



Riverside College

Cnr Cellars & Carmine Drive Burgundy Estate

Ph 0218022001 www.riversidecollege.co.za

20 August 2021

Dear Parents,

My little chat today is all about having an “**ATTITUDE OF GRATITUDE**”. What do I mean by this you ask... What is the difference between attitude and gratitude? As nouns, the difference between attitude and gratitude is that **attitude is the position of the body or way of carrying oneself; posture**, while **gratitude is the state of being grateful**.

Why gratitude is the best attitude?

Gratitude is **an antidote to negative emotions**, a neutralizer of envy, hostility, worry, and irritation. many people need to feel that their true value is being recognized.

What are the characteristics of gratitude?

Indeed, many of the specific characteristic adaptations of gratitude may be characterised as prosocial: **grateful people trust others, they help others, they have empathy for others**, and they forgive others and do not hold grudges

Examples of Gratitude

Being thankful to the person who cooked for you

Being thankful for your good health

Appreciating the person who cleans your house

Being grateful to yourself for ...

Ms. Struck

Important dates

Term 3 – 20 July – 22 September (Teachers 23/09)

Term 4 – 12 October – 08 December (Teachers 15/12)

Examination dates

Test series for Gr 7 – 11 06 Sep – 21 Sep

Gr 12 Prelims 06 Sep – 21 Sep

Gr 12 Finals 06 Sep Final LO paper

19 Oct Final CAT Practical

Start of Finals 01 Nov – 01 Dec

Timetables have been handed out to all learners and is available on the website.

Please note that matriculants **do not** get time off or finish earlier during their prelims, they have to be at school every day even on days that they are not writing! This is a time during which all Gr 12 teachers do extensive revision with them and it is a government requirement that they attend school every day.

As per the normal procedures during test series, classes will resume after first break as per normal for all grades.

Important Information

Your child needs to have a mask on at all times that covers their nose and mouth. Each individual also needs to regularly wash their hands and sanitize. They are not allowed to physically touch, kiss, hug, or share food with one another. Our safety protocols are there to keep everyone safe and we need everyone to play their part!

Masks are not an excuse to have facial hair, so please note that your son still needs to be clean shaven at all times.

Message from our principal Mr. D Swart

We are standing on the cusp of the exam season for our Gr 12 learners as well as the test series for all our other learners. This is a very stressful period for all involved and a time at which we need to pay special attention to our and our children's mental health.

Many people at this point of the discussion stop reading and walk away because they do not understand what this means...they automatically think that we are telling them that there is something wrong with them or that they are not able to look after themselves and their children the way they should...this is not the case at all! The fact is... poor or neglected mental health can lead to feelings of inadequacy, stress and shame, which in turn leads to anxiety and depression and in severe cases suicide, particularly amongst our young people.

Mental health is affected by so many different things and for our young people the stress of exams can cause them to spiral into a state of anxiety, fear and self-doubt. This could be for a number of reasons; lack of knowledge, lack of confidence in own ability, not spending enough time on studies, been overburdened by extra mural activities, or very high expectations from self or parents. It could also be propelled by the fact that they are not as academically strong as their friends or family members which could lead to poor performance and low marks despite the efforts that they put into studying. The number of things that can cause stress are endless...divorce, death, fear of unknown, fear of own or parents' mortality, loss of friends or family members...We start experiencing feelings of helplessness, lost focus and a sense of disconnectedness and dread.

This is not necessary if we spend enough time focusing on our mental health and dealing with issues that we might be experiencing. Issues such as depression, anger, anxiety, hopelessness and so many others. These issues could come from trauma suffered during any stage of our upbringing, due to toxic relationships, due to our own inability to set and maintain boundaries...it could emanate from anywhere...and the minute we become aware of it, usually through some form of negative behaviour, we need to focus our attention on resolving it! You do not need to avoid it due to a lack of money for Psychologists or because you don't believe that you need outside help. You need to spend time figuring out why you are reacting to the particular trigger, where it is coming from, how you can deal with or manage it and then sort out how you can resolve the inner conflict that it has caused. Mental health needs regular check-ins with self and children to make sure that there is nothing lurking in the dark, waiting to jump on us at the first sign of stress.

Taking care of your mental health means not leaving issues unresolved and allowing these issues to affect your daily life in a negative manner. As things rise within you, you need to identify and resolve them immediately, which will leave you feeling in control and mentally fit to face the challenges that we have coming at us on a daily basis.

School Schedule:

Monday	23 August	Day 1	07h55 – 15h15
Tuesday	24 August	Day 2	07h55 – 15h15
Wednesday	25 August	Day 3	07h55 – 15h15
Thursday	26 August	Day 4	07h55 – 15h15
Friday	27 August	Day 5	07h55 – 14h00

Have a lovely weekend!
High School Staff