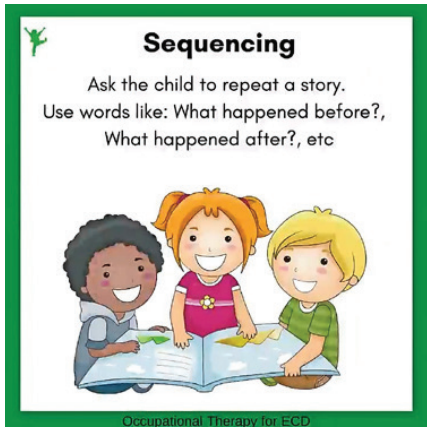


Weekend Argus jellybean JOURNAL



SEQUENCING is a vital part of development.

Children need to learn order of seeing, hearing and doing things

VELANI LUDIDI
velani.ludidi@inl.co.za

AS CHILDREN grow and become more aware of what is happening around them, they need to be taught the order of things. To achieve this, parents and caregivers must teach children sequencing.

Léanne Keet, founding director of Masikhule, an organisation working in Early Childhood Development centres, said it is important for children to understand words like first, next and last, beginning, middle and end and to follow routines at home and school.

"Sequencing is a vital skill to learn and practise as it lays the foundation for emergent literacy and early numeracy. Children need to be aware of the order in which they see (visual), hear (auditory) and do (motor) things."

Sequencing is understanding how a series of objects, events and time occur in a specific and logical order.

"The ability to retell a story that has been heard, to follow a sequence of actions to complete a task (like getting dressed in the morning) and to copy patterns that they see (such as threading beads in a pattern) are ways to practise this skill," said Keet.

She suggests parents, educators and caregivers use words such as before, after, first, last, etc throughout the day. "In occupational therapy, we believe in the value of children having set routines throughout the day to enhance the development of this vital skill."

Parents can start asking children about their morning routine to check if they understand the concept.

Other activities that involve sequencing include cooking, doing laundry, and planting in the garden.

Kelsey braves icy waters to conquer Robben Island swim

MURPHY NGANGA
murphy.nganga@inl.co.za

WHILE the Robben Island crossing has become a benchmark for a number of South African swimmers, no current could keep 16-year-old Kelsey Chiang from overcoming the icy waves of the Atlantic Ocean.

Completing her first 7.4km Robben Island swim in 2 hours 18 minutes, at a sea temperature of 14.1°C, Kelsey is not new to the waters.

"I learnt how to swim at an early age when I went to a swimming school, but it was when I was 10, I began competitive swimming. I also started lifesaving as a nipper at Milnerton Surf Lifesaving Club, however around that time, I had a fear of the sea.

"As I got older, I started to swim longer distances in the pool. This boosted my confidence in swimming long distances as a whole and then I moved to swimming long distance in the sea and began swimming the local mile swims that were run by various organisations.

"After swimming in both pools and the sea for quite some time, I later started showing a great interest in swimming long distances. Although I swam a great distance in the pool, something about swimming in the ocean was more thrilling."

"I always wanted to do the Robben Island swim for a while, as I knew of a couple of people who had done it and it seemed like a challenge that I was capable of doing. Even though the swim to Robben Island was long, it was honestly fulfilling to have reached the final destination," said Kelsey.

While Kelsey's school allows learners to excel in sports, she makes it her top priority to balance school work and sports.

"My academics are very important to me which puts even more pressure to balance both sports and school. In combination with the time-consuming swimming and extracurriculars at school, I have learnt that time management is crucial. Knowing my training schedule and my assessments schedule enables me to balance my school and sports.

