

Riverside College

Cnr Cellars & Carmine Drive

Burgundy Estate

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Dear Parents/ Guardians,

21 April 2023

I am dumb, and I am a failure. I do not deserve to be happy. I will never succeed in anything I do, and no one will love me. People don't even want to be around me. I let my parents, children, or friends down because I am not enough.

These are the statements that consciously and unconsciously plague our minds on a daily basis. Some mornings we regret the day before it has even begun. Negative self-talk shapes our entire perception of ourselves. I, too, frequently make statements such as "I'm too dumb to help you with your Mathematics or Physics homework" or "I'm not smart enough to do this or that." It might seem like a harmless joke at the time, but affirmations like that stick with you, and you start to embody what you vocalize.

Learn to be kinder to yourself. Pay attention to the comments you make about yourself and your abilities. We are all on our own journey, and each of us has a different set of skills and attributes. Repeat after me:

"I'm not where I want to be, but I'm on my way"

M. Scheepers

HIGH SCHOOL SPORTS DAY – SIMOND PRIVATE SCHOOL

Our netball u-15 and u-19 teams, as well as the soccer u-19 team, will participate in the sports day at Simond Private School in Franschhoek on Saturday, April 22. We will depart from school at 06:45 sharp. We will arrive back at school at approximately 14:00-14:30. Please ensure that your child is dressed in the correct PE uniform. They can also bring some money for snacks and food.

Mother and Daughter Event: PLEASE RSVP!

At Riverside College we like to create beautiful memories and this Mother's Day will be no different.

We are planning a beautiful mothers & daughters (and grannies / aunts) experience, making vision boards. The year may be running full steam ahead already, but we can set new intentions and make fresh starts at any given time.

Cost: R400 for 1 / R780 for 2 / R995 for 3

Date: Saturday 13 May, 10:00 - 15:00

What you get when you attend: A workshop offered by a certified practitioner, qualified to interpret your 9 sacred future focused areas on the vision board.

*A guided meditation

*All tools & materials provided

*Refreshments & snacks

For bookings or more info e-mail: hello@riversidecollege.co.za

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2023 Mother's Day Vision Board Workshop

new year new goals new inspo

Looking for inspiration? Wanting to make a fresh start?

13 May, 2023

10:00 - 15:00

Investment: R400 for 1 / R780 for 2 / R995 for 3

for bookings or more info e-mail: hello@riversidecollege.co.za

Photocopy paper

All high school learners are expected to bring one ream of photocopy paper to school before the 1st of May. Learners who fail to do so will be billed individually.

Uniform -Term 2:

We are going through the transition period from summer to winter. Learners may wear either a summer or winter uniform. Please ensure that they wear the correct clothing.

Boys' soccer match:

The boys' u/15 and u/19 soccer teams will be playing a match on Saturday 3rd of May at Edgemoor high school. Riverside College will be playing against Oakland Academy. Please support our teams, if possible!

Grade 12 extra lessons:

Extra classes for grade 12 will be from 14:00 - 16:00 on the following days:

- 5 May History & Design
- 12 May Maths Lit

Goal Setting Feedback

Mr Swart will be doing individual goal setting feedback sessions with all our learners in the next 2 weeks. This will be a perfect opportunity for the learners to discuss any assistance that they may feel they need in order to improve their academic goals and or achievements.

Grade 12 Fundraising Events:

The Grade 12 class of 2023 has put together a list of fundraisers they would like to host for their matric farewell. The cost is R20 per event.

- 5th May Dress up as a teacher in the school.
- 15th June Dress up as the first letter of your name.
- 21st July PJ Day.
- 1st Sept Rainbow Day for spring day.

Important Upcoming Dates & Events:

26 April – 1 May – Mid-term closure
02 May – Class Photo's
03 May – Individual Portrait Photo's
05 May – Gr. 9 Cake Sale
13 May – Mother and Daughter Event
25 May – Africa Day
26 May – Art Auction
02 June – Extra Murals end
07 June – Intermediate Phase exam start
12 June – Foundation Phase

2023 Term Dates:

Term 2

Start Date: Learners – 12 Apr
26,28 April school mid term

End Date: Learners – 21 Jun

Term 3:

Start Date: Learners – 19 July
10, 11 Aug mid term

End Date: Learners - 28 Sept

Term 4:

Start Date: Learners – 11 Oct
End Date: Learners- 13 Dec

Africa Day:

Africa day is on the 25th of May 2023. Riverside College will be hosting an Art Auction on the 26th of May 2023 in celebration of Africa Day. This promises to be an evening of fun and we will also be having a food fair as part of the celebration.

