



# EDENVALE HIGH SCHOOL

Issue No. 4 ~ 6 March 2026

## NEWSLETTER

### Showing up matters

We have all been there: the alarm goes off, it's still dark outside and staying in bed sounds like a dream. While we all need a genuine break sometimes, skipping school for non-essential reasons can have a negative impact on a learner's academic success. While absence for illness or emergencies are unavoidable; unnecessary days off like extending a long weekend, staying at home to catch up assignments or study and taking weekly mental health days are not sustainable.

When learners miss a day of school they aren't just missing a few lessons, they are missing the foundation for the next day. Coming back to school and realising that the rest of the class is three steps ahead leads to stress and anxiety. When learners return they need to understand the new work while trying to catch up all of the concepts that they have missed.

As teachers we see a direct link between high absenteeism and poor academic results. Some learners take as many as 30 days off school. Doctor's notes and valid reasons for the absenteeism are often not provided and so we ask ourselves if parents are just letting their children stay at home. In 2025 the average Edenvale High learner took 11 days off. This means that they missed roughly 88 academic lessons in a single year!

### Tips for parents

- Check the why: If your child constantly tells you that they are unwell but seem fine, they might be anxious about attending school. Talking to them can help identify and address the root cause of the issue.
- Be strong when they ask to stay home: it's tough to say no sometimes but as a parent it is your job to make decisions in your child's best interest. Unless they are unwell, encourage them to face the day. Showing up is often the best cure for school related nerves.
- Routine: avoid late night outings and social events during the week. Keep the Monday to Friday routine consistent.
- Keep count: Knowing exactly how many days have been missed can be a wake-up call for parents and learners, who do not realise how quickly occasional days off add up.

By prioritising attendance, we teach our learners that showing up is half the battle in life. They aren't just learning Maths or History, they are learning to be consistent and resilient – skills that are essential in life after school. Let's work together to keep our learners on track. Every minute spent in the classroom is setting them up for success.

Mrs S Cavanagh  
HOD: Mathematics



## Important dates



Tuesday 10 March: Interhouse cross country 14:10

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

Wednesday 18 March: Individual Photographs. Full school uniform to be worn, no tracksuits, no Matric jackets

Friday 27 March: Mathematics / Mathematical Literacy assessment Grade 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.

Friday 27 March: Reports will be sent by email. Please ensure that school fees are up to date, otherwise there may be a delay in receiving the report.

Wednesday 8 April: Term 2 begins

Tuesday 14 April: Parent's evening Gr 8 – 12: 16:00 – 18:45.

## 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!



### REMEMBER

Parent's evening is an opportunity for parents to meet their child's teacher for a brief interaction (max 5 minutes).

Please do not arrive after 18:45. Please be considerate of the staff's time as they would also like to get home to their families at a reasonable hour.



### 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

### **Mid-February Successes**

Tennis: Our Boys B & C teams secured a solid 5–4 victory against Mondeor.

Girls Hockey: The u/16 girls defeated Ashton International 2–1 in a match where EHS dominated possession.

### **Mini Derby Day vs. Hoërskool Goudrif: EHS triumphed overall!**

Rugby: A clean sweep with EHS winning every match played.

Hockey: A Notable mention to the u/15 & 2nd combined team for beating Goudrif's 1st team.

Netball: The 2nd team beat Goudrif's 1st team convincingly, and the u/17B team defeated their A-team rivals.

The u/15C team showed great heart in a narrow loss to Goudrif's A-team.

### **Best of the West & Home Matches**

u/14A Girls Hockey: At the Best of the West Festival, the girls held their own against tough competition, finishing with 3 wins, 2 draws, and only 1 loss across six matches.

Boys Hockey vs. Rand Park: A successful day at the turf! While most teams were triumphant, the u/14 team stole the show by fighting back from 2–0 down to secure a draw.

### **Inaugural Derby vs. Hoërskool Brandwag**

Our first-ever Derby Day against Brandwag was a valuable learning experience against B- section Noordval opponents.

Netball: Congratulations to the u/17A and 1st teams for securing impressive wins.

Rugby & Hockey: Despite tough results on the scoreboard, our teams showed great grit and gained vital experience for the season ahead.

Well done to all our players and coaches for their hard work and sportsmanship. We are proud of the "Blue" spirit displayed on every field and court!





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

**MATHS TUITION**  
— SUE —  
**074 180 2097**  
sue@confidentteens.co.za    www.confidentteens.co.za

- Maths Core offered for **Grades 8,9,10,11 & 12**
- Cost: **R370** 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](mailto:sue@confidentteens.co.za)**

## ORTHODONTIST

**Dr Lionel Milstein BDS MSCDENT ORTHODONTICS (WITS)**

**Adult and Adolescent Braces**

**Porcelain / Clear Braces available**

**Discovery Medical Aid rates charged.**

**011 454 6264 / 0834009542**



## Need a little help climbing the learning ladder?



- ✓ Homeschooling support
- ✓ All school subjects
- ✓ University Level Subjects

Sometimes, all a child needs...  
is someone to climb the books with them.

Experienced and friendly tutors to build confidence,  
close gaps, and make learning make sense again.

- ✓ All school subjects covered
- ✓ Personalised support
- ✓ Friendly, qualified tutors

Contact Mandy or Theresa:

**082 217 2077**

✉ Mail: [smp@icon.co.za](mailto:smp@icon.co.za)

