



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No.13 ~ 16 August 2024

NEWSLETTER

Why Teens Push Back

5 facts about teens that explain why they're difficult to parent:

1. They feel misunderstood

Your child's prefrontal cortex - the part of your brain in charge of logic - is under construction. So your child will overreact because they're working with less experience, knowledge and capacity than you.

Your child needs help regulating, take a deep breath and calmly ask: What about this situation is stressing you out?

You're not enabling bad behaviour; you're approaching the situation empathetically.

2. They think work = Worth

Teens feel intense pressure to be perfect.

It's normal for children to feel this pressure, the problem is how they internalise it. Remind them that they have time to make mistakes, it doesn't mean they are defective.

3. Their dopamine levels are all over the place

Mindless screen time, junk food and other 'mind-wasters' are programming brains to expect extreme levels of dopamine. Teens crash in real life because the real world isn't flashy and funny. They struggle to stay positive, focused and motivated because the real world doesn't excite their brains as 'cheap' dopamine does.

Replace dangerous sources of dopamine with natural ones:

- Get outside!
- Exercise!
- Adventure!

Natural dopamine keeps your child happy and satisfied and promotes a greater capacity for focus and confidence.

4. Teens aren't struggling the same way you did

The world is at their fingertips. You can't parent the same way your parents did. It's tough to understand why teens do what they do. Try to not let your fear or ego get in the way and try to tackle parenting with love and understanding.

5. They're on an emotional roller coaster

Teens are facing a big world, hormonal peers and societal pressures to perform and they're facing these problems with a developing brain and body. They struggle with more pressure and instructions from their home base. You can support their roller coaster with resilience and confidence.

THEY CAN DO IT AND WE BELIEVE IN THEM!

Ms Toerien
HOD Sport

~adapted from Coach Will~

IMPORTANT DATES



Mon 19 Aug	Prelims begin
Thurs 22 Aug	Block tests begin
Fri 30 Aug	Block tests end
Mon 2 Sept	Normal classes resume Grade 8 – 11. Day 2
Thurs 19 Sept	Colours assembly 18:00
Fri 20 Sept	Afrikaans Paper 3 final exam Grade 10 – 11
Fri 20 Sept	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.

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/CULTURAL RESULTS

Boys Soccer

vs King David Linksfield

- U14 lost 0 - 3
- U15 won 3 - 1
- U16 lost 0 - 2
- 1sts lost 0 - 2

vs Bracken

- U14 won 2 - 0
- U15 won 4 - 1



vs Greenside

- U14 drew 2 - 2
- U15 won 2 - 1
- U16 drew 1 - 1
- 1sts won 2 - 1

Sutherland Soccer Festival:

The first team soccer boys were unbeaten in their pool stages and played in the final against Benoni High School and won 2 - 1.

Congratulations for winning the tournament and to Ethan Simpson for winning player of the tournament.



vs Balderstone Soccer Institute

- U16 won 3 - 2
- 1sts won 2 - 1



Girls Soccer

1sts

- vs Queens lost 2 - 3
- vs Reddam B won 1 - 0



U15s

- vs Assumption College drew 1 - 1
- vs King David Linksfield A won 8 - 1
- vs King David Linksfield B won 5 - 2



Diamond Cup:

EHS 1st team won 2 matches and drew 1 in the group stages.

Knockout Stages:

- Round of 16 vs FH Odendaal won 3 - 2 penalties
- Quarterfinals vs Curro Wilgeheuwel won 1 - 0
- Semifinals vs Randfontein lost 7 - 8 penalties
- 3rd/4th playoff vs Curro Aurora won 4 - 1 penalties.

Girls Hockey

Juniors Indoor Hockey

- vs Boksburg High won 4 - 3
- vs Volkskool Heidelberg won 4 - 3



Interhouse

Juniors

- 1st Kestrel
- 2nd Eagle
- 3rd Harrier
- 4th Falcon

Seniors

- 1st Kestrel
- 2nd Eagle
- 3rd Falcon
- 4th Harrier



Boys Hockey

1st team Indoor Hockey

- vs Boksburg won 3 - 1
- vs CBC won 2 - 1



Fast 5 Netball Tournament St Mary's

- U17 Dragons won gold
- U15 Diamonds won silver

vs Northcliff

U15 Diamonds won 40 - 16



Chess District team

Edenvale beat Edenglen and H/Kempton placing 4th out of 10 schools narrowly missing out on a provincial spot by half a point.

Athletics

Meet 3

1st Randpark

2nd Queens

3rd Edenvale

4th Mondeor



Meet 4:

1st EHS

2nd Edenglen

3rd Greenside

4th Trinity Little Falls



Interhigh:

1st Roosevelt

2nd EHS

3rd Krugersdorp

4th Edenglen



Boys Tennis

Winners of B league GETA



Sun City tournament:

vs Dr Malan and Hartswater won 18 - 10 and qualified for play offs. The boys won 4 out of the 6 matches and placed 5th out of 13 teams.

Girls Tennis

Runners up of B league GETA

Sun City tournament:

vs Dr Malan won 8 - 6 and Redham won 8 - 4 and have qualified for play offs. The girls won their final match vs H/S Hartswater.



Junior House Plays

- **Best Actress: Micaela Rodrigues & Katlego Sebopane**
- **Best Actor: Shaun Read**
- **Best Play: Mad Mac - Eagle**

General

Trimica Appel represented Gauteng in Bloemfontein this weekend and will be representing South Africa in Worlds in Japan 2025. She achieved the following:

- **Kata- U21- Gold**
- **Senior Kata – under 35 – Silver**
- **Kumite- Bronze**
- **Bunkai – Bronze**
- **Unison- Silver**



Congratulations to Caitlin Christian in 9H who participated in the 44th National Karate Championship from Thursday 8th -11 August in Bloemfontein.

Caitlin represented Gauteng and Edenvale dojo and won 3 medals, silver and 2 bronze. Gauteng placed in 2nd position nationally. This qualified her to participate in the Karate World Championship in Japan next August.





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