



(041) - 365 1270



www.arhs.co.za



info@arhs.co.za



9 Alexander Road | Newton Park
Gqeberha | 6045



ALEXANDER ROAD

High School

29 May 2026

Dear Alex Family Members

Let's See How We Did

With the start of exams on Monday, many of your homes are transformed into a state of mild panic. It is better not to think of the mid-year exams as a test of the individual but rather as a test of the system. We have spent the first 5 months of the year doing what we do to make sure that your child has the knowledge and skills to achieve a certain standard of competence. These exams help us to measure how effectively we have done our work. The results give us a large amount of information about what has worked and what needs to be done differently going forward. If a child does not achieve the standard that we have been aiming for, there are lots of factors that could have contributed in varying proportions to that situation. We examine all of them that we can measure and think about some that we cannot. Changes are made and then we see how we do in the next set of exams. When you think about exams on systemic level it can be much easier to reduce some of the stress. A small amount of stress is not a bad thing. It does get us out of our chair and doing something. Too much stress, especially if it is elevated for a prolonged period, can be completely debilitating and can often lead to depression. You will know the status of your child's stress levels. Please monitor it, manage it and ask for support if your concerns grow. These interventions are always better sooner rather than later. Good luck Alex Families!

Congratulations

Well done to Sivuyise Kwange who was chosen for the NextGen Global Athletics Challenge. He will be participating in Thailand in December. We wish him every success. Tameka Frolick, fresh from her incredible performance in the show, was announced as a member of the Eastern Cape Youth Choir, along with Lelokuhle Gunguluza and Lolwethu Nxopo. They will be travelling to Sun City to perform in early August. We send the following Hockey players off to the winter games in East London today: Luke Nicholson, Jamil Jessuem and Rumana Seedat. We wish them every success.

Sport

We have fixtures today and tomorrow against Westering at Westering. Please feel invited to join us for what promises to be a delightful day. They will be charging R5 per person entry fee, they do not have card machines, please be prepared.

Sounds of Mzansi

Get ready for an unforgettable evening of proudly South African music at *Sounds of Mzansi*! Hosted by the Alex Big Band, this vibrant celebration of South African Jazz Music will feature performances by Masibuyel'embo, the Victoria Park High School Jazz Band, the Rhodes University Jazz Band, and the Greenwood Primary School Wind Band. Join us in the



Percy Walker Hall tonight at 19:00 for a night filled with energetic rhythms, rich soulful melodies, and the spirit of Mzansi. Tickets are R50, and a tuckshop will be available. Come experience the vibrant sounds of South African jazz with us.

Exams and Illness

Please remember that for formal assessments we require a medical certificate to explain an absence. If your child is ill enough to miss the exam, then please contact us to let us know. Please take them to the doctor and send us the evidence that they were booked off.

If they are unwell but not sick enough for a doctor's visit, please send them to school to write. If anyone misses an exam and we don't have the appropriate evidence, we will not be able to allocate a mark to that exam. This could have a significant impact on the report mark this term.

If we are missing anyone, we will contact you, just in case you have forgotten about the exam start time. All morning exams start at 09H00. We need them seated by 08H30. All afternoon exams start at 14H00, we need them seated by 13H30. If things go wrong during exams, we no longer have Friday and Saturday detention. These are replaced with exam detention every day at 12H00. If sanctions are issued, they will get a slip of paper with the date of the detention. For junior grades they often end the exam at 09H30 or 10H00 and then need to wait until 12 to start the detention. It is my sincere hope that our detention sessions are empty every day.

Phones During Exams

The protocol for managing phones during the exam is the same as previous years. Everyone hands in their phone at the start of each exam and then gets it back after the exam.

I hope that everyone who celebrates Eid has a fulfilling and very special time with friends and family.

Please look after yourself and those you love, this week.

Fond regards



Matthew Ridgway

Principal