



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
Ph nr: 021 802 2001

15 May 2020

Dear Parents

No one can avoid the unexpected. But these simple steps can help you better face life's uncertainties.

- Be kind to yourself. Some people are better at dealing with uncertainties than others, so do not beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve and be patient with yourself in the meantime.
- Reflect on past successes. Chances are you have overcome stressful events in the past – and you survived! Give yourself credit. Reflect on what you did during that event that was helpful, and what you might like to do differently this time.
- Develop new skills. When life is relatively calm, make a point to try things outside your comfort zone. From standing up to a difficult boss to trying a new sport, taking risks helps you develop confidence and skills that come in handy when life veers off course.
- Limit exposure to news. When we are stressed about something, it can be hard to look away. But compulsively checking the news only keeps you wound up. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.
- Avoid dwelling on things you cannot control. When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.
- Take your own advice. Ask yourself: If a friend came to me with this worry, what would I tell him/her? Imagining your situation from the outside can often provide perspective and fresh ideas.
- Engage in self-care. Do not let stress derail your healthy routines. Make efforts to eat well, exercise and get enough sleep. Many people find stress release in practices such as yoga and meditation.
- Seek support from those you trust. Many people isolate themselves when they are stressed or worried. But social support is important, so reach out to family and friends by phoning or texting.
- Control what you can. Focus on the things that are within your control, even if it is as simple as weekly meal planning or laying out your clothes the night before a stressful day. Establish routines to give your days and weeks some comforting structure.
- Ask for help. If you are having trouble managing stress and coping with uncertainty on your own, ask for help.

C. Ellis

Re-opening of Riverside College:

Management, admin and sanitation staff will be returning to school on Monday the 18th of May. Further information regarding the exams and the return of learners to school will be announced on Monday the 18th of May.

Message from our principal Mr. D Swart

We will be going ahead with our June examinations, even if they are a little different this year, we do believe that it is in the best interest of our learners to keep them in a familiar routine and at the

same time ensure that they are ready to progress at the end of the year. We will be sending home a letter explaining exactly how this will be done together with an exam timetable, and we will take every precaution we need to in order to ensure the safety of all involved. Please keep an eye out for the information that will follow.

School Schedule:

Monday	18 May	Day 1	08:15 – 15:15 We will start with lesson 2 at 08:15
Tuesday	19 May	Day 2	08:15 – 15:15
Wednesday	20 May	Day 3	08:15 – 15:15
Thursday	21 May	Day 4	08:15 – 15:15
Friday	22 May	Day 5	08:15 – 14:00

Monday Schedule until we return to normal time and have assembly again.

L1	08:15 – 09:00	Lesson 2
L2	09:00 – 09:45	Lesson 3
L3	09:45 – 10:30	Lesson 4
Break	10:30 – 11:00	
L4	11:00 – 11:45	Lesson 5
L5	11:45 – 12:30	Lesson 6
L6	12:30 – 13:15	Lesson 7

Have a lovely weekend!

Kind Regards
High School Teachers