



# Riverside College

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

20 November 2020

**Dear Parents,**

Giving thanks can make you happier

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships both personally and in the business world.

## **Ways to cultivate gratitude**

Here are some ways to cultivate gratitude on a regular basis.

*Write a thank-you note.* You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

*Keep a gratitude journal.* Make it a habit to write down or share with a loved one, thoughts about the gifts you have received each day.

*Count your blessings.* Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

*Pray.* People who are religious can use prayer to cultivate gratitude.

*Meditate.* Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Miss Jonker

## **Important dates**

Term 4	06 October – 11 December <i>Teachers return 05 October – 15 December</i>
11 December	Prize Giving for Gr 7-11 (no parents; learners only)
<b>11 December</b>	<b>Last day of school for 2020 (Gr 7-11 finish at 11h30)</b>

## **2021 School dates – confirmed dates**

18 January – 26 March	Term 1 for teachers
20 January – 25 March	Term 1 for learners
14 April – 25 June	Term 2

**PLEASE NOTE THAT OUR GRADE 12 LEARNERS WRITE UNTIL THE 15<sup>TH</sup> OF DECEMBER!**

## **Absentees**

If your child is going to be absent from school, please email all office staff so we ensure the message is received:

[office@riversidecollege.co.za](mailto:office@riversidecollege.co.za)

[info@riversidecollege.co.za](mailto:info@riversidecollege.co.za)

[a.human@riversidecollege.co.za](mailto:a.human@riversidecollege.co.za)

## **Uniform Stock**

We would like to inform you that we placed our order for more uniform stock over 2 months ago. Our supplier has informed us that our stock order is delayed as they are only able to work with skeleton staff. We will be out of stock of some items until the end of Term 1 2020. Considering this, we have a list of alternatives that you as parents may purchase until we have stock available. Please see below a list of what your child may wear should you not be able to purchase from us due to sold out stock:

## **School Bags**

We will only receive stock in the second Term next year due to unforeseen circumstances at the manufacturing company. Parents can look for a second-hand bag on Riverside College 2<sup>nd</sup> Hand Buy and sell on Facebook or Learners can use a maroon school bag in the meantime till we receive stock. Here is the Facebook link: <https://www.facebook.com/groups/riversidesecondhand>

## **Grade 000-Grade R**

- *Grade R plain maroon T-Shirts (Available retail outlets)*
- *Grade R plain maroon Sweatshirt (Available @ retail outlets)*
- *Plain Maroon Small School Satchel (Available @retail outlets)*

## **Grade 1-Grade 12**

- *Plain white school shirt (Available @ retail outlets)*
- *Plain maroon Pullovers/ Jerseys (Available @ retail outlets)*
- *Plain white Golf Shirt for sport (Available @ retail outlets)*
- *Plain maroon sport cap (Available @ retail outlets)*
- *Plain maroon school satchel (Available @ retail outlets)*
- *Plain maroon tog bag (Available @ retail outlets)*

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

*Written by a teacher Mary Ginley, the letter was adapted by Buckton Vale Primary School in England. The letter reads:*

“They do not know that some of you speak two languages or that you love to sing or draw. They have not seen your natural talent for dancing or playing a musical instrument. They do not know that your friends can count on you to be there for them; that your laughter can brighten the darkest day or that your face turns red when you feel shy. They do not know that you participate in sports, wonder about the future, or sometimes help your little brother or sister after school. They do not know that you are kind, trustworthy and thoughtful and that every day you try to be your very best.

The levels you will get from these exams will tell you something, but they will not tell you everything. There are many ways of being smart. You are smart! So while you are preparing for the exams and in the midst of it all, remember that there is no way to “test” all of the amazing and awesome things that make you, YOU!”

“Educating the mind without educating the heart is no education at all.” — Aristotle

Sleep, Rest, Believe!

Good Luck!

Have an awesome weekend

Keep safe

High School Staff