



NEWSLETTER

28 May 2021

ISSUE NO. 7

EDITORIAL

Life is the most difficult exam. Many people fail because they try to copy others, not realising that everyone has a different question paper. Strive for progress, not perfection. The June Assessments are almost upon us and officially start on 4 June. Here are some helpful skills that your child could use to help manage his or her stress. Please share these with your child.

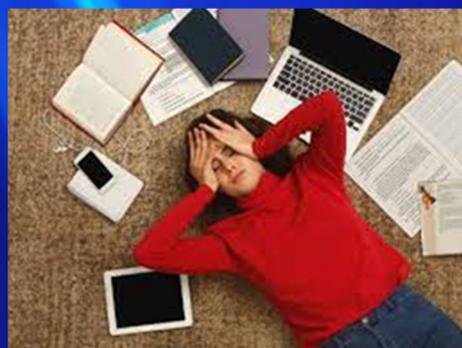
Study Skills

- Planning
- Time management
- Helpful memory techniques
- Organising
- Studying



Planning

- Establish goals – What are you trying to achieve?
- Different plans – Different projects require different plans.
- Make them MARC:
 - ⇒ Manageable
 - ⇒ Attainable
 - ⇒ Realistic
 - ⇒ Clear



Time management

Time management is important because it can help prevent cramming, late nights and stressed learners. Time management helps you make daily, weekly, monthly schedules and 'to do' lists.

- Make a timetable/schedule – have specific times to study.
- Be flexible – allow for downtime.
- Work when you function best – build the sessions into your schedule: morning, afternoon, evening.
- Most demanding – make sure you put your most difficult subject into a time slot when you work best.
- Short revision – 5-10 minutes at random times, and keep refreshing your memory by using flash cards.
- Break up your study – keep study times to no more than 45-minute sessions.
- Make study and revision a habit – keep at it and stick to your schedule.

Be an active learner

Many people approach studying in a **PASSIVE** way; they read the textbooks, attend classes, and go over their notes but they do not **DO** anything with that information. You are more effective when you reorganise the information in a way that makes sense to you. You become an **ACTIVE** learner when you engage with the material.

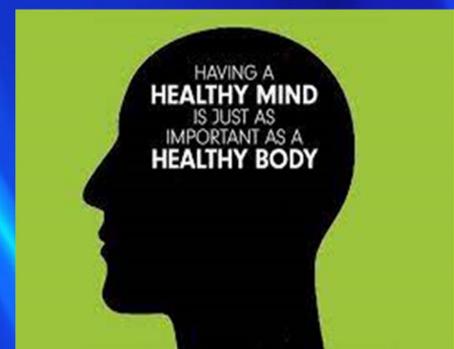
Ways to improve concentration and become an active learner

- 1) Create a quiet, well-lit study environment.
- 2) Study the same subject at the same time, and in the same location.
- 3) Take notes on what you are studying and re-arrange the information in some other way.
- 4) Make an association with something you already know.
- 5) Make flashcards to study from and then have someone quiz you.



Organise your time and notes

- Use your time wisely.
- Switch topics every session or day.
- Keep your concentration on your task.
- Eliminate distractions (unplug the internet or your phone) and study in a quiet place.
- Reward yourself when you have reached a goal.



Test taking – Ways to stay calm!

Before the exam:

- Get a good night's sleep.
- Give yourself enough time in the morning for your regular routine.
- Eat a good, nutritious breakfast.
- Give yourself positive, reassuring statements, like 'I can do this'.
- Quit studying at least half-an-hour before the exam and allow yourself to relax.
- Don't rush.
- Avoid students who may make you anxious before the exam starts.



During the exam:

- If possible, sit in your usual seat.
- Be sure to read all instructions carefully.
- Look over the test and do the questions worth more marks.
- Read each question twice, slowly.
- Do the easiest questions first, and come back to the ones for which you are unsure of the answer.

Physical and mental well-being

Restore your body to a calm state before you study or write the test.

- Breathing – Breathe for six seconds; hold for six seconds; breathe for six seconds – then repeat.
 - Visual imagery – imagine you are in a place that you love.
 - Muscle relaxation – tighten your muscles for a few seconds then relax them; meditation is very useful.
- Focus on taking deep breaths from the core of your tummy.

Fundi:	Webinar recording for breathing techniques to reduce stress, manage anxiety, enhance your concentration and balance your emotions. Click Here to view.
Good Things Guy:	The best study hacks to get you (or your child) through Matric 2020. Click Here
EduConnect:	Five Ways to Relieve Exam Stress. Click Here
Good Things Guy:	End-of-year exam stress: Helping your children cope. Click Here
DBE:	Top 10 study tips. Click Here
DBE:	Matric Exams Revision. Click Here
University of Pretoria:	Coping with exams amid COVID-19 pandemic: UP educational psychology expert offers tips for students. Click Here

MS A MAHARAJH
HOD Humanities

IMPORTANT DATES

Friday 4 June – Friday 18 June: June assessments.
The timetable is available on the d6 communicator.

