

The King's Ken

31 JANUARY 2018

ON
-LINE
PREOCCUPATION

How much time are we really spending on online activities? Did you know that apps and software packages have been created to help us monitor our (and our kids!) usage?



admin@kswr.org.za



011 100 5377

www.kswr.org.za

HERE ARE SOME THAT ARE WORTH CHECKING OUT:

- Rescue Time (software)
 - Onward (iOS)
 - OS X Daily (iOS)
- QualityTime (Android)
 - Moment (iOS)
- AntiSocial (Android)
- BreakFree (Android)

And once we know the extent of our digital preoccupation, how do we practically 'break free', move 'onward' and 'rescue time'?

HERE ARE SOME SUGGESTIONS:

1. Balance screen time and green time. Being outdoors walking, running, cycling, playing sports, camping - all have enormous benefits.
2. Encourage your kids to read. This stimulates imagination and builds vocabulary far more than watching a movie online.
3. Have a 'data fast' or device-free day. In my household, we ran out of data halfway through December. I think the last half of the month was really beneficial, admittedly with a lot of complaining too!
4. Be intentional about setting limits for online

gaming. As I write this, the World Health Organisation (WHO) has just declared addiction to gaming as a listed mental health disorder. And remember, addicts always say "I can stop whenever I want to."

5. Shift the narrative in your home from entertainment and pursuit of sensation to service and obedience. God has a calling on our lives as followers of Christ, and it is in these spaces that we find union with Christ and lasting peace and joy.
6. Set aside designated times for family conversation, reflection on the day, engagement with Scripture, and prayer. Check devices into a separate room and have eye-to-eye chats.
7. Keep devices out of the bedroom at night, and out of study times. And no, kids don't need their device for the calculator function or for music during studying!

Mostly, let's give this issue of online preoccupation our thoughtful attention so that we are not left counting the cost at a later time. May God give us wisdom.

MR KEN LANGLEY
PRINCIPAL

FOR FRIENDS FRIDAY

2 February	-	Sugar
9 February	-	Soup/Gravy
16 February	-	Baked Beans
23 February	-	Dishwashing Soap
2 March	-	Handy Andy/Savlon
9 March	-	Mielie Meal
16 March	-	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!

For second hand school items to buy or swop

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 swop shop you may drop off as well.

The swop shop will be open on:

Thursday 1st February from 13:00 – 14:00

Find us on the ground floor of the High School block (next to the stairs)

IMPORTANT DATES

for the term

10 February	-	Daddy/Daughter Picnic
10 February	-	Gr. 12 Maths (08:00 – 10:00)
14 February	-	Nursery School Grandparents Day
12-16 February	-	Fun Week
16 February	-	School Picnic/Civvies Day
17 February	-	Agape Ball
17 February	-	Pre-Primary Sports Day
20 February	-	Spur Teachers Evening
21 February	-	School Day Prayer Day
24 February	-	Gr. 12 Physical Sciences (08:00-10:00)
26 February	-	Intermediate Phase Blue Certificate Assembly
27 February	-	Spur Teachers Evening
2 March	-	HS Certificate Assembly
7-9 March	-	School Camp (Gr. 5 – Matric)
7 March	-	Gr. 4 Day Camp
16 March	-	Wintersport Interhouse
16 March	-	Nursery School Theme Day
16 March	-	SCHOOL CLOSURES

@ 11:45 for Pre-School and Foundation Phase

@ 12:00 for Intermediate Phase and High School

**THE
SCHOOL
WEAR
SHOP**

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

OPERATING HOURS – SCHOOL TERMS ONLY

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

CLOSED on Tuesdays and Fridays

TO ACCOMMODATE OUR FULL-TIME WORKING PARENTS:

