

Gazette

Contact us:

368 Jan Smuts Avenue, Craighall, PO Box 1797, Pinegowrie 2123
 Phone: 087 285 7898
 087 285 7886
 Fax: 086 513 3629
 Email: kg@caxton.co.za
 Website: rosebankkillarneygazette.co.za
 Facebook: [Rosebank Killarney Gazette](https://www.facebook.com/RosebankKillarneyGazette)
 Twitter: [@RK_Gazette](https://twitter.com/RosebankKillarneyGazette)
 Distribution: 40 000

Business Manager
 Norman Dawe
norman@caxton.co.za

Group Editor
 Daniella Graham
 087 285 8108
daniellag@caxton.co.za

Deputy Group Editor
 Aimee McGill
 087 285 0571
aimeed@caxton.co.za

Editor
 Ashlyn Mackenzie
 087 285 8094
ashlynm@caxton.co.za

Sales Manager
 Paul Smith
 082 601 9972
paul@caxton.co.za

Sales Operations Manager
 Karen Harman
 082 285 7321
karenha@caxton.co.za

Production Manager
 Ida Dalton
ida@caxton.co.za
 087 285 7919

Classifieds Manager
 Logan Govender
 087 285 0575
classadnorth@caxton.co.za

Debtors
 087 285 7896

Distribution Manager
 Jaslinah Ndlovu
 087 285 7890
jaslinah@caxton.co.za

Sports Editor
 Nicholas Zaai
nicholasz@caxton.co.za
 087 285 0577

Reporters
 Sarah Koning
 087 285 8093
sarahk@caxton.co.za
 Naidine Sibanda
 087 285 7524
naidines@caxton.co.za

Subeditors
 Alan Robertson
 Martha Schümgel
 Nadia Smuts

Code of Conduct

This newspaper subscribes to the Code of Ethics and Conduct for South African Print and Online Media that prescribes news that is truthful, accurate, fair and balanced. If we don't live up to the Code, within 20 days of the date of publication of the material, please contact the Public Advocate at 011 484 3612, fax: 011 4843619. You can also contact our Case Officer on khanym@ombudsman.org.za or lodge a complaint on our website: www.presscouncil.org.za



Publisher

Published by Caxton Local Media, 9 Wright Street, Industria; and printed by Caxton Printers, a division of CTP Limited, 16 Wright Street Industria. All rights and reproduction of all reports, photographs, drawings and all materials published in this newspaper are hereby reserved in terms of Section 12 (7) of the Copyright Act No 96 of 1978 and any amendments thereof.



Audit

The distribution of this ABC newspaper is independently audited to the professional standards administered by the Audit Bureau of Circulations of South Africa.



Hostel boys become surrogate owl parents

SARAH KONING
sarahk@caxton.co.za

Grade 8 hostel residents at King Edward VII School (KES) took on the responsibility of becoming surrogate parents to three barn owls on 8 April.

Ecologist at EcoSolutions Sara Orchardson said the three owls were collected by the Germiston SPCA and kept for a few weeks at the Johannesburg Wildlife Veterinary Hospital before arriving at KES. "The owlets are between eight and 10 weeks old. First prize is to find out where they come from and return



Ecologist at EcoSolutions Sara Orchardson explains the purpose of the release programme to KES Grade 8 hostel boys.

them, but since we have no history on these owls, we opted for a soft release programme," Orchardson explained.

The owls were introduced to the Grade 8 hostel boys, ringed and placed in a pen where they will be fed and tended to by the learners for three to four weeks.

The boys will feed each owl three chicks per day and create a feeding call. Then when the owls are released, the boys will continue to feed the owls using the call until the owls can fend for themselves.

"KES has been part of our owl release programme for a number of years. We opt to house the owls here because it's a perfect environment for a soft release as the school has lots of sports fields and open spaces for hunting and schools attract litter, which in turn attract rats, which the owls feed on."

Orchardson said EcoSolutions judged the success of the project based on educational outcomes.

"We want to create a poison-free environment for these owls to live."

Boarding housemaster Ian van Vollenhoven said, "We have been part of the project in the past and kids have been keen to get involved. We want to revive the programme



SAF ringer Hussien Moyo rings an owl while Grade 8 learner Joshua Culvenwell holds the bird still. Photos: Sarah Koning

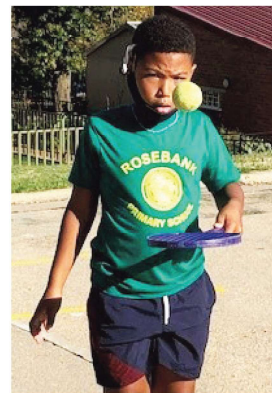
and share information with the children and also break the stigma around owls. It is also of great benefit to our school to have owls here as they help to keep rat and bird populations under control."

Grade 8 learner Kai West said he was excited to look after the owls. "It's so cool because they live right next to me and I can see them three or four times a day. I'm excited for my chance to feed the owls," concluded West.

Details: www.ecosolutions.co.za



The girls observe the PE teacher Josh Landman as he shares his soccer skills. Photos: Supplied



Grade 3 learner Andy Buthelezi perfects his tennis skills.



Grade 3 learner Themba Mthombeni won't let the tennis ball escape him.

'Physical education provides a way for children to deal with stress'

NAIDINE SIBANDA
naidines@caxton.co.za

Learners at Rosebank Primary School learnt some great skills during their physical education (PE) lessons.

According to principal Leigh Shaw-Taylor, the lessons included tennis and soccer skills. She said the aim of the tennis lesson was to teach children to follow the tennis ball with their eyes so that their hands could follow the ball.

Shaw-Taylor added that this was the first time that many of the Grade 3 learners were learning how to hit a tennis ball.

She said the soccer skills lesson taught children to use both feet in a tick-tock drill.

Children had to shift the ball using one foot around cones. This taught them to control the soccer ball using both feet and they learnt how to pass and trap the ball.

"During Covid-19, when extra-murals were put on hold and/or limited, the PE lessons provided an opportunity for great exercise and for developing motor skills in young

children. PE provided a way for children to deal with the stress of having their normal school routine disrupted by the pandemic," she said.

Shaw-Taylor added that PE inspired self-discipline as it was a subject that taught life skills that were carried throughout life.

"Children have an opportunity to be a part of the team, allowing children to work together. Sporting activities create a way to relieve stress and we don't often think of young children having to deal with stress the way that adults do."

"The change in the children's normal routine was hugely disruptive and stressful for them and we saw the benefits that PE had in helping young children to cope with their stress."

She continued, "It is an established scientific fact that regular exercise creates and releases serotonin which in turn helps alleviate stress, improves mood, and generally makes you feel better."

Shaw-Taylor concluded that active children made better learners. "PE is a part of our curriculum, offered for an hour a week as part of the skills curriculum."



PE teacher Adam Baxter shows Siyanda Msibi how to hit the tennis ball.