

HAPPY DIWALI

To all our families celebrating Diwali this coming Saturday, wishing you lots of joy and happiness!

FEMALE GOLFER

We are incredibly proud of Kaitlyn van der Vyver in Grade 5 who was awarded as the Best Female Golf Player for the 2019/ 2020 season with SA Kids Golf. This is the 2nd year running of her being crowned with the title. Her results are as follow;

- 1st U9-10 Lowest Stroke Average
- 1st U9-10 Most Improved
- 2nd U9-10 Total Points



KIDS WITH TALENT SA

Cayden Jay Parfitt and Isabella I Grec (both in Grade 3) have been chosen to compete in the finals for Kids with Talent SA. Cayden is playing guitar and Isabela playing piano. They both only started with Swallow 15 at the end February 2020 and have been doing only online lessons since lockdown. The finals will be a live show on 11th December 2020 at Beaulieu College.

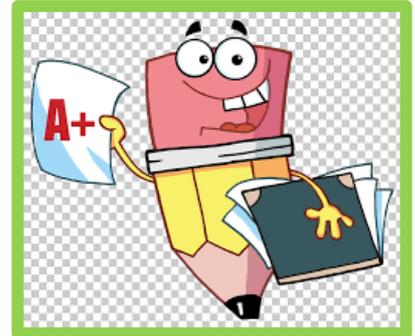




GRADE 4 TO 7 NOVEMBER EXAMINATION

Please see the arrangements below for the Grade 4 to 7 examination period;

- Learners can stay home to study on the days they are not writing an examination.
- Please complete the Forms link below to indicate if your child will be staying home on the days that they do not write an examination.
- More information will be sent to individual families with regards to learners with concessions and online learners with comorbidities.



Arrival:

- Learners are to arrive at school by 8:15am.
- The examination session begins promptly at 8:30am.
- **Grade 4 and 5 learners** must proceed to their **tutor classes** on arrival at school where they will write their examinations.
- **Grade 6 and 7 learners** must proceed to the **Cosmic Hall** on arrival at school where they will write their examinations.



Collection:

- Learners will finish their exam session at 10:00am each day.
- Learners can be fetched from both Puttick and Taurus Gates.
- Should there be drivers from Transport Companies, they must sign in at the screening table to indicate that your child has been picked up.
- Should learners be walking home, an email/letter stating this request must be sent to the tutor teacher.
- If learners are not collected by 10:20am, they will be sent to their tutor classes.
- Learners not going home will remain in their tutor classes to study for the rest of the day.

Stationary:

A clear bag for stationery, Two working blue pens, Two HB pencils, A 30cm ruler, An eraser, A sharpener, Highlighters, Colour pencils

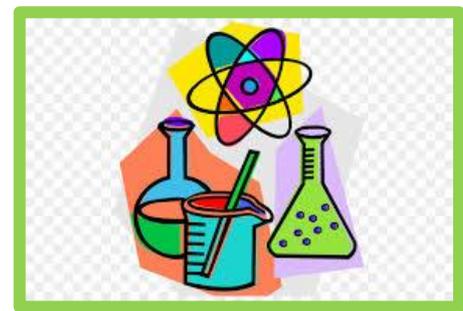
Wishing our learners all the best with their exam! Here is a reminder of the timetable;

Mon, 9 Nov: Grade 7 Mathematics 1	Mon, 23 Nov: Grade 5 and 7 Natural Science
Wed, 11 Nov: Grade 7 Technology	Tue, 24 Nov: Grade 4 and 6 Afr and isiZulu
Fri, 13 Nov: Grade 7 EMS	Wed, 25 Nov: Grade 5 and 7 Afr and isiZulu
Mon, 16 Nov: Grade 4 and 6 History	Thu, 26 Nov: Grade 4 and 6 Mathematics
Tue, 17 Nov: Grade 5 and 7 History	Fri, 27 Nov: Grade 5 and 7 Mathematics
Wed, 18 Nov: Grade 4 and 6 English	Mon, 30 Nov: Grade 4 and 6 Geography
Thu, 19 Nov: Grade 5 and 7 English	Tue, 1 Dec: Grade 5 and 7 Geography
Fri, 20 Nov: Grade 4 and 6 Natural Science	



UPCOMING EVENTS

Monday, 16 November	Grade 3 Science Show
Tuesday, 17 November	Grade 3 Science Show
Monday, 30 November	Grade 1 to 3 Silly Socks Sizzling Summer Obstacle Race
Thursday, 3 November	Grade 7 Farewell Event
Monday, 7 December	Class Parties
Tuesday, 8 December	Grade 4 to 7 Academic Prizegiving Ceremony
Wednesday, 9 December	School close for learners at 11am
Friday, 11 December	School closure for teachers
Friday, 18 December	School closure for Aftercare



DIGITAL PARENTING

What is digital parenting? Most young people regularly use communication devices, and the amount of time that children spend online is increasing. This raises important questions and concerns about how children are affected by their exposure to the internet. One such important concern is the role played by parents in deciding how their children use the internet. Parents are often the people who provide children with their first device or decide at what age a child is allowed to start using the internet. This means that, sometimes without even realising it, parents are the most important people in determining the nature of their children's early experiences of the internet and the kinds of activities they engage in online.



