



Riverside College

Cnr Cellars & Carmine Drive Burgundy Estate

Ph 0218022001 www.riversidecollege.co.za

26 November 2021

Dear Parents,

The Story:

When walking through an elephant camp, a man noticed that the elephants were only secured with a small rope that was tied around one ankle. He wondered why the elephants didn't break free from the rope, as the elephants were certainly strong enough to do so.

He asked a trainer why the elephants didn't try to break free, and the trainer responded by saying that they use the same size rope for baby elephants all the way up to adulthood. Because they're too small when they're babies to break free from the rope, **they grow up being conditioned that the rope is stronger than they are.** As adults, they think the rope can still hold them, so they don't try to fight it.

The Moral:

The elephants in this case are experiencing learned helplessness. This phenomenon occurs when someone has been conditioned to anticipate discomfort in some way without having a way to avoid it or make it stop. **After enough conditioning, the person will stop any attempts to avoid the pain, even if they see an opportunity to escape.**

If you go through life thinking that you can't do something just because you have failed at doing it in the past, you're living with a fixed mindset. **You have to let go of your limiting beliefs in order to make the breakthroughs that are required for your ultimate success.** Don't let other people tell you that you can't do something, and don't hold onto an assumption that you can't grow and learn from past failures.

Mrs. K Rezandt

Important dates

Term 4	12 October – 08 December (Teachers 15/12)
15 November	School finishes at 13:30. NO MORE EXTRA CLASSES.
Textbook Sale (PS & HS)	07 December 2021
Carols by Candlelight	13 December & 14 December
Christmas Market	15 December & 16 December
Fun Run	04 December
Term 1 Start 2022	17 January (Teachers 13/01)

Examination dates

Matric NSC exams	27 Oct – 1 December
Grade 7 – 11 exams	15 Nov – 03 Dec

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.

Carols by Candlelight

On the evenings of the 13th & 14th of December we will be hosting an Angelic Carols by Candlelight event at Riverside College. Please be so kind as to donate all empty 2L plastic bottles that we would like to use as holders for our candles. We hope that you are all as excited as we are to make this festive event an experience to remember. This event is for the parents, teachers and learners of not only Riverside College but also our community. Please spread the word and invite all your friends and family members to join us and add their voices to our choir.

Learner achievements

Congratulations to the following learners for their impressive achievements:

Dylan Branford competed at the Western Cape Karate Championships this weekend.

He placed 3rd in the Cadet division in Kumite and earned a Bronze medal. He was awarded his WP colors in Karate as well as a place in the WP team for 2022.

Message from the Principal Mr. Dave Swart

Our matriculants have 2 exams left to write and then they are done with their schooling for good. While some of us still have a few years to go before we get there, it is important to remember that with each step that we take we are making a choice. It is our choice to study for an exam; to improve ourselves as humans and individuals; to be a good parent or spouse; to be happy and to find meaning in our lives. There is no external force or murphy's law at work making some people happier and more successful than others. It is all as a direct result of the choices we make each and every day. It is an inside job!

When we fail to achieve what we think we should, some blame it on their upbringing, others blame it on the fact that they didn't know better and still others blame it on everything and anything that is external to them, so that they do not need to be held accountable, but the actual reason is very simple: If you make unhealthy choices, you will reap unhealthy results! This is the case regardless of what it is you are looking at in life, from your grades at school to the University that accepts you, to the salary you earn one day and of course the partner you marry and build a life with.

Everything revolves around choices – learn how to make healthy choices and you will see a magical transformation take place in your life and the lives of those around you!

School Schedule:

Monday	29 November	07h55 – 13h30
Tuesday	30 November	07h55 – 13h30
Wednesday	01 December	07h55 – 13h30
Thursday	02 December	07h55 – 13h30
Friday	03 December	07h55 – 13h30

Have a lovely weekend!

High School Staff