

# Proposal Summary: Annual Heritage Day Derby as Part of the Hardekraaltjie Restitution Process

## 1. Introduction

Stellenbosch University's Faculty of Medicine and Health Sciences (FMHS) proposes the establishment of an annual derby event, to be held in connection with Heritage Day on 24 September. This initiative will serve as part of the broader Hardekraaltjie restitution process, aimed at addressing social challenges in the Ravensmead community. The derby will specifically target primary school learners, who are vulnerable to the adverse effects of poverty, unemployment, and substance abuse, which are prevalent in the Ravensmead area.

### Rationale and Background

The Ravensmead community, formerly known as Tiervlei, has a complex history marked by forced removals under the apartheid regime's Group Areas Act (1950), which led to significant social and economic disruptions. Today, the community struggles with socio-economic challenges that disproportionately affect young people, increasing their risk of dropping out of school, engaging in substance abuse, and being involved in criminal activities (Statistics South Africa, 2022).

Research underscores the potential of sports and mentorship to positively impact at-risk youth. A recent systematic review of sports interventions found that participation in structured sports can enhance physical health, psychological well-being, and social skills, which are critical for youth development (Eime et al., 2023). Furthermore, mentorship has been demonstrated to significantly improve academic outcomes and career aspirations among disadvantaged youth (Bowers et al., 2022).

## 2. Motivation and Alignment with the Hardekraaltjie Restitution Process

The Hardekraaltjie restitution process is an ongoing initiative by Stellenbosch University in collaboration with the Tiervlei Erfenis Community to acknowledge and address the historical injustices faced by the Tiervlei (Ravensmead) community. The Hardekraaltjie Cemetery, used from 1909 until its closure in 1946, became part of the University's property in 1974 following its transfer from the Parow municipality. This cemetery holds deep historical and emotional significance for the community, which was forcibly removed under apartheid.

To commemorate this history, the annual derby will take place on 24 September, Heritage Day, to provide the community with a platform to annually remember Hardekraaltjie. This event will be part of a continuous human-centred approach involving community consultations, documentation of histories, and a digital repository, ensuring the community's heritage is honoured and preserved. The derby will focus on providing tangible benefits to the youth, thereby contributing to the ongoing healing and reconciliation process.

### 3. Expanded Motivation: Addressing Social Challenges through Sports and Mentorship

The Ravensmead area faces high rates of poverty, unemployment, and substance abuse, which create an environment where young people are especially vulnerable. Recent research highlights the critical role of sports and mentorship in mitigating these challenges:

- **Sports Participation:**

A study by Eime et al. (2023) found that involvement in organized sports is associated with numerous benefits, including improved self-esteem, enhanced social skills, and better academic performance. The structured nature of sports programmes provides a positive outlet for energy and a platform for developing life skills, which can be particularly beneficial for youth in high-risk environments.

- **Mentorship Impact:**

According to Bowers et al. (2022), mentoring programmes have a profound effect on educational and career outcomes, helping to increase school engagement and reduce dropout rates among at-risk youth. Mentorship provides essential support, guidance, and encouragement, which can significantly influence a young person's future prospects.

- **Holistic Development:**

The integration of sports and mentorship has been shown to address multiple aspects of youth development simultaneously. A report by the National Mentoring Partnership (2022) emphasizes that mentoring, when combined with extracurricular activities like sports, can foster a supportive environment that promotes personal growth and resilience.

### 4. Objectives of the Annual Heritage Day Derby

The Derby is designed to:

- *Promote Youth Development* through Sports by encouraging healthy lifestyles and teamwork by providing a safe and structured environment for sports activities, such as soccer, rugby, and athletics.
- *Facilitate Mentorship and Inspiration* by engaging with Maties Sport to provide mentorship, motivational talks, and skill-building workshops, fostering positive role models and inspiring the youth to aspire beyond their current circumstances.
- *Enhance Social Inclusion and Access to Higher Education* by offering primary school students an opportunity to experience a university setting, thus demystifying higher education and inspiring future educational pursuits.
- *Demonstrate Community Investment* by reinforcing Stellenbosch University's dedication to social responsibility and community engagement by creating a meaningful, sustainable initiative that benefits the local community.

## 5. Event Structure and Sports Activities

- The annual derby will be held each year in September, coinciding with Heritage Day. The event will feature a range of sports activities and community engagement, including:
  - **Soccer Tournaments** to foster teamwork and healthy competition.
  - **Rugby Matches** to promote physical fitness and resilience.
  - **Athletics**, including sprints and relay races to encourage participation from a wide range of students.

**Community Consultation Disclaimer:** While these sports activities are initially proposed, the final selection of sports and the overall format of the derby will be determined in consultation with the Tiervlei Erfenis community and stakeholders in the community. This collaborative approach ensures the event reflects community interests and needs, fostering greater engagement and ownership of the initiative.

## 6. Expected Outcomes and Impact

By hosting the Derby, we anticipate several positive outcomes:

- **Improved Youth Outcomes:**
  - Enhanced physical health, self-esteem, and social skills among participants.
- **Stronger Community-University Relations:**
  - Strengthened ties between Stellenbosch University, Tiervlei Erfenis community and the Ravensmead community, fostering mutual trust and collaboration.
- **Support for the Restitution Process:**
  - Continued engagement with the Hardekraaltjie restitution process by providing a living, active way to honour the community's heritage and support its future.

## 7. Conclusion

The proposed Derby is more than just a sports event; it is an extension of Stellenbosch University's commitment to social justice, reconciliation, and community upliftment as part of the Hardekraaltjie restitution process. Through the collaboration of FMHS Social Impact and Maties Sport, we aim to invest in the youth of Ravensmead, provide hope, foster development, and create opportunities for a brighter future. We seek the Steering Committee's approval to move forward with this impactful initiative, demonstrating our shared commitment to giving back to the community in a meaningful and sustainable way.

## 8. References

Eime, R. M., Harvey, J. T., Sawyer, N. A., & Ziviani, J. M. (2023). *The role of sport participation in the development of physical and social skills among youth: A review of the evidence*. International Journal of Behavioral Nutrition and Physical Activity.

Bowers, A. J., & Sprott, R. (2022). *The impact of sports participation on academic achievement and school engagement: A meta-analysis*. *Journal of Educational Psychology*.

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National Mentoring Partnership (2022). *The Mentoring Effect: Young People's Perspectives on the Outcomes and Benefits of Mentoring*. National Mentoring Partnership.