



Riverside College

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29 July 2022

Dear Parents

I have recently rediscovered the history of the Spartans. The Spartans are well remembered for a battle that took place about 480 BC where 300 men held back a Persian army of over 100 000 for three days. This was known as The battle of Thermopylae.

A closer look at Spartan society teaches us valuable life lessons.

1. Not into riches

Spartans were not particularly interested in riches. They believed that a rich and flamboyant lifestyle did not necessarily lead to a good life. Laws were introduced to limit the gathering of wealth at the expense of others. The lesson learnt is that there is no connection between buying things and happiness. Happiness comes from inside.

2. Learn one thing and learn it well

Spartans spent all day training to be the best soldiers they could possibly be. We do that in education when we learn something in high school, continue at university and fine tune it with a master's degree. Social media has however filled us with bits and pieces of information that results in us losing focus on the goals we want to achieve.

3. Live with honor

For a Spartan, shame was one of the worse punishments one could suffer. To dishonor your family name was a humiliation. These days we live in a society that does not value honor as it should. We actually expect people not to do the right thing.

4. Spartans ate together

In Ancient Greece, there was a tradition known as Syssitia. Men both young and old trained together, fought together and ate together. This helped build strong bonds amongst them. In modern society, families have become more disconnected. Cellphones have replaced face to face conversation around a dinner table. The Spartans teach us to disconnect from technology and reconnect with each other.

5. Never give up

The Spartans had a never give up never surrender attitude. There are times in our lives when things get difficult and giving up could be the easy way out. Many of us don't like the pains of failure or rejection, which is a common reason not to see things through. Like the Spartans, we should always try our best. Achieving our goals despite the many obstacles is much more rewarding than just to give up.

I.Ortell

SPORT

We are pleased to announce that football will be coming to Riverside College. There is a lot of excitement in the air regarding the up-and-coming events regarding football. We will be introducing the sport on Mondays as an official school sport in PE, where practice will be taking place for now. We will be playing a few friendlies this year, but the aim is to enter a team into league to play weekly and represent RSC. This only concerns the high school for now while we iron out a few of the details regarding coaches, practice, equipment and infrastructure. We will also be introducing an internal in-house league to start competing against each other and improve match fitness.

ROBBEN ISLAND:

Yesterday, the high school learners thoroughly enjoyed an excursion to Robben Island. They boarded a ferry and upon reaching the island, took a bus tour to different sites such as the Leper Graveyard, the Limestone Quarry and the location of Robert Sobukwe's detainment in solitary confinement. A church which was built in 1895 as well as Robben Island Primary School were some of the other sites the learners got to experience. They were fortunate enough to be shown various cells, including that of Nelson Rolihlahla Mandela, by a former political prisoner of Robben Island. It was truly enriching to learn about the history of our country and a special outing that they will never forget!

CONQUESTA:

For those learners who registered, Conquesta will be written on the dates listed below.

English – 15 August 2022

Afrikaans – 16 August 2022

Mathematics – 17 August 2022

INSPECTION:

Please ensure that your child is dressed in full winter attire, in line with the code of conduct. Inspections are done daily to ensure that the learners are always neat and tidy, this also includes the sport uniform.

CAKE SALE:

We are happy to announce that our first cake sale of Term 3 will take place on Friday the 5th of August. The grade 8's will be hosting the cake sale, delicious treats and bakes need to be brought to school Friday Morning to ensure we are ready for break. The cake sale is a day that is enjoyed by everyone at Riverside, from Grades 000 – 12 and the staff, a perfect way to start the weekend.

UNIFORM SALES / CLOTHING BANK:

As parents are aware, uniform sales are done from the school office and it is not the best arrangement. It is for this reason that we are setting up a clothing bank where parents can buy uniform at dedicated times in a space separate from the office.

Please note that the new times to purchase uniform are as follows:

Mondays: 7:15am – 8am & 2pm – 4pm

Tuesday: 2pm – 4pm only

Wednesdays: 2pm – 4pm only

(NO uniform sales on Thursdays or Fridays)

Important Dates:

5 August – Cake sale Grade 8 class

8 August – School holiday

9 August – Women's Day

15 – 18 August – Job shadowing Grade 10&11

19 August – World Photo Day

20 August – Riverside Road Runners and Open day

Grade 12 fundraising events

The grade 12 class will be having fundraising events on the following days. Please allow your child to participate and contribute towards their fundraising campaign. The funds raised will be used towards their Matric farewell. The cost per event will be R10 per learner payable before the event.

Funky hair day 26 August 2022

Extra lessons, sport and culture

We will commence with all activities on Monday, 1 August. Please ensure that you child attend extra classes.

CULTURE

Day	Activity
Tuesday	Art Club
Tuesday	Craft club
Tuesday	Chess
Tuesday	Science Club
Tuesday	Survival/outdoor Club

SPORT

DAY	SPORT	GRADE
Monday	Soccer, Netball, Hockey, Rugby	7-12
Wednesday	PE 7-9 Volleyball, Cricket	7-9
Thursday	PE 10-12 Volleyball, Cricket	10-12

Message from the Principal Carlien Ellis:

The first week of school has gone by so quickly. However, we have started the term strong with our academics and sports activities in full swing!

We have decided to introduce a few new activities for the learners to enjoy this term, so you can expect more information on what we have planned soon!

I had a happy holiday with some much-needed downtime! I focused on getting enough rest so I could start this term refreshed and ready for any hurdles. Challenges are inevitable, of course, and our lives can change in a blink of an eye. However, we have control over how to respond to difficulties. While not always the easiest choice, I believe we must face situations and the corresponding negative emotions head-on. We must embrace our feelings to process the experience successfully and ultimately learn from it. With this experience and information, we can become the best versions of ourselves.

We sent goal-setting forms home with the students that they should have completed by now, so they can focus on what they want to achieve this term! As always, our teaching team is there to guide the learners every step of the way, so they are supported in their efforts to reach their goals.

We also understand our parents are under tremendous pressure at home and work and trying to keep their heads above water. Unfortunately, with rising living costs, we're all under more stress than we need. I want to encourage our parents to keep a check on their own mental health and try to establish healthy coping mechanisms when things feel insurmountable.

We all need to *bytv*as and just hang in there for now! Our current circumstances and economic climate won't last forever!

Koby Bryant said: "Every negative, pressure, challenge – is an opportunity to rise."

School Schedule:

Monday	01/08	Day 1
Tuesday	02/08	Day 2
Wednesday	03/08	Day 3
Thursday	04/08	Day 4
Friday	05/08	Day 5

Have a lovely weekend!
High School Staff