



Riverview Reporter

Champions Inspired by Values



Term 1 Week 6

From the Head's Desk

22 February 2024

The plethora of complaints and negative comments we are subjected to on a daily basis is mind boggling. The news, social media and even our personal conversations are more often than not, negative in nature. It is a fact that negativity is about 15% more prevalent than positivity. People have a negativity bias, a tendency to register negative stimuli more readily and then, to dwell on this. Negative opinions also spread faster than positive ones. If we are not actively aware of this, we can so easily become trapped in a spiral of negativity. This is destructive, debilitating and will never help to improve any situation.

So how do we become more positive:

Choose to spend time with positive people who inspire you and support you. Don't waste your time talking to people who are negative, who gossip and who see the worst in every situation.

Spend time doing things that make you happy. If you have a hobby, exercise regularly, play music, etc you can boost your mood and self-esteem. Don't dwell on the negative!

Avoid negative thoughts – think "I can if I try hard" and never, "I can't".

Be grateful for what you do have. Write down three things that are thankful for every day. Express your appreciation for others. This increases your levels of happiness.

Learn from the bad, BUT focus on the good in every situation bad.

It is important to remember that positivity is a choice and a skill that you can develop over time. The more you practice it, the more it will become a habit and a part of your personality. As teachers and parents, it is vital that we impart this onto the children in our lives. We need to focus on the positive, have very high expectations for them, not accept negative thoughts or excuses and instill a positive mindset in every situation. This will have a beneficial impact in the child's life, in the community and eventually in the country. We can only succeed if we are positive!

Maths Brain Teasers

Junior Primary

A boy is 2 years old. His brother is half as old as him. When the first boy is 100, how old will his brother be?

Senior Primary

There are 100 houses in the neighbourhood where Alex and Dev live. Alex's house number is the reverse of Dev's house number. The difference between their house numbers ends with 2. What are their house numbers?

Last week's answers.

Junior Primary – In time 09h00 plus 5 hours = 14h00 (2 o'clock in the afternoon).

Senior Primary – $(3 \times 3) + 19 = 28$
 $(5 \times 5) + 3 = 28$
 $(4 \times 4) + 12 = 28$
So $(2 \times 2) + \underline{24} = 28$

Have a great weekend.

Brendan Bailey

Week ahead:

Grade 4-7 Standardised Test: 26 February - 01 March - Social Science.

Thursday 22 February - Relay Gala @ Komatipoort.

Friday 23 February - District Athletics.

Saturday 24 February - MJ Zwane Independent Schools Athletics @ Uplands.

Monday 26 February - Grade 7 Mentor Assembly @ 07h30.

Thursday 29 February - B Team Relay Gala @ Flamboyant.

Friday 01 March - Pre-Primary Bake Sale.

Friday 01 March - u/10-Open 5s Netball & u/11-Open 7s Rugby @ Penryn.



District Athletics

Wishing our 9 athletes all the best for tomorrow's Districts athletics meeting at Laerskool Laeveld.

- Ntsika Masilela (70mH)
- Ngcebo Shongwe (HJ)
- Micaela Fourie (HJ, LJ)
- Vutomi Mthethwa (HJ)
- Lwandle Mnguni (HJ, SP)
- Keletso Mabilane (SP)
- Lwandile Mnguni (SP)
- Nobuciko Mabunda (LJ, 150m)
- Hugo Vieira (LJ)



Library News

The library and IT rooms buzz every week with enthusiastic pupils from Grade 00 to Grade 7. Please pop in to see this space.

Maybe you have some of these items in your home that are looking for a new home in our library.

- Puzzles
- Games – card games, educational games, 30 seconds etc.
- Books in good condition
- Soft toys (the children love the soft toys)

Please read to your children every single day, no matter their age.



"If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."
– Albert Einstein

Grade 7 Camp

The past weekend the grade 7 pupils went on a leadership camp where they worked together in teams to build rafts on the dam, complete obstacle courses and play in the river. They also abseiled down a waterfall which developed their trust and overcoming their fears. We had lovely food and really thank the facilitators of ANTS and Queen's Rose Adventure Camp.





Pre-Primary News

Mud and Waterplay Day was a huge success on Friday. The squeals of delight, laughter and cooperative play said it all. One of the joys of being in a school in the hot Lowveld.



"Pursue faith and love and peace, and enjoy the companionship of those who call on the Lord with pure hearts"

2 Timothy 2:22 NLT



Moms in Touch would like to invite you to join us to pray for our children and our wonderful school. Tuesday mornings under the school trees. God works through praying Mothers. Covering your children in prayer, will help give you peace for every aspect of their lives!

If you would like to join or if you have any prayer requests you can contact Liziwe on 082 480 3138.

When we try, we fail. When we trust, He succeeds.

Corrie Ten Boom.