Principal's message:

We are in the full swing of things. First of all, I would like to congratulate Jaden du Preez, grade 9. His team participated at the National Baseball Championships (NBC) that were held in Boksburg, Gauteng, and which Jaden had represented for the u15 age group. The boys brought home the gold; they played nine games and won nine games, with their strongest opponent in the tournament being Gauteng A, whom they beat three times during the tournament, including the final. We are proud of you.

I would like to encourage parents to inform us of any extracurricular activities! We love to share this with our school community.

Thank you to the parents who support our cake sale. We appreciate your contributions.

We made R 932.50. The money has gone towards our projectors, which have arrived and will be installed shortly.

Winter is approaching, making it automatically more difficult to get up in the morning. For me personally, the challenge is the darkness, and I am not even talking about load shedding, which adds extra pressure to your day!

The question for me is: How do we make getting up easier? I think for everyone, it would be different. A cup of coffee gets me up and going! I visualize my day, my tasks, and what needs to be done! By this time, I have forgotten about the darkness! Driving to school for me means singing in the car and listening to a podcast to get myself ready for the day. I also try to enjoy the little things in the morning.

I know that a calm environment in the morning sets the tone for the day. I would like to encourage parents and learners to get up 15 minutes earlier to have a calm start to the day rather than rushing and fighting all the way to school. That definitely has an impact on the learners.

Morning routines help develop your child's sense of self, responsibility, ownership, independence, family connection, and focus. It also gives them the tools and habits they need throughout life, which will set them up for success in many areas.

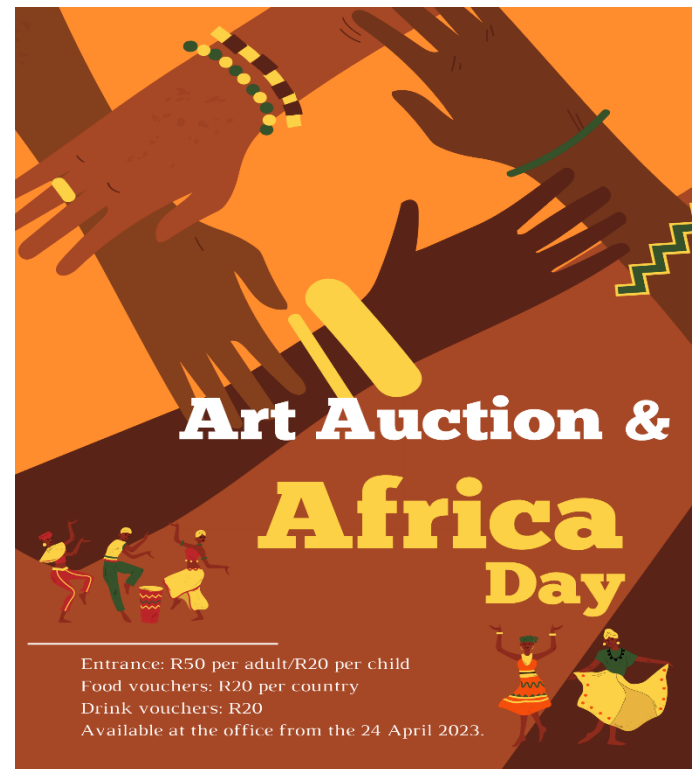
When we try to instill new habits, we do sometimes fail. The most important part is to keep going. Even if the first week we get up 5 minutes earlier than the previous week, we will succeed at the end of the day. The whole morning routine will become easier, calmer, and more enjoyable!

Enjoy the weekend!!

Primary School Staff

School Schedule:

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- Monday, 24 April – Day1
- Tuesday, 25 April - Day 2
- [Wednesday, 26 April to Monday, 1 May – MID-TERM BREAK]



For Parents interested, here is our Online Enrollment Link - <https://www.ruggaroots.co.za/enrollment/>
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<https://www.ruggaroots.co.za>