

The King's Ken

13 SEPTEMBER 2017



A 14-year old girl wakes up one morning to the smell of burning. She discovers that her cell phone has spontaneously combusted and melted into the sheets of her bed.

NEXT PAGE



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A San Diego State University professor is surprised to read that someone might sleep with their cell phone and decides to ask his first year students what they do with their phones at night. To his surprise, all of them sleep with their phone, most in bed or under the pillow, but at least within arm's length of the bed.

Psychologists conclude that we are certifiably addicted to our cell phones and teens spend on average a full working day on their phone every day.

In South Korea gamers are buying adult nappies so that they are not interrupted by bodily functions during their digital activity.

Researchers warn of an unprecedented medical health crisis that is looming due to depression and loneliness associated with cell phone usage habits.

As an educationist, I hear parents (confession: myself included) saying we know our kids are getting too much screen time, but we are resigned to it.

But as more and more research floods in about the damage being done to our kids by digital addiction, I'm saying, surely we can't be resigned to this phenomenon. Here are my meager offerings for household rules: (would you like to add some suggestions?)

1. NO CELL PHONES IN BEDROOMS. Use them in living rooms, and charge them away from the bedroom.

2. DAILY DEAD SCREEN TIMES. Not cell phones put away, but cell phones put OFF between certain times. OFF, not on silent.

3. FAVOUR VOICE CALLS OVER TEXTING. This helps kids to engage in meaningful social interaction over a sustained period rather than dipping in and out of superficial contributions that are humorous, sarcastic or dissing.

4. SWITCH OFF AS MANY NOTIFICATIONS as possible to avoid distractions.

5. BE INTENTIONAL ABOUT FAMILY ACTIVITIES minus screen time.

6. FOMO (Fear of missing out) is huge and it is just fueled by constant checking of the phone. I know a young person who has regular get-togethers with friends who has a shoe-box at the front door for guests to check in their phones. They are only retrieved when the guest leaves.

7. TRY SOME NON-DIGITAL ALTERNATIVES, even if only now and then. Read a newspaper or magazine instead of checking News24, write a hand-written note instead of texting (most people we text are people we see every day), do a puzzle or crossword rather than online gaming, experience a live show rather than surfing the net...

Let's not ignore the problem, parents. Our kids are worth fighting for.

MR KEN LANGLEY
PRINCIPAL



IMPORTANT DATES

for the term

15 September	-	Gr. 12 Prelims End
15 September	-	Extra Murals end
15 September	-	HS Certificate Assembly
18 September	-	Gr. 12 Prelim Feedback
18 September	-	Extra Mural Photos
21 September	-	Matric Farewell
21 September	-	IEB Life Orientation Supplementary Exam
22 September	-	SCHOOL CLOSURES

@ 11:45 for Pre-School and Foundation Phase

@ 12:00 for Intermediate Phase and High School



For second
hand school
items to
buy or swap

Contact Debbie:

073 152 0333

debbie.bevan@saiglobal.com

If you have any good quality second hand items you would like to donate to the swap shop you may drop off as well.

FOR FRIENDS FRIDAY

15 September	-	Mielie Meal
22 September	-	Rice

In addition to the above, any warm clothes for children from 3 months to 9 years old will be greatly appreciated.

THANK YOU FOR YOUR UNWAVERING SUPPORT!

AT CHURCH THIS SUNDAY...

SERMON TOPICS IN OUR LOCAL CHURCHES THIS WEEK



RIDGECREST FAMILY CHURCH //

7 Erasmus Road, Radiokop – Cell 074 307 961
 Sunday Services at 09:30
 Epic Kids/Tot and Frontline Teens at 09:30
 Youth meetings every Friday at 18:00 at the Church
 Life Groups each week. (See website for details)
 Visit our website at www.ridgecrestchurch.org.za

WEST RAND LUTHERAN COMMUNITY CHURCH //

8 CR Swart Road, Wilro Park - Cell 082 825 0499
 Family Sunday Service at 10:30
 Incredible Kids (6-12 years) on Friday at 14:30
 HolyCulture (Youth 13-18 years) Friday at 19:00

RHEMA WEST CHRISTIAN CHURCH SILVERSTAR //

Sunday 09:00
 Visit our website at www.rhemawest.co.za
 We are doing a study on the Psalms at our Worship Services



SPUR OUTING

On Thursday 31 August the Grade 11 Accounting students went to spur. Joe from Spur took them through the various ways they deal with stock control. The prep sheet has 22 categories of stock.

