



# Riverside College

Corner Cellars & Carmine Drive Burgundy Estate  
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31 May 2019

Dear Parents

There was a farmer who grew excellent quality wheat and every season he won the award for the best grown in his country. One year, a reporter from the local newspaper interviewed the farmer and learnt that each Spring, the man shared his seed with his neighbours so that they too could plant it in their fields...

The reporter asked, "How can you afford to share your best wheat seed with your neighbours when they are entering their crops in the competition with yours?"

"Why that's very simple," the farmer explained... "The wind picks up pollen from the developing wheat and carries it from field to field. If my neighbours grow inferior wheat, cross-pollination will steadily degrade the quality of all the wheat, including mine. If I am to grow good wheat, I must help my neighbours to grow good wheat."

The reported realised how the farmer's explanation also applied to peoples' lives in the most fundamental way... Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. And those who are happy must help others find happiness, for the welfare of each is bound up with the welfare of all...

Ms S. Jonker

## Important Dates and Announcements:

Term 2 03/04 – 13/06 Learners

Term 3 11/07 – 19/09 Learners

## Art Auction & Cheese and wine : Friday 31 May

Ticket costs: R80 Adults / R20 Children

After careful consideration we decided that we would not schedule any exams to be written on the 4<sup>th</sup> or 5<sup>th</sup> of June in support of the learners who celebrate Eid. Please note that if Eid should fall on the 6<sup>th</sup> of June, an alternative arrangement will be made to accommodate your child. We wish you all the best as you await your celebrations.

## A message from our Principal – Mr. D Swart

Mindfulness – the latest buzz word is something that Riverside College embraced back in 2017 already! Yes, we started this practice in our High School and have seen the huge benefits that our learners have had from it. Unlike other schools we already know what it can do for academics, mental health and the social well-being of everyone.

This week I would like to share a few simple exercises that you can incorporate into your daily routine at home. We as parents are going to have to partake in these activities if we want to understand the benefits and also want our children to carry on reaping the benefits by their participation. No child is ever too young to start practicing mindfulness. This is how you can help your child learn the tricks of a balanced and healthy lifestyle:

1. Practice thankfulness – how can we do this in just a few minutes? Take a few minutes and in the stillness think of something that you are thankful for. It could be the good sleep you had, the breakfast you enjoyed, the family you have or anything else. It does not matter how small it is or what it is, the idea is to learn to think about what you have and be thankful for it.

2. Conscious breathing – take a few minutes to be quiet and to concentrate on your breathing. FEEL the breath move as you breath in or out. This helps to calm yourself down and also to focus on the task at hand.
3. Do a body and mind scan – be still and scan your body to find out what you are feeling or experiencing physically. Do you have pain or discomfort in an area of your body? What has caused it? What can you do to sort it out?  
Now scan your thoughts and emotions. What you are feeling and/or thinking. Are you happy, sad, confused? Why are you feeling that? What can you do to sort that out?

To make this easier for children you could use a set of emoticons – this will help them identify what they are feeling. Help them to use words to express what they are feeling and also help them to understand what they are thinking.

This all just needs to take a few minutes a day but must to be done routinely for you to learn more about yourself and your life style. It is something that can help balance your life and give you the power to control what you think, feel and experience. By making this a routine you and your child will spontaneously start approaching things with a different mindset, a different attitude and a therefore you will reap different benefits.

### **Official School Opening Ceremony:**

We would like to inform parents that our official opening ceremony will take place during the third term, we are planning a special event for invited dignitaries, learners and parents once all snags on the building has been fixed. We will keep you posted as to when a date has been finalised.

### **Reminders and notes:**

- Our teachers parking area has become a wheel-clamping zone. Please ensure that you do not park your car in this area – even for a few minutes - as the wheel-clamping rule will be applied to all. We have asked politely that you do not park in these areas for the safety of our children and unfortunately, we will have to now enforce a stricter rule.
- 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 03 June – 07 June EXAMINATIONS 07:55 – 13:30

Have a good weekend.

High School Staff  
Riverside College