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Do something today
that your future
self will thank
you for.

From the Office

"Commitment is an act, not a word" - Jean-Paul Sartre

Perseverance and responsibility are some of the character traits we would like to cultivate in our Ridge Rakkers. Practically, this means we have to teach children to look after their belongings; to learn to finish something they started; to show up if they have committed to an activity.

Let's work together to ensure that our children learn these character traits from an early age.

We would like to thank our parent committee for our most successful Valentine's Day yet. Every learner and teacher definitely felt loved. Our Rakkers have learned the value of love for your fellow man.

Parents are welcome to contact our parent committee with suggestions. Our parents' voice is important to us.

We also remind you that we follow an "open door policy".

You are welcome to contact any member of the staff via email for an appointment.

Persevere.... keep pushing until the end of the term.

INFORMATION



EDANA MOBILE APP



Midstream Ridge Primary uses a mobile app to communicate with parents. This method of communication replaces our previous sms method. It is of vital importance that parents please download the application on their phones as soon as possible in order not to miss any important information.

[DOWNLOAD THE EDANA-APP](#)

TRUTH FOOD PARCEL PROJECT

Midstream Ridge Primary and KSM join hands to provide needy families with meals and non-perishable food. Please click on the link below for dates on which these can be handed in at reception. Thank you very much for your continued support.

[TRUTH FOOD PARCELS](#)

YOUNG ENGINEERS

Please click on the link for more information.

[YOUNG ENGINEERS](#)



OPE DAG OPEN DAY

15 MAART / MARCH '23

♥ GR. RR 08:00-09:30

♥ GR. R 15:00-18:30

♥ GR. 1-7 15:30-18:30

BELEEF ONS
HARTKLOP



EXPERIENCE
OUR HEARTBEAT



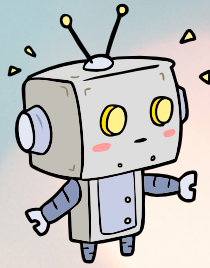
We kindly request you to market our **OPEN DAY** far and wide.

- ➡ Exhibitions.
- ➡ Participate in activities.
- ➡ Come listen to our orchestra.
- ➡ One lucky Grade R learner will win his/her book package for 2024.

Come visit us for more information.
You are most welcome.

ROBOTECH

There is a newfound excitement in academics in the school, which can be attributed to *Robotics*. *Midstream Ridge Primary* is extremely grateful to our directors for making this valuable addition to the school's curriculum possible. Grade 1 through Grade 7's are excited to show up for classes. For all we know we might be training the next generation of engineers and programmers.



CROSS COUNTRY MIDDLE DISTANCE

YEAR ROUND SPORT



#crosscountrymsrp
#lifelongpassion
#ridgeguts



CROSS COUNTRY

All learners from Grade 1 to Grade 7 are welcome to join the Cross Country Team that meets at the pavilion throughout the year, on Tuesdays and Thursdays, for practice from 13:45 to 14:30.



CANSA SHAVATHON
SATURDAY 25 FEBRUARY 2023
IRENE MALL

Midstream Ridge Primary's Grade 7 group will be manning CanSa's Shavathon station at Irene Mall on Saturday. Feel free to support them!



A MESSAGE FROM YOUR SWIMMING CAPTAIN

WE ALL HAVE DIFFERENT THINGS THAT INSPIRE US IN LIFE. SWIMMING IS SOMETHING I DO BECAUSE I ENJOY IT: THERE'S SOMETHING CALMING ABOUT BEING IN THE WATER. SWIMMING HAS MANY ADVANTAGES, INCLUDING IMPROVED FITNESS AND PERFORMANCE AT SCHOOL AND IN OTHER SPORTS. IT ALSO TEACHES DISCIPLINE AND PERSEVERANCE.

AN EVENT MAY BE OVER IN SECONDS, BUT BEING GOOD AT THAT EVENT TAKES TIME! THERE IS NO SHORT-CUT TO GOOD RESULTS. IT TAKES A LOT OF EFFORT! AT MIDSTREAM RIDGE, WE'RE FORTUNATE TO HAVE GOOD COACHES, AND OUR SWIMMING TEAM IS ALWAYS THERE TO SUPPORT ONE ANOTHER. IN ADDITION TO THIS, I BELIEVE THAT HAVING A POSITIVE MINDSET IS EXTREMELY IMPORTANT. OLYMPIC GOLD MEDALIST IN BREASTSTROKE, ADAM PEATY CALLS THIS THE "GLADIATOR MINDSET".

I DREAM BIG, THEN BREAK IT DOWN INTO SMALLER, MORE MANAGEABLE PERSONAL GOALS, AND REMIND MYSELF TO ENJOY IT EVEN IF I DON'T ALWAYS ACHIEVE THOSE GOALS AT THE FIRST ATTEMPT - WINNERS NEVER QUIT!

ADAM PEATY HAS A PERSONAL MOTTO: "ALWAYS BE BETTER THAN YESTERDAY." THIS TAUGHT ME TO NEVER GIVE UP AND TO ALWAYS WORK HARDER IN ORDER TO IMPROVE.

TODAY, I WANT TO GIVE A SHOUT-OUT TO OUR SWIMMING TEAM - LET US STRIVE TO BE THE BEST VERSIONS OF OURSELVES, SET BIG GOALS, AND WORK HARD TO MAKE THEM A REALITY.

#RIDGEGUTS #RIDGETROTS
INNES MEYER

