



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 6 ~ 21 April 2023

NEWSLETTER

STRESS... The Silent Killer

Parents, be aware that your children experience stress, just as adults do. What we have shared here would apply to them, too.

If you are stressed, you might feel:

- ⇒ Irritable, angry, impatient or wound up.
- ⇒ Over-burdened or overwhelmed.
- ⇒ Anxious, nervous or afraid.
- ⇒ As if your thoughts are racing and you can't switch off.
- ⇒ Unable to enjoy yourself.
- ⇒ Depressed.
- ⇒ Uninterested in life.
- ⇒ As if you've lost your sense of humour.



These tips may help you keep stress at bay:

- ⇒ Keep a positive attitude.
- ⇒ Accept that there are events that you cannot control.
- ⇒ Be assertive instead of aggressive.
- ⇒ Assert your feelings, opinions or beliefs instead of becoming angry, defensive or passive.
- ⇒ Learn to manage your time more effectively.
- ⇒ Set limits appropriately and say no to requests that would create excessive stress in your life.
- ⇒ Make time for hobbies and interests.
- ⇒ Don't rely on alcohol, drugs or compulsive behaviours to reduce stress. Drugs and alcohol can stress your body even more.
- ⇒ Seek out social support. Spend enough time with those you love.
- ⇒ Seek treatment with a psychologist or mental health professionals trained in stress management and techniques to learn more healthy ways of dealing with the stress in your life.

What foods make stress worse? If you're feeling stressed, try to avoid these foods/beverages:

- ⇒ Alcohol.
- ⇒ Caffeine.
- ⇒ Sugary drinks and foods.
- ⇒ Processed foods, such as chips, biscuits, frozen foods and ready-made meals.
- ⇒ Foods high in trans fats and excessive saturated fats, such as fried foods, red meat, full-fat dairy, butter and baked goods.



Here are 5 quick stress relievers:

- ⇒ Count to 10 before you speak or react.
- ⇒ Take a few slow, deep breaths until you feel your body unclench a bit.
- ⇒ Go for a walk, even if it's just to the bathroom and back.
- ⇒ Try a quick meditation or prayer to get some perspective.
- ⇒ If it's not urgent, sleep on it and respond tomorrow.

Edenvale High School has two trained and experienced Social Workers on the premises, who counsel learners every school day. They are currently being assisted by a full-time volunteer Counsellor. Children who experience unmanageable stress or exam anxiety are encouraged to arrange an appointment with Mrs K Hartel (in G1-2), or Ms M Mashalane (in F9). Learners may self-refer or parents may contact Mrs Hartel, Head of the Counselling Department directly.

Email: khartel@ehs-counselling.co.za

Via a counselling process, children are able to learn emotional regulation and other healthy coping skills. Sessions are private and confidential but if Mrs Hartel, Ms Mashalane or Mr Coombe (volunteer Counsellor) become concerned about anything, they will, of course, contact parents.

Ms A Maharajh ~ HOD of Humanities

WATCH THIS: <https://youtu.be/hnpQrMqDoqE>

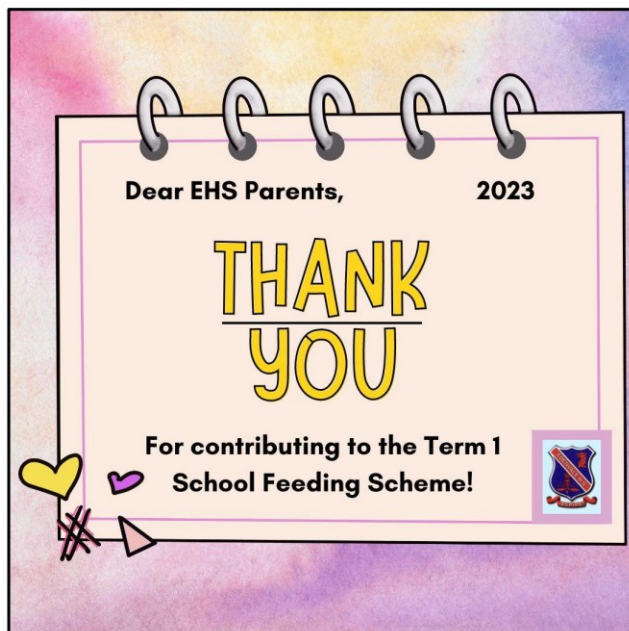
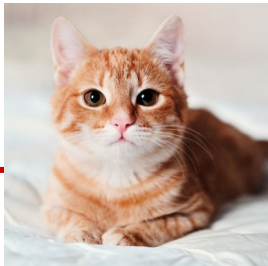


