



EDENVALE HIGH SCHOOL

Issue No. 8 ~ 15 May 2026

NEWSLETTER

May is Mental Health Awareness Month

Mental health is something we all have to consider and need to take care of, especially during this busy, high-pressure stretch of the school year.

What does mental health actually mean?

It's more than not feeling sad or anxious. Good mental health means you have resilience and can handle life's ups and downs, connect with the people around you, and keep going even when things get tough. It affects how we think, how we treat others, and how we cope when things don't go our way. It also means taking time out to care for oneself when necessary.

Mental health challenges are more common than most people realise, and they can affect anyone: students, parents and teachers.

Some of the conditions you may have heard of include:

- Anxiety (ongoing worry, panic attacks, phobias, or PTSD)
- Depression and other mood-related conditions like bipolar disorder
- Substance use disorders

Signs that someone might be struggling can look different from person to person.

You don't have to wait until things feel serious to start looking after your mental health. Here are a few ideas that genuinely make a difference:

- Talk to someone you trust
- Get enough sleep, move your body, and eat reasonably well
- Cut back on things that drain you, whether that's social media, friends, alcohol, or anything else

When professional support is needed:

Sometimes what someone needs goes beyond a good chat.

Professional support can include therapy and/or medication. Getting help is not a sign of weakness, it's one of the bravest things a person can do. We have support right here at school. We're fortunate to have three counsellors on site who are available to meet with your child by appointment.

1. Mrs K Hartel – khartel@ehs-counselling.co.za (Social Worker and Head of Counselling Department)
2. Ms. M Nel – mnel@edenvalehigh.co.za (Specialist Wellness Counsellor)
3. Ms. M. Mashalane – mmashalane@ehs-counselling.co.za (Social Worker)

If your child is going through a hard time, please don't hesitate to reach out to them directly or encourage your child to book an appointment. We're all in this together.

Mental health is an essential part of a well-functioning school environment. It helps create structure, builds respect, and allows both teaching and learning to take place effectively. When teachers and students take responsibility for their roles, the entire school succeeds.

Ms A. Maharajh
HOD: Humanities



Important dates



Friday 29 May: Afrikaans Test

This is compulsory for all pupils. Learners who do not write will receive zero - unless a doctor's note is produced.

JUNE EXAMINATIONS: 1 – 26 June

**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!**



Reminders

Please ensure that learners read the examination timetable correctly.

No exams will be written at any other time.

Exam review is compulsory for Grade 8 and 9 learners.

Learners who are absent for an examination must produce a doctor's certificate on the day that they return to school - otherwise zero will be given. They are responsible for handing this in at the front office.



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.



The Blues Bulletin

What a whirlwind! Despite the recent long weekends, the BLUES have been out in full force showing incredible grit and commitment.

SPECIAL ANNOUNCEMENT

We would like to rectify an omission from our previous edition: A huge congratulations to Maddison Giloi (U16 Hockey) for her selection to the Eastern Gauteng High Performance Squad! We are incredibly proud of your achievement, Maddison.

RUGBY:

It's been a physical few weeks on the pitch. While the matches against Hoërskool John Vorster and Elspark were tough, the U16s secured a solid win and the 1st Team fought for a hard-earned draw. On May 9th, we hosted Benoni High for a day of "good hard schoolboy rugby." Though Benoni took the day by just one game, the matches were contested with absolute fury!

NETBALL:

After a chilly afternoon at Marais Viljoen, our girls bounced back with a vengeance! On Saturday, May 9th, EHS took on Benoni High and crushed it - winning 9 out of 12 games. Talk about a comeback!

HOCKEY:

Boys: The "Might of EHS" rumbled through CBC Boksburg on May 6th with clinical performances. While the recent clashes against Kempton Park were difficult, our boys played with undeniable pride.

Girls: In varying conditions against Leeuwenhof, the girls showed incredible grit despite the final scores.

CROSS COUNTRY:

Our runners are on fire! In soaking wet conditions at Queens High, EHS placed 4th out of 40 schools. At the Curro Hazeldean meet, our top performers shone:

Top Juniors: Gabriella Jacinto & Tylo Weame

Top Seniors: Daniella Helwick & Liam Botha

TENNIS:

The Girls A-Team delivered a masterclass against Crawford Bedfordview, winning 57–15, while the Boys B-Team scraped a nail-biting 37–35 victory. The boys are weathering a tough streak lately, but we know they'll be back stronger!

CULTURE CORNER:

UN Model Debate-3rd Place (out of 26)- Our highlight: Representing Cabo Verde with poise and intellect.

Grads Plays- 2nd Place (out of 14)- Our highlight: A stellar performance that warmed up a cold weekend.

Debating Stars (Best Delegation):

Rethabile Mathabatha (Gr 8)

Katelyn Thyse (Gr 9)

Boitumelo Mpete (Gr 11)

GO BLUES! Keep that passion high as we head into the next round of fixtures!





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

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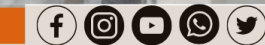
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