



Riverside College

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

26 August 2022

Dear Parents

The Rock, Pebble and Sand story

There once was a philosophy professor who was giving a lecture. In front of him, he had a big glass jar, a pile of rocks, a bag of small pebbles, a tub of sand and a bottle of water. He started off by filling up the jar with the big rocks and when they reached the rim of the jar he held it up to the students and asked them if the jar was full. They all agreed, there was no more room to put the rocks in, it was full. "Is it full?" he asked. He then picked up the bag of small pebbles and poured these in jar. He shook the jar so that the pebbles filled the space around the big rocks. "Is the jar full now?" he asked. The group of students all looked at each other and agreed that the jar was now completely full. "Is it really full?" he asked. The professor then picked up the tub of sand. He poured the sand in between the pebbles and the rocks and once again he held up the jar to his class and asked if it was full. Once again, the students agreed that the jar was full and he agreed.

What does this mean?

The jar represents your life. The rocks represent the most important things that have real value – your health, your family, your partner. Those things that if everything else (the pebbles and the sand) was lost and only they remained, your life would still have meaning.

The pebbles represent the things in your life that matter, but that you could live without. The pebbles are certainly things that give your life meaning (such as your job, house, hobbies and friendships), but they are not critical for you to have a meaningful life. These things often come and go and are not permanent or essential to your overall well-being.

The sand represents everything else – the small stuff. Material possessions, chores and filler things such as watching television or browsing social media sites. These things don't mean much to your life as a whole and are likely only done to get small tasks accomplished or even to fill time.

The metaphor here is that if you start with putting sand into the jar, you will not have room for rocks or pebbles. This holds true with the things you let into your life. If you spend all of your time on the small and insignificant things, you will run out of room for the things that are actually important. A. Edwards

What can we learn?

Make room for what's important.

Take care of the rocks first – the things that really matter and are critical to your long-term wellbeing and happiness. If you deal with the big issues first by putting the rocks in the jar first, the small issues can still fall into place. However, the reverse is not true.

INSPECTION:

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

TEDDY BEAR DRIVE FOR RED CROSS HOSPITAL

We will be collecting new teddy bears (small to medium) to donate to the Children's Hospital Trust at the Red Cross Hospital. **Please bring your teddies!**

CAMP:

The camp is from September 5 – 7, 2022 due to the Department of Education's finalized schedule. The location is unchanged. Please remember to fill in the form and send back before the 31 of August 2022.

SAFETY:

Please ensure that when you drop your child off in the morning that they do enter the premises. We cannot be responsible for learners who walk around in the mornings or afternoons outside of the school.

FUN RUN AND MARKET:

Please join our Fun Run and Market on the 3 of September! Every learner who participates will get 10 merits.

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:

2 September – Grade 10&12 Cake Sale

3 September - Riverside Road Runners and Market Day

5 – 7 September 2022 – Camp for grade 7-11

5 September 2022 – Final LO Exam Grade 12

6 September 2022 – CAT Practical Paper Grade 12

8 September – English Grade 12 Paper 3

12-26 September 2022 – Test Series and Prelims

28 September 2022 – School close

Message from the Principal Carlien Ellis:

As I am scrolling through the many different social media platforms to see what parents are struggling with at home, I have realised how many parents feel trapped. They feel uninformed and unsure of how to move forward when encountering problems with their children.

Many parents do not all have the financial means or time to go to a doctor, specialist, or educational psychologist every time a problem arises! So, these social media groups come in handy when you need advice, as there are many like-minded parents or those who have experienced similar challenges who are happy to lend an ear and share their story. Sometimes, a few professionals are part of the platform or group and are willing to assist. Sometimes anonymously sharing your toughest moments and hurdles is very therapeutic and just what you need to find a way through the worst.

In my reading, I found a few interesting online magazines that touch on various issues that may help parents. Of course, the dangers of social media are ever-present, but I want to encourage parents to reach out to different online parenting forums for some much-needed support.

At school, we deal with a variety of learners with different problems. We, as educators, do everything from our side to support those learners through our teaching or mentoring and sometimes through being a parent ourselves. But, just like you, sometimes we don't have all the answers.

Many school kids are struggling with how they identify in the LGBTQIA+ community and are not comfortable talking about this yet. I know that this is a heavy topic, and I am no professional or medical expert, but I suggest you create a platform for your child to feel free to talk to you about their feelings. I also recommend reading about what your child is going through and trying to understand their story better. Schools are working hard to ensure inclusive environments by establishing LGBTQIA+ clubs, changing uniforms, hair policies and so forth to ensure no discrimination. No matter how you personally feel about different sexualities and gender identities, we must put our feelings aside and support the learners who need it the most.

In our school, we are proudly inclusive and strive to support and care for every learner who walks through our door for education.

School Schedule:

Monday 29/09 Day 1

Tuesday 30/08 Day 2

Wednesday 31/08 Day 3

Thursday 1/09 Day 4

Friday 2/09 Day 5

Have a lovely long weekend! High School Staf