



Riverview Reporter

Champions Inspired by Values



Term 1 Week 3

From the Head's Desk

01 February 2024

Our pupils have been very involved in athletics meetings over the past two weeks and they have performed with distinction. In addition, they have also been great ambassadors for Riverview by behaving well, competing in the right spirit, giving of their best and ensuring that the area they have been seated at was spotless when they left. We are very proud of them!

In order for children to perform to the best of their ability in class, on the sports field and at home, requires that they eat a healthy diet.

A healthy diet is important for children because it helps them to:-

- Grow and develop
- Be strong and healthy
- Have stable and long-lasting energy
- Have strong bones and teeth
- Improve their mental health, making them think clearly and be more alert

A healthy diet focuses on nutrient rich foods that limit overall calories. A few tips are:-

- Make half of what is on your child's plate fruit and/or vegetable
- Choose healthy sources of protein, such as lean meat, nuts, and eggs
- Serve whole-grain breads and cereals because they are high in fibre. Reduce refined grains.
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food

This week's Maths Brain Teasers:

Crazy 8s

Using only addition, add eight 8s to get the number 1,000.

Farm Riddle

In reply to an inquiry about the animals on his farm, the farmer says: "I only ever keep sheep, goats and horses. In fact, at the moment they are all sheep bar three, all goats bar four and all horses bar five." How many does he have of each animal?

Answers to Mrs Rutherford on Friday morning.

Have a great weekend.

Brendan Bailey

Week ahead:

Grade 4-7 Standardised Test: 5-9 February - English.

Saturday 3 February - Independent Schools Athletics, track and field relays @ Penryn.

Tuesday 6 February - Sub District Athletics @ Komatipoort.

Wednesday 7 February - Uplands visit to Grade 6&7 pupils @ 08h00.

Thursday 8 February - B Team Relay Gala @ Penryn.

Saturday 10 February - Skukuza Athletics.

From the Sport's Desk

Laerskool Malelane hosted an enjoyable athletics meeting on Saturday. Our athletes showed true grit and perseverance competing against Laerskool Malelane, Komati Akademie and White River Primary. Congratulations to Dimakatso Marakalala who was awarded the trophy for Junior Victrix Ludorum.



Inter-House Athletics

Congratulations to the following athletes for their achievements at the Inter-house results.

Senior Victor Ludorum – Hugo Vieira

Senior Victrix Ludorum -Nobuciko Mabunda

Junior Victor Ludorum – Mabuthonke Mdhlovu

Junior Victrix Ludorum – Dimakatso Marakalala



Sub District Athletics

We wish the following athletes who qualify for the Sub District event in Komatiport all the best for Tuesday's meeting:

Hugo Vieira

Ntsika Masilela

Ngcebo Shongwe

Andrew Granville

Nkosizwile Mabuza

Lwandile Mnguni

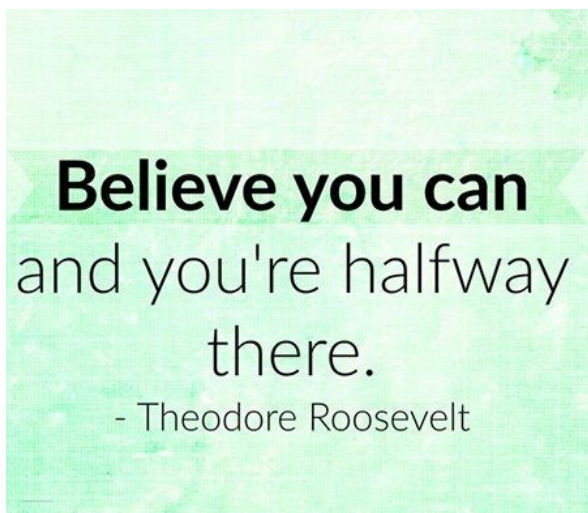
Micaela Fourie

Nobuciko Mabunda

Vutomi Mthethwa

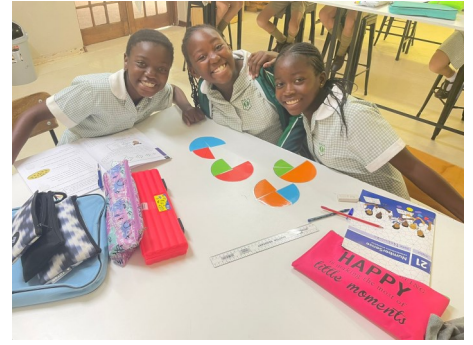
Keletso Mabilane

Lwandle Mnguni



Grade 6 Mathematics

The past two weeks the grade 6 pupils used play dough and beans to discover some topics in the NumberSense program. They used play dough to discover the concept of fractions and they used beans to learn about relationships and patterns.