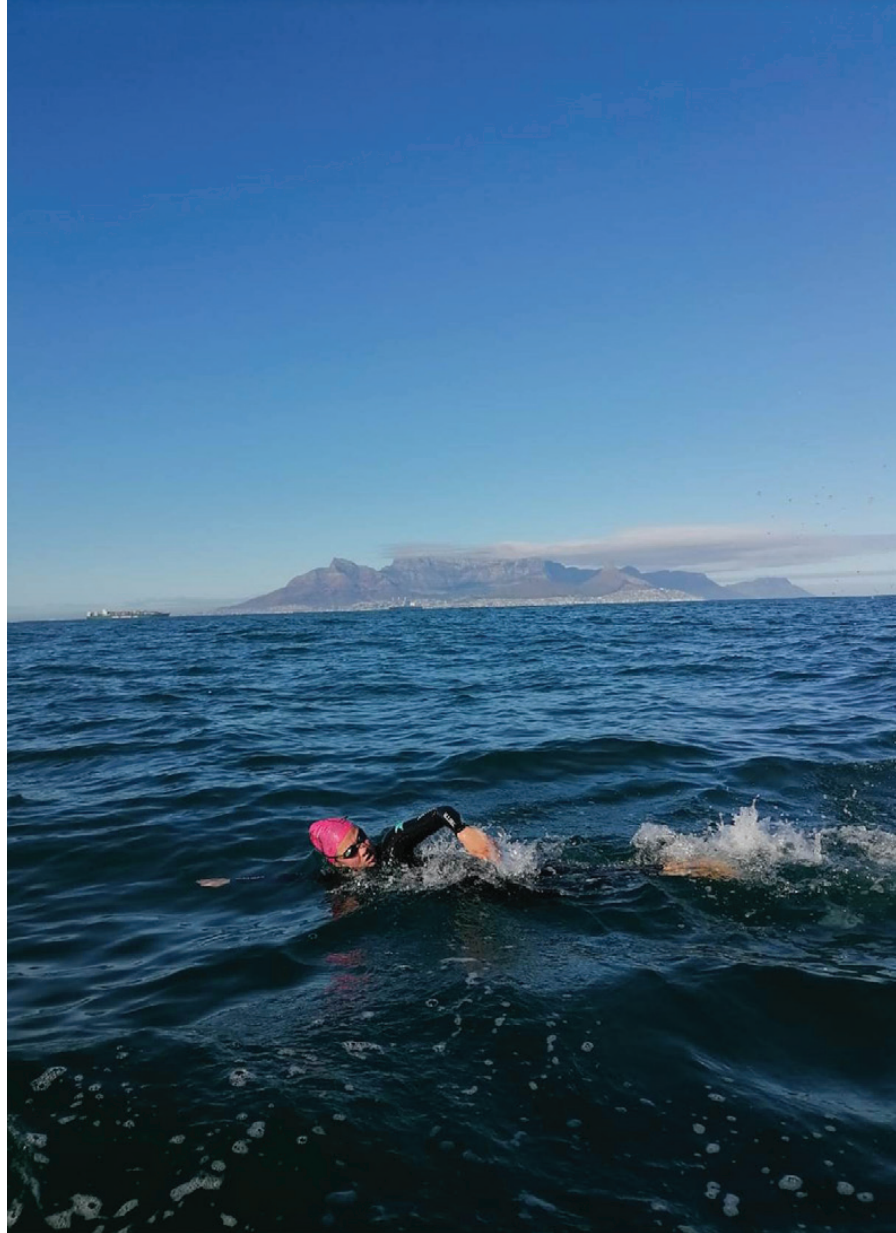
"My end goal is to represent South Africa in any of my sports disciplines while furthering my studies towards a career in engineering or medicine."

Head coach at Milnerton Surf Lifesaving Club Brent Shield said that Kelsey's determination helped her excel in what she was doing.

"Kelsey has achieved highly in the sport of lifesaving from an early age. She is incredibly positive and always up for a challenge. She is really coachable and her good sense of humour keeps those around her in high spirits."

"I think teaching young people how to swim at such a young age is an important life skill to learn. We feel strongly that kids should be safe and knowledgeable about the water and the ocean, especially living on the coast. As life saving is community service, it teaches you a strong sense of responsibility, giving back to others," said Shield.

