



Alexander Road High School

Private Bag X34377
Newton Park
6055
Gqeberha
South Africa

Tel: 041 365 1270
E-Mail: info@arhs.co.za
Web: arhs.co.za

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Dear Alex Family Members

The mindfulness newsletter

I hope that your first five-day week in quite a while gave you enough days to slow the pace a little. The idea of taking a moment to reflect on life and the impact of the 'slings and arrows' of life, is an important one. We spoke quite a lot last year about thinking about feelings and stress. Trying to put a name on how you are feeling and trying to figure out the source of your stress are both skills that are too easily dismissed.

In a similar vein, checking in regularly with your children is becoming increasingly important. Not only to foster communication (always difficult with teenagers), but also to build mindfulness into your routine.

Excitement is palpable on campus today: we are hosting a clean-up in the Baakens Valley this afternoon between 14H30 and 16H30, starting from behind Profiles Gym in William Moffet Road.

We are also in the throes of preparing for our drive-in music concert. All the music ensembles have been slaving away to prepare some musical delights for this evening. If you were lucky enough to get a ticket before they were sold out, well done! You might need to find a friend with a ticket and to hijack their back seat for the evening. It will be an exciting mix of music and technology. The musicians will play in the hall and the music and video will be captured and sent to a giant screen on the rugby field where all the cars will be lined up to enjoy the evening.

As we wind up our assessment for the term and prepare for end of term reporting, it is essential for you to check on your children. They will be stressed and tired, but they should be mindful of how they are feeling and be able to identify what the sources of stress are and how to control their reaction to the stressors.

We will be having all our lessons next Friday. The green group will be in class and should end between 13H30 and 13H45. Our final assembly of the term will start at 13H25 and will be streamed via YouTube. <https://youtu.be/sAC5YaC5obQ> We would like everyone from the blue group to be part of the assembly if they can. Reports will be emailed during Friday. We will release them in class groups, so please be patient if you get one grade and must wait for a second grade to be sent. We do not print any reports

but if you need a paper version, please pop in at reception in the first week of next term. The receptionists will be happy to print one for you.

We are continually concerned about the security of Alexans outside the school grounds. We understand that many people need to walk home or to a nearby taxi rank. We do run a morning shuttle from Greenacres to school and the afternoon shuttle to Greenacres will start next week. If there are times when people need to walk, please encourage them to walk in large groups. The wearing of earphones is a bad idea. These little adverts tell any would-be criminals that the person is carrying a phone and the situational awareness of the wearer is reduced by the distraction of the sound (often loud) emanating from the speakers. This allows people to approach undetected and reduces reaction time in tricky situations. Please encourage your children to be conscious of these risks when walking and to mitigate them as much as possible.

My sincere thanks to everyone who has contributed to the table of sharing over the last few weeks. Our stocks are looking much better, and this allows us to continue supporting a few Alex families who are facing some challenges. Please keep your contributions going to make this a sustainable undertaking.

Ramadan Kareem to everyone who has entered the holy month this week.

Please keep yourselves and your loved ones safe and mindful this week.

Warm regards

A handwritten signature in black ink, appearing to read 'Matthew Ridgway', with a large, sweeping flourish above the name.

Matthew Ridgway