



Riverside College

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Estate

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Dear Parents,

28 July 2023

Our theme this term is "Looking after Number 1". This means that we, as individuals also need to look out for our own well-being at times, this is a hard thing to do. We always find time to help everyone else in our lives be it are children, parents, friends or colleagues but never for ourselves.

We are just as important as our family and friends and need to take the time to look after our mental, physical and spiritual well-being.

So this term, take a few hours for yourself. Take a walk, start that hobby and never be afraid to talk to someone when you need to.

"Wellness is the art of living a fulfilling, rewarding and balanced life." **Dr Tommy Weir**

Miss Barton

Grade 1 News:

The Grade 1's have enjoyed their first week back at school. All were eager to get back to work and learn some new concepts. During Phonics, they enjoyed learning new words using the Jolly Phonics approach. They also played a game called "Guess the word" using charades. I hope they keep up their enthusiasm and eagerness to learn this term!



Happy Birthday!

Happy birthday to the following learners who celebrates their birthday this week!

Anie Inyangudo Grade 6 30 July

Other news:

Winter accessories:

We understand that keeping warm is important during the winter months. However, we ask that you please keep in mind our school colours when choosing winter accessories. To ensure that our learners maintain a uniform appearance, the following items are permitted:

- White or maroon scarves. (Black is not a part of our school colours.)
- No beanies.

Also, kindly keep to white or flesh toned undergarments and not coloured T-shirts. As well as socks – any other colour sock must be worn underneath the grey socks and must not stick out in any way.

We do understand that it is cold, but please adhere to the school rules regarding our uniform.



Grade 12 Fundraising Events:

Our Grade 12 class of 2023 have reached the end of their academic journey at Riverside College and as a way of saying thank you for all the support received during the year with their fundraising events, they wanted to collaborate with the community on their last event. This gesture of gratitude was planned to not only raise money, but also celebrate the changing of the seasons with Spring day on the 1st of September!



The theme for spring day this year is - Rainbow Day and we have decided to celebrate this day by incorporating the wearing of funky socks into the mix.

The cost of R30 is payable by Wednesday the 30th and the proceeds will be split as follows:

R20 will go to the grade 12 farewell fund.

R10 will go to the Home of Hope – which is an organisation that takes care of children, provides education to children with special needs in order to help them build a brighter future.

What a beautiful way to end your schooling career by helping the next child continue theirs...

Absentees Notice:

Flu season is upon us, and absenteeism is expected. As a friendly reminder, please notify the office by sending an e-mail to both Info@riversidecollege.co.za and hello@riversidecollege.co.za if your child will be absent from school. This will help us to ensure that your child's absence is recorded and that they do not fall behind in their schoolwork.

Blazers:

Kindly remember that Mondays are blazer days.

Stationery:

Kindly ensure that your child has all the correct stationery for the term.

Tissues & Wet Wipes:

The teachers are running short of tissues and wet wipes. Would you be as kind to send in tissues and wet wipes for this term. Thank you!

Extra-Curricular:

Good luck to Blake Lawrence who will be participating in the World Robot Olympiad next week.

Eisteddfod:

Good luck to all learners participating in the Eisteddfods over the next few weeks.

PRESCHOOLERS GR000 – GR R

Planning for the week: 31 July – 4 Aug

Theme for the week:

Trees and Wood

PLEASE SEND THE FOLLOWING:

- Message Books daily

PLEASE REMEMBER:

- A change of clothing every day

- A healthy snack + Water/Juice

- No fizzy cooldrinks or sweets

- Label all school clothing items clearly with your child's name.

WHAT WE WILL LEARN THIS WEEK:

Letter: Pp

Number: 14

Cross Country:

On Friday the 21st of July, after a nice long holiday, our cross-country learners were back on the tracks! The learners ran well on Friday and gave it their all. Well done to them.

School Photo's:

If you missed the opportunity to order your child's school photos, there is still time to do so. Please send your order to: info@framedbyclaire.co.za.

Principal's message:

This week I was listening to a meditation that made me think a little deeper about life.

Every morning I get up, get ready, and do what is required for the day. I never really think about what gives me energy and what diminishes it. With my goals in mind, I focus and try my best daily.

In the meditation that I was doing, it was highlighted that things – people, clutter, work, family, friends, and so many other aspects – either give you energy or diminish it.

I went through my own personal daily routine and realised what was taking too much energy from me, and I decided to either reduce the power it has over me or cut it out of my life.

This week, I would like to encourage you to focus on what gives you energy and what takes it away from you. I think if you can make small changes, it can make a huge difference daily. I know that it is easier said than done, but if we are aware of it, we can change it.

Small steps are all that is required. Every small step we take, contributes to the bigger picture of being a healthy, motivated, and a driven individual. Our children see how we operate in our daily lives and



that eventually becomes part of their lives too.

I believe that every parent just wants to be the best

version of themselves for their children at the end of the day.

Have a blessed Term 3!

Enjoy the weekend.
Warm regards.
Staff and management



2023 Term Dates:
Term 3:
Start Date: Learners – 19



Term
Learners - 28
Learners - 11

Important Upcoming Dates & Events:
01 August – Grade 5 library
02 August – Grade 4 and 6 library
04 August – Gr 4 and 6 Cake sale
09 - 11 August – Midterm break
18 August – Dress up as a cowboy

