



EDENVALE HIGH SCHOOL

Issue No. 11 ~ 31 July 2026

NEWSLETTER

Mental Health

According to the World Health Organisation mental health can be described as ... “a state of well-being in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

It seems that society is increasingly in the grips of mental disease. This can affect daily life, relationships and even physical health. At school level, students on the brink of or suffering mental health problems will show some of the following signs:

- Cutting themselves off from people or activities that they would normally enjoy.
- Sleeping or eating too much or too little.
- Displaying unusual emotions.
- Frequent low energy levels.
- Abuse of drugs which include alcohol and nicotine.
- Unable to complete tasks, arriving late for school and high absenteeism.

Parents aid in encouraging mental illness by disregarding the symptoms or simply feel that it is just a stage that their child is going through and it will soon pass. Little do they realise that further damage could result which would be difficult to cure later on in their child's life. There is a remedy which does not involve psychologists, psychiatrists and the expensive cocktail of medication that enable human beings to be accepted as 'normal' by societal standards.

It is a less costly and possibly less damaging route to the prevention of mental illness:

Establish a routine. Maintaining a daily schedule can prevent structure disappearing from their lives.

Setting realistic goals. Depression can make one feel that they cannot accomplish anything. Start with small goals like going for a walk every day, completing homework, eating breakfast everyday ...

Encourage regular exercise. This will release feel good chemicals called endorphins which not only have a long term effect on depression, but also help to rewire the brain by suppressing negative thoughts and feelings.

Regular controlled sleep. Remove all distractions from their bedrooms.

At least 8 hours of sleep a night. This will help restore energy levels and prevent apathy.

A healthy diet. Overeating is often a side effect of depression and can be countered by controlling the amount of food that is eaten. Foods that are high in omega-3 fatty acids; tuna and salmon, and folic acid; spinach and avocado can help with depression.

There is no quick fix. Maintaining order and structure in your child's life will be preventative and ensure that they grow up and “can work productively and fruitfully and are able to make a contribution to his or her community”.

Source: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

Mr D Swart
HOD Life Sciences



Important DATES!

Tuesday 4 August – Grade 9 subject choice meeting 18:00

Wednesday 5 August – Public speaking Matric farewell / adjudication event

Friday 7 August – Mr / Miss EHS 18:30

Monday 10 August – Public holiday

Tuesday 18 August – Term 3 photographs

Thursday 20 August – House plays 18:00

Monday 24 August – Prelims begin

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

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.

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FRONT OFFICE, or
- Hand them to
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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

CROSS COUNTRY

The Edenvale High School Cross Country team enjoyed another successful season in the Central District League, building on previous years with outstanding determination, strong team performances, and impressive individual achievements. The season began with several senior athletes competing in the 16 km Edenvale Marathon, where four runners finished in the top five of the junior category.

The senior girls excelled throughout the season, with Daniella Helwick, Shalom Mashilao, Emily Norman, Sarah Hewitt, Mokete Rasemane, Mapontso Matsoso, Gabriella van Niekerk, and Mosele Maboya qualifying for the Inter-League Team Final at Saheti School. At the Inter-District Championships, Emily Norman finished 28th, while Daniella Helwick placed 32nd despite competing through injury. For the senior boys, Liam Botha placed an outstanding 33rd out of 152 runners at the Central League Finals, while Captain Myles Ndlovu finished 36th after a consistently excellent season.

The future of the team looks bright, with Grade 8 runners and multi-sport athletes making significant contributions while balancing academics and other sporting commitments. A highlight of the year was the introduction of the Friday Running Club, giving athletes the opportunity to enjoy social runs around Edenvale. Most importantly, every athlete embodied the EHS motto, *Aspire*, showing resilience, commitment, and teamwork throughout the season. We congratulate all our runners and look forward to seeing them compete in the athletics season in Term 3.

DEBATING

The Edenvale High School Debating Club has enjoyed an outstanding 2026 season. Both the Senior and Junior teams competed in six SACEE Regional Rounds, with the Senior Team qualifying for the Provincial Trials. A special congratulations goes to Gabrielle Giloi, who was ranked 4th out of 114 regional debaters.

The introduction of the Edenvale High School Gavel Series has provided valuable development opportunities for junior debaters, with senior members serving as mentors and adjudicators. The club also competed in three Model United Nations conferences, earning Third Place for Best Delegation at each event. These achievements reflect the dedication, leadership, and excellence of our debaters, who continue to represent Edenvale High School with pride.

FIRST AID

First Aid has continued to play a vital role in supporting the health and safety of the Edenvale High School community, assisting during school hours, sporting fixtures, and school events. A highlight of the year was the addition of 15 newly qualified Level 3 First Aiders, significantly strengthening the team with advanced emergency response skills. We commend our First Aid team for their commitment and dedication to serving the school community.



The Blues Bulletin

BOYS HOCKEY

The 2026 Boys' Hockey season was highly successful, with every age group showing growth, resilience, and excellent sportsmanship. The U14 team made impressive progress in their first season, with Mogale Tleane and Perez Kivido earning Eastern Gauteng U14B selection.

The U15 team finished undefeated in the Promo League, while Thoriso Ramokema was selected for the Eastern Gauteng U14A team.

