



Fathers' Day at Disa Primary

At Disa Primary School in Hout Bay parents are made aware of the vital link between education at home and education in the school, therefore parents wish to be involved in those activities that will promote their children's success at school. In addition to the weekly Parent empowerment and Support program with regular Parenting skills workshops on a Wednesday and Saturday, regular community events are organized on a Saturday morning.

On Saturday 15 June, 150 men attended a Father's Day event at the school. Research studies show that fathers' involvement in school improves children's grades, improves the learners' attitudes toward school and reduces misconduct by learners. The attention and interest shown by fathers in children's schooling can strengthen family interaction and ties.

It was truly exciting and very encouraging to have 150 distinguished looking, and interested men connecting with each other through the common purpose of having their children succeed in life by supporting their education.

In her opening address to the men, Gerda van der Westhuizen, principal of Disa

Primary, mentioned how safe she feels in the presence of all the fathers and in the knowledge that she has their support in the task she and her team have taken on - the task of educating the future leaders, innovators and achievers of our country.

Next on the agenda was Sylvester Gasana, a laughter yoga coach. He does not tell jokes but inspires his audience to 'laugh without a reason.' He explains that laughing comes naturally to children as it is good for our health - it gets the stale air out of our system and enables us to take in fresh air. As life happens we lose that natural ability, and in some cultures, like his, it is actually encouraged that men be serious and stern. Thereby they demonstrate their significance and importance.

However it is this significance and importance that has us disconnect from life and people and that is why he got interested in this methodology to better health and relationships. At the beginning of a session there is always a bit of embarrassment and nervousness, but then, like petrol thrown on fire, the fathers caught the mood and the school hall exploded with laughter. It was a beautiful experience to see and hear a hall full of men laugh like children, reach out to

each other and let go of all their concerns and stress and just be connected to the moment.

After 'laughing for the sake of laughing' fathers eased into the process of Ronald Bownes workshop. Ronald represents Dream Worker and his, as well as his team's vision is to have everybody that is employable in South Africa to have work. Ronald inspired and challenged the men to live their dream life on purpose through inspired contribution. He gave them the opportunity to share what is important in their life, what they want to contribute and get involved in and how they are going to make this happen and make it a reality.

During his workshop it became clear to everybody that nothing happens by itself, it only happens when we have a dream, as passion to contribute and when we take the required actions.

The essence of the Dream Diamond process- creating your Magnificence from within - is that it is a journey of creation, creating your life purpose, creating your life dream and creating your magnificent contribution.

The purpose of this event was to give fathers the opportunity they deserve and need - to



Laughing Coach Mr Sylvester Gasana

provide different ways in which fathers can become involved and participate in school related activities. Increase involvement of fathers in schools has a positive effect on society - by improving schools society becomes more stable, with less violence, addiction and crime.



Fathers socializing around the tables.



Laughing Fathers



Elzane Bezuidenhout in Grade 3 A crocheted a circle



Disa's Planet Warriors

Six Grade 3 children from Disa Primary School were invited to Kronendal Primary School to attend the Planet Warriors Environmental Awareness Programme. It was an exciting workshop spanning four weeks and run totally by volunteers involved.

The children started with small bean and pea seeds and covered them in cotton wool to enable them to grow over the following 3 weeks. They were shown how much water to give them and were asked to return them at their final lesson. They also had a lesson on how to crochet, which they found extremely difficult and challenging. Many of the girls decided to ask their grandmothers to show them how to crochet. They were allowed to take the crochet needles home for much needed practice. Although crocheting was challenging it certainly was enjoyable.

The final two weeks were spent decorating recyclable containers with paints, glitters and stickers to accommodate their fledgling plants. The older children made musical instruments from cardboard boxes and containers. The last lesson was all about compost heaps, how to make one and what should contribute to making one. Finally, the children were able to plant their happy plants with good, healthy potting soil, a scoopful of school cultivated compost and some basic information on how to further care for their plants.

The children loved the creative and informative aspect of this programme and most of the plants are flourishing under the watchful eyes of our new little gardeners!



Pot plants from Khonaye Hans in Grade 3L