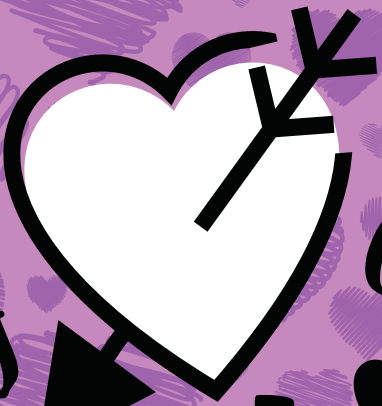




The King's Ken



14 FEBRUARY 2018

happy  day

Valentine's!



admin@kswr.org.za



011 100 5377

www.kswr.org.za

spiritual discipline

If you are interested in building your faith, you should first come to peace with the fact that it takes effort. Just as building your fitness requires a training programme, or building your knowledge requires reading and studying, so building your faith requires effort and training. The early Christians suggested a number of spiritual disciplines to aid in the process.

These spiritual disciplines are like physical exercise, we have to do it frequently to prepare our soul for God.

As we practice the spiritual disciplines, we empty ourselves to God and surrender to His will. The disciplines plow the soil of the soul so that it can be fertilized by grace: one dies to oneself so that Christ can live in oneself.

To become the people God wants us to be, we need

to employ a strict training regime, just like successful athletes do.

This training will require us to engage in activities that grow our discipleship, such as study, worship, confession, service and prayer (disciplines of engagement).

The training may also mean abstaining from our normal desires for food, conversation, company, and comfort for certain periods of time through the disciplines of fasting, silence, solitude, simplicity and sacrifice (disciplines of abstinence).

Won't you consider disciplining your body and bringing it into subjection as spoken of in 1 Corinthians 9:27 by starting a regular practicing of the disciplines of abstinence and the disciplines of engagement? May each discipline direct your mind to Christ and His grace freely given.

Regards

MR KEN LANGLEY
PRINCIPAL

FOR FRIENDS FRIDAY

| | | |
|-------------|---|-------------------|
| 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.

IMPORTANT DATES

for the term

| | | |
|----------------|---|--|
| 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) |
| 24 February | - | Daddy/Daughter Picnic |
| 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



Miss Kind Hearted 2018



Congratulations to Abigail Leonard (Grade 3) who was crowned Miss Kind Hearted 2018 on 3 February.

She placed Top 5 for the Best Dressed and Best Ramp Award. She was the WINNER in her age category girls 6-8 years.

Abby had to donate non-perishable foods along with her entry money to a charity of her choice. She won some fabulous prizes.



Congratulations Abigail!

4

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

Equestrian Results

The first qualifier for SANESA West Gauteng took place on 3 and 4 February at Maple Ridge. We are so proud of our riders and look forward to a wonderful season.

HIGH SCHOOL:

Tasmin Smith:

- Level 7 performance riding - 1st
- Novice Dressage Test A - 1st
- Novice Dressage Test B - 1st

Michelle Weinmann:

- 90cm Showjumping Accumulator - 5th
- 90cm Showjumping Competition - 3rd

Chandré Delpeche:

- Novice Dressage Test A - 5th
- Novice Dressage Test B - 3rd

Robyn Ward:

- Preliminary Dressage Test A - 7th
- Preliminary Dressage Test B - 5th
- 70cm Showjumping Accumulator - 5th
- 70cm Showjumping Competition - 3rd
- 70cm Equitation - 3rd
- Level 3 Performance Riding - 5th
- Level 3 Working Riding - 5th

Savannah Taylor:

- 60cm Showjumping Accumulator - 2nd

PRIMARY SCHOOL:

Kaela-Jade Theunissen:

- 50cm Equitation - 4th
- 50cm Showjumping Accumulator - 12th
- 50cm Showjumping Ideal Time - 6th

Cheyenne Meyer-Palmer:

- Dressage Preliminary Test A - 4th
- Dressage Preliminary Test B - 2nd



Equestrian Results



WAITING CLASS

RULES AND PROCEDURES

It has come to our attention that many children are waiting down at the field after school. Please note as per previous communication in The King's Ken, that NO child (Gr. 1 to Gr. 6) is allowed anywhere else other than the waiting class area i.e. Foundation Phase playground until 14:00.

We cannot be responsible for your child's safety if they have been given alternative arrangements by parents.

6

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Athletics

On Tuesday 6 February 2018, 81 of our Primary School Athletes took part in the Cluster B Athletics at Ruimsig Athletics Stadium. Well done to all of our athletes.

