



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
021 802 2001/ 074 779 1352

21 February 2020

Dear Parents

Choice Theory explains that our behavior is driven by five needs.

1. Survival
2. Love and belonging
3. Freedom
4. Fun
5. Power

Every moment of the day we make choices that serves our needs. Most of these choices are aimed towards the relationships we are in. Parental relationships, peer relationships, school relationships etc.

Connecting habits in healthy relationships includes:

1. Support
2. Encouragement
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating differences

Disconnecting habits that leads to dysfunctional relationships includes:

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Control

Steven Covey said that between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In those choices lie our growth and our happiness.

L Ortell

Important dates:

Term 1	15 January – 19 March
Teachers vs Parents Quiz	21 February 2020
Test Series Dates	02 – 16 March – Gr 7 – 12
High School Camp	22 – 24 April

Lockers:

Lockers are available at R250 for the year. Please complete the form that was sent home on the 15th or speak to Mr Ortell if you are interested. Please remember that you need to provide your own lock which must be a combination type lock.

High School Camp

Please note that camp is compulsory extension of the life orientation curriculum and therefore compulsory for all learners to attend. Please email Mr Swart (daveswart@riversidecollege.co.za) for any queries in connection with this.

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.

Music:

- Choir practice will start ASAP.
- All learners interested in starting a band must contact Mr Greyling.

Reminders and notes:

- Add us on Instagram – search for riversidecollege_cpt
- Check out our Facebook and give it a like – search for –‘Riverside College’ and stay up to date with all activities.

Message from our principal: Mr. D Swart

The opposite of acceptance is rejection.

If this SOUNDS harsh then take a moment to imagine how it must FEEL...

Unfortunately, there is no measure of acceptance, either you accept someone for who they are, or you reject them. It is often this feeling of rejection by loved ones that drives depression, self-harming, self-loathing and even suicide.

Acceptance requires understanding! It requires change! It requires patience! Most of all it requires LOVE, the unconditional kind.

Please do not reject loved ones based on things that you might not understand or agree with, but rather show acceptance and love and support so that they can grow through the difficult times and reach a place of self-acceptance, self-love, peace and happiness.

Mental health is all encompassing and this too forms part of your and my state of being...please do not undermine the mental health of another individual without a thought of the consequences it might have on that person's life!

School Schedule:

Monday	24 Feb	Day 1	07:55 - 15:15
Tuesday	25 Feb	Day 2	07:55 – 15:15
Wednesday	26 Feb	Day 3	07:55 – 15:15
Thursday	27 Feb	Day 4	07:55 – 15:15
Friday	28 Feb	Day 5	07:55 – 14:00

Have a wonderful weekend!

High School Staff