

ROYAL SCHOOLS PRINCESS PARK Weekly Newsleffer

WORD FROM THE EXECUTIVE PRINCIPAL

Dear Parents/Guardians

22 October 2021

Your job as a parent is to help your child achieve the optimal balance between being too relaxed and being paralysed by anxiety.

Try to listen, absorb, and contain the distress of your child through affirmation and reassurance. Make sure they know that their worth to you and others is separate from their achievements. Think back to your own youth and remember that when the worst happened, it usually wasn't as bad as you expected: it's what you did next that made the difference. Engaging with challenging experiences such as finals and important exams is essential for young people to develop internal skills and resources, and will provide them with the confidence and emotional resilience needed to cope with the future challenges of work and adult life. Kind regards.

Important dates and events What happens this week? 28 Oct Gr 7 – 11 Academic Awards – this will happen during school hours per Monday: Gr 12 Study leave grade, pictures will be shared on social media. Tuesday: Gr 12 Study leave 24 – 28 Oct FP: Gr R – 3 Assessment week 1 24 - 28 Oct Parents week for learners at risk per appointment. Wednesday:CAT NSC Exam 14 Nov Gr 4 – 11 Exam series start Gr 12 Study leave Thursday: Please take note that we are having a textbook audit. All learners need to Friday: Gr 7 – 11 Academic Awards ensure that they have their own textbooks at school as from Monday 24 October 2022. Saturday: BANKING DETAILS SCHOOL TERMS AND TIMES Remember GDE terms – 4 terms a year TO DOWNLOAD THE Bank: ABSA **D6 COMMUNICATOR!** Pre and Primary school Branch Code: 632 005 7:30 - 14:00 Account Name: Royals Deal Operations High school Account Number: 4043789091 7:30 - 15:00 Your Reference: Learner Name, Surname We will update you on and Grade Fridays school closes at 13:30 important school info daily! Contact us UNIFORM 310 WF Nkomo street at Queens Private

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(First and last Saturday of each month)

07h00 - 15h00

08h00 - 12h00

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

614 Pretorius Street, Pretoria

More Royal Schools news!



A lot of students feel overwhelmed by the pressures of exam time. Here is some advice:



Revise ahead of time. Don't cram! You need to put in a little bit of effort ages in advance – not a few days before. There's a difference between long-term and short-term memory recall. Cramming the night before commits to short-term memory. Some people have the capacity to recall loads from short term – they're few and far between though and have a natural gift.

The rest have to commit information to long-term memory to influence recall. Going blank – that's an issue with short-term memory recall. Don't cram.

GRADE 12 PRIZE GIVING











PREFECT CHARITY DRIVE



CHARITY STARTS AT HOME...THEN MOVED TO THEIR CHARITY OF CHOICE. THEY WERE VERY GREATFUL FOR ALL THE CONTRIBUTIONS.











