



Riverside College

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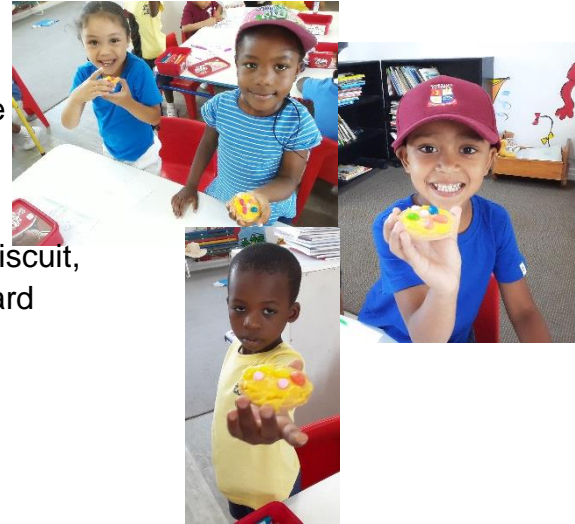
31 January 2020

Dear Parents,

As you know our focus for this term are our seven healthy habits. Habits that we can implement and encourage in our daily lives and how we can be the best version of ourselves, both in and out of school and the work place. For this week we looked at our second healthy habit, begin with the end in mind – “have a long term plan”. We are so quick to react and respond without thinking ahead, as a result we are never completely aware of the outcome. I encourage us to all try start planning ahead, think about where it is we want to go and what it is we would like to achieve at the end. Remember it’s not how we start something, it’s how we end.

NEWS FROM THE GRADE R CLASS

We had a blast introducing our new Grade Rs to our delicious make and bake Thursdays. This is a time in class where our little ones not only get to make and decorate yummy treats, but eat and enjoy them as well! One week will be a healthy make and bake and the next a sweetie make and bake. Our Grade Rs thoroughly enjoyed making their first smile face biscuit, and of course enjoyed eating them even more 😊. We look forward to many more exciting and creative make and bake Thursdays!



LIBRARY DATES

Grade 2 and 3 11th February
Grade 4 and 5 12th February
Grade 6 13th February



IMPORTANT DATES

Term 1 15 January – 19 March 2020
Grade 1’s start extra murals 3 February 2020
Primary School Camp 20 – 22 April 2020
Test Series Dates 09 – 16 March – Gr 4 – Gr 6

Reminders and Notes to make things run smoothly at Riverside:

- Do not double-park in the street to drop off or collect your child as this is causing much frustration for the motorists trying to get past you. Besides all of the frustration it is causing it is posing a severe risk for our children.
- PLEASE Do not park in the teachers parking area or on NO PARKING spots.
- Parents are reminded they are not allowed to go to classrooms in the mornings and afternoons. Parents are to report to office.
- Uniform cannot be purchased in the mornings. Money can be sent with learner and given to class teacher.
- All money to be put in sealed envelopes and given to learners to hand into class teacher.

Birthday!

A very Happy birthday to the following learner who celebrated her birthday this week.

Mila Anthony	Grade 1	1 st February
Tutsirai Madingozi	Grade 2	1 st February
Farah Burton	Grade 6	29 th January
Larisa Sides	Grade 6	25 th January



STARS OF THE WEEK

Grade 000/00 – Oriana Mfuta

Grade R – Nicela Naude

Grade 1 – Amari Inyangudo

Grade 2 – Mikayla Awaseb

Grade 3 – Kelly Vincente

Grade 4 – Sarah Hart

Grade 5 – Mercedes Anthony

Grade 6 – Milisuthando Madlingozi



BRAINTEASER

BRAIN TEASER ANSWER #1

16 Tables

BRAINTEASER #2

In an alien land far away, half of 10 is 6. If the same proportion holds true, then what is $\frac{1}{6}$ th of 30 in this alien land?



EXTRA MURALS

A friendly reminder that our Grade One learners start their extra murals on Monday the 3rd of February.

GRADE ONE SCHOOL TIMES

Our Grade Ones have settled in nicely and are getting used to their new daily routine. Please note that from the 3rd of February our Grade one learners will finish school at 13:45 on a Monday to Thursday, unless they are doing an extra mural. And on Fridays they end at 13:15.

HONOURABLE MENTION

Meloney Branford competed at the Talent Africa Western Province Regional competition on the 7th of December in Cape Town. She competed in a number of events and won multiple awards, such as overall best junior dancer, first place in the 9 – 11 age category and the highest ballet score of the day. Well done Meloney! Keep being proactive.

TRAFFIC AND PARKING

We would also like to thank all the parents that park correctly and drop off and collect their children without double parking. There are extra parking bays for parents to use now as the teachers are parking on the grass.

AFTERCARE WEEKLY MENU – Week 1

MONDAY	Spaghetti Bolognese
TUESDAY	Beef and Veggie stew with rice
WEDNESDAY	Fish Fingers, veggies, baked beans. Fruit Salad and custard.
THURSDAY	Macaroni and Cheese
FRIDAY	Savoury Mince and veggies on rice.

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.

PRESCHOOLERS G000 - GR R

Planning for the week 27 - 31 Jan

Theme for the week:

My Home

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: C c

Numbers: 3

A note from our Principal: Mr. D Swart

As mentioned in the general meetings, it is the responsibility of each parent to ensure the mental health of their children and to understand what this means I have included the following information.

Mental health is defined as a state of well-being in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a positive contribution to his/her community.

As you can tell from the above definition it is clear that this pertains to our everyday lives and how we deal with normal everyday issues.

If you are in need of assistance with this please do not hesitate to contact me on daveswart@riversidecollege.co.za

Have a good weekend,
Primary School Staff