



# NEWSLETTER

12 August 2022

ISSUE NO. 10

## EDITORIAL

### [Post COVID-19 Reality](#)

Remember this time last year? Masks, relentless sanitising, living in constant fear of another 'hard-lockdown', recovering from the virus, or sadly, for some, mourning loved ones? In June this year, Health Minister Phaahla lifted all remaining COVID-19 related regulations and life has started to return to 'normal'.

After three years of living life in a global pandemic, how do our children return to 'normal'? Have we realised the true impact that COVID-19 has had on our teenagers? According to a recent poll by UNICEF with regards to teens, COVID-19 has affected the daily life of young people, as 46% report having less motivation to do activities that they usually enjoyed, and 36% feel less motivated to do regular chores. As teachers, we have definitely noticed a change in the way the learners in our classes approach their studies, friendships and attitude to life.

According to Jones, Mitra and Bhuiyan (Mar 2021), due to the pandemic, teenagers have experienced significant negative effects on their mental health. The following can be contributing factors of a significant rise worldwide in adolescent depression and anxiety levels:

- Practising social distancing was difficult for adolescents to process, as "social interactions are a critical part of development during adolescence" (Preidt. 2021).
- The inability to process difficult circumstances has led to the development of negative coping mechanisms.
- Lockdowns, regulations and school closures have resulted in teens developing ways to connect and to socialise in ways that may not be productive, for example, social media and internet addiction.
- The inability of teens to participate in extracurricular and social activities led to teens becoming frustrated, disconnected, uninterested, physically unhealthy and idle.
- Parents losing their jobs has led to families being put under immense financial pressure. Even consistent meals, access to electricity and transport have become luxuries for some of our learners.
- In some households, parents have had to work longer hours in order to relieve financial strain, resulting in teens feeling a sense of disconnection from their parents.
- Loss of one or more family members has resulted in overwhelming grief for some teens.

So, how do we as parents, teachers, friends and community members help our teens get back to living positive lives?

1. Encourage your teens to get involved at school – whether it is in a sport or a cultural activity.
2. Talk to your teens and provide them with a space where they feel comfortable to open up.
3. Encourage a healthy study routine and commitment to academics. Contact your child’s teachers if you have concerns; encourage him/her to attend extra lessons at school.
4. Monitor and restrict social media and cellphone usage.
5. Seek professional assistance if you do not know how to help your teen who may be experiencing anxiety or depression. Speak with one of the school counsellors, an external psychologist, or visit <https://www.sadag.org/> for a variety of contacts in this field.
6. Be open-minded about mental health issues. There is often a stigma attached to them, and you must help your child to understand that there should be no sense of shame in such situations and that you, as the parent, will support him or her.

As parents and teachers, we can be the light and joy our children need. We need to be their role models, their support and above all, to show them that they matter in this world.

Ms C Taylor  
HOD Mathematics

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7967607/>  
<https://www.unicef.org/lac/en/impact-covid-19-mental-health-adolescents-and-youth>  
<https://www.webmd.com/lung/news/20210315/pandemic-has-harmed-mental-health-of-teens#1>

## IMPORTANT DATES



◇ Monday 22 August	Term 3 Photographs
◇ Monday 22 August	Junior House Plays 18:00
◇ Tuesday 23 August	A Team Interhigh athletics meeting at Germiston Stadium. All Grade 8 learners will attend to support the athletes. They will leave school at 08:00 and return by 14:00. Bring food, water, sunscreen and EHS peak.
◇ Tuesday 23 August	Senior House Plays 18:00
◇ Monday 29 August	Grade 12 Prelims begin
◇ Thursday 1 September	James Thompson polar bear swim
◇ 1 – 9 September	Block tests Grade 8 – 11
◇ Friday 30 September	Afrikaans Paper 3 final exam Grade 10 – 11
◇ Friday 30 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.



