



# Riverside College

*Cnr Cellars & Carmine Drive Burgundy Estate*

*Ph 0218022001 [www.riversidecollege.co.za](http://www.riversidecollege.co.za)*

**13 August 2021**

**Dear Parents,**

In a society in which people are expected to work long hours and pass on vacation days, there is an underlying belief that we must always be productive – which can ultimately take away from opportunities for self-care. But by taking some time out to engage in self-care, you may relieve the pressures of everyday life and reset yourself to get back to a healthy point where productivity is once again maximized. Considering the costs associated with mental health services, lost wages and more, spending some time on yourself may ultimately benefit everyone.

Burning the candle at both ends, so-to-speak, comes with significant consequences, which may include but are not limited to burnout, depression, anxiety, resentment, and a whole host of other negative implications. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer. Spiritually, it may help keep us in tune with our higher power as well as realize our meaning in life.

Self-care is an important activity to do every day. Doing so will lead toward a better balance among your dimensions of wellness and lead toward improved overall health and wellness. Life is precious, and it is meant to be enjoyed.

**Ms. Jonker**

## **Important dates**

Term 3 – 20 July – 22 September (Teachers 23/09)

Term 4 – 12 October – 08 December (Teachers 15/12)

## **Return to in person teaching**

Our high school learners will be return to school on Monday, the 16th of August. School attendance will be in winter uniform and according to normal school hours.

## **Covid 19 Safety Policy**

Your child needs to have a mask on at all times that covers their nose and mouth. Each individual also needs to regularly wash their hands and sanitize. They are not allowed to physically touch, kiss, hug, or share food with one another. Our safety protocols are there to keep everyone safe and we need everyone to play their part!

**Masks are not an excuse to have facial hair, so please note that your son still needs to be clean shaven at all times.**

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

We are looking forward to welcoming all our learners back to school on Monday! It feels like a lifetime since we last saw them in person and it is going to be a pleasure to have full classrooms again. We miss the hustle and bustle in the classrooms and on the corridors. We will settle back into a regular routine just in time for us to prepare for our next test series and the prelims for our matriculants. Please come prepared and ready to work full steam ahead as we do not have any time to waste. We look forward to ending off this term on a high with all our learners not only achieving their goals but surpassing them.

Please remember that all work needs to be up to date and ready for marking on Monday and we will be in full winter uniform for our inspections. These inspections will include hair, nails, uniform and masks, so please shave and make sure that you are in the correct uniform. We look forward to seeing you all, so have a good weekend and stay safe!

**School Schedule:**

Monday	16 August	Day 6	07h55 – 15h15
Tuesday	17 August	Day 7	07h55 – 15h15
Wednesday	18 August	Day 8	07h55 – 15h15
Thursday	19 August	Day 9	07h55 – 15h15
Friday	20 August	Day 10	07h55 – 14h00

Have a lovely weekend!  
High School Staff