



The best preparation for tomorrow is to do your best today.

From the Office

Dear Parents and Guardians

This time of the year is often filled with both tension and hope – the final exams are approaching and we all want the very best for our learners. I would like to share a few important points with you regarding academic preparation, emotional well-being as well as cooperation between home and school.

Ensure your child is academically prepared:

- Start early: A clear study schedule and regular revision are far more effective than last-minute cramming.
- Create a quiet, tidy study space with the necessary resources (books, notes, pencils and good lighting).
- Practical practice: Encourage your child to go through past tests. This helps with time management and familiarity with exam questions.
- Rest and nutrition: Adequate sleep, regular light meals and enough water improve concentration and memory.
- Work with the teacher: If you have questions about progress or areas of weak performance, contact the class teacher or subject head for guidance and support.

Support emotional well-being during exams, for example:

- Every child experiences stress differently. Pay attention to changes in eating habits, sleep, mood, withdrawal or increased irritability.
- Create a calm, supportive atmosphere at home. Listen first, judge later. Children often need reassurance that their feelings are valid and that this period will pass.
- Encourage healthy relaxation: short walks, breathing exercises, study breaks and limited screen time the night before exams.
- If a child feels overwhelmed or shows signs of severe anxiety or depression, please contact the school counsellor or a professional health worker early. In emergencies, seek professional help immediately.

Communicate with your child! Encourage your child to talk. We speak to our children far too little.

- Talk regularly with your child about their day, challenges and successes. Keep it a normal conversation, not an interrogation.
 - Help your child to break down problems into smaller, manageable steps and celebrate small victories.
 - Remind your child that it's okay to ask for help – from you, the teacher or the school counsellor.
- Encourage them to share their concerns.

*"Education is the most powerful weapon which you can use to change the world."
~ Nelson Mandela*

Our goal is to help every learner perform to their full potential – not only academically but also emotionally. Together we can create a supportive, calm environment in which our children can thrive.

With appreciation and best wishes for the exams.

Nico Loggenberg
Headmaster

INFORMATION



Nov - Dec 2025



@RAKKER'S BOOK DEN
NEWSLETTER

SPORT CLOTHES

Please note that the teal athletic shorts are being phased out. The new shorts are maroon with a teal insert, the same as the swimming shorts. This will save parents money.

TERM CALENDARS

 [2026](#)

 [2027](#)



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INFORMATION

MRP GRADE 1 ADMISSIONS (2027)

We are pleased to inform you that applications are now open for Grade 1 (2027). We encourage all interested parents to submit their applications. Applying on time helps you complete any administrative procedures and preparations in time, making the process smoother for you and your child. To apply, please visit [MRP ADMISSIONS](#) for detailed information and instructions to complete the online application. Should you have any questions or require assistance with the application process, please feel free to contact the admission's office (Corrie Burger corrieb@midstreamridgeprimary.co.za or 012 940 9122)

UNIFORM SHOP HOLIDAY HOURS

| | |
|---|---------------|
| Wednesday, 3 December 2025 | 07:00-16:00 |
| Thursday, 4 December to Friday, 12 December 2025 | 08:00-16:00 |
| Saturday 13 December 2025 | 09:00-13:00 |
| Monday, 15 December 2025 | 08:00-15:00 |
| Please schedule in advance for appointments on Saturday and Monday | |
| Tuesday, 16 December 2025 to Sunday, 4 January 2026 | CLOSED |
| Monday, 5 January to Friday, 9 January 2026 | 08:00-16:00 |
| Saturday, 10 January 2026 | 09:00-13:00 |
| Please schedule in advance for appointments on Saturday | |
| Monday, 12 January and Tuesday, 13 January 2026 | 08:00-17:00 |
| Wednesday, 14 January 2026 | 07:00-17:00 |
| For urgent queries WhatsApp or phone 064 937 0551 | |

INFORMATION

IMPORTANT INFORMATION REGARDING RECEPTION



LEARNERS WHO NEED TO BE PICKED UP EARLY

Parents must please give 24-hours notice to their child's register teacher **as well as to Vera via email: verav@msrp.co.za**.

Only emergency appointments will be granted special permission at short notice.

DROP-OFF ITEMS

We would like to kindly request that no items for learners be dropped off at reception.

Unfortunately, staff and learners are interrupted and academic time is disrupted when learners need to be tracked down. The high volume of items currently being dropped off has a major impact on the learners and staff.

We aim to positively support learners by teaching them responsibility. Planning for the next day and using timetables will ensure that learners remember their items.

We appreciate your support and understanding in this regard.

***All the best to the
Grade 4-7 learners
with the exam!***



From exam stress to success! Being your child's biggest cheerleader during exam time

1 Why do children need support during exam time

- Exams can be stressful whether you are in grade 4 or in university
- Parental support helps reduce anxiety and boost confidence.
- Test performance increases by 40% when children feel safe, supported and prepared.



3 What can I do?

- Set up a quiet, well-lit study area.
- Encourage regular study times and short breaks.
- Remove distractions (TV, phone, social media).
- Be available for help but avoid pressure.
- Help your child make a study schedule.
- Use active learning (summaries, flashcards, practice questions).
- Teach time management and prioritising difficult subjects.
- Praise effort, not just results.



2 Stress vs. Anxiety

Stress is a normal response often triggered by external stimuli like a test. **Anxiety** occurs when the body has reached its tolerance limit and responds with excessive worry even with no present trigger.

Scan the QR Code for more information and tips.

