



Alexander Road High School

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Dear Alex Family Members

The big squeeze

We are facing some challenging times as the fuel and food costs are up and set to rise further. We can apportion blame to various people and feel bad about the prospects but that won't change our reality. We have all made it through the carnage wrought by the pandemic. Many of our Alex families lost loved ones and sources of income, and while some of the fear and anxiety related to the pandemic may have dissipated, new stressors have settled into their place.

It could be easy to allow yourself to be swept up in the whirlwind of discontent and angst about the world economy and the resulting doom and gloom. I urge you to seek out the silver lining to these thunder clouds. Work extra hard to see and take note of the positives that inevitably surround us but are so easily overlooked when our attention is focused by news feeds on all that is not wonderful in our world. We have such wonderful children, brimming with potential. We are still here, in spite of the adversity. We have strength in our community of caring engaged families. This is just a short list of places to look for some light.

I hope that your home is a place of calm productivity as we reach the midpoint of our exam session. We must ensure that our homes are places that support good study habits. There should be a quiet place with good light, where disruptions are as few as possible. Phones should be quarantined during study sessions; the disruption is not helpful children cannot study nonstop all day. A schedule with regular breaks must be adhered to. A low level of manageable stress is acceptable, possibly motivating. Stress can easily trigger anxiety, which can be debilitating. Regular affirming conversations with your child, encouraging them to work hard and do their best can be very helpful. Using guilt and threats about failing can be damaging.

Please keep an eye on healthy eating. There is a tendency to snack while studying and a prevalence of energy drinks with lots of sugar or caffeine, which can do a lot more harm than good and should be discouraged.

Our exam schedule runs right through to the 23rd of June. The term ends on 24 June and our final assembly will go out via youtube on the link <https://youtu.be/4wCmRtjnJN4> At 08H00. We will start sending reports right after that. If you need a hard copy of the report, please pop into reception any time from the start of term 3 and we will print one for you.

We have had an alarming increase in the number of pupils who have been accosted and had their money and phones taken while those pupils are on their way to the transport hub at Korsten and Greenacres. We have a morning shuttle that collects

Alexans and an afternoon shuttle at 16H00 during the term. We have not run the afternoon shuttle during exams because of the variety of end times. We have seen the need to run an additional shuttle at 12H00 and an afternoon shuttle after the last exam every day. Please encourage your child to make use of these services, even if they have to wait a bit longer. We have a guard in second avenue, but the criminals seem to be vigilant and are picking times to strike when the guard moves up to the bottom of King Edward street t. Your support in getting everyone to be a little more security conscious would be very much appreciated.

We have updated our code of conduct recently. The update was ratified by a full meeting of the SGB in May. The changes were primarily corrections or aligning the policy to accepted practice. The one change of significance is the addition of the level 3 offence more than one person in a toilet cubicle at one time. We have noted this behavior and the probability that the people who are in the cubicle at once are not using the toilet for its intended purpose. Please read the updated document here:

<https://bit.ly/3zfJ80A>

Please keep yourself and those you love safe this week

Yours in education

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

Matthew Ridgway
Principal