



# Riverside College

Corner Cellars & Carmine Drive Burgundy Estate  
Ph nr: 021 802 2001

17 April 2020

Dear Parents

With the news of a further lockdown extension, until the end of April, it is even more important now for us to keep up with the e-learning that is taking place. Our learners have really taken very well to it and we are seeing some very positive work coming from it.

It is however important for us to keep an eye on discipline, and this is where we need you to assist us please. Learners are following their normal timetable and we need them to be in all their classes on time and ready to work. We cannot monitor this if they are not online, and all absenteeism will be recorded as per normal.

Our teachers are working very hard on making the classes user friendly and content rich for all our learners and all we ask is that you ensure that they are in the class when they need to be there.

Thank you again for all your support during this difficult and unusual time and we trust that we will see positive results from all the effort that has been put in by the different role players.

## **IMPORTANT DATES**

Monday 27 April	Freedom Day	Public Holiday
Friday 1 May	Worker's Day	Public Holiday

## **Message from our principal Mr. D Swart**

E – learning is working like a charm, but there are learners and teachers who are feeling the negative effects of the lockdown worse than others. It is very important to keep up with good mental health practices during this difficult period. For some of us it is absolute bliss to be able to spend time alone and to work in confined spaces, but it is understandable that not everyone is able to manage this or deal with this for extended periods.

Here are a few guidelines that could help you feel positive and motivated if you are struggling.

- Chat to colleagues, friends and family daily via all the different platforms – have virtual coffee breaks to catch up on all the “news” you have missed.
- Eat healthy and at the same times as you would if you were at work – eat away from your computer and keep snacks under ‘lock and key’.
- Get some sunlight and fresh air during your day – even if it is for just a few minutes.
- Maintain your regular routine of getting up and getting dressed for work – it helps you balance your activities and keeps you focused.

Loneliness and feeling isolated is perfectly normal, but if it is causing you to feel anxious, depressed or desperate then please contact one of the following helplines for assistance.

0861 322 322 - Lifeline

0800 567 567 - Suicide Crisis Line

0800 05 55 55 – Childline

Be safe and stay home!

**School Schedule:**

Monday	20 Apr	Day 1	09:00 – 15:15 – there is no assembly, so we start with lesson 2.
Tuesday	21 Apr	Day 2	08:15 – 15:15
Wednesday	22 Apr	Day 3	08:15 – 15:15
Thursday	23 Apr	Day 4	08:15 – 15:15
Friday	24 Apr	Day 5	08:15 – 14:00

High School Staff  
Have a good weekend!