



EDENVALE HIGH SCHOOL

FROM GOOD TO GREAT

Issue No. 12 ~ 29 August 2025

NEWSLETTER

The Power of a Timetable:

The weight of a new school year can feel heavy, right? With a jam-packed schedule of sports, academics, and other extra-curricular activities, it can be tough to juggle everything and still have time for yourself. On top of that, **block tests** are just around the corner, adding another layer of stress to the mix. It's easy to feel overwhelmed and like you are drowning in commitments. What if I told you that you don't have to feel this way? It's all about **balance**—finding a way to manage your time so that you can excel in everything you do, without burning out. The secret? **Planning**.

You can't pour from an empty cup, so you have to schedule time for yourself. Think about it: You schedule your classes, your practices, and your rehearsals, so why wouldn't you schedule time to relax and recharge? Creating a **timetable** is one of the most effective ways to regain control of your schedule. It doesn't have to be a rigid, intimidating document; think of it as a roadmap for your week. Start by blocking out all your non-negotiable commitments like classes, sports practices, and club meetings.

Once those are in place, you can strategically fit in everything else. Dedicate specific time slots for studying each subject, completing homework assignments, and tackling revision for the upcoming block tests. This way, you won't be scrambling at the last minute and can approach your tests with confidence.

Here is the most important part: **schedule in breaks and free time**. This could be a 15-minute walk, an hour to watch your favourite show, or simply time to listen to music. When you intentionally plan for these moments, you give your mind and body a chance to rest, which in turn boosts your focus and productivity (as well as physical and mental health) when you return to your work.

Your school journey is a marathon, not a sprint. By taking the time to plan and prioritize, you can make sure that you not only survive, but thrive. You have the power to create a balanced life where your commitments and personal well-being go hand in hand.

So, grab a planner, a calendar, or even just a sheet of paper. Map out your week and see how a little bit of planning can make a world of difference. You've got this!

Mr H Smith
HOD Technical Learning Areas



Important information

- James Thompson polar bear swim – date to be announced when the pool is ready
- Monday 1 September Summer uniform to be worn
- Thursday 4 September Block tests begin
- Friday 12 September Block tests end
- Friday 12 September Golf day
- Monday 15 September Normal classes resume Grade 8 – 11. Day 3
- Wednesday 24 September Heritage Day
- Thursday 2 October Colours assembly 18:00
- Friday 3 October Afrikaans Paper 3 final exam Grade 10 – 11
- Friday 3 October 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.

Edenvale High School Presents

GOLF DAY

Fundraiser

FOR ALL SPORTING CODES

R100 000

Grand Prize Up For Grabs

12 SEPTEMBER 2025

MODDERFONTEIN GOLF CLUB

- 4 Ball
- Sponsorship Starting from
- Sponsorship & 4 Ball

R3 000

R3 500

R6 000

WIN PRIZE

Hole in one **R100 000**
Longest Drive
Closest to pin

FORMAT

4 Ball Alliance with 2 scores to count

Register Now
Scan the QR
Code to sign up!
Register by 5 September

AGENDA

10:00 - 10:30 AM Arrival
11:00 AM Two Tee Start
5:00 - 5:30 PM Dinner & Prize Giving to begin

DINNER & PRIZE GIVING

Dinner will include a Lamb Spit
Prizes will be handed out
Raffle draw for wheelbarrow filled with alcohol

+27 72 387 7569 nbibis@edenvalehigh.co.za
+27 83 379 0471 rstoltz@edenvalehigh.co.za

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!

COLOURS ASSEMBLY – TERM 1 AND 2

Congratulations to the following learners who received half and full colours awards for the different Term 1 and 2 activities at the recent Colours Assembly:

CROSS COUNTRY

Half colours: Emily Norman

Half colours re-award: Chandre Bennett, Alessia Pecci

DEBATING

Full Colours: Daniella Atkins

HOCKEY BOYS

Half colours: Joseph Dickson, Cameron Jacobsen, Tristan Van Vuuren

Full colours: Jordan Collins, Ryley Leighton, Jordan Lunt, Remofilwe Mojalefa

HOCKEY GIRLS

Half colours: Leilah-Thul Fall, Madison Jordan, Hannah Lategan

Full colours: Caitlin Kerr, Alessia Pecci

Honours badge: Latavia Mahabeer



NETBALL

Half colours: Keona Berardelli

Full colours: Kaemon Abrahams, Madison Carletti, Amanda Lee, Azande Mbatha, Riley Viljoen, Chloe Wolmarans

Full colours re-award: Skyla Okafor, Emma Swart

Honours badge: Shiloh Berardelli

PUBLIC SPEAKING

Half colours: Boitshepo Mojapele

Full colours: Latavia Mahabeer, Ntsako Matshabana, Anashe Phiri, Siyamthanda Mthembu, Gracia Wa Katolo, Caitlin Wainwright

RUGBY

Half colours: Joshua Langley, Olwam Mabutya, Lethabo Madisa, Ukho Maduna, Ntokozo Masuku, Dylan Mostert-Wright, Marshall Mtawarira, Tristan Vranjy

SWIMMING

Half colours: Mariska Hughes

Full colours: Kayden Hamilton

Honours badge: Kyle North

Congratulations to the following for receiving an Honours Blazer:

Latavia Mahabeer - FULL COLOURS in Academics, Hockey and Public Speaking

Caitlin Wainwright- FULL COLOURS in Academics, Leadership and Public Speaking





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

MATHS TUITION
— SUE —
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- Qualifications: BA (Honours), UHDE (University Higher Diploma in Education)
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