

## Data, Dojo and Drishti

Donagh Regional School (Grades K-6 school population: ~120)  
2015-2016

President: Bobbi Ford (email: bobbi.ford@yahoo.ca)

Principal: Jason Kielly

Donagh Regional Home and School transformed the school gym into two activity zones for students – judo and yoga. Meanwhile, parents learned the importance of their role in ensuring their child is cyber safe.

The project benefitted:

- ✚ **PARENTS** who received valuable information about how to work with their child to ensure they make good choices online.
- ✚ **STUDENTS:** who learned new skills in a new sport, learning that exercise is fun.
- ✚ **TEACHERS** were offered the opportunity learn these tools as well.
- ✚ **THE SCHOOL COMMUNITY** who benefits from parents and students who are openly talking about internet safety.

### How were the parents encouraged to attend?

- ✚ The event was promoted through school newsletter and website.

### Webstory:

Parents and children arrived, kicked off their shoes and readied themselves for learning. In the cafeteria, parents gathered together to hear a presentation from Nancy Beth Guptill about cyber-safety, while the students made their way to the gym for expert-led demonstrations and a class in either judo or yoga. “We get to do stuff, they just have to listen,” I heard one little boy say. But parents weren’t just listening, they were asking questions, sharing experiences and becoming informed about how to regulate and participate in their child’s online life. Examples of apps kids want and how to negotiate and monitor their use was being covered with parents while boys and girls learned tumble rolls and tree poses. Parents came away with a lot of information and resources to tap into should they need more support at home. They were pleased the presentation was paired with an activity for the kids, so both parents could attend the presentation, and not have to worry about child care. The students had also learned new skills, and were overheard saying “I’m so glad Mom had to come to this, I learned to fall and kick *and* how to be still and breathe, all on the same night. Cool!”