



EDENVALE HIGH SCHOOL

Issue No. 2 ~ 6 February 2026

NEWSLETTER

Whatever has happened to commitment?

It is Jean-Paul Sartre who said, "Commitment is an act, not a word."

Before cell phones, we made an arrangement with someone and kept the appointment. Nowadays, we postpone, cancel or rearrange too easily. I am concerned with the generation of youngsters who struggle to keep a commitment. As soon as life becomes slightly challenging, our children want to step back, step down, or back out.

How can we raise a more resilient child? Perhaps we could teach our children how to care for themselves properly in order to have more physical energy. We could start by encouraging proper nutrition. After having taught our children how to eat properly, we could teach boundary setting, which will include regulating energy that goes out to others, and knowing what to keep back for our own needs in order to prevent burnout. This will allow the individual to reset and continue. Children should not only be fed and left to their own devices. We should remember to connect with our children, and guide them.

Commitment is defined as

A strong belief that something is good and that you should support it; it is a promise to do something; a duty or responsibility that you have accepted; enthusiasm for something and a determination to work hard at it; the use of money, people or time for a particular purpose.

Let's start by undertaking to:

1. Check your children's diet.
2. Monitor children with regard to regular sleeping patterns.
3. Hold your child accountable – if certain chores are expected, follow through by ensuring that they are done.
4. Set clear boundaries and keep to them.
6. Commit to one another in relationships.
7. Lead by example.

I appeal to parents to persevere with discipline. Teach children to finish what they have started and what they have undertaken to do.

Let's remind ourselves of Winston Churchill's words: "I no longer listen to what people say. I watch what they do. Behaviour does not lie."

Mrs H. Blom
HOD English



Important dates

Monday 9 February: Grade 9 Information meeting 18:00

Tuesday 10 February: Grade 10 and 11 Information meeting 18:00

Wednesday 11 February: Grade 12 Information meeting 18:00

Thursday 19 February – Friday 27 February: Block tests

Tuesday 3 March: Interhigh Gala A team – Delville

Friday 6 March: EHS has got talent 18:00

Friday 13 March: Open Day 16:00 – 18:30

Wednesday 18 March – Individual photographs

Saturday 21 March: Human Rights day

Friday 27 March: Mathematics/ Mathematical Literacy Assessment Grades 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.



LEARNERS ABSENT FROM SCHOOL

If your child is going to be absent from school for more than a day, please email the register teacher. On return to school your child must bring an absentee letter, on the standard template (available in resources in the d6 communicator app).

**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!**



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. All contributions are gratefully accepted.



Sports News– 2026

Splash of Success: Edenvale High Swimming

The swimming season at Edenvale High has kicked off with a splash, featuring high energy at the annual Inter-house Gala and a competitive debut on the interschool circuit.

Interhouse Rivalry: Falcon Takes Flight

The school pool was a hive of activity as the four houses—Eagle, Harrier, Falcon, and Kestrel—battled for dominance in the water.

While the competition was fierce across all strokes, Falcon ultimately soared to victory, claiming the top spot on the podium. Kestrel put up a strong fight to secure 2nd place, followed by Harrier in 3rd.

Although Eagle did not take the swimming title, they did not leave empty-handed. Their overwhelming enthusiasm and support on the stands earned them the highly coveted Spirit Cup.

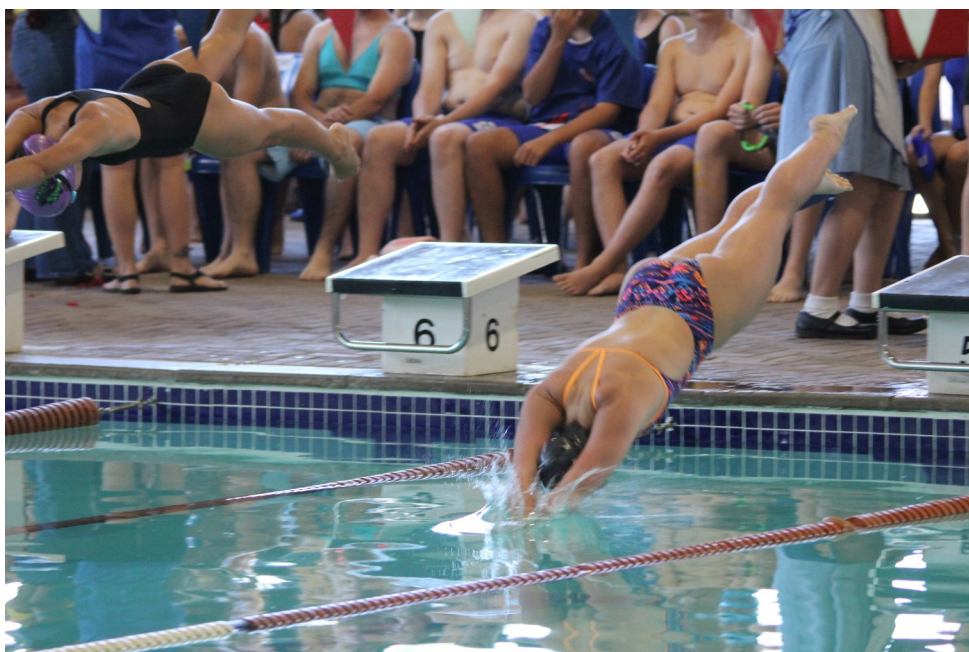
Interhouse Results:

1st: Falcon

2nd: Kestrel

3rd: Harrier

Spirit Cup Winners: Eagle



Interschool Swimming: A Promising Start

Following the house excitement, Edenvale High competed in its first official gala of the season. The event featured a tough field of competitors, including teams from Northcliff (A & B), St Peter's (A & B), St Dunstan's, and Marist Brothers.

Facing experienced opposition, Edenvale High put in a determined performance. The team placed 5th out of the 7 competing teams, a respectable foundation to build upon as the season progresses.

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1 Willow Crescent, St Andrews , Johannesburg @ 360 gym & 5 Adjutant road, Elma park, Shanahan sports grounds HRS





Celebrate love, with a thoughtfully curated Valentine's weekend that is designed for relaxation and romance.

Enjoy a 2 nights stay that includes:

- A romantic room drop to set the mood
- A bottle of JC Le Roux on arrival
- Enjoy a scrumptious, romantic breakfast
- A lazy check-out on Sunday

R2500.00 per room for the weekend
(T's & C's subject to availability)

info@gvgh.co.za
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****The school accepts outside advertisements. We are unable to take responsibility for the nature of the services offered.**



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