# SPORTS AND CULTURAL RESULTS

## Girls Hockey:

### Pullen and Howell tournament:

-  vs H/ Waterkloof lost 0 - 3
-  3rd/4th play-off lost in a penalty shoot out and placed 4th in their division.







## Athletics A team:

### Meet 1:



-  1st EHS 254
-  2nd Krugersdorp 202
-  3rd Greenside 68
-  4th Glenvista 27

### Meet 2:

-  1st EHS 282
-  2nd Trinity Randpark 211
-  3rd Greenside 71
-  4th Curro Aurora 10






### Congratulations to the A team captains:

-  Girls: Phindile Dube and Thelma Jeje
-  Boys: Keletso Selala and Mandla Ndiweni







## Athletics B team:

### Meet 1:



-  1st EHS 139
-  2nd Trinity Glenvista 93
-  3rd Florida Park High 76

### Meet 2:

-  1st EHS 214
-  2nd Dowerglen 132
-  3rd Kings School 107
-  4th Covenant College 102

## Boys Soccer:

### Best of the West

-  1st team: Semi-finals vs Benoni lost 1 - 3
-  U16s: Finals vs Krugersdorp lost 0 - 2.  
Congratulations to Joshua Scott for receiving player of the tournament.



### vs North Riding

-  U15 won 7 - 0
-  U16 drew 3 - 3
-  1sts won 3 - 0



# SPORTS AND CULTURAL RESULTS

## Girls Soccer:

vs Parktown Girls:

- ⚽ U15s lost
- ⚽ 1st lost 1 - 4

vs King David Linksfield

- ⚽ U15s lost 3 - 5
- ⚽ 1sts won 5 - 0



## Senior quiz results:

- 1st Eagle
- 2nd Kestrel
- 3rd Harrier
- 4th Flacon

## Junior quiz results:

- 1st Falcon
- 2nd Eagle and Kestrel
- 4th Harrier



## Mr and Miss EHS

Juniors:

- ◇ Mr and Miss EHS: Callum and Lethabo
- ◇ 1st Runners up: Storme and Tatum
- ◇ 2nd runners up: Liam and Madison

Seniors:

- ◇ Mr and Miss EHS: Xingwavila and Jared
- ◇ 1st Runners up: Shanay and Oliver
- ◇ 2nd Runners up: Caden and Oralía

## General:

Congratulations to Mary and Leonardo who received their double provincial colours for Karate. Mary was also the runner up for cadet of the year.

Congratulations to Utara for her incredible achievements in professional dancing. Utara has been dancing since she was 4 and has learnt the classical Indian artform of Bharata Natyam and was later introduced to Bollywood, Bellydance and Fire Dancing. Utara currently performs for Oriental Fire Dance Company. Utara has performed on SABC 3, 7de Laan, Gold Reef City.



## 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.





## MATHS TUTORIAL

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](mailto: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](mailto: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](mailto:smp@icon.co.za)

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

*mm*  
**MINDFUL MOVES**

• PASSION • PURPOSE • PROGRESS •

• Kerry-Ann Gordon 084 517 4273 [info@mindfulmoves.co.za](mailto:info@mindfulmoves.co.za) [www.mindfulmoves.co.za](http://www.mindfulmoves.co.za)

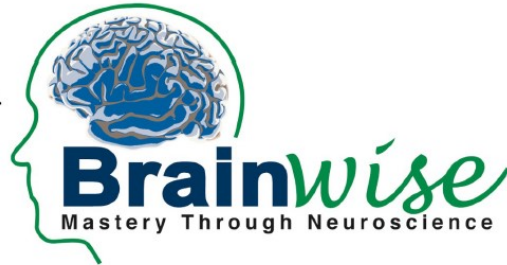




As a coach, I aim to help teenagers set and achieve their goals through focussed actions. No goal is too great or insignificant. During coaching, we will also develop effective **time management, resilience, emotional intelligence, self-purpose** and a **positive self-image** in your child.

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](mailto: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



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