Digital parenting is the term that describes how parents manage their children's internet use once they start using the internet. While many people think that digital parenting is about having technical knowledge and teaching their children how to use technology, good digital parenting is often more about ensuring that the rules for good behaviour that many parents put in place offline, are also applied to life online. Some parents may have the knowledge to help their children with technical problems and some don't, but all parents have the ability to teach their children how to navigate danger and be ethical, responsible citizens.



Digital Parenting in South Africa Currently, little is known about how the internet is being used by children in South Africa, or how parents interact with their children about such things, making it difficult to determine whether these technologies are being used in the best and safest ways. The Centre for Justice and Crime Prevention (CJCP) recently completed two research studies looking at these issues in order to gain more information and understanding about the topic. These two studies showed us that parents face many challenges when trying to manage their children's internet use in South Africa. This new information has helped uncover these problems and has made it possible to find solutions specific to South African parents' and children's needs.

Risks or opportunities? Parents provide for and allow their children use of technology because they see how it can benefit them. At the same time, parents are also aware of a number of disadvantages and potential harms which can result from this use. Balancing these risks and opportunities is often the best way to ensure that children can benefit from the internet. However, it can be difficult to know what is dangerous for children online, and risky situations can also come with opportunities. Research asked some parents what they like about the internet for their children and what they worry about, and in some cases these were the same things. This shows that a risk is often an opportunity from another perspective, and this highlights how difficult it can be for parents to make sure that their children use the internet in a way that does not harm them. For this reason, it is also important for parents to remember that risks are different to actual harm. Children exposed to a risk, like meeting a stranger or seeing violent videos, are not always harmed by the experience. It is very difficult to measure harms, but research from countries in the global North where internet use is very widespread suggests that very few child internet users are actually harmed by the risks they are exposed to online.

What is the goal of digital parenting? The goal of digital parenting is to make sure that children are using the internet in a way that minimises the harms they experience and maximises the benefits the internet gives to them. Part of this is to teach children to be skilled and resilient internet users and good digital citizens. What this means is that parents help their children to learn how to navigate the dangers on the internet, so that every time they use the internet, they have the knowledge and experience they need to avoid experiencing harm. Being a good digital citizen is also vital because it means children won't harm other people online. That is, parents have a role to play in teaching children to be empathetic and thoughtful internet users, the kind of people who won't cyberbully or say something online that damages their reputation permanently.

Teaching children to be resilient and empathetic depends on parents creating the type of relationship with their children that allows for open communication, where children feel free to approach their parents for help if they experience something online which bothers them or have done something that bothers others.





How can I parent digitally? Parental mediation refers to ways in which parents try to manage their children's use of technology. Research has found that parents parent digitally in a number of ways, including:

- Watching and checking what their children do online (monitoring);
- Using technical tools to block, filter or monitor what children do online (technical mediation);
- Setting rules that limit their children's internet use, usually without taking into account the children's wishes (restrictive mediation); and
- Having conversations with children about their online activities and about online safety (active mediation).

Each of these methods has advantages and disadvantages and some are better at making sure children are safe while others help children access more opportunities. For this reason, it is important that a balance is found between monitoring and managing young people's online behaviour, while also allowing them the freedom to handle their internet use responsibly.

Parents need to be careful when navigating this - allowing their children independent online exploration, while still providing appropriate parental support. However, many parents do not feel certain about how best to do this, and a number of factors - such as lack of time, resources and knowledge – may make it even more difficult to find this balance.

One specific challenge faced by many parents is that their children are more technically knowledgeable and skilled on the internet than they are, making managing children's online activity especially difficult. Although the solution here might appear to be increasing the digital skills of parents (and this would certainly help), this may not always be possible. Instead, online parenting should be approached in the same way that offline parenting should be done – by developing safe, stable, open and nurturing relationships between parents and their children, focusing on bringing up confident, responsible, empathetic and resilient young members of society, whether on- or off-line.