Joe also spoke to the learners of the importance of costing per plate and how this impacts on the profitability of the business.

It was great for the learners to see what is being discussed in class playing itself out in a business environment.



Thank you to Mrs. Thurman for creating an out of classroom learning experience for our learners.

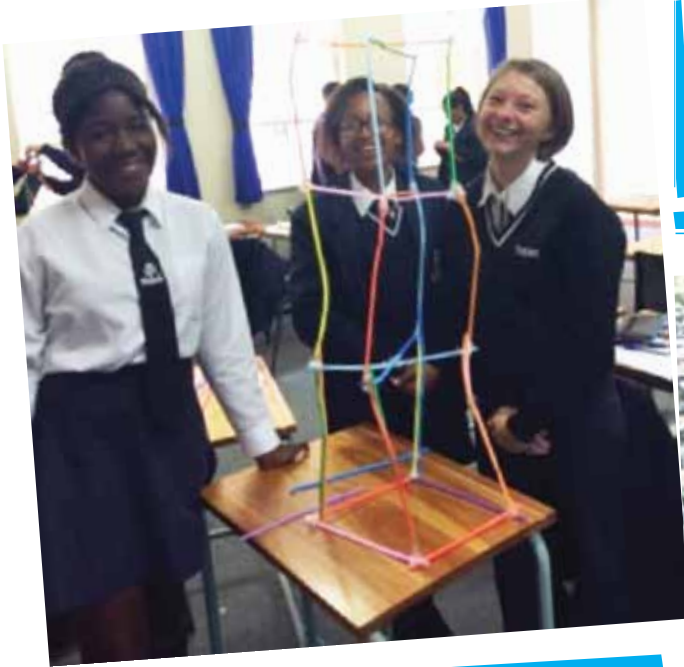
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School fees must be paid in advance, before the 7th of each month, 12 Months of the year.

GRADE 10 BUSINESS STUDIES

Gr10 Business Studies students learning about teamwork with an activity. 20 minutes to build the tallest freestanding tower out of straws & tape. A great lesson given by Ayisha Abdul Rahman (Pre-service teacher from Monash Australia).

The winning teams all received tasty chocolates as prizes.



Congratulations

TO RICCI BOTES:

After hard work and hours of practice, picking up girls, throwing them in the air and catching them again; we are very proud to share that Ricci Botes received his Gauteng provincial colors for cheerleading this past weekend.

WELL DONE RICH!



Congratulations

TO MARIELA ROMANELLI IN GRADE 1:

- Toddler and Tween of the World – 3rd place
- Social Buzz Winner
- Treasure Award – 2nd place
- Empress of Fire

Mariela has to work and do community service as well as collect a certain amount of money for the underprivileged.



SPORTS CORNER



BOYS HOCKEY

The hockey boys ended their season against Laerskool Roodekrans. Both teams had a rough game with very close scores.

The Senior Boys ended on a high winning 3-2
and
the Juniors drew 2-2.



Well done to coaches and players on a successful season!

PRIMARY SCHOOL GIRLS HOCKEY

We played our final league fixture against Gustav Preller on 4 September 2017 and we are super proud of our u11 and u12 teams who are the D12 Small Schools League Winners and will participate in the playoffs!

U10 drew 1:1
U11 won 5:0
U12 won 5:0
U13 drew 1:1



Well Done!



MINI CRICKET

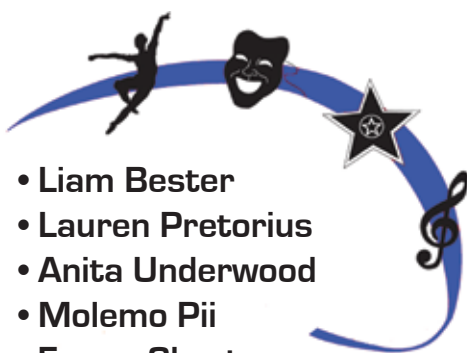
WELL DONE!

