



Danville DIGEST

2 October 2015

From the Principal's Desk



Dear Parents,

It is now a countdown to the final examinations for the Grade 12s next term. So the first few days of next term will be an emotional time for these young ladies – they will probably be feeling a mixture of excitement, sadness and anxiety. More than ever we will need to guide them, keep them focussed on their studies and ensure that they are structuring their time properly, getting enough sleep and eating healthily. They will be writing over a period of 5 weeks which means that they will need to work hard at keeping their momentum while at the same time ensuring that they do not fall ill.

The rest of the school will begin writing examinations on 4 November, so they will need to focus on their academics too. Each girl should have drawn up her study timetable by the beginning of the fourth term and have begun preparing.

We have had a busy and fulfilling term with a wide variety of sport, Fun Day, House Plays, Speech Competitions, Choir activities, Environmental projects and numerous excursions.

The short break ahead is well deserved! We would like to wish you a happy and safe school holiday and look forward to the last stretch of the year, which has come all too soon.

Kind regards,
Cally Maddams

DATES TO DIARISE

12 Oct	School re-opens
14 Oct	Speech Day
15 Oct	Gr 12 Farewell assembly
26 Oct	Start of Matric Final Exams
4 Nov	Start of exams (Gr 8 - 11)

BEST SPEAKER COMPETITION

One of the preliminary rounds of The Speech and Drama College of South Africa's Junior Best Speaker Competition, involving 5 schools and 22 competitors, was held at DPGHS on 17 September. Danelle Pillay and Bianca Skea, two grade 10 learners, participated. Both girls were commended on the content and presentation of their speeches; Danelle was selected to go through to the finals at Glenwood High School on 30th September. The evening was very successful thanks to our two intrepid competitors, the hospitality team, and many grade 10 learners who acted as guides, registrars, chairs, and timekeepers.

Highlights

House Plays

House Plays 2015 were a resounding success. With each house creating an original interpretation of "A Twist in the Tale", the fairytale characters acted, sang and danced their way through the performances. The choreography, songs and animated projections were excellent and it was a joy to watch all these performance genres working together to create such entertaining plays. Thank you to Mrs Ribbonaar who guided the girls, the staff who supported us in so many ways, the casts and crews and of course, the wonderfully supportive audience.



From the Counsellor's Desk

TEENAGERS, TECHNOLOGY AND SLEEP DEPRIVATION

At times we become privy to text messages or comments posted on social media by our pupils. What is quite disturbing about this, is that some of this information is posted after midnight, on school nights, when many mobile phone and internet service providers offer reduced rates. Parents are often not aware of these nocturnal activities, or the fact that their children sometimes go to school after having less than five hours sleep the previous night. Teenagers need about nine hours of sleep per night. A lack of sleep in teens has been associated with a number of negative outcomes, for example, lower grades, difficulties with problem solving, memory and concentration problems, obesity, and elevated anxiety and depression scores.

Deliberately staying awake until midnight in order to make use of reduced data charges reduces the hours spent asleep. Being exposed to bright light at night, especially the blue light generated by electronic devices such as mobile phones reduces blood levels of melatonin, which has an adverse effect on sleep quality.

While you may be faced with an unhappy teen initially, create a deadline for all electronic communication during week nights. Be firm on imposing this deadline, even if it means removing electronic devices at bedtime. This will ensure a better night's sleep, a clearer head, and a happier mood the next day. No-one said parenting was easy, and sometimes we have to do things we know will not be popular, but are in our children's best interests in the long term.

Kind regards, Lynda Pretorius

WORLD KNOWLEDGE OLYMPIAD 2015

The World Knowledge Olympiad is an annual national general knowledge quiz. This year 20 Danville learners participated in this competition and are to be congratulated on their efforts. Particular congratulations go to Amanda Nzama (Gr 11) for achieving 75%, a mark deemed excellent for this competition.

INKOSI ALBERT LUTHULI ORAL HISTORY COMPETITION 2015

The Inkosi Albert Luthuli Oral History Project is a prestigious annual national competition. The theme for this year centred round the 60th anniversary of the adoption of the Freedom Charter. Learners were required to uncover their interviewee's contribution to the fight for freedom, and particularly how the clauses of the Freedom Charter were an inspiration to them in this fight. Congratulations to Sine Dlamini (Gr 10) and Keiryn O'Connor (G11) who acquitted themselves very well at the provincial competition in their respective projects.



Prefects 2016

Congratulations to our Prefects of 2016! Their portfolios are as follows:

Kent Christie	Head Girl
Kisten Reyanka	Deputy Head Girl
Hendrick Inga	RCL President
Nomsuka Babalwa	RCL Deputy President
Alvarez Sarah	Academic
Benskin Sabrina	Class
Boshoff Charne	Class
Botha Carla	Pastoral Care
Burnard Justine	Pastoral Care
Chetty Ruchira	Class
De Lange Caitlyn	Sport
Edmonstone Kaylin	Class
Elsner Olivia	Class
Field Sydney	Environmental
Gore Taryn	Class
Govender Taryn	Academic
Hillier Cayley	Class
Hofer Roxanne	Class
Jones Tyler	Class
Juglal Myuri	Class
Khumalo Ntokozo	Class
Kunene Fezeka	Community Serv
Laaks Adrienne	Sport
Manique Teagan	Class
Marthinusen Bianca	Class
Mbatha Simphiwe	Culture
Naidoo Shawna	Class
Naidu Darshna	Class
Napier Morgan	Community Serv
Ndaba Snayo	Class
Nevin Kelly	Pastoral Care
Ngubane Senzokuhle	Class
Olivier Corize	Sport
Pillay Talia	Pastoral Care
Schloms Erynn	Class
Sibaya Nothando	Class & Media Centre
Sihlobo Zukanye	Environmental
Sutton Jenna	Class
Tromp Kayleigh	Class
Trueman Taniel	Culture
Van As Rochelle	Pastoral Care
Van Wyk Amber	Class
Van Zyl Emily	Pastoral Care



Inga Hendrik, Babalwa Nomsuka, Reyanka Kisten & Christie Kent



PREFECTS 2016