IMPORTANT DATES

- Tues 25 April:** Term 1 Impromptu Speeches
17h00
- Fri 28 April:** School Holiday
- Fri 12 May:** GRADS at EHS
- Mon 29 May:** Afrikaans Test Grade 8 – 12. This is compulsory for all pupils. Learners who do not write will receive zero - unless a doctor's note is produced.

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

Rugby:

League vs CBC Boksburg:

U14 lost 5 - 15
U15 won 12 - 5
U16 lost 0 - 31
2XV lost 5 - 12
1XV won 41 - 12

Derby vs Benoni:

U14 lost 7 - 27
U15 lost 0 - 17
U16 lost 5 - 12
2XV lost 7 - 8
1XV lost 10 - 35

Hockey Boys:

League vs CBC Boksburg:

U14 drew 1 - 1
U15 won 2 - 0
2nd won 5 - 2
1sts drew 1 - 1



Bloemfontein Tour:

EHS was 4th out of 10 schools.
U15 were 5th out of 7 schools.
Well done to Jordan Lunt, who was the best U16 defender of the tournament.

Derby vs Benoni:

U14 won 1 - 0
U15 drew 0 - 0
2nds drew 1 - 1
1sts drew 1 - 1



League vs Springs Boys:

U14 won 4 - 1
U15 won 5 - 0
2nd drew 1 - 1
1st won 2 - 1



SPORTS AND CULTURAL RESULTS

Netball:

St Andrew's Tournament: The 1st netball team played 16 matches, lost 1, drew 3 and won 12. EHS was placed 4th out of 32 schools, due to goal average difference.

- 1st Redhill 16 points
- 2nd Holy Rosary 10 points
- 3rd Durban Girls' 9 points
- 4th EHS 9 points

Derby vs Benoni:

U14A won 26 - 9
U14B won 8 - 4
U14C won 5 - 1
U15A lost 7 - 24
U15B lost 9 - 13
U16A won 18 - 6
U16B won 15 - 10
U17 won 16 - 6
2nds lost 15 - 21
1sts won 29 - 12



League vs Stoffberg:

U14A won 26 - 2
U14B won 37 - 2
U15A won 19 - 15
U15B won 19 - 0
U16A won 30 - 4
U16B won 35 - 2
U17 won 33 - 2
2nd lost 15 - 16
1sts won 31 - 7

Girls Hockey:

Bloemfontein Tour

- 1st tied 8th out of 10 schools.
- U16 were placed 4th out of 11 schools.
- U15 competed in the U16 pool.
- Well done to Latavia Mahabeer, who was the best U16 defender of the tournament.

League vs Brandwag:

U14 lost 0 - 8
U15 lost 0 - 6
U16 lost 0 - 4
2nds lost 1 - 4
1sts lost 0 - 6

Girls Hockey:

League vs Hans Moore:

U14 lost 0 - 3
U15 lost 0 - 6
U16 drew 1 - 1
2nds Lost 0-1
1sts lost 0-3

Derby vs Benoni:

U14 drew 1 - 1
U15 lost 0 - 2
U16 drew 1 - 1
2nds lost 0 - 1
1sts drew 1 - 1

Debating:

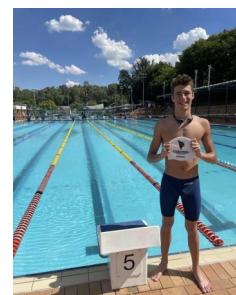
The debaters competed in the SACEE regional league last term. The results are as follows:

- The first team came second out of 32 teams, and won all their debates.
- The junior A team came fourth out of 27 teams.
- The junior B team came sixth out of 27 teams

General:

Congratulations to Kyle Stephens, who has qualified to represent Eastern Gauteng Aquatics at the South African Open Water Nationals held annually in Jeffrey's Bay, five out of five times during his Edenvale High School career.

