

# Riebie Chatter



Edition 25 | Number 45 | 1 October 2021  
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## FROM THE PRINCIPAL'S DESK

“ Home should be an anchor, a port in a storm, a refuge, a happy place in which to dwell, a place where we are loved and where we can love”.

~ Marvin J. Ashton ~

### SCHOOL CLOSURES

The school closes on 1 October 2021.

We trust that everyone will enjoy the rest, after busy term, and come back safely and refreshed after the short holiday.

Schools re-open for the 4<sup>th</sup> term on 11 October 2021.

### HOLIDAY TIME IS LIKE GLUE FOR FAMILIES

When I think of a family, I see in my mind's eye a big tree where all the branches grow in different directions, but where the root system stay conjoined to anchor the tree. Each family consists of individuals with different temperaments, needs, and development phases. It is normal, but the success of a happy family lies in the ability to find a balance between each family member, as a unique being, and the family as a complete working unit.

Understanding for each other's personality differences, and to have insight into each family member's life needs, can be seen as the building blocks of a family's identity. Quality family time is the time where family members learn to really know each other, and therefore it is important to create time where the family can get together and identify with each other. Longer working hours and school activities, which makes up a big part of the busy lifestyle that we all know, often limits our family time.

Quality family time strengthen ties between family members and help the family to develop and grow together like a root system. It also creates trust and a feeling of self-worth, where each family member feels special and appreciated. It is very important that the family is anchored in their value system. Make sure that you use your value system as a compass to live your lives, in other words, give attention to your rules, beliefs and points of view, since that will help develop independence and make your children feel secure.

According to Hameeda Bassa-Suleman, a Clinical Psychologist from Durban, quality family time gives children the opportunity to watch you, as parent, and to learn how to socialize. Your behaviour and values will thus be the example that they will learn from. It is not always easy to get the family together for quality time, and unfortunately there is no quick fix to build family ties. It is therefore important to place the focus on the active involvement of all the family members. Bassa-Suleman states that children value consistency, in other words, the quantity of time you spend together is not as important as the quality of time spend together. Decide on a specific day and time to get together and to spend quality time together.

In our rushed lifestyles we, as parents, often make the mistake to exclude our children. You might feel that it is quicker and easier to go to the supermarket while your child is at school, but what you do not realize is that shopping time can be an opportunity to spend extra time with your child.

Although it is not always easy to fit in a slot in your busy schedule for family time, it is a lifelong investment that you make in your family's happiness and wellbeing.

*-Written by Wilmarie Brits-*

**"Family is** not an important thing,  
It's **everything**.

~Michael J. Fox ~

**V BOTHA - SCHOOL PRINCIPAL**



## ACADEMICS

### WORKBOOK PACKAGES - 2022

Grade 1 – Grade 6 parents are reminded that the payment for the workbook packages must be finalized by 31 October 2021. No late payments will be accepted, since the packages must still be ordered and packaged.

PRICE PER PACKAGE : R250.00

#### Bank Details

Account Name : Laerskool van Riebeeckpark Primary  
Bank : FNB  
Account Type : Cheque Account  
Branch Code : 205 609  
Account Number : 6274 913 4243  
Reference Number : 9805 and Learner's name, surname and grade



## SPORT

### ATHLETICS

#### Practice times during the school holiday

4 October 2021	:	08:00 – 09:00	Middle Distances and Senior Sprints
	:	09:00 – 10:00	Field Items, Hurdles and Junior Sprints
5 October 2021	:	08:00 – 09:00	Field Items and Hurdles
	:	09:00 – 10:00	Middle Distances, Senior & Junior Sprints
6 October 2021	:	08:00 – 09:00	Middle Distances and Senior Sprints
	:	09:00 – 10:00	Field Items, Hurdles and Junior Sprints
7 October 2021	:	08:00 – 09:00	Field Items and Hurdles
	:	09:00 – 10:00	Middle Distances, Senior & Junior Sprints

### **Practice times for the 4<sup>th</sup> term: Starts on 11 October 2021**

Mondays & Wednesdays	15:15 – 16:15	Long Jump, High Jump, Hurdles and Shot Put
Tuesdays & Thursdays	14:15 – 15:15	Long Jump, High Jump, Hurdles and Shot Put
Mondays & Wednesdays	14:15 – 15:15	Middle Distances & Senior Sprints
Tuesdays & Thursdays	15:15 – 16:15	Middle Distances & Senior Sprints
Mondays - Thursdays	14:15 – 15:15	Junior Sprints

## **RUGBY AND NETBALL TRIALS**

### **Rugby Trials:**

ALL boys are welcome to attend the trials for 2022. *Parents must please note that only practice groups will be selected.* Remember your water bottle.

### **11 October 2021**

13:30 – 14:00	Learners who are 9years old or will be 9years old in 2022
14:15 – 15:15	Learners who are 10years old or will be 10years old in 2022
15:15 – 16:15	Learners who are 11years old or will be 11years old in 2022
16:15 – 17:30	Learners who are 12years old or will be 12years old in 2022
16:15 – 17:30	Learners who are 13years old or will be 13years old in 2022

### **Netball Trials:**

It is time for the netball trials for 2022.

ALL girls are welcome to attend the trials. *Parents must please note that only practice groups will be selected.* Remember your tekkies and water bottle. Please remember to put on sunblock.

Girls who attend the netball trials, can be fetched at the sports gate after their session.

### **11 October 2021**

14:15 – 15:15	Learners who are 11years old or will be 11years old in 2022
15:15 – 16:15	Learners who are 12years old or will be 12years old in 2022
16:15 – 17:15	Learners who are 13years old or will be 13years old in 2022

## **TENNIS**

There will be no tennis practice during the school holiday.

### **Practice times**

(Grade 4 – Grade 7 boys and girls)

12 October 2021 and 14 October 2021

06:00 – 07:00



## GENERAL

### **RIEBIE RAKKERS AFTER-SCHOOL CENTRE**

The After-School Centre is open for aftercare learners from 06:30 on 1 October 2021.

The After-School Centre will be open during the school holiday from 06:30 – 18:00 daily.

Learners who are not enrolled at the After-School Centre, are welcome to join during the school holiday, at a cost of R50.00 per day. Come and enjoy a day full of excitement with your friends at the After-School Centre.

#### Contact Numbers:

- Junior After-School Centre : 076 515 5497
- Senior After-School Centre : 082 265 4909

For any enquiries or complaints, please feel free to email Mrs. T. Abrahams at [teresa@riebie.co.za](mailto:teresa@riebie.co.za)

#### MENU FOR THE WEEK: 4 OCTOBER 2021 – 8 OCTOBER 2021

MONDAY	MACARONI & KAAS	SANDWICH & JUICE
TUESDAY	CURRY & RICE	SANDWICH & JUICE
WEDNESDAY	CHIPS & VIENNAS	SANDWICH & JUICE
THURSDAY	HAMBURGERS	SANDWICH & JUICE
FRIDAY	PIZZA	CHIPS / JUICE / FRUIT

#### MENU FOR THE WEEK: 11 OCTOBER 2021 – 15 OCTOBER 2021

MONDAY	CURRY MINCE & RICE	SANDWICH & JUICE
TUESDAY	CHICKEN MAYO ROLLS	SANDWICH & JUICE
WEDNESDAY	MEATBALLS, RICE & VEGGIES	SANDWICH & JUICE
THURSDAY	CHIPS & BREAD (KHOTA)	SANDWICH & JUICE
FRIDAY	FILLED VETKOEK	CHIPS / JUICE / FRUIT

\*\*\* The menu is subject to change \*\*\*