

Ridgeway College



25 October 2024

News Letter

Dear Parents

Device-Free Days

This past Tuesday was our second official Device-Free Day in the College. Apart from one or two complaints that the pupils don't know the time because they don't have a cellphone, there has been a visible change on campus on Tuesdays. Our children are definitely more engaged with each other and their teachers on Tuesdays, without the constant distraction of their 'device'. Tuesdays may be a little challenging for some of our children, their 'fear-of-missing-out' when they are not constantly scrolling on their cellphone can create some anxiety, but they have adjusted really well.

We look forward to gradually extending the initiative across multiple days until we eventually revert to a 'device-free' environment completely.

The value of household chores...

Harvard University conducted a 75 year study on the connection between household chores and success later in life. The study concluded that children who complete household chores from a young age, are more successful later in life and happier.

The most surprising connection of all was the connection between chores and self-esteem. The children tasked with doing chores at home, presented as more confident adults.

The importance and value of involving children in household chores is clear.

By involving your child in chores around the home, you are teaching them valuable life skills and are contributing to their overall well-being.

Research also demonstrates that engaging children in chores can contribute to their neurological development:

- Chores often involve planning, sequencing, and problem-solving.
- They develop skills for self-regulation, focus, and working memory.
- Many chores require fine and gross motor skills, helping them strengthen hand-eye coordination and overall motor control.
- Chores can challenge them to think critically and creatively. They will figure out the most efficient way to do things.
- Chores expose children to various sensory experiences, broadening the range of sensory input recognition.
- Chores cultivate a sense of responsibility and independence.

A study from La Trobe University found that children who regularly engage in chores have better executive function skills, including working memory and inhibition.

Try engaging children in chores.

Shared by Golddy Kaur



Leader Council Camp

Tucked into the mountains of Tzaneen, Warriors Academy hosted the incoming Ridgeway College Leader Council of 2025 over the weekend, accompanied by Mr Mfundo Mzobe and Miss Micaela Shaw.

Albeit a short 2 day stay, the trip was anything but relaxed. From a 30 metre abseiling session to a potjie-making competition, students were afforded the opportunity to showcase their tenacity, teamwork skills, and their determination to overcome their fear of heights.

Whilst physically challenging — due to an early morning yoga session followed by a 2.4km run — our students were also provided with workshops on integrity, responsibility and attitude.

This trip solidified our belief that the leaders of 2025 are ready to shine, and will guide our school with pride.



National Eisteddfod

Ridgeway College has got talent and the national Eisteddfod agrees.

The development of talent and skill demands competition to verify who is at the top of their game.

Under the guidance of English H.O.D. and dramatist extraordinaire, Roshnee Gupta, students registered, rehearsed, participated and received excellent feedback in the form of Diploma, Gold and Silver certificates from the national Eisteddfod.

These achievements validate their dance, drama, oratory, photography and literature skills are superlative and that what we are doing here, in our little town at our little school, is of a competitive standard.

Ridgeway thanks Ms Gupta for taking the initiative and reintroducing yet another platform and avenue for our students to pursue and achieve their creative goals.

1. Mary Chiliya (Diploma) Oratory.
2. Khavisani Chalke (Diploma) Oratory
3. Anesu Kamera (Diploma) Oratory
4. Munaka Bopape (Diploma) Short Story
5. Sara Khan (Gold) Oratory
6. Khano Namavhulani (Gold) Poetry
7. Tanatsiwa Madzima (Silver) Drama
8. Amanle Thabethe (Diploma) Dance



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