Well done to Kaden, who participated in the South African National Junior Championships on 21-25 March in Durban. He entered seven individual events and one relay event. Of the seven individual events, he secured personal best times for five events and placed in the finals for the 50m Breaststroke, 100m Breaststroke and 200m Breaststroke.



Well done to Jared, who represented Gauteng at the KSA National Championships that were held in Durban on 16-19 March 2023. He won gold in his weight division.



TOP 10 ~ TERM 1

GRADE 8

- 10 MATTHEW LOVE
- 9 NICOLA DU PREEZ
- 8 EDEN WAINWRIGHT
- 7 ASHTON NINABER
- 6 TYLA DAVID
- 5 CAITLIN KNUPPEL
- 4 RUTH LANGLEY
- 3 CHRISTIAN CHINYANGA
- 2 GABRIELLE GREAVES
- 1 DANIELA ALVES

GRADE 9

- 10 CHANEL D'ARCY
- 9 KERRY BARNARD
- 8 BONTLE MOKWENA
- 7 DO HYEON PYEON
- 6 LUCIANO DE NOBREGA
- 5 KAITLYN GOVENDER
- 4 BRADLEY KRIEL
- 3 MIKHAIL REDDY
- 2 HANNAH VAN STADEN
- 1 ETHAN PAYNE

GRADE 10

- 10 HANNAH TITMUSS
- 9 MATHUMA NAPO
- 8 TRISTAN MEY
- 7 MADISON CARLETTI
- 6 ALESSIA PECCI
- 5 CHARMAINE NYATHI
- 4 LATAVIA MAHABEER
- 3 CAITLIN KERR
- 2 DANIELLA ATKINS
- 1 CAITLIN WAINWRIGHT

GRADE 11

- 10 JORDYN DOS REIS
- 9 KEANU DE JESUS
- 8 CLAUDIA SCOLARO
- 7 DAMIAN NEL
- 6 JESSICA THYSSE
- 5 CASSANDRA FRADD
- 4 ERIN BROWSKI
- 3 RYAN HARRIS
- 2 DIVAKSHA MOODLEY
- 1 JONATHAN GATTER

GRADE 12

- 10 DANYAAL ADAM
 - 9 BRAYDEN NAIDOO
 - 8 SARAH TERBLANCHE
 - 7 GABRIEL CORGA
 - 6 EMMANUEL GITONGA
 - 5 HAROLD MTAWARIRA
 - 4 CAITLIN SANDERS
 - 3 TAYLA DU PLESSIS
 - 2 CAITLIN NORIE
 - 1 JOY EMENIKE
-



TOP LEARNER PER SUBJECT ~ TERM 1

GRADE 8

<u>SUBJECT</u>	<u>NAME OF LEARNER</u>
Afrik	Daniella Alves
CA	Tyne Knapp, Megan Munsamy, Tannah Brown
EMS	Gabrielle Greaves, Keabetswe Matotoka
Eng	Christian Chinyanga
LO	Eden Wainwright
Math	Seth Peters, Christian Chinyanga
NS	Gabrielle Greaves, Ashton Ninaber
SS	Makyla Krishnan
Tech	Caitlin Knuppel

GRADE 9

<u>SUBJECT</u>	<u>NAME OF LEARNER</u>
Afrik	Mpilo Lata, Done' Botha
CA	Chelsea Frere
EMS	Mikhail Reddy
Eng	Arya Chibba
LO	Steffi Coetzer, Do Hyeon Pyeon
Math	Ethan Payne
NS	Bianca Risi
SS	Bradley Kriel
Tech	Luciano De Nobegra, Hannah Van Staden, Kerry Barnard, Megan Wallace, Keelan Jurgens