The following athletes qualified for the Roodepoort Championships on 12 February:

| | | |
|-----------------------|-----------|--|
| Casey Moma | Girls u8 | 1 st – 60m 1 st – 80m |
| Nyakallo Modise | Girls u9 | 3 rd – 80m |
| Obakeng Mahlo | Girls u10 | 1 st – 80m 3 rd – Long Jump |
| Tumisho Thaba | Girls u10 | 3 rd – Shotput |
| Tristan Matthews | Boys u10 | 4 th – Shotput |
| Elijah Mtambo | Boys u10 | 2 nd – Long Jump |
| Khodani Nwedo | Boys u10 | 1 st – Long Jump |
| Keira Davies | Girls u11 | 1 st – Long Jump |
| Tristan Bastiaans | Boys u11 | 2 nd – Shotput |
| Reece Cloete | Boys u11 | 4 th – Long Jump |
| Aiden Wendt | Boys u11 | 1 st – Long Jump 2 nd – 100m 3 rd – 80m |
| Cheyenne Meyer-Palmer | Girls u12 | 2 nd – High Jump |
| Reece Jones | Boys u12 | 2 nd – Long Jump |
| Tshiamo Mooki | Boys u12 | 1 st – Long Jump 2 nd – 150m 4 th – High Jump |
| Matthew Pretorius | Boys u12 | 1 st – 1200m 3 rd 150m |

| | | |
|-------------------|-----------|--|
| Unathi Magudulela | Girls u13 | 4 th – High Jump |
| Oluchi Olebuike | Girls u13 | 1 st – 100m 1 st – 200m 1 st – Long Jump |
| Chioma Olebuike | Girls u13 | 2 nd – 100m 2 nd – 200m 2 nd – Long Jump |
| Jason Damons | Boys u13 | 2 nd – High Jump |
| Kayle Richardson | Boys u13 | 1 st – Long Jump 3 rd – High Jump 3 rd – 100m |

We are so proud of you.









Parents are reminded to use the new banking details for lunch card. If you have paid money into the old account, please contact lunch card to rectify.

Contact us:

Tel: 010 140 1327.

Backup line: 082 387 7133

New Items:

- Coffee and Muffin Combo for R35-00. (Grab a coffee for the traffic – we are open from 7:00)
- 100ml Yogurts Smooth or with Fruit for R3-50
- Snack Packs with a cheese portion, slice of ham/meatball and a small filled egg-pancake and veggies for R30-00.

Daily Menu

Monday

- | | |
|-----------------------|---------|
| •Toasted Cheese | R 12-00 |
| •Toasted Ham & Cheese | R 16-00 |
| •Hickory Ham Sub | R 20-00 |
| •Chicken Salad | R 20-00 |
| •Slap Chips | R 15-00 |

Thursday

- | | |
|-----------------------|---------|
| •Hotdog | R 14-00 |
| •Toasted Chicken Mayo | R 18-00 |
| •Hickory Ham Sub | R 20-00 |
| •Chicken Wrap | R 22-00 |
| •Slap Chips | R 15-00 |

Tuesday

- | | |
|------------------|---------|
| •Hotdog | R 14-00 |
| •Hickory Ham Sub | R 20-00 |
| •Chicken Wrap | R 22-00 |
| •Slap Chips | R 15-00 |

Friday

- | | |
|-----------------------------|---------|
| •Toasted Cheese | R 12-00 |
| •Toasted Ham & Cheese | R 16-00 |
| •Junior Beef Burger | R 18-00 |
| •Bacon & Cheese Beef Burger | R 25-00 |
| •Chicken Salad | R 20-00 |
| •Slap Chips | R 15-00 |

Wednesday

- | | |
|-----------------------------|---------|
| •Junior Beef Burger | R 18-00 |
| •Bacon & Cheese Beef Burger | R 25-00 |
| •Chicken Salad | R 20-00 |
| •Slap Chips | R 15-00 |

Daddy Daughter Picnic

Our Picnic has been moved to 24 February, but the FUN is still ON!

Date: 24 February 2018
Time: 9 - 11 am
Place: KSWR School Hall
To Bring: Yummy Picnic stuff
Blanket to sit on
Umbrella for shade

Buy your ticket for R20 per daughter from Teacher Michelle dos Ramos before

21 February 2018.
All 'little' girls welcome from Grade RRRR - Grade 12



The King's School WEST RAND

011 100 5377

thekingsschoolwestrand

admin@kswr.org.za

www.kswr.org.za

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FOOD & FUN FOR THE WHOLE FAMILY

HOT DOGS

SATURDAY 26TH MAY '18

09:00 - 14:00

SCHOOL TOURS - 09:00 - 12:00





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- **Social / Sporting Events Shuttle**
- **After School Transport**
- **Pensioners Shuttle**
- **Airport Transfers**
- **Take Me Home Service**



Brian Ayson
083 255 3189
brian@ybshuttle.co.za



12

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