



# Alexander Road High School

Private Bag X34377  
Newton Park  
6055  
Gqeberha  
South Africa

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Tel: 041 365 1270  
E-Mail: [info@arhs.co.za](mailto:info@arhs.co.za)  
Web: [arhs.co.za](http://arhs.co.za)

Dear Alex Family Members

## **And so it begins (Exams); the end is near (The Year)**

The exams are well under way for the whole school. We have survived the normal exam change-over jitters where some people did not read the instructions or the timetable or the seating plan and did not end up in the right place at the right time.

Please ensure to monitor the state of anxiety so that our children are functioning. A little stress is a good thing because without it some of them would still be thinking about planning the start of their revision programme. We need to look out for larger emotional outbursts, or changes in behaviour or appetite that indicates a bigger impact of stress and anxiety. It is healthy for everyone to be in touch with their emotional state and to have regular and honest conversations about how they are feeling.

Please remember to get all the textbooks in your house back to school this year. We need them all back so that we can issue them to the next grade who needs them. After the last exam in each subject all the books must be sent back to school. You could help us by checking under beds and behind desks for books that may be hiding. Books can also spend the December holiday in a schoolbag, so please be rigorous in your checking and hold them accountable for their books.

Next Wednesday evening at 17H30, we will have our AGM and annual finance meeting. You are all invited. We will keep you safely screened and spaced apart. We have important work to do as a parent body in checking the proposed budget for 2022. If anyone would like to have a more detailed look at the budget for 2022 before the meeting, please let me know and I will show you all the details. We need to do this before Wednesday, so that if there is something that needs attention, we can deal with it before the meeting. Your support in this matter is most appreciated.

If you would like photos from the Celebration of Excellence, Junior or Senior, or from the Valedictory assembly, please send a USB drive to school with your child. The photos are in the W drive under "W:\Photographs\" on our internal computer network.

If you intend withdrawing your child from Alex next year, please could you notify me in writing. I need to address the applications for grades other than 8 who would like to start at Alex next year.

Congratulations to our Alex cricket players for making the Provincial Team  
Amber Botha (Girls' under 19)  
Caiden Adams (Girls' under 16)

Both Amber and Caiden will participate in the national tournaments. The Girls' Under 19 cricket week will take place from 16 - 20 December 2021 in Paarl, while the Girls' under 16 national tournament will take place from 13 - 17 December in Gqeberha.

Further congratulations go to Georgia-Jo Palmer who placed third in the Toastmasters' inter-schools' best speakers' competition held in October. The competition pits the best Toastmasters from across the city against each other. Well done, Georgia. This is a very impressive feat.

We are also very proud of Mitchelle Chininga, who won a bronze medal in the National Science Expo competition and walked off with a bursary to study at Rhodes University.

Please keep yourself and those you love safe this week.

Fond regards

A handwritten signature in black ink, appearing to read 'Matthew Ridgway', written in a cursive style.

Matthew Ridgway  
Principal