



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 6 ~ 12 April 2024

NEWSLETTER

Stress is a silent Killer

Are you plagued by constant worries, fears and anxious thoughts, especially about things you cannot control? These tips can help calm your worried mind, ease anxiety and end negative thinking.

- Go for a quick walk or run; join a zumba/pilates class if possible.
- Do a few jumping jacks; try earthing (stand barefoot on grass for 15 minutes)
- Try out some yoga poses.
- Dance with your child or parent.
- Play with a pet.
- 4-4-8 breathing



4-4-8 breathing, involves these steps:

1. *Breathe* in as you count to four, drawing the breath into your abdomen.
2. *Hold* your breath and count to four.
3. Now, *release* as you count to eight.
4. *Repeat* the steps several times.

Noticing your *physical symptoms* can help you identify and deal with anxiety, even when your typical triggers are absent and you feel anxious for no apparent reason.

- Check in with your *gut*. Anxiety can often show up as nausea, a cramped feeling in your stomach or you may completely lose your appetite.
- Look for *muscle tension* in different parts of your body. Anxiety can often manifest in the form of a clenched jaw, stiff shoulders or an aching neck.
- Pay attention to your *breathing*. You may notice your breathing becomes shallow when anxiety builds or you may hold your breath as you become tense.

Here are five tips for keeping burnout at bay:

1. Ask yourself, "What's important now?"

Practice being present in the moment. If you are driving, pay attention to the road. If you are having dinner with a friend, be engaged and present. Don't play with your phone. It is not only distracting, it's also disrespectful.

2. Quantify the commitment.

Before you agree to sit on a committee or host a dinner party, recognize that it means giving up time that cannot be replaced. Anticipate that the time commitment probably will be longer than your initial estimate. Factor that into decisions about whether it is worth spending your time on. Be willing to say no.

3. Make yourself unavailable.

It is okay and important to set aside time for yourself. Schedule it on your calendar, and don't let other responsibilities encroach on that time. This may mean saying no to some requests.

4. Seek support.

Whether you reach out to co-workers, friends or loved ones; support and collaboration can help.

5. Practice healthy habits.

Make sure you are getting enough sleep at night, eating healthy meals during the day and exercising regularly to help give you the energy to take on life's myriad of responsibilities.

Tiffany Casper, D.O., is a Family Medicine physician in Tomah, Wisconsin.

Know when to seek help:

Therapy- In-person or online therapy sessions may involve cognitive behavioural therapy (CBT) for anxiety, exposure therapy or another therapeutic approach. We are fortunate enough to have 3 counsellors on site at Edenvale High who are available to assist your child by appointment. Please ensure that they make use of this service is necessary.

A Maharajh (Head of Humanities)

School Governing Body Elections 2024

A very big THANK YOU to the parents who attended the elections and voted for the parent component of the SGB. A huge thank you to all parents/guardians who generously made yourselves available for elections.

All components of the SGB have had their elections. The SGB members for the next term are given below.

Parents:

- Mr M Moodley (Chairperson)
- Mrs T De Klerk (Vice Chairperson)
- Mrs N Langley (Treasurer)
- Mr T Langley
- Mr J De Klerk
- Mr J Rannachan
- Mrs A Muszko
- Mrs L Mazubuko
- Mr N Wolmarans

Educators:

- Mr D Pratten
- Mrs C Ferreira
- Mrs C Lunt (Deputy Principal)

Non-Educator:

- Mrs L Cockroft (Secretary)

Additional:

- Mr M van Zyl (Principal)
- Ms D McGrath (Deputy Principal)
- Mr E Bye (Deputy Principal)

Congratulations to all concerned. We thank all the outgoing SGB for all their hard work in the last three years and extend congratulations to all the new SGB members. We also thank them in advance for what we know they will contribute.

IMPORTANT

DATES



Monday 15 April: Term 1 photographs.

Tuesday 16 April: Impromptu speeches 17:00

Monday 20 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.



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SPORTS/CULTURAL RESULTS

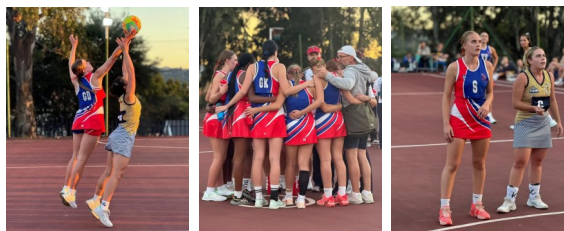
Netball:

Die H/Menlopark Netball Festival

The first team netball girls competed in the MenloPark Netball Festival and faced tough competition from all over the country.