Milnerton Surf Lifesaving Club chairperson, Bonita Jones encouraged young girls to take part in sport to boost their confidence during teenage years. "We need to find ways to hold on to our teenage girls in sport as they can often start to shy away from competitions in the awkward teenage years. By being part of a lifeguard squad they build healthy relationships with people of all ages and train with male lifeguards on the same courses and same equipment," said Jones.



KELSEY Chiang, 16, completed her first 7.4km Robben Island swim in 2 hours 18 minutes. | SUPPLIED

Little golfer aims for the big win

SHANICE NAIDOO
shanice.naidoo@inl.co.za

THE TIMELESS saying that dynamite comes in small packages certainly applies to little Kian Ross Adonis.

At just age 5, he has won trophies for playing the sport he loves.

The little golfer, who turns 6 in August, will be taking part in the Junior Africa Challenge at San Lameer Golf Estate in KwaZulu-Natal, which runs from August 23 to 27.

"I like being outside on different golf courses, especially at Erinvale Golf Course, which is my home course.

"My younger brother Reece and I both play golf, and love being on the golf course. Golf has helped me to improve my public speaking, socialising with other children, general etiquette and to compete," said Kian.

He has been playing golf since the age of 2 and started playing in tournaments this year.

"I played SA Kids Golf and Anna Squirrel tournaments, and have won six out of seven in my age group.

"The San Lameer challenge will give me the chance to compete against children from other provinces, and other countries on the continent. And

just to have fun on a new course.

"I'm looking forward to winning," said Kian.

Children from 6 to 18 can enter. It is a qualifier for the following events: Kids Golf World Championships, Malaysia; IMG Junior World Championships, USA; Champion of Champions, Dublin, Ireland; FCG Callaway World Championships, USA; Australian Junior Age Division Golf Championships, Australia; US Kids Golf Venice Open, Italy.

The operations director at SA Kids Golf, Xolani Gambu, said golf helps children to focus.



YOUNG golfer Kian Ross Adonis with SA golfing great Gary Player. | SUPPLIED



MIA'S story will have readers turning the pages.

Engaging story of a troubled middle child

THEREZIA MATEZA

THIS is an engaging book that will have readers turning the pages.

It is not only entertaining, but it also makes one identify with the character Mia, a troubled middle child.

Mia's comical, infuriating, and heartfelt story will captivate you and keep you hooked on the book. Despite her flaws, she is funny, feisty, loyal and likeable.

Mia's vulnerability beneath a tough persona has an authenticity that will resonate with many teenagers today as they navigate the challenges of adolescence.

She is a troubled middle child whose confident exterior conceals her unspoken insecurities.

For years, she has felt overshadowed by her younger sister, Audrey, who is destined for Olympic swimming success, and her older sister who is practically perfect, Grace.

When Grace makes a shock announcement, Mia hopes that her now not-so-perfect sister will get into the trouble she deserves.

Instead it is Mia's life that spirals out of control. Drinking alcohol, boys, bad behaviour ...

Only then she begins to realise that with her attempts to make it all, she may jeopardise the very thing she values the most.

The book is written by Lisa Williamson, who is a best-selling author who wrote *The Art of Being Normal*.

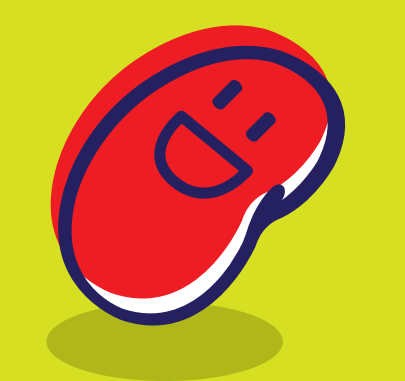
The book is available at City of Cape Town libraries.

● Therezia Mateza is 14 and attends Gardens Commercial High School.

Write to us at jellybeanclub.co.za



AUTHOR Lisa Williamson.



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