REMINDER ABOUT RECEPTION

Please do not leave articles for learners to collect at Reception and note that learners are not to leave anything to be collected by parents/guardians. The office staff cannot be expected to facilitate this process, as they does not have permission to call pupils out of class. The school will not take responsibility for the loss of such items.



COVID PROTOCOLS AND GUIDELINES

Please be aware that we are constantly monitoring the Covid related cases affecting our learners on a daily basis.

Should you suspect that your child may have Covid, you need to isolate your child immediately and get your child tested. If the test comes back positive, please notify the relevant Deputy Principal as a matter of urgency with the test results. The Deputy Principal will need to trace all the close contacts at our school and place them in isolation.

If your child has come into contact with a Covid positive person, you need to isolate your child immediately and notify the relevant Deputy Principal.

If a family member needs to go for a Covid test, please keep your child at home until the test results are known.

Guidelines when dealing with Covid cases:

If a person tests positive for Covid, they must stay home for at least 10 days, or if still unwell after 10 days must continue to stay home until all symptoms have cleared.

If anyone is a close contact of a Covid positive person, they must self-isolate (stay home for 10 days).

If they get a negative test in this period, they must still continue to self-isolate for the 10 days.

A person is identified as a close contact when they have been within 1,5 metres of the covid positive person, for 15 minutes or longer, with no mask on, up to two days before the person's symptoms started.

Should your child be showing any symptoms e.g. coughing, sore throat, temperature, diarrhoea, body aches, please keep your child at home and seek medical advice.

Deputy Principal contact details:-

Gr 12 Mr van Zyl mvanzyl@edenvalehigh.co.za

Gr 11 and 10 Ms McGrath dmcgrath@edenvalehigh.co.za

Gr 9 and 8 Mrs Lunt clunt@edenvalehigh.co.za

Thank you for your co-operation in this matter.



SPORTS RESULTS

NETBALL RESULTS

Die Anker	Stoffberg League
League 11.05.21	18.05.21
U14A won 22-15	U14A won 32-10
U14B lost 5-10	U14B won 12-2
U15A lost 13-17	U15A won 17-9
U15B lost 12-15	U15B won 20-7
U16A lost 8-20	U16A won 22-19
U16B lost 5-13	U16B won 28-6
2 nd won 18-10	2 nd won 22-8
1 st won 30-20	1 st won 45-18

GAUTENG SCHOOLS NETBALL SQUAD

CONGRATULATIONS:
Sinead Scott U18

Alexandra Meimaris U18

Cailyn Hill-Vollmer U18

Natasha Simoes U17

RUGBY RESULTS

Elspark	VALKE RUGBY SQUAD
League 13.05.21	CONGRATULATIONS:
U14 won 44-15	Treasure Ahiwe
U15 won 34-12	Pali Moabelo
U16 won 32-5	
1 st won 22-5	

HOCKEY GIRLS RESULTS

Edenglen
League 13.05.21
U14 won 6-1
U15 won 2-1
U16 lost 0-2
2 nd lost 0-2
1 st won 16-0

CROSS COUNTRY RESULTS

Race 1 at Boksburg Stadium

- Junior Boys: Jamal Kamungozi 22/170
- Junior Girls: Vannia Infanti 36/98
- Senior Boys: David Madondo 27/140
- Senior Girls: Giulia Pecci 20/86



TENNIS RESULTS

BOYS TENNIS: Inter-high 7th out of 17

GIRLS TENNIS: 10th out of 12 schools

FIGURE SKATING

Congratulations to Sarah Ann Chetty, who has been selected to represent Central Gauteng at the upcoming South African National Figure Skating Championships being held from 6 - 8 June 2021 at Forest Hill Ice Arena, Johannesburg.

JIU JITSU

Congratulations to Dejanae Kinnear, who competed in the ADCC Great Northern Brazilian Jiu Jitsu Tournament at the EFC Performance Institute on Sunday 16 May 2021. Dejanae qualified and made it through to the finals, where she fought a very skilled opponent. She was placed 2nd by 4 points only, and received a silver medal in her division.

<u>SPORTS TEAM</u>	<u>CAPTAIN/S</u>	<u>COACH/ES</u>
OPEN WATER SWIMMING	Co-captains: Jenna Beeton and Kerrin Burgess	Mr Cavanagh and Mr Swanepoel
CROSS COUNTRY	Co-captains: Joshua Mackeand	Mrs Cavanagh and Mr Swanepoel
DRAMA	Co-captains: Oratiloe Letlokoa, Motshwane Mabogoane and Ami Hyslop	Mrs Mavropoulos
FIRST AID	Captain: Lesego Pitso Snr VC: Nicole Leighton Jnr VC: Samantha Joubert	Miss Kemsley
TENNIS GIRLS	Captain: Tiffany Mapstone	Mr Dow
TENNIS BOYS	Captain: Dylan De Matos	Mr Potterton
HOCKEY GIRLS		
U14	Captain: Latavia Mahabeer VC: Daniella Santana	Mrs Kruger
U15	Captain: Gabriella Figueiredo VC: Jayleigh Westphal	Miss Barreto and Miss van der Ryst



