



EDENVALE HIGH SCHOOL

Issue No. 13 ~ 28 August 2026

NEWSLETTER

You Can't Run Your Best Race on an Empty Tank

There is something special about watching our learners take part in athletics. We see them sprint down the track, compete week after week and encourage one another. What we sometimes don't see is everything that happens before they step onto the field. Athletics takes commitment. It means training, afternoon practices, travelling to events, giving up time and sometimes pushing through tiredness because there is another race, another meeting or another goal to achieve. For those working towards their school colours, there are countless hours of dedication and perseverance that go into reaching that achievement.

But there is an important lesson that athletics teaches us — you cannot perform at your best if you don't look after yourself. A runner who never rests will eventually become exhausted. An athlete who doesn't eat properly won't have the energy to perform. Someone who ignores an injury because they are determined to keep going may find themselves unable to compete at all. The same is true in the classroom. As we approach block tests and prelim examinations, the pressure begins to build. Learners are trying to keep up with home-work, projects, studying, sport, cultural activities, friendships and all the other demands of school life. It can feel as though there is always another race to run and another finish line to reach. Sometimes, in the rush to achieve, we forget to take care of the person doing the achieving.

Self-care is not being lazy. Taking a break is not giving up. Getting enough sleep is not wasting valuable study time. Eating properly, drinking enough water, talking to someone when you feel overwhelmed, spending time with family or friends, and allowing yourself a little time to breathe are all part of preparing yourself to perform at your best. Think about an athlete preparing for an important event. They don't simply arrive on the day and expect their body to perform. They prepare, practise, rest and recover. They understand that recovery is part of training. Learners need to approach their academics in the same way. Yes, these assessments are important. Yes, preparation matters. Yes, we want every learner to give their very best. But achieving your goals should not come at the expense of your wellbeing. So, as the busy weeks ahead begin, remember:

Study hard.

Prepare well.

Ask for help.

Rest when you need to.

Look after yourself.

And then get back on the track.

There will always be another test, another race and another challenge. What matters is making sure that you are healthy, rested and ready to meet it. Because success isn't only about crossing the finish line.

It's also about making sure you enjoy the journey there.

Mrs I van der Ryst

DH: Mathematical Literacy



Important DATES!

Thursday 27 August – Friday 4 September – Grade 8 – 11 block tests.

Please ensure that you have the correct version of the timetable:

Gr 8, 9 dated 11/08/2026,

Grade 10, 11 dated 04/08/2026.

Monday 7 September – normal classes resume Grade 8 – 11. Day 3

Monday 7 September – summer uniform to be worn

Wednesday 16 September – Junior Quiz 18:00

Thursday 17 September – Senior Quiz 18:00

Tuesday 22 September – Colours assembly 18:00

Wednesday 23 September – Afrikaans Paper 3 final exam Grade 10 – 11

Wednesday 23 September – 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.

**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!**



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

It has been an incredibly busy and action-packed couple of weeks for our Blues. From fighting hard on the sports fields to shining on the debate stage and under the theatre lights, our learners continue to show true grit and determination. Here's the round-up of the last two weeks events.

Boys Soccer

vs Curro Waterfall: Clean sweep across all divisions!

o u/14: Won 5–0 o u/15: Won by default (resilience shown in a 3–3 away draw)

o u/17: Won 3–0

o 1st Team: Won by default

vs Edenglen High School (Mon 17 Aug): High-intensity matches.

o u/14: Drew 1–1

o u/15: Drew 3–3

o u/17: Drew 1–1

o 1st Team: Won 3–0

vs Alberton High School (Thu 20 Aug):

o u/14: Drew 0–0

o u/15: Drew 2–2

o u/17: Won 2–1

o 1st Team: Won 1–0

Sutherland Soccer Tournament: The 1st Team put on a stellar performance over the weekend, finishing 2nd place overall after taking on Sutherland High School in the final.

Girls' Soccer

Diamond Cup: The 1st Team held their own against tough competition over the long weekend, narrowly missing the playoffs.

vs Trinity House Randpark:

o u/15A: Dominating performance on Friday with a 10–0 victory away.

o u/17: Secured a 2–0 win on Tuesday 18 August.

vs Parktown Girls (Thu 19 Aug):

o 1st Team: Match awarded after Parktown forfeited.

o u/15: Won 4–0.

o u/17: Defeated.

vs Pinnacle Rynfield & King David:

o u/15B: Drew 2–2 against Pinnacle Rynfield; defeated King David 4–0 at home.

vs Edenglen High School (Thu 20 Aug):

o u/15A: Won 5–0

o 1st Team: Drew 0–0



The Blues Bulletin

Tennis

Friday 14 August Results:

- o A-Team: Defeated Edenglen High School B 54–2
- o B-Team: Defeated Edenglen High School C 48–8
- o C-Team: Drew 28–28 against Hoërskool Brandwag B

Friday 21 August Results:

- o A-Team: Defeated Edenglen High School A 54–18
- o B-Team: Drew 28–28 against Hoërskool Brandwag A
- o C-Team: Defeated Alberton High School B 30–26

Athletics

The athletics squad wrapped up their preparation season in top form on Monday 19 August, outperforming three schools—including Roosevelt—to secure 1st place overall.

Cricket

Girls' Cricket: Opened the season strong with a 38-run victory against Hoërskool Johan Jürgens!
u/15 Boys: Played away against the School of Achievement, falling short by 9 wickets.

Chess

At their inaugural appearance in the Park Meadows Tournament:

Junior Team: Took 3rd place overall

Senior Team: Took 5th place overall

Debating

Outstanding achievements at the Model United Nations Competition:

3rd Best Delegation: Representing Indonesia — congratulations to Rethabile Mathabatha (Grade 8), Boitumelo Mpete, and Matthew Love.

Best Closing Speech: Naomi Jordan representing the Maldives.

House Plays

A fantastic display of talent across the houses:

Winning Play: Eagle House

Best Actor: Boshelo Nzama (Falcon)

Best Actress: Malaika Ogle (Kestrel)





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



GOLF *Day* 2026

*Prizes for longest drive
and closest to pin.*



Scramble Drive
4 Ball Alliance
with 2 scores
to count

FRIDAY

18 September 2026

**Modderfontein Golf
Course**



REGISTER NOW

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(FROM R4 000)

- Putting Green
- Chipping Green
- Registration area
- Hole sponsorship

4 ball with cart and dinner: R4 000

Nic Bibis: nbibis@edenvalehigh.co.za
Rheino Stoltz: rstoltz@edenvalehigh.co.za





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ORTHODONTIST

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