about early detection and identification of individuals at risk.

Step 1 is knowing what to look for.

- *Change in eating and sleeping patterns*
- *Withdrawal from friends, family and daily activities*
- *Drug or alcohol use*
- *Neglect of personal appearance*
- *Decline in schoolwork and difficulty concentrating*
- *Depression and severe stress and talking or writing about suicide*

Please be aware of your child's behavior and whereabouts at all times. Do not ignore any signs or symptoms without discussing them with someone. Respect them enough to allow them to feel complete and competent to deal with the issues that they are going to encounter, rather than having them feel inadequate, unworthy and not good enough to deal with life. They trust us with their lives, so can we trust them with the knowledge and the tools that have brought us this far and allowed us to bring these precious individuals into this world.

Have a wonderful weekend
Primary School Staff

PRESCHOOLERS G000 - GR R

Planning for the week 14 - 18 October

Theme for the week: Birds

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: X

Numbers: 1 to 20 & More/less