

Dear Forest Parents and Learners,

As we come to the end of Term 1, we pause to reflect on the journey thus far and look ahead with purpose and determination. Our Grade 12 learners have now reached what we refer to as the “**mature tree stage**”—a time where roots are firmly established, growth is evident, and the fruits of years of effort begin to show. This final year is both a culmination and a defining chapter, requiring resilience, focus, and commitment.

Theme for 2026: *We Will Rise!*

Our theme for the academic year, *We Will Rise!* calls on both learners and parents to rise to every challenge, even in the face of adversity. Success in Grade 12 demands perseverance and a positive mindset. Parents play a vital role in modelling this attitude—your example sets the tone for your child’s response to challenges. Together, let us rise to meet the demands of this important year.

Pro-Optimus

We extend our sincere congratulations to all Pro-Optimus award recipients. Your dedication to academic excellence is commendable. To all our mature trees, let this serve as motivation to continue striving for your personal best in all that you do in your final year of school and beyond.

Information Evenings/Mornings

We thank all parents who attended the information sessions this term. Your presence demonstrates a vested interest in your child’s education, which is invaluable. We strongly encourage all parents to make every effort to attend future meetings, as important information is shared that directly impacts your child’s academic journey especially in this crucial year.

Representative Council of Learners (RCL)

A heartfelt congratulations to the newly appointed Executives of the RCL. We wish you strength and wisdom as you lead and represent the student body with integrity. The following appointments have been made:

Chair: Owen Boulton (11) and Kofi Gosu (12).

Deputy Chair: Amina Doucoure (11).

Secretary: Thabsile Tshabalala (10)

Deputy Secretary: Leago Soka (8)

Treasurer: Tejal Kalian (10)

Public Relations Officer: Amani Aboojee (9)

“Rise up, start fresh, see the bright opportunity in each new day.”

Learner Wellness Day

Greenside High School's Wellness Day was a resounding triumph — an expertly designed, beautifully executed celebration of what it means to care for the whole adolescent. From the first rotation to the final whistle, the school was alive with energy, purpose, and genuine joy.

The day offered learners a rich menu of activities: Study Skills with Vagus Nerve Exercises in the Hall, Mindfulness in the Tech Centre, Clay Therapy and Paint Therapy in the Gym, Active Rest through Games in the T-Block Quad, Ball Games on the Top Field, and an Obstacle Course on the Bottom Field. Crucially, learners had the agency to choose the activity that spoke to their individual needs — and that freedom made all the difference. Where there is choice, there is investment; where there is investment, there is growth.

Adolescence is one of the most neurologically dynamic and emotionally demanding seasons of human life. Wellness Day met our learners exactly where they are. The Vagus Nerve Exercises gave learners practical, physiological tools to regulate stress and restore cognitive clarity ahead of assessments. Creative therapies — clay, paint — opened non-verbal channels of emotional expression and activated states of deep, restorative flow. Mindfulness offered stillness in a world that rarely stops. Physical activity — games, ball skills, the obstacle course — flooded the brain with the endorphins, serotonin, and dopamine that adolescents need to thrive.

The whole school engaged. Not reluctantly, not passively — but with enthusiasm and full presence. The evidence was everywhere: in the laughter on the fields, the concentration in the studios, the calm in the Mindfulness room, the pride on faces at the finish line of the obstacle course.

Active rest rejuvenates the mind. Wellness Day proved it — brilliantly.

Learner Attendance

Regular attendance remains a cornerstone of academic success. Learners who attend school consistently are better able to keep up with coursework, participation in learning activities and achieve their academic potential. We encourage parents to reinforce the importance of and daily attendance with their children.

Fundraising: Movie Night

Our much-anticipated Movie Night will take place on **Thursday, 26 March 2026 from 17h00 to 21h45**. Learners who have purchased tickets are encouraged to attend and enjoy the evening. Tickets will also be available for purchase at the main gate on Geers Avenue on the day. We encourage all learners to support this initiative and contribute to the school community.

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Report Collection

Reports will be emailed to parents at the end of Term 1. Please ensure that the school has your correct and updated email address to avoid any inconvenience.

School Uniform

We remind all learners to adhere strictly to the school uniform policy:

- Only small gold, silver, or black sleepers/studs may be worn (one per ear, on the lobe, as a matching pair).
- No visible piercings or jewellery in other parts of the body are permitted.
- No make-up is allowed, including lip liner.
- Hair must be neat: no hair covering the face; fringes may not extend beyond the eyebrows.
- Only black, red, or green hairbands may be worn.
- Name badges are compulsory. Lost or damaged badges must be replaced at the Finance Office at a cost of R65. Learners without badges will receive demerits.

Important Dates: Term 2

- Schools reopen: **Wednesday, 8 April 2026** (Academic Day 3; dismissal at 14h00)
- Open Day: **Saturday, 11 April 2026**
- Grade 9, 11 & 12 Parents' Evening: **Tuesday, 14 April 2026 (16h30–18h30)**
- Grade 8 & 10 Parents' Evening: **Thursday, 16 April 2026 (16h30–18h30)**
- Freedom Day: **Monday, 27 April 2026 (Public Holiday)**
- Workers' Day: **Friday, 1 May 2026 (Public Holiday)**
- GHS Social: **Friday, 8 May 2026** (early closure; details to follow)
- Exam Training (Grade 8–11): **Friday, 22 May 2026**
- Special school holiday: **Monday 15 June 2026**
- Youth Day: **Tuesday, 16 June 2026 (Public Holiday)**
- School closes: **Friday, 26 June 2026**

School Thrift Shop

We encourage all parents and learners to make use of the school thrift shop on campus:

- Donate uniforms that are no longer needed.
- Purchase affordable uniform items if needed.
- Make use of the repair service available at a reasonable cost.

This initiative supports our school community and promotes sustainability.

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As Term 1 comes to a close, we commend our mature trees for their hard work and perseverance. This is a demanding year, but one filled with opportunity and growth.

We wish all parents and learners a **well-deserved, restful holiday**. May you return refreshed, focused, and ready to continue the journey—stronger and determined to rise.

Kind regards,
Forest Grade Head Team



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