



# Riverside College

Cnr Cellars & Carmine Drive Burgundy Estate

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3 September 2021

## Dear Parents,

There was once a company whose CEO was very strict and often disciplined the workers for their mistakes or perceived lack of progress. One day, as the employees came into work, they saw a sign on the door that read, "Yesterday, the person who has been holding you back from succeeding in this company passed away. Please gather for a funeral service in the assembly room."

While the employees were saddened for the family of their CEO, they were also intrigued at the prospect of being able to now move up within the company and become more successful." Upon entering the assembly room, many employees were surprised to see the CEO was, in fact, present. They wondered among themselves, "If it wasn't him who was holding us back from being successful, who was it? Who has died?" One by one, the employees approached the coffin, and upon looking inside, each was quite surprised. They didn't understand what they saw. In the coffin, there was simply a mirror. So, when each employee looked in to find out who had been "holding them back from being successful" everyone saw themselves. Next to the mirror, there was a sign that read: The only person who is able to limit your growth is *you*. You are the only person who can influence your success. Your life changes when you break through your limiting beliefs and realize that you're in control of your life. The most influential relationship you can have is the relationship you have with yourself. Now you know who has been holding you back from living up to your true potential. Are you going to keep allowing that person to hold you back?

## The Moral:

You can't blame anyone else if you're not living up to your potential. You can't let other people get you down about mistakes you make or their negative perception of your efforts. You have to take personal responsibility for your work—both the good and the bad—and be proactive about making any necessary adjustments.

**Ms. Lotz**

## Important dates

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

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

## Examination dates

Test series for Gr 7 – 11	06 Sep – 21 Sep
Gr 12 Prelims	06 Sep – 21 Sep
Gr 12 Finals	<b>TBA</b> Final LO paper
	19 Oct Final CAT Practical

**Start of Finals**                      **01 Nov – 01 Dec**

Timetables have been handed out to all learners and is available on the website.

Please note that matriculants **do not** get time off or finish earlier during their prelims, they have to be at school every day even on days that they are not writing!

This is a time during which all Gr 12 teachers do extensive revision with them and it is a government requirement that they attend school every day.

As per the normal procedures during test series, classes will resume after first break for all grades.

## **Important Information**

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**

I know how tough I am on myself, and I know how angry I get when I do not meet my own or other's expectations. Anger takes over and the self-talk becomes negative and derogatory. Anger is called a masking or a secondary emotion because it hides the actual emotions that we are feeling. When I do not meet my own expectations I feel let down, disappointed, not good enough and so much more! So, instead of dealing with all of that, I explode in anger – I hide the true feelings I am feeling and project onto others the wounding that I am not able to deal with.

Parents, teachers, friends and families do exactly the same and this is how anger is used as a weapon instead of as a tool!

Anger is a very powerful emotion and as the two-edged sword that it is, it can be used to either create or destroy. You get to decide which way it will cut every single time it rears its head, but it does not always have to be a negative thing because when used correctly it can become a beautiful tool for effective communication as well as inner-healing and understanding.

So, before you erupt in anger...what are you actually feeling or trying to hide? Do you have a safe space in which you can explore these feelings? Are you prepared to heal yourself?

If your answer is yes to the above, then you have an opportunity to use your anger as a tool instead of as a weapon! The choice is yours...

## **School Schedule:**

Monday	06 September	Day 1	07h55 – 15h15
Tuesday	07 September	Day 2	07h55 – 15h15
Wednesday	08 September	Day 3	07h55 – 15h15
Thursday	09 September	Day 4	07h55 – 15h15
Friday	10 September	Day 5	07h55 – 14h00

Have a lovely weekend!  
High School Staff