



Riverside College

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

11 October 2019

Dear Parents

Is it hard for you to get motivated to sit down and study?

Let's face it...It is so much easier to watch just one more YouTube video, or to scroll through your social media feed just one last time, or to check your WhatsApp messages. But the fact is that your exams are approaching at a phenomenal speed, and suddenly you have just days left to study and yesterday it was months. You have a rising sense of panic and dread, but you are paralyzed and don't know where to begin. The more you panic, the harder it is to get to work. If you are feeling any of this or find yourself in this situation then you need to keep reading.

You are definitely not alone, and just like you there are thousands of grade 12 learners getting ready for the all-important final examinations. All is not lost; you just need to follow the simple steps below to get yourself on track again...

- Figure out why you are procrastinating
- Break the material down into chunks
- Create a study routine and organize your time
- Be clear about why you want to get good grades
- Study in short bursts
- Exercise regularly
- Get rid of distractions – ALL OF THEM!

Good luck for the exams!

Mrs. Struck

Important Dates and Announcements:

Term 4	02 October – 04 December
Subject Choice Meeting Grade 9	Tuesday 15 October 18:30 – 19:30
Matric final Exams	Wednesday 23 October
End of year exams – Gr 10 - 11	Tuesday 12 November
End of year exams – Gr 7 – 9	Monday 18 November
Extra Lessons Gr 7 – 11	Monday 07 October

Financial Assistance 2020:

Parents currently receiving financial assistance or those seeking financial assistance must please make application now in order to be considered for financial assistance in 2020.

Please e-mail or contact the financial team directly on 0218022004 or e-mail acc@riversidecollege.co.za to start the process.

A note from our Principal: Mr. Swart

October is Mental Health Awareness Month and the World Health Organization (WHO) has put the focus on Suicide Prevention.

The following statistics indicate why this is such an important topic and why it is receiving so much attention worldwide.

In a publication dated the 9th of September 2019, the latest information was shared:

- 1 person dies every 40 seconds.
- More than 800 000 people die annually.
- For each suicide death there are at least 5 attempted suicides.

- Suicide is the 2nd leading cause of death among teenagers.

Mental health needs to be addressed from all angles, not only at school. We are not talking about strangers here or people with severe mental disorders, but our own children, who are at risk because they lack the skills that they need to deal with everyday issues and problems. We are solving their problems for them before they have even figured out what the problem is, and in doing so we are not allowing them to explore and develop the much-needed life skills. Many suicides happen impulsively in moments of crisis when there is a breakdown in the ability to deal with life stresses, such as financial problems, relationship breakups, conflict situations, violence and abuse, identity confusion, failure and loneliness, just to mention a few.

The prevention of suicide is something that needs all role players to know about early detection and identification of individuals at risk.

Step 1 is knowing what to look for.

- *Change in eating and sleeping patterns*
- *Withdrawal from friends, family and daily activities*
- *Drug or alcohol use*
- *Neglect of personal appearance*
- *Decline in schoolwork and difficulty concentrating*
- *Depression and severe stress and talking or writing about suicide*

Please be aware of your child's behavior and whereabouts at all times. Do not ignore any signs or symptoms without discussing them with someone. Respect them enough to allow them to feel complete and competent to deal with the issues that they are going to encounter, rather than having them feel inadequate, unworthy and not good enough to deal with life. They trust us with their lives, so can we trust them with the knowledge and the tools that have brought us this far and allowed us to bring these precious individuals into this world.

Reminders and notes:

- 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	14 Oct	Day 1	07:55 – 15:15
Tuesday	15 Oct	Day 2	07:55 – 15:15
Wednesday	16 Oct	Day 3	07:55 – 15:15
Thursday	17 Oct	Day 4	07:55 – 15:15
Friday	18 Oct	Day 5	07:55 – 14:00

Have a good weekend!
High School Staff