GRADE 10

<u>SUBJECT</u>	<u>NAME OF LEARNER</u>
Accounting	Daniella Atkins
Afrikaans	Caitlin Wainwright
Business Studies	Clarissa Hughes
CAT	Nathan Tait, Ntando Ncube
Consumer Studies	Ashley Hopcroft, Jayden Lau, Gracia Wa Katolo
Economics	Nsako Matshabana
EGD	Alessia Pecci
English	Hannah Titmuss
Geography	Mathuma Napo
History	Daniella Atkins
I.T	Wesley Dibia
LO	Madison Carletti
Life Sciences	Mathuma Napo
Maths Literacy	Caitlin Wainwright
Maths	Latavia Mahabeer, Hannah Lategan
Physical Sciences	Alessia Pecci, Latavia Mahabeer
Visual Arts	Cassidy Gordon



TOP LEARNER PER SUBJECT ~ TERM 1

GRADE 11

<u>SUBJECT</u>	<u>NAME OF LEARNER</u>
Accounting	Neo Tlaka, Jasmine Jacobsen
Afrikaans	Claudia Scolaro
Business Studies	Jonathan Gatter
CAT	Thomas Hyslop
Consumer Studies	Jana Erasmus
Economics	Jonathan Gatter
EGD	Sarah Scott
English	Keira Symes, Cassandra Fradd, Knox Peetham
Geography	Kendall Lynch
History	Jonathan Gatter
I.T	Damien Nel
LO	Keanu De Jesus, Erin Browski
Life Sciences	Ryan Harris
Maths Literacy	Divaksha Moodley
Maths	Ryan Harris
Physical Sciences	Cassandra Fradd
Visual Arts	Divaksha Moodley

GRADE 12

<u>SUBJECT</u>	<u>NAME OF LEARNER</u>
Accounting	Harold Mtawarira
Afrikaans	Caitlin Norie
Business Studies	Donatella Murolo
CAT	Caitlin Norie
Consumer Studies	Caitlin Sanders
Economics	Emmanual Gitonga
EGD	Tayla Du Plessis
English	Joy Emenike
Geography	Jessica Alves
History	Caitlin Norie, Nqobile Ngwenya, Onyekachi Emenike
I.T	Harold Mtawarira
LO	Gabriel Corga, Rohan Naik
Life Sciences	Tayla Du Plessis
Maths Literacy	Ashleigh Van Zyl
Maths	Tayla Du Plessis
Physical Sciences	Raelene Pillay, Brayden Naidoo
Visual Arts	Meghan Parfett





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



MATHS TUITION

Maths Core offered for **Grades 8,9,10,11 & 12**

COST: **R350** for 2 hours

Lessons on Saturdays and Sundays

Qualifications: BA (Honours), UHDE (University Higher Diploma in Education)

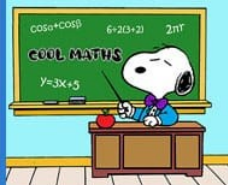
Over 20 years experience

Sue: 074 180 2097 / sue@confidentteens.co.za

COOL MATHS

MATHS: GRADE 6-12
MATHS LIT: GRADE 10-11

ALL LESSONS ARE RECORDED, MAKING REVISION EASIER



ONLINE GROUP CLASSES
CAPS CURRICULUM

MIN 8 HRS PER MONTH FOR ONLY
R295-R335 PM

MARLIN
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THE SCIENCE DUDE

PHYSICS TUITION

GRAVITY GOT YOUR MARKS DOWN?

LET'S DEFY GRAVITY

GRADE 11 & 12 ONLY

CAPS CURRICULUM

GROUP CLASSES - MAX 10 PER CLASS

R70 PER HOUR, 2 HRS A WEEK

KAELIN
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EGD TUITION

GRADE 11 & 12 ONLY



ONLINE GROUP CLASSES

MIN 8 HRS R395 PER MONTH

CAITLIN
084 224 0877

Get help with your PATs and Exam Tips





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MARKETING OPPORTUNITIES!



Become an Edenvale High School sponsor & get your company's logo out there!

For more information contact us at kerrygordon82@gmail.com



The perfect opportunity for you or your company to get your logo out there by sponsoring sports clothes and various other items.



clarity counselling

Cell: 083 414 9800
SACSSP Pr No. 1037477
BHF PCNS Number 1048023

Edenvale High School
Linksfield Ave, Edenvale

Kerry Anne Hartel
Registered Social Worker
Individual, Couples & Family Therapy

