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# RIDGEWAY PREPARATORY NEWSFLASH

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## From the Principal's Desk

Dear parents

In these ever-changing times, we face so many challenges. Some we can control, others we need to deal with and solve immediately (or at least try), with some help or on our own.

I came across this insert from Caleb LP Gunner called, 26 things that are completely under your control. The content spoke volumes to me, and I thought it is worth sharing with you.

### **26 things that are completely under my control**

Your beliefs  
Your attitude  
Your thoughts  
Your perspective  
How honest you are  
Who your friends are  
What books you read  
How often you exercise  
The type of food you eat  
How many risks you take  
How you interpret the situation  
How kind you are to others  
How kind you are to yourself  
How often you say "I love you."  
How often you say "thank you."  
How you express your feelings  
Whether or not you ask for help  
How often you practice gratitude  
How many times you smile today  
The amount of effort you put forth  
How you spend/invest your money  
How much time you spend worrying  
How often you think about your past  
Whether or not you judge other people  
Whether or not you try again after a setback  
How much you appreciate the things you have.

.....enough said.

Until next time, stay safe!

# FOUNDATION PHASE MERITS

Grade 1 Teddy Bears



Grade 1 Butterflies



Grade 2 Kittens



Grade 2 Fish



Grade 3 Ladybirds



Grade 3 Bees



15  
M  
A  
R  
C  
H

## Grade 4 "Ons Kook"

