EDENVALE HIGH SCHOOL
FROM GOOD TO GREAT

NEWSLETTER

26 March 2021 ISSUE NO. 3

EDITORIAL

CELEBRATE EACH DAY

There is so much negativity and hostility in our society which sadly spills over into schools, adding further strain to our already tense adolescents who are trying to find their own way to deal with the fear of Covid and other everyday strains. We need to minimise these tensions in our environment.

Let's attempt to reduce the gloomy mood by focusing on the family and the home. Do something for others and you will find that you feel better about yourself and life in general.

Introduce some simple ideas and activities to help lift the spirits of family members. The following practical intervention could assist those who are experiencing difficulty:

1. Make someone feel special by making a phone call to enquire about well-being.
2. Bake scones or crumpets and invite family members to tea, or take to a neighbour.
3. Visit a long-last-seen uncle, aunt, cousin or grandparent.
4. Cook a meal for a grandma or grandpa.
5. Play games with small children.
6. Organise a family function, or treat family members to a picnic in the back yard.
7. Tell family members to dress up according to a theme and have a photo shoot in the garden.
8. Pamper your pet or visit an animal shelter or your local SPCA. Offer your help.
9. Pick up the litter in your local park; take your family to the park and encourage all to play together on the slides, swings and merry-go-round.
10. Visit a retirement village and read to the aged, or sing songs.

11. Find ways to conserve energy at home – light candles, use paper plates, eat fresh vegetables and prepare low-waste foods.
12. Eat rice for a meal. Give the money that you save to an organisation that does charity work.
13. Cut a watermelon into slices and use the seeds for a seed-spitting contest outside. Play "hot potato" with the watermelon.
14. Make banana splits, choc nut sundaes (or any meal/ dessert) as a family.
15. Laugh together as a family.

Celebrate that you are alive and healthy.

Mrs Blom

HOD English

IMPORTANT DATES

Wednesday 24 March – Thursday 1 April:	Block tests
Friday 2 April:	Good Friday
Monday 5 April:	Family Day
Monday 12 April:	Individual Photographs
Monday 12 April:	SGB elections
Friday 23 April:	Mathematics / Mathematical Literacy assessment Grade 8 – 12. This is a compulsory assessment. If a learner is absent, he or she needs to produce a doctor's letter; otherwise zero will be given.

UPDATING OF INFORMATION

Please note that if you need to correct any information pertaining to change of address, contact number or email address, this information should be sent to Mrs Enell (jenell@edenvalehigh.co.za).

The school must be contacted directly, as we work from one main central database and any updates done to details linked to your d6 do not carry through to SMART.

SPORTS RESULTS

Congratulations to Jared Wade (Gr 9) who competed in the KSA (Karate South Africa) National Tournament in Durban from 5 - 7 March 2021 and was placed 3rd for Kumite in his category and received a Bronze medal.

On 12 and 13 March 2021, he also competed in the SSA Regional Level 2 swimming gala. He swam in 10 events and qualified for finals in five of the events. He then came first in both the 50m Butterfly and the 100m Butterfly, and was awarded two gold medals.

ATTENTION PARENTS

One of the school's projects is to feed the sterilised feral cats that live on the school property.

We would appreciate any donations of tinned or dry food. Donations may be handed in at the front office. Thank you to those parents who helped us feed last year. All contributions are gratefully accepted.

Tutors @ Your Service

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- Qualifications:
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  - PDA (Personal Development Analyst) Behavioural Assessment Tool Competencies linked to behaviour Assess 3 core areas: behaviour, energy and emotional indicators
  - Coaching/ Mentoring/ Counselling for adults and teens (bookings essential)
- Experience: Over 20 years

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ASPIRE