U16	Captain: Nqobile (Angel) Nqwenya VC: Donatella Murolo and Kiashaa Naidoo	Miss Delafield
2nds	Captain: Bianca de Beer	Mrs Lawrence
1sts	Captain: Erin Curtis VC: Jenna Wessels	Miss Aling
HOCKEY BOYS		
U14	Captain: Rylee Leighton	Mr Cavanagh
U15	Captain: Caden De Matos	Mr Thomas and Mr Araujo
U16	Captain: Deonel De Oliveira VC: Ishen Naidoo	Mr Tarabanov
1sts	Captain: Devin Kerr VC: Dylan Da Matos	Mr Holland and Mr Klaassen
RUGBY		
U14	Captain: Alec Smith	Mr Roux and Mr Mott
U15	Captain: Jared Wade	Mr Stoltz and Mr Motsepe
U16	Captain: Pali Moabelo VC: Bradley De Beer	Mr Potterton and Mr Murray
1sts	Captain: Mothusi Malebye VC: Jason Brown	Mr Els and Mr Swart
NETBALL		
U14A	Captain: Shiloh Berardelli VC: Kaemon Abrahams	Miss Massyn and Miss Heuer
U14B	Captain: Azande Mbatha VC: Siyamthanda Mtembu	Miss Massyn and Miss Heuer
U14 C and D	Captain: Morgan Marks	Miss Heuer
U15A	Captain: Claudia Scolaro VC: Glory Mpoyi	Miss De Abreu and Miss Stapel
U15B	Captain: Charity Dube VC: Shaakhira Jeewa	Miss De Abreu and Miss Stapel
U16A	Captain: Jamie Adkins VC: Drew Welgemoed	Miss Suessmann and Mrs Roberts
U16B	Captain: Demi Wilson	Miss Suessmann and Mrs Roberts
U17A	Captain: Natasha Simoes VC: Nolwazi Jonas	Miss Van Der Linde
U17B	Captain: Gemma Crouwcamp VC: Alandra Lambrechts	Miss Van Der Linde
2nds	Captain: Lerato Bambo	Miss Dawson
1sts	Co-captains: Alexandra Meimaris and Tayla Simpson	Ms Toerien, Mr Hartel/ Mrs Van Rooyen



PRESIDENT'S AWARD

Congratulations to Danielle Furman Gr.12 for receiving the very prestigious President's Award.

Danielle's account:

The President's Award is a leading, structured youth development programme, empowering youth aged 14-24 to explore their full potential and find their purpose, passion and place in the world. For me, the President's Award was a life-changing experience that helped me to grow and to challenge myself to reach and test my limits.

This was a 3-year journey, where I earned my Bronze award in the 1st year, Silver in the 2nd, and Gold in the 3rd year.

Part of the Bronze award requirement is to volunteer 24 hours of time towards a community service project. I volunteered at an orphanage for babies every weekend, which was very rewarding. Other requirements included participation in sports every week and a skill where I participated in musical theatre.

For the Silver award, 48 hours of community service is required, and I volunteered at an animal rescue centre, and tutored an underprivileged Grade 10 student from a high school in the Johannesburg CBD. I undertook to learn guitar and did boxing for sport. Part of the requirement was to go on a four-day activity tour with other President's Award participants whom I had never met before. Activities included abseiling, rock climbing and hiking whilst we camped in tents.

The Gold award requires 72 hours community service and I continued to tutor the student for her Grade 11 year. I continued with sport, mostly swimming, as well as guitar lessons. There was a four-day hike in the Mpumalanga Escarpment where we covered over 27km of difficult terrain, also camping and carrying all our food, water, clothes, tents and sleeping bags for the duration of the hike.

The last requirement for Gold is called a Residential Project and this took place in Knysna. The activities included preparing and painting walls at an orphanage, as well as prepping and cleaning a local community vegetable garden. We then went to a nature reserve, where we removed alien invasive plants and met one of the local inhabitants ... a green mamba. That part was not fun! Lastly, we spent time on the beach - not sunbathing, but doing a beach clean-up and then conducting an inter-tidal zone survey of key marine species.

Overall, the experience has been rewarding in a number of ways. Giving of your time is one of the greatest gifts you can offer, especially to those who do not enjoy the privileges we do. I have been pushed out of my comfort zone with the camping and hikes and realised that I am tougher than I thought. I have learnt that I do not enjoy camping in tents and sleeping on the ground. I have also met other people whom I would not have met had I not taken on this initiative and made friends from other schools and areas. I recommend the President's Award to anyone who wants to challenge him or herself; do good for the community and learn leadership skills.



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Theresa: 083 453 4792
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