



Riverside College

Corner Cellars & Carmine Drive Burgundy Estate
021 802 2001/ 074 779 1352

12 April 2019

Dear Parents

How to Define Yourself

Every teenager at some point or another, struggles to figure out who they truly are. Often when they define themselves they focus on their negative aspects or on how they compare to other teenagers.

Here are some tips on how to define yourself.

- Define yourself in positive ways.
- Never ever forget that no one but you can define you. You will always be the only one who can decide who you really are.
- This does not mean that you do not acknowledge the negative events and actions that have happened in your life. They are as much a part of you as the positive, but they do not define you.
- This means do not let outside circumstances rule your identity. That comes from within, from the core values that you have already identified as being important to your identity.
- Understand that the negative experiences in your life have offered knowledge. For example, if you have had negative experiences with romance, learn from those experiences. What have they taught you about the kind of person you want to be?
- Be honest with yourself, but do not be overly critical. This means do not say to yourself: "I'm ugly," or "I'm stupid."
- Do not try to compare yourself to others, you cannot, it would not be fair, to them or to you, because you have different backgrounds, different insecurities, different expectations of life, and of yourself. Comparing two people is like taking off all those things, and placing them as products, to see which one is better.
- Do not put yourself into a category by thinking you should stick in it.

Please go and watch this piece, it is well worth the time.

<https://www.youtube.com/watch?v=QzPbY9ufnQY>

by | Lizzie Velasquez | TEDxAustinWomen

Mr. Vosloo

A note from our Principal: Mr. Swart

As promised in the last newsletter, above are a number of points to keep in mind when working on achieving and maintaining a state of positive emotional self-care, which in turn leads to positive mental health. We cannot overstate the importance of making sure that we all are emotionally healthy and that we are all able to stand our ground, honour ourselves and remain unscathed by the events that are taking place in and around us. Everything happens so rapidly. We are all living in the moment. There is no time to go back and repair something that we have damaged, no time to rewind and redo. In actual fact, we only realize much later that there was damage done, and then we are having to deal with so many other things that it all becomes overwhelming. It is this feeling of overwhelm that leads to feelings of inadequacy, anxiety, panic and eventual paralysis.

The greatest gift you can give yourself and your loved ones is to ensure a state of positive emotional and mental health.

Important Dates and Announcements:

Term 2	03/04 – 13/06 Learners
Public holiday	19 April – Good Friday
Public holiday	22 April – Family day
School photos for website	16 April – postponed from term 1 (Please make sure that your child is dressed appropriately in the correct school uniform)
Voting (Public Holiday)	08 May – Public holiday
Art Auction & Cheese and wine	31 May – A not to be missed event!

**All of these events will take place on the school property.*

News and photos about the school camp will follow in next week's newsletter!

Examination Dates:

Gr 7 – 9	22 May – 10 June
Gr 10 – 12	20 May – 10 June

Examination time tables will be handed out to children on Monday the 16th.

Olympiad dates:

Natural Science	16 May – Written at school
Life Science	16 May – Written at school

Term 2 Sport:

Please remember that the sport been played at the arena will continue this term. The fees for participating at the arena have been paid upfront and it is therefore important that you continue playing and supporting your chosen team.

Monday – Netball
Tuesday – Cricket
Thursday – Soccer

Sporting News:

On Thursday evening our soccer boys played against the Goodwood Presbyterian team and beat them 8 – 2. What an amazing game it was.

On Tuesday evening our cricket boys played against the WP u/14 team and ended with 97/96 in our favour.

Well done to all the players, we are super proud of your accomplishments!

From the Office:

1. Any payments parents wish to make must be done between 08h00 and 16h00.
2. Parents may buy uniforms after school only.
3. All uniform stock has arrived.
4. The office will no longer be delivering forgotten lunch, homework, projects etc. Please ensure learners have packed everything before leaving the house in the mornings.
5. Parents please direct any school related queries to the teacher via the message book or email:

Principal	daveswart@riversidecollege.co.za
Gr 7	c.cronje@riversidecollege.co.za
Gr 8	z.mzamo@riversidecollege.co.za
Gr 9	s.venter@riversidecollege.co.za
Gr 10	b.struck@riversidecollege.co.za

Gr 11	c.marais@riversidecollege.co.za
Gr 12	r.vosloo@riversidecollege.co.za
Mr Ortell	l.ortell@riversidecollege.co.za
Mrs Ellis	c.ellis@riversidecollege.co.za
Office – Mrs Lee v Rensburg	info@riversidecollege.co.za
Office – Ms. Kaylee McCormick	office@riversidecollege.co.za
Finance	acc@riversidecollege.co.za

6. If your child is going to be absent, you need to notify the school via email.
7. Please send all money for school, in a marked envelope, via the message book or your child who will give it to their register teacher.

Reminders and notes:

- Do not double-park in the street to drop off or collect your child as this is causing much frustration for the motorists trying to get passed you. Besides all of the frustration it is causing it is posing a severe risk for our children.
- **Do not park in the teachers parking area or on NO PARKING spots.**
- Please add us on Instagram – search for riversidecollege_cpt
- If you haven't already, check out our Facebook and give it a like – search for –'Riverside College' and stay up to date with all activities.

School Schedule:

Monday	15 Apr	Day 1	07:55 – 15:15
Tuesday	16 Apr	Day 2	07:55 – 15:15
Wednesday	17 Apr	Day 3	07:55 – 15:15
Thursday	18 Apr	Day 4	07:55 – 15:15
Friday	19 Apr	Public Holiday	

Have an awesome weekend!

High School Staff
Riverside College