



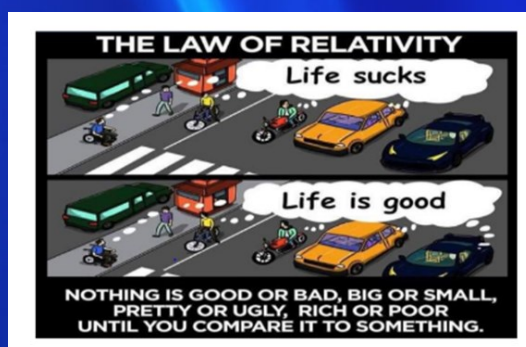
NEWSLETTER

28 October 2022

ISSUE NO. 14

EDITORIAL

Dear Parents



The picture above is a thought for the month ahead. What do we measure ourselves against? Our friends? Our family? Perhaps against how happy we feel? What does it mean to be happy? In a magazine article, happiness was described as follows: "Happiness is like eating a chocolate." Happiness is the ability to laugh spontaneously or to dance as if no one is watching.

We all strive to experience moments of happiness that make us feel good, and I wish to elaborate on this concept. I want to ask all parents to have regular conversations with their children about what it means to be happy, what to focus on, and how to strive for happiness on a daily basis.

As parents and teachers, we want our children and learners to be happy; therefore school needs to be a pleasant experience. When we look at the above picture, we realise that, as soon as we start comparing ourselves with others and find a difference within our comparison, only then will we be able to determine if we will have a good or bad experience and if we will be happy or not.

We need to teach our teens to be more aware of internal happiness, a kind of peace that no one can take from us. We must see the beauty of everyday life around us, notice the sun that is shining, be thankful for the rain and gaze at the beautiful flowers in gardens.

According to the New York Times, there are a few tips to help you strive for happiness:

- Conquer Negative Thinking
 - ⇒ Don't try to stop negative thoughts.
 - ⇒ Treat yourself like a friend.
 - ⇒ Challenge your negative thoughts.

- **Rewrite Your Story**
 - ⇒ Writing about yourself and your personal experiences and then rewriting your story can lead to behavioural changes and improve happiness.
 - ⇒ Research suggests that writing in a personal journal for 15 minutes a day can lead to a boost in overall happiness and well-being.
- **Practice Optimism**
- **Home**
 - ⇒ Where you live (the country, town, suburb and the home itself) all have an effect on your overall happiness.
- **Finding Your Happy Place**
 - ⇒ Find a sustaining and satisfying job. Do your best to live in a happy place and surround yourself with social support. Take care of your health. Be generous in spirit, time and money, in order to pave your own personal road to happiness.
- **Spend Time in Nature**
- **The One-Minute Rule**
 - ⇒ Do any task that can be finished in one minute.
- **Spend Time With Happy People**
 - ⇒ People who are surrounded by many contented people are more likely to become happy in the future.
- **Cats and Dogs Make Us Happy**
 - ⇒ People who are emotionally closer to their pets also tend to have deeper ties to the humans in their lives.
- **Happy Life**
 - ⇒ Being kind to others is a proven path toward happiness. Don't forget to be kind to yourself as well.
 - ⇒ Generosity makes people happier.
 - ⇒ Volunteering is linked to health benefits.
 - ⇒ Give yourself a break.

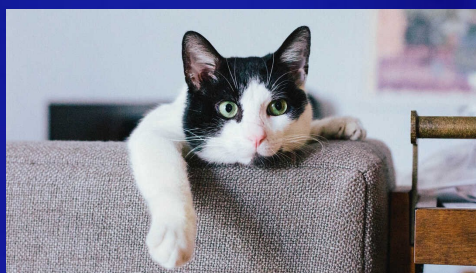
May these tips encourage us all to strive for happiness every day.

Mrs G. van Rooyen

HOD Commerce

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.



IMPORTANT DATES

Thursday 3 November: Annual General Meeting and budget discussion for 2023

- Time: 18h00
- Venue: Hall

Monday 7 November: Examinations begin for Grade 8 – Grade 11.

- The timetable (dated 18/10/2022) is on the Communicator. Please refer to exam arrangements and rules later in this newsletter.

PRIZE-GIVING: Please note that Prizegiving will be held on 9 December

- Grades 8 and 9: 08h30
- Grades 10 and 11: 10h30.

We will notify parents of prize winners by phone. However, we will only be able to do so much closer to the time, after all the marks have been processed. We therefore appeal to parents of top achievers (i.e. those in Grades 8 and 9 who attain 85% or more for a subject, and those in Grade 10 and 11 who attain 80% and above) to diarise this date.

