

Riverside College

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03 March 2023

Dear parents,

Love: The One Creative Force

"Spread love everywhere you go: first of all, in your own house. Give love to your children, to your wife or husband, to a next door neighbor....Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting" – Mother Teresa

A college professor had his sociology class go into the Baltimore slums to get case histories of 200 young boys. They were asked to write an evaluation of each boy's future. In every case the students wrote, "He hasn't got a chance." Twenty-five years later another sociology professor came across the earlier study. He had his students follow up on the project to see what had happened to these boys. With the exception of 20 boys who had moved away or died, the students learned that 176 of the remaining 180 had achieved more than ordinary success as lawyers, doctors and businessmen.

The professor was astounded and decided to pursue the matter further. Fortunately, all the men were in the area and he was able to ask each one, "How do you account for your success?" In each case the reply came with feeling, "There was a teacher."

The teacher was still alive, so he sought her out and asked the old but still alert lady what magic formula she has used to pull these boys out of the slums into successful achievement.

The teacher's eyes sparkled and her lips broke into a gentle smile. "It's really very simple," she said. "I loved those boys." – Eric Butterworth

Mrs. J. Swart

EXCITING EVENT! FINAL REMINDER!

With the sun still high in the sky, and temperatures in the mid 30's to be expected, we are all aware that summer will end sooner than anticipated. With this in mind, it is time for the annual Burgundy Estate & Riverside College 5 km **TWILIGHT Colour Fun Run** which is in aid of **Iris House Children's hospice and takes place on the 3**rd of MARCH.

This 5km Fun Run takes place in the secure environment of Burgundy Estate and ends with the fun filled blast of colour as you throw your colour bombs in the air! Dress up as your favourite TV /book character, superhero or even as a clown, but make sure that you are ready to have fun.

This event was hugely successful last year and promises to be even better this year. Bring your family and friends and enjoy this extraordinary day with us. It is all for a very good cause. Iris House is a well-known NPO that does the most awe-inspiring work with children and families who are in need of respite care.

This event is for individuals and teams who want to exercise, have fun and enjoy an evening market in a fun and relaxed environment.

Entry fees are as follows:

- R120 per individual, which includes 2 colour bombs.
- R450 per team of 4 members, which includes 8 colour bombs.

There will be prizes for winners of the following categories: (male/female/child/pensioner + best dressed team).



Hurry and book your tickets NOW!

Blazer Mondays:

A friendly reminder - All High School learners are expected to wear their blazers to school on Monday mornings for their weekly assembly. We are cultivating and entrenching the values and ethos of our school and in doing so this will be a compulsory requirement henceforth. Please ensure that blazers are clean, marked with your child's name and that all buttons are sewn onto the blazer. We look forward to seeing our learners looking smart and proud!

Extra Lessons:

It is the academic policy of our school, that all learners who do not achieve above 50% in a subject, attend compulsory extra lessons. Please take note that extra lessons have now commenced for high school learners and that it is imperative that you support us in this endeavor. The only way to achieve excellence is through discipline and dedication. Please make sure that your child uses this valuable resource to meet their academic goals.

Magazines:

We are doing a magazine drive for our school. We are always in need of magazines for projects/classwork and reading. Please send any surplus or unused magazines to school with your child.

Important Upcoming Dates & Events:

10 Mar – Extra lessons End

13 Mar – Exams Start

20 Mar - Special School holiday

21 Mar – Human Right's Day

27 Mar – Exams End 29 Mar – School Ends for Students

31 Mar – Schools Ends Teacher

Grade 12 Fundraising Events:

The matric class of 2023 have put together a list of fundraisers we would like to host for our matric dance. The cost is R20 per event.

3 March - Wear your favourite colour day.

5 May - Dress up as a teacher in the school.

15 June - Dress up as the first letter of your name.

21 July – PJ Day.

1 Sept - Rainbow Day for spring day.

Important Information for Grade 12s:

NBT registrations open on 3 April 2023 See link to register: National Benchmark Test Project | (nbt.ac.za)

University Open Days in the Western Cape:

1.1) UCT Open Day 22 April 2023 from 10h00 to 15h00. See https://uct.ac.za/students/prospective-students/open-day

1.2) UWC Open Day: TBA but for campus tours see https://www.uwc.ac.za/admission-and-financial-aid/admission-support-services/campus-tours

1.3) University of Stellenbosch Open Day: Via Website from 1 April to 31 July 2023. See https://www.sun.ac.za/english/maties/Pages/Events-OpenDay.aspx

1.4) CPUT Open Day: Saturday, 13 Maty, 2023 at the Bellville Campus. See www.cput.ac.za for general information.

Grade 10-12 Winter school

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Please take note that **winter school** for **grades 10–12** will take place from June 26–30, 2023, at school. This is **mandatory** for all learners to attend.

Principal's message:

Thank you to those parents who will be supporting us tonight for the fun run & market. We really appreciate your support for this cause.

We are approaching the test series and assessments soon. This time is very stressful for our learners. Please ensure that they prepare before the test series starts. They need to use their weekends now to study and prepare for this time.

How can we, as parents, support our children? The thought of preparing for a test series or assessment will likely fill students' hearts with dread. Passing the term is important.

I will include a few tips:

1. Encourage plenty of sleep. Sleep deprivation is significant since well-rested learners tend to be healthier and more alert. While children should, naturally, get plenty of sleep throughout the year, parents should pay extra attention to sleep patterns when it's time for school assessments. According to the National Sleep Foundation, children 6–13 years old require 9 to 11 hours of sleep, and teenagers need 8 to 10 hours.

2. Tie study techniques to the child's style and interests. Make test prep as fun as possible! Kids may have different ways that they prefer to learn, including visual, verbal, social, and solitary, and parents often have a good idea of which learning style best fits their children. Matching test preparation activities to your child's learning style can be beneficial.

3. Seek out extra help. Tutoring can also help parents assess how well their children are prepared, and it is ideal for providing learners with the tools and concepts they need to prepare for assessments. Use the teacher as a resource.

4. Remain calm. Parents can easily convey their anxiety to their children, which often tends to increase the pressure that students feel. Naturally, parents do not want their children grappling with

issues such as sleeplessness, decreased appetite, and panic as an important exam loom; instead, parents need to project a tone of positivity and encouragement.

We can make this time less stressful for the learners if we work together as teachers and parents. Whether you are in first or twelfth grade, assessments will always be stressful. It is important to establish good study habits for the learners to be able to cope.

> 07:55 - 15:15 07:55 - 15:15 07:55 - 15:15 07:55 - 15:15

School Schedule:

Monday	Day 1
Tuesday	Day 2
Wednesday	Day 3
Thursday	Day 4
Friday	Day 5

Have a good weekend. High School Staff!

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2023 Term Dates:
<u>Term 1</u>
Start Date: Learners – 12 Jan
20 March school holiday (long weekend)
Learners writing until 27 March.
End Date: Learners – 29 Mar
<u>Term 2</u>
Start Date: Learners – 12 Apr
26,28 April school mid term
End Date: Learners – 21 Jun
<u>Term 3:</u>
Start Date: Learners – 19 July
10, 11 Aug mid term
End Date: Learners - 28 Sept
<u>Term 4:</u>
Start Date: Learners – 11 Oct
End Date: Learners- 13 Dec