On Wednesday 6 September it was a pleasure for TKSWR to host Welridge Academy and Panorama Primary School for a wonderful afternoon of Mini Cricket. Our u7 and u8 boys had a great time and won all of their matches!



The following learners all qualified and received their Gauteng Provincial Colours for Performing Arts for "Outstanding Performances"

These learners participated at The South African Championships of Performing Arts and received their badges, scrolls and certificates at a prestigious Show Case event on stage from The Arts and Culture Department from Gauteng.



- Liam Bester
- Lauren Pretorius
- Anita Underwood
- Molemo Pii
- Emma Shorten
- Tumisho Seaka
- Busisiwe Dlamini
- Oratile Ntseke
- Oakganya Molotsi
- Dominique Strydom
- Morongwa Seaka





Congratulations to Jordyn Baggott and Kaydon Baggott for qualifying to represent South Africa and the Mario Gomes Hip Hop Dance Academy at the Hip Hop Common Wealth Games at Sun City from 4 - 7 September 2017. Jordyn's crew received silver and Kaydon's crews received gold.



Well done!

99% OF VICTIMS ARE NOT RESCUED.



1 TO 2% TRAFFICKERS ARE CONVICTED.

SLAVERY is a global crime. It still exists.



THERE ARE OVER 27 MILLION MEN, WOMEN, AND CHILDREN BEING HELD AS SLAVES TODAY.

www.A21.org [Facebook icon] [Twitter icon] [Instagram icon]

Each year, nearly 2 MILLION CHILDREN are exploited in the global sex trade.



TRAFFICKERS LOOK FOR VULNERABLE CHILDREN TO EXPLOIT

EVERY 30 SECONDS ANOTHER PERSON BECOMES A VICTIM OF HUMAN TRAFFICKING.

THE AVERAGE AGE SOMEONE FIRST BECOMES A VICTIM IS 12 YEARS OLD.

HUMAN TRAFFICKING AFFECTS EVERY CONTINENT AND EVERY ECONOMIC STRUCTURE.

VICTIMS CAN BE FORCED TO SERVICE UP TO 110 CUSTOMERS IN ONE DAY.



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PRICING – Sign up now - Offer valid until 30th September 2017

Morning & Afternoon R1150.00

Mornings Only R850.00

Afternoons Only R900.00

Afternoon collections include: Transport to extra murals & Sports events

Daily transfers are as per agreed schedules – **Emergency collections are included**

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Please contact Christo Van Staden

Cell: 082 856 8443

e-mail: christo@thebuspeople.co.za

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COME AND ENJOY YOUR JOURNEY WITH US



St Mikes and All Angels
Weltevredenpark Fun Run/Walk 4km
& 8km – dress up and run/walk for a
cause, if you wish



When: 30 September
Where: St Mikes and All Angels,
Weltevredenpark – 1123 Cornelius
Street
Time: 07h00
Entry fee: 4km – R20
8km – R40

Food stalls available for the hungry – after the race

You may also stay to enjoy our Fete for the rest of
the day!

Hope to see you there!

Contact: Samantha Rensburg 082 899 8443

SUMMER BEACH CAMP
16-22 Dec.
Kailager 2017

Early Bird { **R1000 (FULL payment by the 31st of Aug. '17)**
R1250 (FULL payment by the 31st of Oct. '17)

R1500 (Instalment price AND/OR payment after 31 October 2017)
NB! All camp fees are payable in full before the beginning of the camp.

Register Online Now!

YOUTH CAMP FOR TEENS (13-18 YEARS)

JOIN US FOR A UNFORGETTABLE
WEEK AT THE SOUTH COAST
CONTACT US FOR MORE INFO

holyculture

www.kailager.co.za
registration@kailager.co.za
084 724 2767
kailagercamp

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Liza Smith - 072 108 3670
E-mail - ropacc@vodamail.co.za

Monday, Wednesday and Thursday: 06:45 to 13:30

CLOSED on Tuesdays and Fridays

TO ACCOMMODATE OUR FULL-TIME WORKING PARENTS:

Every 1st and 3rd Saturday of the month: 09:00 to 12:00

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in
The King's Ken

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