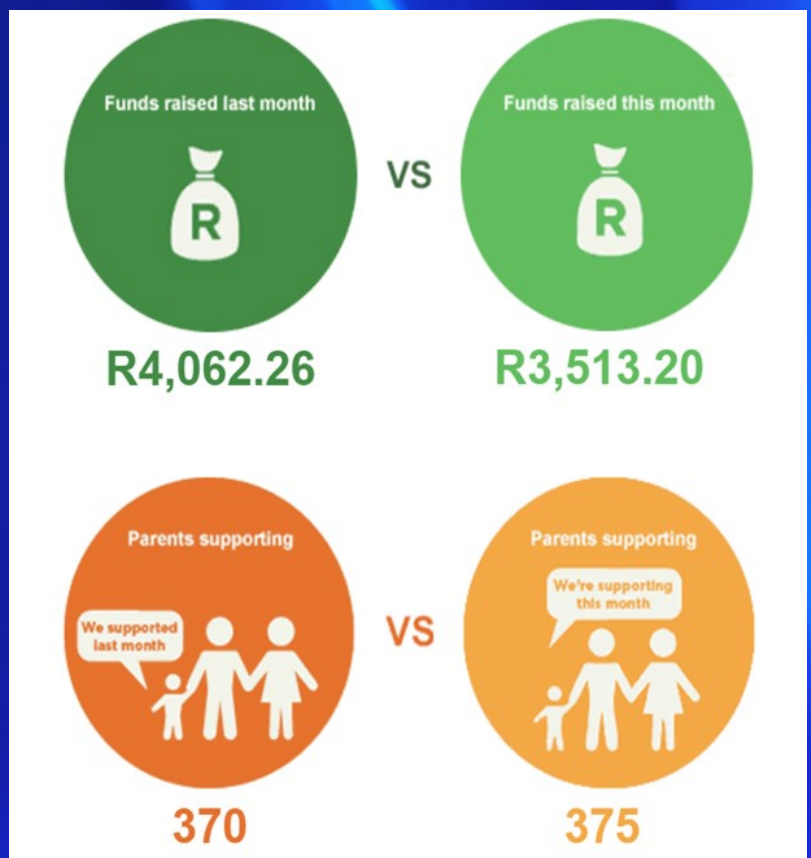
REPORTS: These will be sent by email on 14 December.

MY SCHOOL CARD

Edenvale High School would like to thank the parents who support the My School card initiative. The money brought in by the card enhances our ability to improve Edenvale High School for all of our learners.

In the image on the right you can see the money brought in by the My School Cards for the last two months.

We encourage parents to sign up and join on the programme so that, together, we can grow Edenvale High to even greater heights.





MySchool MyVillage MyPlanet

CERTIFICATE OF APPRECIATION

This certificate is awarded to

Edenvale, High School

Celebrating 25 years of impact with MySchool MyVillage MyPlanet
Together we can make a difference.

October 2022

Date

Pieter Twine - General Manager



IMPORTANT NOTICE TO PARENTS

EXAM ARRANGEMENTS AND RULES NOVEMBER 2022

1. ABSENTEEISM

- Learners must attend school for all timetabled sessions.
- Any pupil who misses an exam must produce a doctor's certificate to cover the absence. Failure to comply with this ruling will result in a mark of 0%.
- Should there be a valid reason not related to health (e.g. a funeral), parents are requested to contact the Headmaster in writing to arrange leave of absence for the pupil. Pupils will not be allowed to write an exam on another day.

2. TIMES

- NO exam will be written except at the designated time.
- Pupils must be at school, and seated in the exam centre, for the duration of the session.
- Pupils are to be seated 15 minutes before the start of the session to allow for administrative duties.
- Pupils who are late will not be admitted to the exam room during the first 10 minutes or during the handing out of papers.
- Latecomers are to go to the front office to collect a late note. This note is to be given to the invigilator. No special consideration will be granted to latecomers in respect of time for the exam. test.

3. UNIFORM

- Full school uniform is to be worn to school at all times. Normal regulations will apply to hair, nails, jewellery, shoes etc. Learners will receive 5 demerits for any uniform default.

