



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
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22 November 2019

Dear Parents

Low self-esteem is unfortunately a self-fulfilling prophecy. The worse you feel about who you are and what you do, the less motivation you'll have to do what it takes to build your self-esteem. From there it's easy to spiral down into a cycle of negative thinking which will keep you stuck in untrue and damaging beliefs. Getting unstuck from this cycle is a process, and it won't happen overnight, but there are things you can do to get it started and keep it moving. Here are a few powerful ways to improve your self-esteem quickly in order to start feeling more confident.

1. Master a new skill

When you become skilled in something that corresponds with your talents and interests, you increase your sense of competency.

2. Get clear on your values

Determine what your values are and examine your life to see where you're not living in alignment with what you believe. Then make any necessary changes.

3. Challenge your limiting beliefs

When you catch yourself thinking negatively about yourself, stop and challenge yourself. Don't allow yourself to be limited by untrue beliefs.

4. Stand at the edge of your comfort zone

Stretch yourself and move to the edge of your comfort zone. Get uncomfortable. try something new, meet different people or approach a situation in an unconventional way. Confidence begins at the edge of your comfort zone.

5. Heal your past

Unresolved issues and drama can keep you trapped in low self-esteem. Seek the support of a trained counsellor to help you heal the past so you can move onto the future in a confident and self-assured way.

6. Stop worrying about what others think

When you worry about what others will think of you, you never feel free to be completely yourself. Make a firm decision to make choices based on what you want, not what you think others want from you.

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School closing time during exams:

Please note that as from Wednesday the 13th of November we will be finishing at 13:30. You will need to make alternative arrangements for your child to be collected. This time is set aside to allow for your child to have enough preparation time for the exams that will be written. It is therefore of the utmost importance that you ensure that this time is spent wisely.

School attendance after exams:

We will be meeting with the Education Department between the 27th – 29th of November to finalize all marks and progressions. It is compulsory for all learners to attend school until the last day of

the term and verifications will be done regarding absenteeism. Please remember that unauthorized absence from school during the year can and will count against your child progressing to the next grade. There will be a program in place to keep the learners busy for the days after the exams.

A note from our Principal: Mr. D Swart

With all the other major events now done for the year, it is only the end of the exams that we are looking forward to.

Life is a journey and not a destination! Just so it is important to remember and to remind our children that the end results are not what determine their worth. The year as a whole, as a journey, along with the effort the homework and studying, the focus and concentration and perseverance and determination to succeed that went into everything is what counts. The fact that they might have struggled, but persevered, failed, but got straight up again and carried on until they mastered the content or the task until they were satisfied that they understood or could perform, that is what determines our worth and our character. It is important that parents, educators and learners keep this in mind with the upcoming results. Success is not determined by a single factor but rather by a culmination of many factors that are all added together to produce an end result.

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.

Have a good weekend!
High School Staff