BY APPOINTMENT ONLY

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



THE KING'S SCHOOL WEST RAND EXTRA MURAL PROGRAMME



INTERMEDIATE PHASE




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 JANUARY - 9 FEBRUARY				
Athletics	Athletics	Athletics	Athletics	
13:45 - 14:10				
u10/u11 LJ (G)	u10/u11 LJ (B)	u10/u11 LJ (G)	u10/u11 LJ (B)	
Hanlie Swart	Hanlie Swart	Hanlie Swart	Hanlie Swart	
u10/u11 HJ (B)	u10/u11 HJ (G)	u10/u11 HJ (B)	u10/u11 HJ (G)	
Claire Parsons	Claire Parsons	Claire Parsons	Claire Parsons	
Adriaan (GR)	Adriaan (GR)	Adriaan (GR)	Adriaan (GR)	
u12/u13 Sprints	u12/u13 Sprints	u12/u13 Sprints	u12/u13 Sprints	
Jandré / GR	Jandré / GR	Jandré / GR	Jandré / GR	
u12/u13 SP	u12/u13 SP	u12/u13 SP	u12/u13 SP	
Andrea / Ryan (GR)	Andrea / Ryan (GR)	Andrea / Ryan (GR)	Andrea / Ryan (GR)	
14:25 - 15:00				
u12/u13 LJ (G)	u12/u13 LJ (B)	u12/u13 LJ (G)	u12/u13 LJ (B)	
Hanlie Swart	Hanlie Swart	Hanlie Swart	Hanlie Swart	
u12/u13 HJ (B)	u12/u13 HJ (G)	u12/u13 HJ (B)	u12/u13 HJ (G)	
Claire Parsons	Claire Parsons	Claire Parsons	Claire Parsons	
Adriaan (GR)	Adriaan (GR)	Adriaan (GR)	Adriaan (GR)	
u10/u11 SP	u10/u11 SP	u10/u11 SP	u10/u11 SP	
Andrea / Ryan	Andrea / Ryan	Andrea / Ryan	Andrea / Ryan	
u10/u11 Sprints	u10/u11 Sprints	u10/u11 Sprints	u10/u11 Sprints	
Jandre/GR	Jandre/GR	Jandre/GR	Jandre/GR	
Middle Distance	Middle Distance	Middle Distance	Middle Distance	
Tumi (GR)	Tumi (GR)	Tumi (GR)	Tumi (GR)	
29 Jan - 16 Mar	12 Feb - 16 Mar	29 Jan - 16 Mar	12 Feb - 16 Mar	
Chess Gr 4 - 7	Soccer u10 - u13	Chess Gr 4 - 7	Soccer u10 - u13	
13:45 - 15:00	13:45 - 15:15	13:45 - 15:00	13:45 - 15:15	
Valentine Momberume	Coach Jabz	Valentine Momberume	Coach Jabz	
Kgagelo Mosehle	Jurgen Lier	Kgagelo Mosehle	Jurgen Lier	
	Claire Parsons		Claire Parsons	
	Football Friends (2)		Football Friends (2)	
	Fielding Dreams (1)	Art Club Group 2	Fielding Dreams (1)	
	12 Feb - 16 Mar	13:30 - 15:00	12 Feb - 16 Mar	
	Netball u10 - u13	Angie Grobbelaar	Netball u10 - u13	
Art Club Group 1	13:45 - 15:15		13:45 - 15:15	
Gr 4 - 7	Angie van Druten		Angie van Druten	
13:30 - 15:00	Janet Young		Janet Young	
Angie Grobbelaar	Fielding Dreams (4)		Fielding Dreams (4)	
	Nett Girlies (1)		Nett Girlies (1)	
PAC		31 Jan - 16 Mar	1 Feb - 16 Mar	
14:30 - 17:00		Cross Train	Cross Train	
By invitation only		Discipleship	Discipleship	
Mercia Swanepoel		13:45 - 14:45	13:45 - 14:45	
		Hennie Schoonwinkel	Hennie Schoonwinkel	

THE KING'S SCHOOL WEST RAND


FOUNDATION PHASE EXTRA MURAL PROGRAMME

TERM 1

17-Jan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
U7-U8 SPRINTS		U7-U8 SPRINTS			
60/80M		60/80M			
13:15-13:45		13:15-13:45			
Jaydeen Strydom		Jaydeen Strydom			
Coach Jabz		Coach Jabz			
Jandr� Swanepeel		Jandr� Swanepeel			
U9 SPRINTS		U9 SPRINTS			
60/80M		60/80M			
13:45-14:15		13:45-14:15			
Jaydeen Strydom		Jaydeen Strydom			
Coach Jabz		Coach Jabz			
Jandr� Swanepeel		Jandr� Swanepeel			
PAC					
14:30 - 17:00					
By invitation only					
Mercia Swanepeel					

22 January - 9 February






Cricket u7 - u8		Cricket u7 - u8		
13:15 - 14:15		13:15 - 14:15		
Procricket		Procricket		
13:45 - 15:00		13:45 - 15:00		
Cricket u9		Cricket u9		
Procricket	Procricket			

