



Riverside College

Cnr Cellars & Carmine Drive Burgundy Estate
Ph 0218022001 www.riversidecollege.co.za

20 August 2021

Dear Parents,

The past couple of months have brought along its own challenges and we had to learn to adjust to these new challenges and find our way in the new norm. Some of us adjusted quite quickly, whereas others found it more challenging. Change can be considered a good thing, it only depends on how you CHOOSE to look at the situation. It is always a choice (your choice) whether you want the outcome of change to be positive or negative. When you change the way you think, you change the outcome of the situation.

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” – Helen Keller

Ms.Steyn

Grade 2 News

The Grade 2's have started this term with a bang! They have been very busy learning all about soil and transport in Life Skills and presented an outstanding oral last week. They are also preparing to do a fantastic soil rap in class as part of their Performing Arts. It is wonderful to see them so enthusiastic about learning and taking part in classroom discussions. Keep shining like the stars that you are!



Important Dates

Term 3 – 26 July – 22 September (Teachers 23/09)

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

Test Series 13 Sep – 20 Sep

Test Series time tables are attached to the newsletter and available on our website.

Other news

1. A friendly reminder to parents dropping their child off in the mornings, please do not park or wait in the teacher's parking. The school bus needs to exit from the gate and cannot get past the parked cars.
2. Please note that the gate will only open at 7:30am for learners to enter the school's premises.
3. **Please pack a spare mask** in your child's school bag. The school does not have spares.
4. Be reminded as per our COVID-19 policy, if any learner shows symptoms or has come into contact with someone who has the virus, they need to self-isolate and go for a COVID-19 test before returning to school.
5. P.E has commenced this week. Learners should wear the P.E sports uniform on their allocated P.E days. If you are unsure of what days your child does P.E, please follow up with the classroom teacher.
6. Stationery – Please replace stationery items that are finished.

Late Comers

Please ensure that your child arrives at school on time. The bell rings at 8am for morning line-up and then the learners go to class for registration. The Gr 00/00 – Gr 2 classes start at 08:15, therefore all learners need to be at school before 08:15 as it can be disruptive to the rest of the class when a learner arrives late.

Honorable Mention

Congratulations to the following students for receiving 55 merits. We are very proud of you!

Grade 5 Kaobimdi Ihezue
Grade 5 Nuha Miranda
Grade 6 Genevieve Clarke

Stars of the Week

Grade 00/000	Kim Mthethwa	Grade 3	Omolemo Tone
Grade R	Kelly Chen	Grade 4	Misha Weber
Grade 1	Yasmine Kalwiba	Grade 5	Nuha Miranda
Grade 2	Inam Mpengesi	Grade 6	Jaden Harneker



Happy Birthday!

A very Happy Birthday to the following learners who celebrate their birthdays this week.



Gr 1 Liyasanelisa Lofani 22 August

Message from our principal Mr. D Swart

We are standing on the cusp of the exam season for our Gr 12 learners as well as the test series for all our other learners. This is a very stressful period for all involved and a time at which we need to pay special attention to our and our children's mental health.

Many people at this point of the discussion stop reading and walk away because they do not understand what this means...they automatically think that we are telling them that there is something wrong with them or that they are not able to look after themselves and their children the way they should...this is not the case at all! The fact is... poor or neglected mental health can lead to feelings of inadequacy, stress and shame, which in turn leads to anxiety and depression and in severe cases suicide, particularly amongst our young people.

Mental health is affected by so many different things and for our young people the stress of exams can cause them to spiral into a state of anxiety, fear and self-doubt. This could be for a number of reasons; lack of knowledge, lack of confidence in own ability, not spending enough time on studies, been overburdened by extra mural activities, or very high expectations from self or parents. It could also be propelled by the fact that they are not as academically strong as their friends or family members which could lead to poor performance and low marks despite the efforts that they put into studying. The number of things that can cause stress are endless...divorce, death, fear of unknown, fear of own or parents mortality, loss of friends or family members...We start experiencing feelings of helplessness, lost focus and a sense of disconnectedness and dread.

This is not necessary if we spend enough time focusing on our mental health and dealing with issues that we might be experiencing. Issues such as depression, anger, anxiety, hopelessness and so many others. These issues could come from trauma suffered during any stage of our upbringing, due to toxic relationships, due to our own inability to set and maintain boundaries...it could emanate from anywhere...and the minute we become aware of it, usually through some form of negative behaviour, we need to focus our attention on resolving it! You do not need to avoid it due to a lack of money for Psychologists or because you don't believe that you need outside help. You need to spend time figuring out why you are reacting to the particular trigger, where it is coming from, how you can deal with or manage it and then sort out how you can resolve the inner conflict that it has caused. Mental health needs regular check-ins with self and children to make sure that there is nothing lurking in the dark, waiting to jump on us at the first sign of stress.

PRESCHOOLERS GR000 - GR R

Planning for the week 23-27 August

Theme for the week:

Vegetables

PLEASE SEND THE FOLLOWING:

- Message Books daily

PLEASE REMEMBER:

- A change of clothing every day
- A healthy snack + Water/Juice
- No fizzy cooldrinks or sweets

WHAT WE WILL LEARN THIS WEEK:

Letter: Ss

Number :18

Taking care of your mental health means not leaving issues unresolved and allowing these issues to affect your daily life in a negative manner. As things rise within you, you need to identify and resolve them immediately, which will leave you feeling in control and mentally fit to face the challenges that we have coming at us on a daily basis. Your mental health is YOUR responsibility...step up and look out for you!

Have a wonderful weekend!

Keep safe

Primary School Staff