



# Riverside College

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

28 February 2020

Dear Parents

Can you recall a time somebody was kind to you? Now change the scenario and think of a time you were kind to another person? Call to mind their reaction and how you responded. Move into your heart and notice the feelings there. You should know that kindness affects the user and the experiencer — leaving a lasting impression on both. In this fast-paced world, kindness and compassion takes a back seat to selfies, self-interest and expendable human interactions. Every person is waiting to be discovered or become rich, believing it holds the key to their happiness. Yet when they attain success, they long for their former life having underestimated the trappings of fame and celebrity.

Kindness is fundamental to the human existence. We are thrust into the world as new-borns and enriched with the kindness of our parents' nurturing for the ensuing years. Humans are the only mammals with a prolonged gestation period. Other creatures rely on support for a brief time before becoming self-reliant. We are powerless at birth and depend on our caregivers to provide for our needs.

Therefore, kindness is sewn into the framework of our DNA. We are literally wired for kindness. World peace will not arise from overthrowing dictatorial powers or ending conflicts between nations. It will happen when humanity raises its consciousness beyond that of fear and hatred. Kindness is not something that demands hard work. It originates from the simple act of **doing no harm to others**. It involves judging less, however compelled you might be to do so. The ego is quick to judge when it is victimised and hurt, so it retaliates in revenge. Kindness, however, bites its tongue. It does not seek to be right but to preserve peace of mind. You gain little by giving someone a piece of your mind, other than inciting conflict and separation.

I wish to leave you with a passage from Mother Teresa's poem titled *Anyway*, in which she states: "People are often unreasonable, illogical and self-centred; forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway."

Incorporate the smallest acts of kindness into your everyday life and notice the ripple effects. The Butterfly Effect in Chaos Theory asserts that a tiny event in one region of the globe can have a substantial effect somewhere else. Armed with this knowledge, it is the Dalai Lama who reminds us that if you can't be kind, avoid harming others.

S Jonker

## Important dates:

Term 1	15 January – 19 March
Test Series Dates	02 – 16 March – Gr 7 – 12
School photos	16 April
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 15<sup>th</sup> 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](mailto:daveswart@riversidecollege.co.za)) for any queries in connection with this.

### Class and individual photos:

- Will be taken on 16 April 2020
- Information to follow

### Music:

- Choir practice will start ASAP (potential male choir members in particular to please contact Mr Greyling)
- 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.

### Congratulations:

To Tara Sewraj for receiving her blazer at the Head Prefect Blazer Ceremony.



### Inter-Schools Athletics Results:

LEARNER	POSITION	EVENT	AGE GROUP
• Michael Africa	2 <sup>nd</sup>	1500m	U13
• Massimo Cross	1 <sup>st</sup>	800m	U13
• Matthew Atkinson	2 <sup>nd</sup>	Shotput	U14
• Ru Yun Chen	2 <sup>nd</sup>	Shotput	U14
• Sinembasa Gaji	2 <sup>nd</sup>	Discus	U14
• Msowethu Yengo	2 <sup>nd</sup>	200m, High Jump	U15
• Msowethu Yengo	3 <sup>rd</sup>	100m	U15
• Zeeshaan Mukaddam	2 <sup>nd</sup>	100m, 200m	U17
• Zeeshaan Mukaddam	1 <sup>st</sup> (joint)	High Jump	U17
• Garrit levers	1 <sup>st</sup>	200m	U17
• Daniel Africa	2 <sup>nd</sup>	400m	U17
• Daniel Africa	1 <sup>st</sup>	800m	U17
• Daniel Africa	3 <sup>rd</sup>	100m	U17
• Camryn Byrne	1 <sup>st</sup>	Javelin	U17
• Aaron Mukwashi	2 <sup>nd</sup>	Javelin	U17
• Ange Dongmo	1 <sup>st</sup>	Discus	U17
• Sadie Chen	1 <sup>st</sup>	Discus	U17
• Daniella Lee	2 <sup>nd</sup>	Discus	U19

- **U17 Boys Relay: Won their race missing out on the record by a few split seconds**
- **There were no significant placements at the zonal meeting**

**Message from our principal: Mr. D Swart**

Dear parents, please remember that we do not allow cellphones at school and that you agreed to this condition when you applied for your child to attend our school.

The reasons for not allowing cell phones during the school day are varied but allow me to put this simply. The cell phone is no longer a harmless instrument used for making phone calls and reading messages...it has become a weapon in the hands of many young people who wish to inflict harm, pain and discomfort on their fellow human beings.

Even though we DO NOT allow phones at school we still hear about learners who bully one another, spread vicious rumours about one another and to be rather frank display disgusting language and hateful messages.

Please remember that you need to check your child's phone regularly to ensure that they are not being bullied and that they are not bullying someone else. Yes, we know that it is hard to believe that our precious little ones would ever do such a thing, but the only way to be sure of that is to monitor their content regularly.

Please know that when these incidents take place after school hours, we are no longer able to protect your child. Children fight and disagree with one another, but when they turn to the weapon in the palm of their hands it becomes a serious offence and lives are at stake.

**School Schedule:**

Monday	2 Mar Day 6	07:55 - 15:15
Tuesday	3 Mar Day 7	07:55 – 15:15
Wednesday	4 Mar Day 8	07:55 – 15:15
Thursday	5 Mar Day 9	07:55 – 15:15
Friday	6 Mar Day 10	07:55 – 14:00

Have a wonderful weekend!  
High School Staff