4. BEHAVIOUR

- Pupils – ensure that you have NOTHING with you in the exam centre that could incriminate you in ANY way. This includes cell phones, ipods, MP3 players etc.
- These will be confiscated and must be collected by parents only.
- If a pupil is caught with a cell phone in an exam venue, it will be treated as cheating. The pupil will receive 15 demerits.
- Should a pupil be caught cheating, the Education Department policy requires that all written scripts be removed. The candidate may then re-write the test in the time that remains (even if it is only 10 minutes). The matter will then be investigated by the Headmaster.
- There is to be no communication of ANY kind once the exam process has been started i.e. from the handing out of the first paper, until the last paper has been handed in.
- No chewing, eating, drinking or tippex allowed in exam centres.
- All cell phones must still be handed in at the front office and are NOT allowed in the exam centres.
- No games of any sort are permissible on the sports fields during the exam period, including break and after school.
- Pupils may not leave the school property in between sessions.
- Pupils must leave the school property when they have finished writing for the day.

5. PUPILS

- Make sure, the night before, that you have everything you need for a specific test the next day as no borrowing will be allowed e.g. Geography and Maths instruments, colour pens/pencils, ruler, eraser, calculator,
- Bring an extra pen to school!!
- Write only in blue or black.
- Never use any red pen on your answer script.
- All stationery must be in a see-through plastic bag.



SPORTS AND CULTURAL RESULTS

Swimming:

Gala Results 1:

- 1st EHS 201
- 2nd Saheti 200
- 3rd Bryanston 196
- 4th Edenglen 96



Gala Results 2:

- Rained out

Matrics vs Rest:

- Hockey Girls Matrics won
- Hockey Boys Matrics lost
- Netball Matrics won
- Rugby Matrics won



General:

Well done to Zoe, who achieved 1st place in the 1440 mountain bike 6-hour Solo Challenge. Zoe completed 11 5km laps.

Congratulations to Skyla, who recently participated in the Greater Ekurhuleni Eisteddfod. Skyla qualified in 3 items (90% and above) to go through to the Gauteng Eisteddfod.

Congratulations to Caden who was selected as the Captain of the U19 team that toured the Netherlands 2nd - 11 October 2022.





MATHS TUITION

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

COST: **R300** for 2 hours

Lessons on Saturdays and Sundays

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

Over 20 years experience

Sue: 074 1802097 / sue@confidentteens.co.za



Class of 2022: Boost your Matric.

We are running online evening classes in Maths, AP Maths Camp; Science.

Teachers have over 20 years of experience.

Contact Mandy or Theresa to reserve your place 0822172077, email – smp@icon.co.za.

Tutors @ Your Service: We come to you

Tutors are reliable and highly recommended.

All school subjects, including homework supervision.

Excellent results. We offer online classes.

Mandy 082 217 2077/smp@icon.co.za

Is your WILL in place?

Your estate can take years to be resolved putting added strain on your dependents.

Draft your WILL September 2022 with Liberty Wills & Trusts / STL as nominated executor for FREE.

Other services provided: Life cover, lifestyle protection, education investments, retirement planning.

Secure your families future today and contact renier.vandenberg@liblink.co.za / 083 997 7779

- CAREER CHOICES
- SUBJECT CHOICES
- LEARNER PROFILING
- GOAL ACHIEVEMENT
- COURSES & WORKSHOPS
- CORPORATE PERSONALITY PROFILING



MINDFUL MOVES

• PASSION • PURPOSE • PROGRESS •

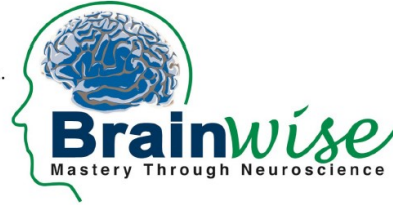
• Kerry-Ann Gordon 084 517 4273 info@mindfulmoves.co.za www.mindfulmoves.co.za



As a coach, I aim to help teenagers set and achieve their goals through focussed actions. No goal is too great or insignificant. During coaching, we will also develop effective **time management, resilience, emotional intelligence, self-purpose** and a **positive self-image** in your child.

The coaching will be done virtually and will cost R300 per hour. The first session will be **free of charge**.

For more information or to set up coaching, please contact me at alistairunterslak@live.com.



ASSETS

skin & body clinic

Assets Skin and Body Clinic is a well established beauty salon based in Dunvegan, Edenvale.

We offer a range of treatments such as facials, waxing, manicures, pedicures, gelish nails, massages, tinting, henna brows, microneedling and lashes.

We are proud stockists of Environ, Guinot and SIX Skincare.



