



2026

SELBORNE COLLEGE

HEAD OF LIFE ORIENTATION:
MRS S HARTMANN

LIFE ORIENTATION



PALMA VIRTUTI



SELBORNE COLLEGE

LIFE ORIENTATION

MORE THAN A SUBJECT



In South Africa, Life Orientation (LO) is a catalyst for holistic growth, empowering learners to navigate complex realities and contribute to a just, equitable society. Its core principles look at



1. Ubuntu – inspired interconnectedness: recognising our shared humanity and interdependence.
2. Critical consciousness: cultivating critical thinking and challenging inequality and injustice.
3. Embodied resilience: fostering emotional intelligence, physical well-being, and adaptability and lastly, Social transformation: equipping learners to drive positive change in our communities. In our department our goals are to nurture empathetic, self-aware individuals, develop skills for personal and societal thriving and cultivate active citizenship and social responsibility.

LO's relevance addresses unique challenges (inequality, violence, HIV/AIDS) while promoting healing, unity, and nation-building. Life Orientation, is by no means an outdated subject, but one that can develop, be explored and enrich our learners.

THE SELBORNE APPROACH

As a department we have adapted to the online world where Google Classroom – our chosen platform has encouraged creativity and relevance. Our CAPS curriculum is ATP aligned and our lessons stick to covering the necessary content. Presentation slideshows are posted, as well as video clips. All learners are encouraged to manage their time wisely and to stay up to date in order to fully master the subject during assessments.

Our assessments take on different topics, ensuring proper research as well as encouraging the correct referencing style throughout. It is important for learners to realise the importance of plagiarism and to encourage them to learn about it now before entering any tertiary institutions. Topics vary from Substance Abuse to Human Rights/Violations as well as looking deeper into understanding ones own development and maturity through adolescence.



EXCELLENCE IN ACTION - EXPERIENTIAL LEARNING

Life Orientation at Selborne is deliberately practical. The subject moves beyond theory and engages boys in meaningful experiences that develop responsibility, leadership and social awareness.

Sport for Lives and the Ubuko Initiative

Grade 11 learners partnered with Sport for Lives to design and run their own three-hour fundraising campaigns. In groups, they created promotional videos, marketed their events and raised funds for meaningful causes. Initiatives ranged from endurance runs and long-distance walks to live music marathons. These projects required planning, courage and initiative, while teaching boys that their talents can be used to serve others



LO for Literacy Campaign

Through the LO for Literacy Campaign, boys addressed literacy inequality by raising funds for a Literacy Centre in Mdantsane. Each group selected a sport or interest, created a campaign and shared it widely. The project raised R63 958.04 and contributed directly to literacy support in the community. More importantly, it fostered empathy, creativity and a strong sense of social responsibility.



Community and Wellness Engagement

Life Orientation regularly hosts professionals and organisations who address real-world issues, including mental health, substance abuse, gender-based violence, labour law, career preparation, subject choices and sports nutrition.

These sessions ensure that Selbornians are informed, equipped and prepared for the responsibilities of adulthood.

Critical Thinking in the Age of AI

The subject also engages with contemporary challenges such as Artificial Intelligence. Boys are taught to use technology responsibly and thoughtfully.

The aim is to strengthen discernment and independent thinking, ensuring that digital tools enhance learning rather than replace it.

The Broader Aim

Life Orientation plays a vital role in shaping grounded, socially aware and responsible young men.

By connecting classroom learning to real-world engagement, the department ensures that Selbornians understand that education carries both privilege and responsibility.



BEYOND THE CLASSROOM

In the last few years we have coordinated fundraising campaigns as part of our projects. We have looked at community needs and addressed them. Our grade 11 learners in particular had the privilege of being part of the Ubuko Initiative by registering a campaign with www.sportforlives.org.

“Sport For Lives (SFL) uses the vehicle of sport to activate generosity within a community by facilitating opportunities for individuals and teams to play for a greater purpose.” In groups of five, learners could create their own 3 hour campaign. The goal was to promote their campaign to friends and family. Raise R1000,00 or more as a team. This could be done by getting pledges per hour or activity. Marks were awarded for media added to the campaign i.e promo video plus photos, logo etc. The grade 11’s thoroughly enjoyed this project as it was different from the norm.



Viva Sonus – Music For Lives were a group of musicians that wanted to help others with the force of music. Together they showcased the power of sound by playing music non-stop in the form of a 3 hour marathon. “In a world that has been through dark times we want to prove that we all sometimes need to hear a Lively Sound – Viva Sonus.”

EXCELLENCE IN ACTION

The Daily Dispatch/The GO recognition with EduSport – LO campaigns/initiatives.
100% pass rate in LO.

Selborne College has had the pleasure of an onsite visitation in June 2025 from our subject advisor, Mr Brandon Oelofse. Learner portfolios and work files were thoroughly inspected. We pride ourselves on our curriculum alignment with the department and visitations like these prove that our efforts are not in vain.

In June 2025, the department welcomed an onsite visitation from our subject advisor, Mr Brandon Oelofse. Learner portfolios and work files were thoroughly evaluated, confirming strong curriculum alignment and sound academic practice. Such visitations affirm the department’s commitment to quality, accountability and meaningful learning.

The outcomes of Life Orientation are measured not only in results, but in the growth of responsible, informed and socially conscious young men.





SELBORNE
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THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

A Selborne man is:

- **Intellectually Disciplined**
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