The U16 side won 7 of their 9 league matches, with Roland Ndlovu and Tshiamo Nake earning Eastern Gauteng U16A honours.

The Second Team displayed outstanding commitment and teamwork throughout the season, while the First Team finished in the league's top four and achieved Edenvale High School's best-ever result at the Aitken Tournament, placing fourth. Jordan Lunt and Ndalo Mojalefa were selected for the Eastern Gauteng U18A team.

GIRLS HOCKEY

The 2026 Girls' Hockey season was a successful one, with every team demonstrating growth, resilience, and outstanding sportsmanship.

The U14 team finished 4th in Eastern Gauteng, with Anjali Moodley earning Eastern Gauteng U14A selection.

The U15 team showed steady improvement throughout the season, reaching the Eastern Gauteng quarter-finals and finishing 7th overall.

The U16 team enjoyed an exceptional season, winning the Eastern Gauteng League and qualifying for the Noordvaal Competition, with Chloe-Paige Lunt earning U16A and Nehara Moodley earning U16B Eastern Gauteng provincial selection.

The Second Team displayed great determination, finishing 7th overall, while the young First Team reached the Eastern Gauteng quarter-finals and placed 6th overall. Congratulations to Leila-Thul Fall on her selection for the Eastern Gauteng U18A team.

NETBALL

The 2026 netball season was one of growth and rebuilding, with many younger players stepping into senior roles following the departure of the 2025 matric group. A total of 15 teams represented Edenvale High School, highlighting the depth and strength of the programme.

The First Team finished an impressive 5th out of 32 schools at the St Andrew's Tournament, while Camp Discovery saw outstanding results, including gold medals for the U16A and First Team, silver for the U15A and U17A, and bronze for the U14A. The U17A team also qualified for the Ekurhuleni Playoffs, finishing third overall.

Several players earned Ekurhuleni and Gauteng representation, with Keona Berardelli (U17) and Bontle Mokwena (U18) selected for Gauteng squads. Keona went on to represent the Gamma U17 team at the SA Schools Netball tournament, where the team secured a bronze medal. The overall progress made this year has laid a strong foundation for continued success in 2027.



The Blues Bulletin

PUBLIC SPEAKING

Edenvale High School's Public Speaking team continued to excel in 2026, finishing 26th out of 110 schools in the High School Speech Festival and remaining one of only five government schools in the top rankings. Following the annual Best Speaker Contest, selected learners represented the school with distinction. Ethan Payne once again achieved an A symbol as the Individual Speaker, while both the Trophy Team, consisting of Mungi Ndou, Itumelemg Molepo and Calista Panaino and the Matric Team, of Caitlin Govender, Kay-Leigh Govender, Lerato Maake and Chelsea Frere also earned A symbols for their outstanding performances.

The annual Impromptu Speech Contest continued to develop learners' confidence in prepared and unprepared speaking, while the Matric farewell event this term will provide valuable mentoring opportunities for junior speakers. We are proud of our speakers for representing Edenvale High School with confidence, excellence, and determination.

RUGBY

The 2026 rugby season was one of growth, resilience, and development across all age groups. While results varied, every team contributed positively to the continued growth of the programme.

The U14 side showed significant improvement despite a challenging season, while the U15 team produced strong performances throughout the year. The U16 team enjoyed an impressive turnaround, achieving a 64% win ratio however narrowly missed out on a semi final spot. The Second Team also competed strongly and continued to push from strength to strength throughout the season.

The First Team consistently produced high-quality rugby against strong opposition, demonstrating excellent skill, character, and commitment throughout the season. We look forward to building on this year's progress in the seasons ahead.

SWIMMING

The 2026 swimming season marked an exciting new chapter for Edenvale High School with the introduction of Dragons Swimming School as our coaching partner. Competing in a higher league after winning the 2025 Inter High Gala, our swimmers rose to the challenge, winning four of five galas during the season.

At the expanded Inter High Gala, featuring ten top schools, Edenvale finished 8th overall while celebrating several individual victories and personal best performances. Congratulations to the seven swimmers selected to represent the school at the Prestige Gala.

We are proud of our swimmers' commitment, resilience, and sportsmanship and look forward to building on this year's achievements next season.





Edenvale High

GOLF *Day* 2026

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and closest to pin.*



Scramble Drive
4 Ball Alliance
with 2 scores
to count

FRIDAY

18 September 2026

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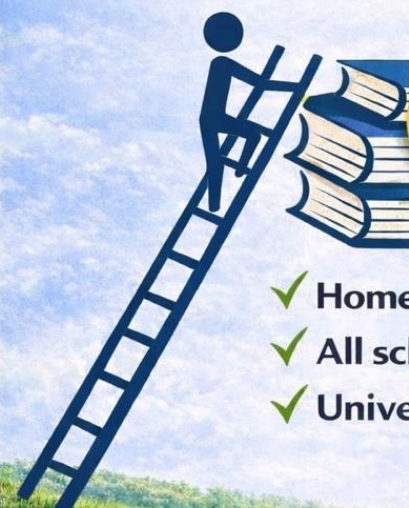
Nic Bibis: nbibis@edenvalehigh.co.za

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Contact Us

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