Assets Skin and Body Clinic



@assetsskin

74 Dunvegan Avenue | Dunvegan | Edenvale
011 453 9714

Bring this advert in for 25% off your 1st treatment



clarity counselling

Cell: 083 414 9800

SACSSP Pr No. 1037477
BHF PCNS Number 1048023

Edenvale High School
Linksfeld Ave, Edenvale

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

Edenvale Care Centre Hospice provides end of life care at their 13 bed facility in the heart of Edenvale.

SANBS urgently needs donations of blood to save lives.

TOGETHER WE CAN ALL MAKE A DIFFERENCE

BLOOD DRIVE AND MINI MARKET

5th November 2022

Saturday, 5 NOVEMBER 2022

FROM 9 AM UNTIL 1 PM

55 6th Avenue

Edenvale



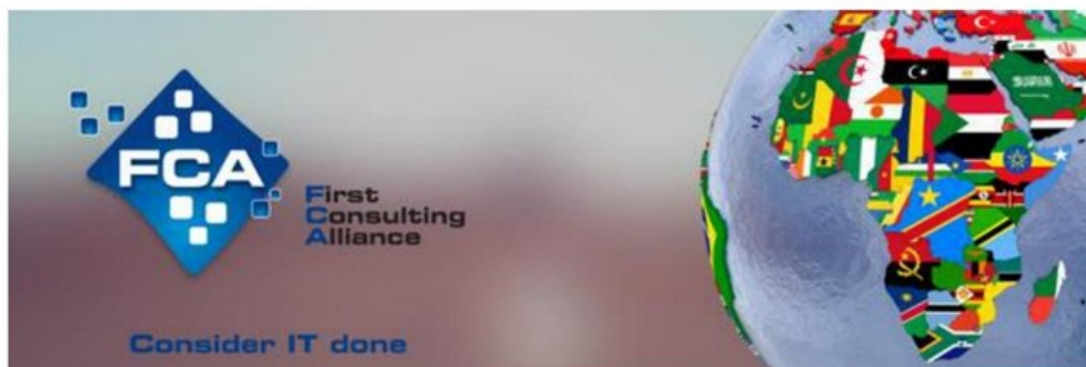
Edenvale
Centre
Hospice

For more information email

samantha@trash.co.za

We are looking for the following vendors:
Food (boerie rolls), Sweets, Cooldrinks, Toys
Limited stalls available





FIRST CONSULTING ALLIANCE would like this opportunity in wishing all the matric students of 2022 all the very best for their exams and for a great future ahead. Your exams are just a few days away. There is nothing to be worried about as we know that you have worked hard so take your exams with confidence and do really well.

FIRST CONSULTING ALLIANCE would also like to take this opportunity in acknowledging the teachers and leaders of Edenvale High School for building a new generation of leaders. A great teacher is a treasure to students, parents and the community.

"I am indebted to my father for living, but to my teacher for living well." Alexander the Great

FIRST CONSULTING ALLIANCE was established in 1988 and provides support in the main business regions of Southern Africa including Edenvale High School and their IT department. We are proud to be associated with EHS and are happy to be part of the solutions for the future and able to donate the Solar Panel Solution to ensure their server room is continually powered and the servers are protected throughout load shedding. We are also working with various suppliers for an inverter system to be installed to cover the three CAT and IT classrooms to protect the classroom computers from damage due to load shedding as well as provide uninterrupted power to the centres during lessons and more importantly during exams to prevent students losing work due to load shedding.

FIRST CONSULTING ALLIANCE Head Office is based in Bedfordview, Gauteng and we are also represented in South Africa in Durban and Cape Town. FCA Africa currently supports over 2000 users/devices spread across 80+ customers.

FCA Africa is one of South Africa's leading integrated business solution partners in the information services arena. We have an unparalleled success record in delivering a diversity of services. The cornerstone of our success is the ability and versatility to adapt to a radically changing market. We acknowledge the importance of building strong relationships and partnerships with our clients and suppliers and by working closely with them we recognise and understand their needs.

We have a commitment to loyalty and upholding the strong work ethics of our organisation at all times. These values are dedicated to uncompromising standards of service, professionalism and excellence.

Should you wish to get in touch, please call our Call centre on +27 11 663 0000 or email us at helpdesk@firstconsulting.co.za



Website: www.fcafrica.com

LinkedIn: <https://www.linkedin.com/company/first-consulting-alliance/>

Facebook: <https://www.facebook.com/profile.php?id=100063747872848>

Instagram: https://instagram.com/first_consulting_alliance