Grade 7 Art

The grade 7 pupils used old pantyhose to make sock puppets. They will use their puppets to tell funny stories in art.



UNIFORM SHOP TRADING HOURS

(at the tuckshop)

MONDAY TO THURSDAY: 07H00 – 07H20 & 13H00 – 13H30

FRIDAY: 07H00 – 07H20 & 12H00 – 13H00

For orders outside trading hours, please feel free to contact

074 724 8049 – Marilize

082 459 2547 – Marcel

for arrangements.



Pre-Primary News

This week the Cubs learnt all about night and day. Night time is when you can see the moon and stars. Daytime is when the sun is out and we can play outside.



The Grade 000s have been strengthening their fingers and having fun while cutting playdough snakes, green spaghetti and rainbow strips.

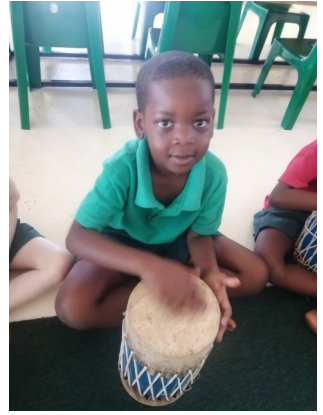


The Grade 00 class had an exciting week of firsts! They had their first computer lesson with Mrs. Brokensha and had lots of fun splashing and kicking during their first swimming lesson.



A child's life is like
a piece of paper
on which every person
leaves a mark.

The Grade 0s are simply loving their Junior Jives music classes every Wednesday morning.



UPLANDS
EST. 1929

JOIN US AT OUR UPLANDS COLLEGE 2024 OPEN DAY

SATURDAY | 9 MARCH 2024 | 09:00

RESERVE YOUR SPACE BY 26 FEBRUARY 2024

admissions@uplands.co.za | + 27 (0) 13 751 3141 | www.uplands.co.za

Voted Best Private School in Mpumalanga at the 2022 Best of Mpumalanga Readers' Choice Awards.

Today's thinking child is tomorrow's achiever

**OPEN DAY - SATURDAY
9 MARCH 2024 AT 09:00**

- The OPEN DAY is an opportunity to explore Uplands College
- Information sessions and school tours will be undertaken during the morning
- Meet the pupils, teachers and executives of our world-class day and boarding school

ENTRANCE ASSESSMENT

Prospective GRADE 8 (2025) pupils who have completed the application process will write an Entrance Assessment on Friday 8 March 2024 at 14:00.

OVERNIGHT BOARDING EXPERIENCE

An overnight Boarding Experience will be available to prospective GRADE 8 (2025) pupils interested in boarding at Uplands College, on the evening of Friday 8 March 2024 from 16:00. All interested families will then join their children for the Open Day on the morning of Saturday 9 March at 09:00.

RESERVE YOUR SPACE AT OUR OPEN DAY



ONLINE APPLICATION FORM



Valentines Dance

COME DANCE AND FEEL THE LOVE IN THE AIR!
ALL ADULT LANIE FRIENDS ARE INVITED TO ENJOY THE EVENING WITH US.

9 FEBRUARY 2024 - 18H00 TO 24H00
LAERSKOOL MALELANE SCHOOL HALL
R200 PP (MEAL INCLUDED)

Bring your cooler - No children will be allowed!

ENQUIRIES: HESTÉ DU PLESSIS - 082 922 7860 (SLEGS 200 KAARTJIES BESKIKBAAR)

"May the Lord give you the desire of your heart and make all your plans succeed."

Psalm 20:4 NKJV