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# **EDENVALE HIGH SCHOOL**

### FROM GOOD TO GREAT

## Issue No. $13 \sim 16$ August 2024

### NEWSLETTER Why Teens Push Back 5 facts about teens that explain why they're difficult to parent: 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. 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. 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. 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. 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 Greenside

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

#### vs Balderstone Soccer Institute

- U16 won 3 2
- 1sts won 2 1

#### vs Bracken

- U14 won 2 0
- U15 won 4 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.







#### **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
- 2nd Eagle

**1st Kestrel** 

- 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.

#### **Boys Tennis**

Sun City tournament:

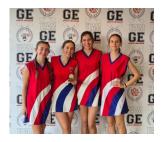
vs Dr Malan and Hartswater won 18 - 10 and qualified for play offs. The boys won 4 out of the 6 matches and placed 5th out of 13 teams.

#### **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.





### **Athletics**

#### Meet 3

**1st Randpark** 2nd Queens **3rd Edenvale** 4th Mondeor



#### Meet 4:

**2nd Edenglen 3rd Greenside 4th Trinity Little Falls** 

#### 1st EHS

### Interhigh: **1st Roosevelt** 2nd EHS **3rd Krugersdorp**

**4th Edenglen** 







Winners of B league GETA

#### **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 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 CaitlinChristian 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.









### ORTHODONTIST

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> Dr Lionel Milstein BDS MSDENT ORTHODONTICS (WITS)

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