

# NEWSLETTER

## WEEK AHEAD

**Mondays**  
Assembly

**Tuesdays & Thursdays**  
Choir

## VALUE POSITIVITY

**Wednesdays**  
Chapel  
Clubs and Marimba Group

### DEAR PARENTS AND FRIENDS OF THE SCHOOL

The lockdown confined many of us to our homes and even those lucky enough to live on large properties felt isolated from their friends. Lack of contact with others and restriction on our movements led to many of us spending more time on our devices than we might have done otherwise. Our children are particularly prone to screen addiction, although as adults we are by no means immune.

Early data from a landmark National Institutes of Health (NIH) study that began in 2018 in America indicates that children who spend more than two hours a day on screen-time activities scored lower on language and thinking tests. Children with more than seven hours a day of screen time experienced thinning of the brain's cortex, the area of the brain related to critical thinking and reasoning.

We already know that unrestricted time on devices can cause obesity, insomnia, mood swings and aggression. As a parent, the possibility that constant interaction with a device may have a physical effect on my child's brain is alarming. As an educator, it would be irresponsible to ignore the data.

While there is no doubt that technology has enhanced teaching and learning significantly in so many different ways, I feel we need to be more mindful of our gratuitous consumption of online content and be more deliberate in our shift away from screen time. Perhaps, now that restrictions on our movements, socialising and participating in sport have been relaxed, it's time to push the 'reset' button on our device behavior.

On Monday, Pam Tudin and Sarah Hoffman will be hosting a webinar for DSG Junior and Prep parents on how to reconnect with your tween and encourage less screen interaction. We hope that it will be informative and enlightening and I urge as many parents as possible to attend.

Speaking of spending more time outdoors, playing and enjoying the summer sunshine, we were thrilled



to be able to hold our annual inter-house athletics competition just before half term. A judicious call to change the date at the last minute, due to anticipated bad weather, resulted in our track participants competing on a day that could not have been more perfect had it been ordered specially. Our girls in orange, pink and green gave it their all as they hurtled down the lanes, breaking several records. Our field events, held some days prior, were just as successful and we are extremely proud of all of our athletes and participants.

I look forward to seeing the children enjoying more of these events as Covid numbers dwindle in the summer months, and engaging with families at our exciting line up of festive occasions this term.

EN AVANT!  
MS JANE RITCHIE



# SPORT

DSG Junior School | 16 OCTOBER 2020

## DEAR PARENTS

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do” - Derek Jetter

One can be assured that our girls did not rely on their talents alone for our annual sports day. Their discipline, courage, vision and grit is what has allowed them to perform at a level of excellence, breaking several records, some of which dated as far back as the 1980s. We would like to congratulate the following girls on their outstanding performances setting new records:

- Natasha White - U10 1200m (4:48:57)
- Lucy Holderness - U11 1200m (4:22:22) and 600m (1:52:09)
- Jasmine Apps - U11 1200m (4:23:15)
- Abigail Holderness- Open 1500m (5:21:06), 800m (2:29:34) and Long Jump (4.67)

Long distance and field events were held a couple of days ahead of Sports Day and the winners were:  
 1200m:U10 Natasha White and U11 Lucy Holderness  
 1500m: U12 Jaime Mote and U13 Abigail Holderness  
 Cricket Ball: U10 Luzinzo Sintwa and U11 Amahle Gula  
 High Jump: U10 Natasha White, U11 Jessica Phillips, U12 Lauren Bowker and U13 Abigail Holderness  
 Long Jump: U10 Natasha White, U11 Lucy Holderness, U12 Liyabukwa Ngozwana and U13 Abigail Holderness

2020 Athletics Victrix Ludorums  
 U10 Natasha White, U11 Lucy Holderness, U12 Carys Johnstone, U13 Abigail Holderness

Congratulations to Amber as overall winners of Sports Day and to Jade for taking the trophy for best spirit.

Thank you to all who contributed to making our sports day a success.

**MS AYA SOWAZI**  
JUNIOR SPORTS COORDINATOR





# Go the Extra Mile



DSG buffs are now available @ R70 each. For each buff sold, R10 will go to The LIV Lukhanyiso charity in Makhanda. LIV Village provides residential care for orphaned and vulnerable children, placing them in a family environment with a trained foster mother to love them.

For the past few months we, as a DSG community, have been 'going the extra mile' in many ways. The mantra on our buffs reminds us to keep 'going the extra mile' to make a difference in the lives of those less fortunate.

Buffs can be charged to school accounts. Parents, please email Lisa Micklewright at l.micklewright@dsgschool.com should you prefer your daughter to pay cash.



**R70  
each**

**World Bandana Day is on  
30 October!**  
**Why not wear a DSG Buff to  
school and support the  
LIV Village.**



**elevate**  
education

**PARENT WEBINAR SERIES  
EXAM PREPARATION**

THURSDAY, 8 & 22 OCTOBER 2020, 6PM (SAST) –  
RESERVE YOUR SEAT NOW!

The second Elevate Workshop will take place on 22 October. Register [here](#) to participate.

If you missed the first workshop and would like to watch a recording, please contact Ms Jane Jarvis via email at [j.jarvis@dsgschool.com](mailto:j.jarvis@dsgschool.com)



**October**

- 21st: Ms Renay Bellingham
- 22nd: Karla Joubert
- 26th: Liso Mdolomba
- 27th: Judy Crous
- 30th: Maddy Were