



# EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 10 ~ 1 August 2025

## NEWSLETTER

### DISASTERS IN THE CLASSROOM: WHEN LIFE FEELS LIKE A CRASH LANDING

When we hear the word **disaster**, we imagine earthquakes, plane crashes, wildfires, or floods. However, for a learner, disaster can look very different: failing a test, losing a friend, forgetting your oral presentation, or being left out of a group project. These may not make the news — but in the school environment, they can feel just as overwhelming.

#### When It Feels Like the World is Ending

Disasters — both real and emotional — trigger the same feeling: *panic, fear, and helplessness*. Imagine this:

- You study all night... and still fail your Maths test.
- You argue with your best friend... and now sit alone during break.
- You trip in front of your crush... and it feels like *the end*.

It may seem small to others, but in the moment, these events *feel like an emotional earthquake* — shaking your confidence and leaving you unsure of what comes next.

#### Turning the Disaster Around

Just like countries rebuild after a flood or an earthquake, **we can rebuild after school disasters as well**. Here's how:

- **Debrief and reflect:** Just like pilots investigate plane crashes to prevent future accidents, ask yourself: *What went wrong? What can I do better next time?*
- **Build emotional safety kits:** Keep tools like positive self-talk, support from friends, and journaling in your "survival pack".
- **Practice resilience:** Remember, even cities recover. So can you.
- **Share your story:** Talking about your "disaster" may help others feel less alone — and help you heal.

#### From Disaster to Growth

What if we saw every challenge as a lesson in disguise?

- Failing a test teaches you how to study smarter.
- A fight with a friend reveals how to communicate better.
- An embarrassing moment builds empathy — now you understand how others feel.
- Disasters shake us — but they also **wake us**.

#### Final Thought

The greatest pilots in the world have faced turbulence. The strongest cities have been rebuilt after storms and the most successful learners have all faced their own school "disasters."

What matters, is not avoiding disaster — it is learning how to rise after it.

Mrs I van der Ryst  
HOD Mathematical Literacy

## Important information

- Friday 8 August Mr / Miss EHS 18:30
- Wednesday 20 August Junior House Plays 18:00
- Thursday 21 August Senior House Plays 18:00
- Wednesday 24 September Heritage Day
- Friday 3 October Afrikaans Paper 3 final exam Grade 10 – 11
- Friday 3 October Afrikaans Test Grade 8 – 9



Note that if a learner is absent for assessments, a doctor's note must be produced - otherwise zero will be given.

# HELP US TURN BOTTLE TOPS INTO WHEELCHAIRS!

OUR SCHOOL IS COLLECTING  
PLASTIC BOTTLE TOPS  
IN SUPPORT OF  
TOPS AND TAGS

All proceeds go toward  
providing **WHEELCHAIRS**  
FOR THOSE IN NEED.

**HOW TO HELP:**

- Drop them off at the  
**FRONT OFFICE**, or
- Hand them to  
**MRS SWANEPOEL IN A1-12.**

**Every lid counts – let's make  
a difference together!**



Edenvale High School Presents

# GOLF DAY

*Fundraiser*

FOR ALL SPORTING CODES

**R100 000**  
Grand Prize Up For Grabs

**12 SEPTEMBER 2025**

**MODDERFONTEIN GOLF CLUB**

- 4 Ball (halfway house included) R3 000
- Sponsorship Starting from R3 500
- Sponsorship & 4 Ball R6 000

**WIN PRIZE**

Hole in one R100 000  
Longest Drive  
Closest to pin

**FORMAT**

4 Ball Alliance with 2 scores to count

Register Now  
Scan the QR Code to sign up!

**AGENDA**

10:00 - 10:30 AM Arrival  
10:30 - 11:00 AM Shotgun Start  
5:00 - 5:30 PM Dinner & Prize Giving to begin

**DINNER & PRIZE GIVING**

Dinner will include a Lamb Spit  
Prizes will be handed out  
Raffle draw for wheelbarrow filled with alcohol

**BOSSA GOOD TIMES**

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+27 83 379 0471 rstoltz@edenvalehigh.co.za

## 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.





**MATHS TUITION**  
— SUE —  
**074 180 2097**

sue@confidentteens.co.za    www.confidentteens.co.za

- Maths Core offered for **Grades 8,9,10,11 & 12**
- Cost: **R370** for 2 hours
- Lessons on Saturdays and Sundays
- Qualifications: BA (Honours), UHDE (University Higher Diploma in Education)
- Over 20 years experience
- **Sue: 074 180 2097 / [sue@confidentteens.co.za](mailto:sue@confidentteens.co.za)**



**MR & MISS PROM**

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\*\*The school accepts outside advertisements. We are unable to take responsibility for the nature of the services offered.

## ORTHODONTIST

**Dr Lionel Milstein BDS MSCDENT ORTHODONTICS (WITS)**

**Adult and Adolescent Braces**

**Porcelain / Clear Braces available**

**Discovery Medical Aid rates charged.**

**011 454 6264 / 0834009542**

Place Of Purpose  
Presents  
**Charity FUN RUN/RIDE**

**SATURDAY 9 AUGUST**  
START 08:00

**AT THABA TRAILS, ALBERTON**

**FUN RUN R100**  
**MTB R150**  
Free Entry for Kids Under 5!

**RESTAURANT AVAILABLE**

Bring your family and join us for a day full of laughter, excitement, and unforgettable memories!

EASY BOOKING WITH QUICKET

CALL 072 648 5727  
FOR MORE INFORMATION, EMAIL:  
ACCOUNTS@PLACEOFPURPOSE.CO.ZA

QUICKET.CO.ZA

THABA TRAILS

Balwin PROPERTIES

## FUNDRAISER CHARITY WALK/ RIDE

Join us for a fun day out at Thaba Trails in Alberton and support this beautiful cause!

PLACE OF PURPOSE is a non-profit college in Alberton for young adults with intellectual disabilities and learning challenges, aged 16 and older. It is dedicated to making a meaningful difference by offering a safe, supportive, and inclusive learning environment where every individual can thrive."

Follow the link for more information or contact Vanessa 072 648 5727,

[accounts@placeofpurpose.co.za](mailto:accounts@placeofpurpose.co.za).

Sponsor options available.

<https://www.quicket.co.za/events/315970-runwalk-mtb-thaba-trails/>