THE KING'S SCHOOL WEST RAND

FOUNDATION PHASE EXTRA MURAL PROGRAMME

TERM 1

29 January - 16 March

Netball u7 - u8	Chess Gr 1-2	Netball u7 - u8	Chess Gr 1-2	
13:15 - 14:15	13:15 - 14:00	13:15 - 14:15	13:15 - 14:00	
Bianca Roets	Annalie Groenewald	Bianca Roets	Annalie Groenewald	
Maryka Kruger	Maria Luchies	Maryka Kruger	Maria Luchies	
Bianca Vermaak		Bianca Vermaak		
Leanne Williams	Chess Gr 3	Leanne Williams	Chess Gr 3	
Dapheney Kroet	14:00 - 15:00	Dapheney Kroet	14:00 - 15:00	
Fielding Dreams (2)	Maria Luchies	Fielding Dreams (2)	Maria Luchies	
Netball u9	Heinco du Plessis	Netball u9	Heinco du Plessis	
13:45 - 15:00		13:45 - 15:00		
Lee Baggott		Lee Baggott		
Jaydeen Strydom	Drama	Jaydeen Strydom	Choir	
Fielding Dreams (1)	Gr 1 - Gr 2	Fielding Dreams (1)	Gr 1 - Gr 3	
	13:30 - 14:00		13:45 - 14:30	
	Mercia Swanepoel		Mercia Swanepoel	
	Monica Behrens		Monica Behrens	
	Art Club Gr 1 - Gr 2		Art Club Gr 1 - Gr 2	
	13:00 - 14:00		13:00 - 14:00	
	Leanda Duffield		Leanda Duffield	
	Geraldine Hide		Geraldine Hide	
	Art Club Gr 3		Art Club Gr 3	
	13:30 - 14:30		13:30 - 14:30	
	Cassel De Almeida		Cassel De Almeida	

12 February - 16 March

Soccer u7 - u8		Soccer u7 - u8	
13:15 - 14:15		13:15 - 14:15	
Michael Cruz		Michael Cruz	
Football Friends (2)		Football Friends (2)	
Fielding Dreams (2)		Fielding Dreams (2)	
Coach Jabz		Coach Jabz	
Soccer u9		Soccer u9	
13:45 - 15:00		13:45 - 15:00	
Jenny Felton		Jenny Felton	
Football Friends (1)		Football Friends (1)	
Fielding Dreams (1)		Fielding Dreams (1)	



SHUTTLE SERVICE

PROVIDING TRANSPORT CONVENIENCE

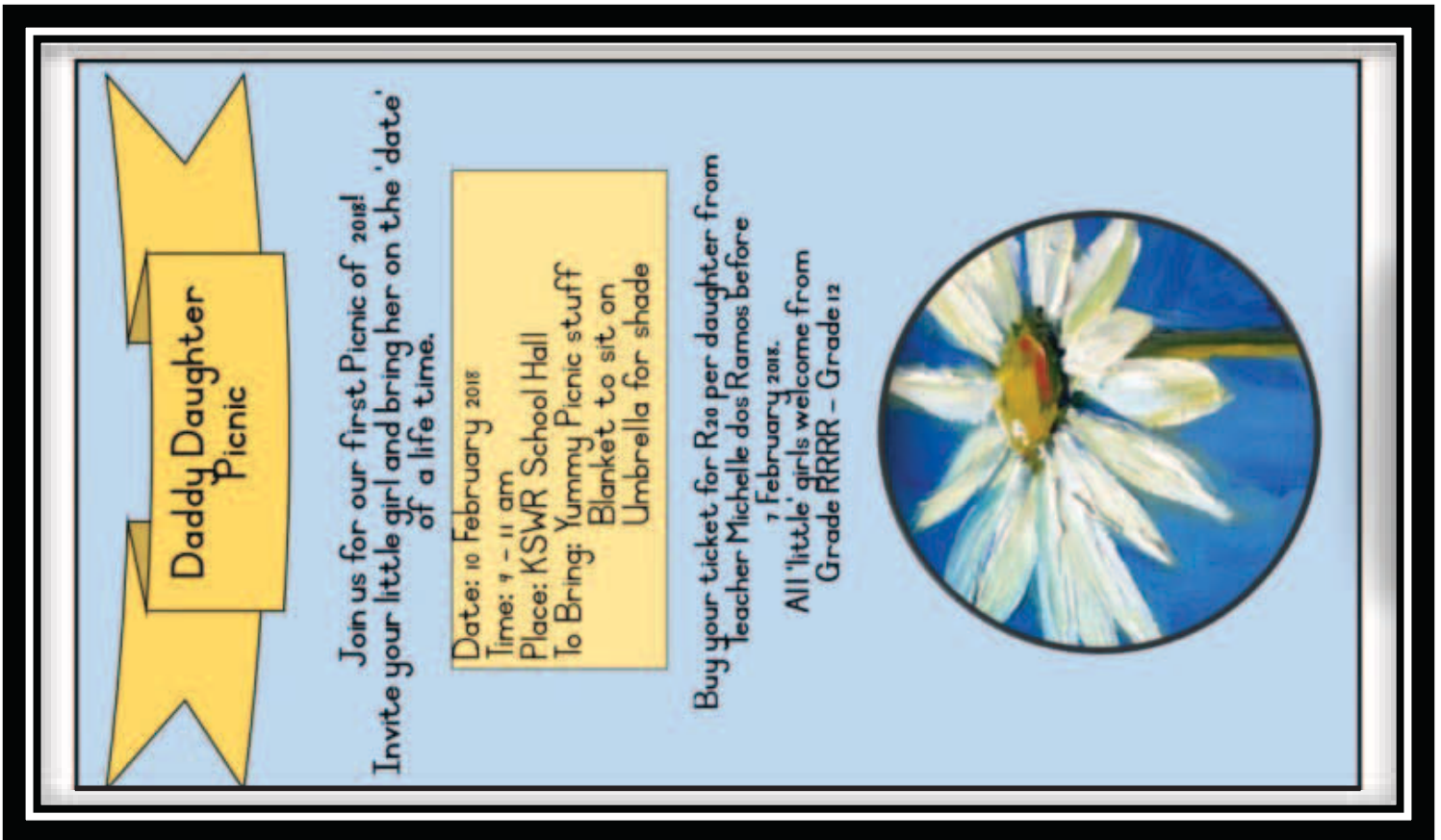
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- **Tour Groups**



