

## RIDGEWAY COLLEGE



**OPEN DAY &  
ENTRANCE  
TESTS**  
29 JULY 2023  
8:00-12:00



JOIN US AT  
**OUR EXCLUSIVE  
EXHIBITION**  
03 June 2023

APPLICATION FORMS  
WILL BE AVAILABLE FOR  
THE

- ❖ ECD CENTRE
- ❖ PREPARATORY SCHOOL
- ❖ RIDGEWAY COLLEGE

### Dear Parents

Our Mid-year exams are well under way. I trust that our children are taking these assessments seriously and are giving their best effort.

The values we ascribe to are clearly displayed in our reception area; to be trustworthy, respectful, responsible, and accountable. To practice the principle of Ubuntu, be fair in our dealings with others and aspire to become good citizens.

Parenting, and parenting of teenagers in particular, is complicated – our teenagers are not yet adults, but they strive for autonomy and independence – here in lies the challenge for parents. When do we allow more freedom and when do we pull in the reins? There are no easy answers to this tricky balancing act.

In her article entitled, “Preparing Children for Adulthood”, Dr Hemamalini Krupakar (Clinical Psychologist) gives some pointers for parents of teenagers.

### Preparing children for adulthood...

Our responsibility, as parents is to prepare our children for the day when they can completely stand on their own feet while they move on from secondary school realizing how to pursue, frame and compose their life and career.

Before your child ventures out from the home, make sure that they are prepared to live autonomously while having a constructive outcome on the world.

Dr Krupakar suggests fundamental abilities that children should learn on their journey to independence.

### Practical life skills:

**Time management** – allow your child to manage time frames for small goals so that they learn to manage their time as they grow. Teach your teenager the best way to utilize a schedule and work towards fulfilling a time constraint.

**Study productively** – your child will certainly profit from the teachings in school but encourage them to adopt a habit of reading. Demonstrate how to recognize key concepts in the subject and design self-tests on given subjects.

**Financial management** – decisions your child makes today will assist with deciding how successful they will be during adulthood. Give them a head start on dealing with money related obligations, by allocating some responsibilities in financial handlings. If pocket money is given, allow them to maintain their expenses responsibly.

**Health and wellness** – stress the significance of eating a balanced diet rich in fruits, vegetables, and natural products. Teach your child to be self-dependent in the kitchen.

**Household chores** – children who grow up doing household chores turn out to be more mature and responsible in life. Children should know how to keep a healthy environment, this includes vacuuming, dusting, laundry and keeping their room clean.

**Staying safe** – talk with your child about being safe outside the home and caution them on all the danger they might encounter while they are out and about.

**Handle crises** – talk to your child about minor and major emergencies and how to react to these situations.



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THAVHANI MALL

### Social and psychological life skills:

**Explain fundamental beliefs** – the qualities your teenager picks up will define their conduct. Speak often and with conviction to your child about treating others with dignity and respect.

**Give liberally** – children learn from watching and imitating. An attitude of giving starts from a young age, model service to others for your child.

**Act carefully** – our over usage of cellphones is reducing the normal capacity to focus. Model a healthy way of using your gadgets, this may include device-free meal times to ensure that there is proper communication among the family members.

**Oversee pressure** – caring and counselling will help your child to manage their stress. Parents can encourage physical exercise and hobbies to relieve pressure.

**Talk with eye contact** – your child may be more inclined to web-based networking media than having a discussion face-to-face. Encourage in-person communication instead of speaking over a gadget.

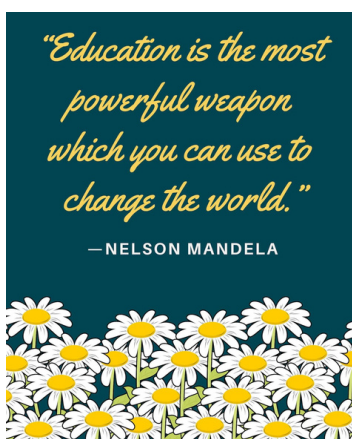
**Healthy relationships** – positive relationships play a vital role in well-being. Teach your child to make healthy friendships and relations with their own and opposite genders.

**Assertiveness** – help your child to develop good self-esteem and to speak up for themselves. Knowing how to share their wants and needs will bring them closer to fulfilling their goals. Protect your children when they are young, and then gradually give them more responsibility so that they can acquire the skills to speak for themselves, so that they are independent when the time is right.

Research demonstrates that to raise a child with good confidence, self-reliance, and a high self-esteem, it is important to be more democratic than autocratic with your parenting style.

Keep in mind that there is no 'right' way to raise a child – as parents, we do our best, trust ourselves to make the right decisions for our children and set a good example – then we hope for the best.

Reference: <https://healthvision.in/preparing-children-for-adulthood/>



KIND REGARDS  
*Dr. G.W. Elliott*  
EXECUTIVE HEAD  
head@ridgewaycollege.co.za

admin@ridgewaycollege.co.za - www.ridgewaycollege.co.za - 015 151 0111

### RIDGEWAY CALENDAR



*Academics*

#### Exam

The Exam starts on the 29th of May. The timetable has been sent on D6

#### Winter School (Grade 12)

Our annual Winter School for Grade 12 will run during the week

Mon 26 June – Fri 30 June.

The timetable has been sent on D6