



RIDGEWAY COLLEGE



The mid-year examinations are well underway and we trust that our children are working consistently and pacing themselves.

I thought I would take the opportunity to share an article this week, written by Monica Foley (MEd) – a school counsellor with 20 years' experience working with parents and pupils.

15 Valuable Life Skills to Teach Your Teenager as They Prepare for Adulthood

As a parent, our job is to take care of our children until the day arrives when they can strike out on their own. While they graduate from high school knowing how to read and write, other skills are just as critical – skills that may not get covered in the classroom.

Before your teenager leaves home, ensure they are ready to live independently while making a positive impact on the world.

Monica outlines the practical, social and psychological life skills that will stand them in good stead.

Practical Life Skills:

1. Manage time. Be a positive role model for establishing priorities and dealing with distractions. Show your teenager how to use a calendar and work towards meeting deadlines.

2. Study efficiently. While your teenager may not be enrolled in mathematics programmes after Grade 12, they will continue to benefit from knowing how to learn. Encourage your child to embrace reading. Demonstrate how to recognise key concepts and design self-tests on any material.

3. Stick to a budget. The choices your teenager makes today will help to determine how much debt they accumulate during their college/university years and what their options will be when they graduate. Give them a head start on developing financial responsibility by assigning them tasks such as managing their allowance.

4. Eat well. Healthy eating habits start early too. Bring your teenager along for grocery shopping trips and invite them to join you in preparing meals. Stress the importance of eating a balanced diet rich in vegetables, fruits and other whole foods. Teach your child essential basic cooking techniques.

5. Clean up. Kids who grow up doing chores are more likely to take care of their first home and personal possessions. Take the time to teach them how to vacuum, dust, and do their laundry.

6. Stay safe. Talk with your teenager about protecting themselves online and off. Provide common-sense warnings and share your own experiences.

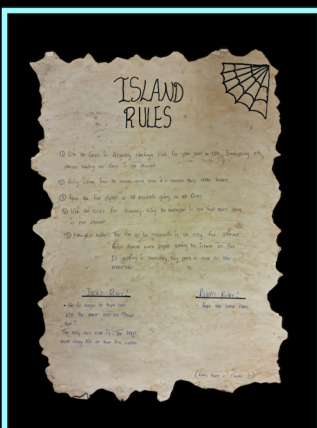
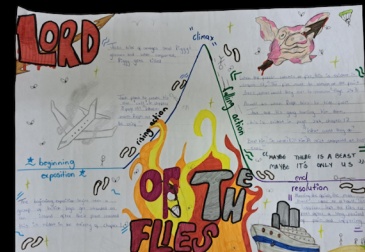
7. Handle emergencies. Does your teenager know what to do if they are involved in a bumper-bash or they are being followed home by someone? Review how to respond to common emergencies.

Social and Psychological Life Skills:

- 1. Clarify core values.** The values your teenager chooses will guide their behaviour. Point them in a promising direction by ensuring they can articulate their beliefs and put them into action.
- 2. Give generously.** Your teenager is more likely to succeed if they help others to do the same. Encourage them to share their resources and volunteer their services.
- 3. Act mindfully.** Mobile devices (cellphones) are shortening the average attention span dramatically. If you want your teenager to understand the power of mindfulness, you'll need to teach by example. Give them your full attention when they are talking, and turn the television off if possible.
- 4. Manage stress.** Developing mindfulness will help protect your teenager from depression and anxiety. They can also learn to relax by engaging in physical exercise and/or working on a hobby.
- 5. Master phone etiquette.** Invariably your teenager spends much of their waking life on their cellphone – despite this, they may not communicate effectively. Train your teenager to identify themselves and speak clearly. Rehearse scheduling appointments, requesting quotations or calling a university lecturer.
- 6. Talk face-to-face.** Your teenager may be more comfortable on social media than having a conversation in person. Hold regular family meals where they can practice having real-time conversations. Make it a family rule that no devices are allowed at the dinner table.
- 7. Cultivate relationships.** Supportive relationships are vital to health and wellbeing. Coach your teenager on how to make friends and network.
- 8. Be assertive.** Help your teenager to develop healthy self-esteem and advocate for themselves. Knowing how to share their wants and needs will bring them closer to fulfilling their goals.

You can ease your teenager's transition into adulthood. Protect your children when they are young, and then gradually give them more responsibility so that they can acquire the skills they need to live on their own when the time is right.

Gr 10
ART!



The Grade 10 learners have been reading the novel *Lord of the Flies* in English Home Language — a book that focuses on a group of young boys on an uninhabited island, fighting internal and external battles of civility and coexistence without the presence of laws or adults.

The Grade 10's got into groups and were randomly allocated a topic for a poster to create a student-made visual study guide. The topics ranged from a map of the island, to the narrative arc of the story.

The students showcased both their creativity and understanding of the novel to produce striking, informative posters.

KIND REGARDS

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Have a super weekend



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