Brian Ayson
083 255 3189
brian.aysonsa@gmail.com






Daddy Daughter Picnic

Join us for our first Picnic of 2018!
Invite your little girl and bring her on the 'date' of a life time.

Date: 10 February 2018
Time: 7 - 11 am
Place: KSWR School Hall
To Bring: Yummy Picnic stuff
Blanket to sit on
Umbrella for shade

Buy your ticket for R30 per daughter from teacher Michelle dos Ramos before 7 February 2018.
All 'little' girls welcome from Grade RRRR - Grade 12




The King's School WEST RAND
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the kings school west rand
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www.kswr.org.za

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YEARS OF EXCELLENCE

OPEN DAY & FLEA MARKET
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SATURDAY 26TH MAY '18
09:00 - 14:00
SCHOOL TOURS - 09:00 - 12:00




ENROL EARLY IN 2018
Professional Maths & Science Tuition

Why is it better to enrol early?

- ✓ Spread out lessons which will reduce financial burden of 'lesson-cramming' later in the year.
- ✓ Identify problem areas and fix them before learners fall behind.
- ✓ Fully prepare learners for tests and exams - reducing stress!

We are opening in the
Ruimsig Shopping Centre
Office 8.
(above Mica hardware).

Ruimsig
011 958 1184
ruimsig@mastermaths.co.za

master maths make your mark
www.mastermaths.co.za

FULLY RESOURCES COLLECTED & REVIEWED
Grade 4-12

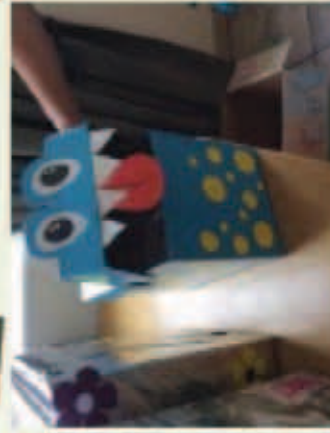
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FULLY RESOURCES COLLECTED & REVIEWED
Grade 10-12

The pApEr DrIvE!!



Teacher Lee Baggot
Paper Monster and
Baby Monster



We are having a paper recycling drive at school. Please send waste paper from home to school and help us save the environment.



Teacher Hanlie Swart
Paper Duck

Congratulations!

LRC 2018:

8AB	-	Nairobi Twala and Jason Phillips
8NK	-	Rorisang Makhoana and Douglas Chauke
8ST	-	Spokazi and Sebastian
9LH	-	Ashleigh Teen and Connor Wendt
9NB	-	Lesedi Letuka and Meagan Harris
9WW	-	Samkelo Stimela and Michael Kambayi
10DD	-	Zenani Sithole and Matthew Phillips
10SM	-	Mikayla and Matthew
10WT	-	Zachary Issel and Rethabile Mooki
11TS	-	Christina Anika and Wouter De Wet
11LM	-	Cyara Ramsami and Trent Ogle
11PD	-	Anneli and Jordan
12GS	-	Nqobile Khudzwayo and Daniel Costopoulos
12CN	-	Elsie Thum, Daniel Hooper and Isac Kambay
12VS	-	Shona Harris, Norman Fourie and Michael Meyer-Palmer



High School Athletics

The High School athletes participated in the annual Hoërskool Bekker Friendly Athletics Meeting.

As always, we faced tough competition against Hoërskool Bekker, Leeuwenhof Akademie and Randfontein High School but we walked away with:

• 1 gold, • 8 silvers and • 19 bronze medals.

Congratulations to all of the athletes and we are excited to see how much our athletics team continues to grow.