The team played 10 matches:

- vs H/Pretoria Noord won 27 - 8
- vs H/Oranje Meisies (1) lost 19 - 28
- vs H/Durbanville lost 13 - 40
- vs H/Milnerton lost 17 - 21
- vs H/DF Malan won 27 - 23
- vs H/Stellenbosch drew 20 - 20
- vs H/Oranje Meisies (2) won 27 - 22
- vs H/Bloemhof lost 13 - 30
- vs H/Middelburg cancelled due to lightning
- vs H/Jan Van Riebeeck lost 25 - 33
- vs H/Monument lost 14 - 30



St Andrew's Tournament:

Congratulations to the EHS 1st netball team for placing 2nd in the pool stages winning 6 out of 7 matches. They qualified for the Championship pool and placed 5th out of 32 schools at the St Andrew's Tournament.

Boys Hockey Tour Bloemfontein

Our U15 and 1st team Hockey boys spent the Easter weekend at the ECHS Hockey tournament in Bloemfontein.

The U15 boys played well in the U15/U16 division and played mostly teams in the U16 age group.

Our 1st team results:

- vs H/Volkskool Heidelberg won 4 - 0
- vs H/Rustenburg won 4 - 0
- vs H/Potchefstroom Gimnasium won 1 - 0
- vs H/Transvalia drew 0 - 0
- vs H/Potchefstroom Gimnasium lost 0 - 1
- vs H/Transvalia won 1 - 0



The boys placed 3rd out of 11 schools in the tournament.

Individual achievements - boys chosen to play in the All Stars game:

- Jett Matthews
- Ryan Harris
- Joseph Dickson
- Caden De Matos
- Luc Bertellion
- Ndalo Mojalefa



Congratulations to Jarred Rahman for being awarded Goalkeeper of the Tournament.



Boys Hockey:

Congratulations to the following boys who have made it through to the final round of the Eastern's trials:

U14

**Owethu Khoza
Rolovd Ndlovu
Tshiamo Make
Bokong Dikate
Hope Ngirumukiza
Onthatile Dikamotse
Jamie Ballian**



U16

**Jordan Lunt
Tristan Van Vuuren
Ndalo Mojalefa
Dante Volo
Deyeon Pyeon**



U18

**Raul Deen
Luc Bertillion
Jett Matthews
Caden De Matos
Colby Maduray**

Boys Hockey League:

**Vs St Dunstans:
U14 lost 0 - 4
U15 draw 0 - 0
1sts draw 0 - 0**

**Vs H/ Die Anker
U16 lost 0 - 1
2nds draw 2 - 2**



Girls Hockey tour to Bloemfontein:

Congratulations to Latavia Mahabeer for being selected for the All Stars game.

Cross Country League 1 at Pretoria Boys High:

Best positions:

- Junior Girls - Daniella Helwick 19th
- Junior Boys - Liam Botha 41st
- Senior Girls - Chandre Bennet 25th
- Senior Boys - Mayibongwe Sibanda 37th

General:

Congratulations to Trimica Appel who was chosen from her dance school to be part of the production *Beauty and The Beast*. She will be playing the part of Rose. Trimica has also represented South Africa in Dance on two occasions in Spain.





To whom it may concern.

Jordan Collins is working towards his Springbok award for scouts. As part of the requirements, he needs to do community service. He has chosen to make activity-packs for children spending long periods of time in the oncology ward at Baragwanath and other government hospitals. We have a target of 500 packs but the more we get, the more hospitals we can target.

Please could you assist him in donating items to put this together?

We will need things such as:

- Crayons
- Coloring books
- Puzzles
- Rubics cubes
- Play doh
- Dolls/stuffed toys
- Cars/truck toys
- Books
- Simple games (snakes and ladders, ludo etc)
- Loom bands...
- Anything that can entertain kids who are bed ridden.

Your assistance in this regard will be massively appreciated and surely put big smiles on some children's faces.

Kind Regards

A handwritten signature in black ink, appearing to read "Jillian Wittstock".

Jillian Wittstock

Harmelia Gardens Air Scout Troop Scouter

Northrand District Support Team Member

Jillianwittstock@gmail.com 083 285 2229

**If you are able to assist Jordan Collins with this initiative, please contact
Wendy Foster 0722868096 or Kim Maddocks 0769354366.**





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



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