



The King's Ken



14 MARCH 2018



HALF
FULL
OF
GRACE



admin@kswr.org.za



011 100 5377

www.kswr.org.za



Dorothy Fortenberry is a playwright and screenwriter in the hub of Hollywood, Los Angeles. She recently wrote a piece called Half-full of Grace for the LA Review of Books where she considers why she takes her family to church.

Even though she's not sure if she is even a believer, she comes up with some really thought-provoking and delightful statements. Let me share just 3 with you. Perhaps as answers to what the world says:

Church is just a place where people go to deny the reality of the world.

"Church isn't an escape from the world. It's a continuation of it. My family and I don't go to church to deny the existence of the darkness. We go to look so hard at the light that our eyes water."



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 swop shop you may drop off as well.

Church is for whole people, not for people like me whose life is a mess.

"Church is a group of broken individuals united only by our brokenness traveling together to ask to be fixed."

The world is all about impressing others and convincing them that you are amazing. Why is church any different?

"I do not impress anyone at church. I do not say anything surprising or charming, because the things I say are the responses that someone else decided on centuries ago. I am not special at church, and this is the point. Because [according to the ridiculous, generous, imperfectly applied rules of my religion] we are all equally beloved children of God. We are all exactly the same amount of special."

For the full article, and others, see the Christian Education Forum mailer this week.

MR KEN LANGLEY
PRINCIPAL

**CONTACT US TO PLACE YOUR
ADVERT INTO THE KING'S KEN
EMAIL: ADMIN@KSWR.ORG.ZA**

FOR FRIENDS FRIDAY

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!

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

AT CHURCH THIS SUNDAY...

SERMON TOPICS IN OUR LOCAL CHURCHES THIS WEEK



RIDGECREST FAMILY CHURCH:

SUNDAY //

THEME:

“Obstacles to Faith” (until the 25 March).

EASTER WEEKEND (THURSDAY 29 MARCH – SUNDAY 1 APRIL) //

THEME:

“CROSS ROADS”

PREACHER:

Dr Lindsay Rinquest

THURSDAY //

Is a Maunday service (18:00)

FRIDAY //

Morning service (8:30) and a Concert at 18:00.

BOOKINGS PHONE ZILLAH 074 307 9611.

SUNDAY //

Sunrise Service at 06:45 with egg and bacon rolls for breakfast.

Resurrection Service at 08:30am with hot-cross buns and tea/coffee after the Service.



EASTER WEEKEND SERVICE TIMES

MAUNDY THURSDAY SERVICE THURSDAY, 29 MARCH, 18:30
GOOD FRIDAY SERVICE FRIDAY, 30 MARCH, 08:30 AND EASTER CONCERT FRIDAY, 30 MARCH, 18:00
SUNDAY SUNRISE SERVICE: 1 APRIL, 06:45 (EGG AND BACON ROLLS SERVED) AND
SUNDAY MORNING RESURRECTION SERVICE: 1 APRIL, 08:30 (TEA AND HOT-CROSS BUNS SERVED)

EASTER CONCERT TICKETS ARE FREE, BUT BOOKINGS ARE ESSENTIAL. PLEASE CONTACT ZILLAH 074 307 9611
CHILDRENS PROGRAMMES DURING SERVICES
WWW.RIDGECRESTCHURCH.ORG.ZA

RIDGECREST FAMILY CHURCH



IMPORTANT DATES

for the term

- 16 March - Wintersport Interhouse
- 16 March - Nursery School Theme Day
- 16 March - **SCHOOL CLOSSES**
 - @ 11:45 for Pre-School and Foundation Phase
 - @ 12:00 for Intermediate Phase and High School

NOTICE

Dear Parents

Should you wish to **BOOK A STALL** at our **FLEA MARKET** on **26 MAY 2018**,
Please email marketing@kswr.org.za for further details.
Look forward to seeing you all there!

From a concerned parent:

As I picked my son up from school camp today, a young girl of 14 walk in front of my son I couldn't help but noticed how short her shorts were. I thought to myself "why doesn't she just walk around in her costume it is so short". Why do teens and tweens dress so provocative? Young ladies can't wear provocative clothing if their parents don't buy provocative clothing. Teenagers should look their age. They are not supposed to look sexy. How many of you want a grown man lusting after your daughter because she is dressed provocatively and she looks like a grown woman? I told my son that every boy and man is looking at her and that is so wrong. I want my son to respect a girl not lust after her because the way that she dresses.



STOP BULLYING

STAND UP • SPEAK OUT

Why do kids bully?

- A common cause of childhood bullying of others is the lack of attention from parents at home, which leads to children lashing out at others for attention.
- This can include neglected children, children of divorced parents, or children with parents under the regular influence of drugs/ alcohol.
- Older siblings can also be the cause of the problem. If they've been bullied, they are more likely to bully a younger sibling, in order to feel more secure or empower themselves.
- Very often parents are bullies, are angry, or don't handle conflict well. Kids usually bully because they learn this behaviour at home. It is learned behaviour, which can be unlearned.
- Some kids are naturally more aggressive, domineering and impulsive, but this does not always mean that they will become bullies.
- Bullies dominate, blame and use others. They lack empathy and foresight and have contempt for the weak. They see weaker kids as their target and don't accept the consequences of their actions. They crave power and attention.



Different types of bullying

There are many different types of bullying that can be experienced by children and adults alike. Some are easy to spot, while others can be more subtle. To help you identify the type of bullying, we provide short descriptions of typical bullying behaviours.

PHYSICAL BULLYING

Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short- and long-term damage.

VERBAL BULLYING

Verbal bullying includes name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the victim.

SOCIAL BULLYING

Social bullying, sometimes referred to as covert bullying, is

Warning signs of a person being bullied

There are many warning signs that may indicate that someone is affected by bullying – either being bullied or bullying others. Recognising the warning signs is an important first step in taking action against bullying. These warning signs can also point to other issues or problems, such as depression or substance abuse.

SIGNS THAT A CHILD IS BEING BULLIED:

- Difficulty sleeping or frequent nightmares
- Declining school marks, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviours such as running away from home, harming themselves, or talking about suicide

Warning signs of a person being bullied

- Inexplicable injuries
- Lost or destroyed clothing, books, electronics, or jewellery
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch

SIGNS OF A CHILD BULLYING OTHERS:

- Getting into physical or verbal fights
- Having friends who bully others
- Increased aggression
- Having unexplained extra money or new belongings
- Blaming others for their problems
- Not accepting responsibility for actions
- Extreme competitiveness, and undue concern for personal reputation or popularity



READ THIS:
Bully Proof (Gail Dore) looks at every aspect of bullying, from name-calling, taunting and rumour-mongering to physical assault, and examines why and how bullies behave the way they do, and what can be done to help them and their victims.
 R200 from Exclusive Books.



STOP BULLYING

STAND UP • SPEAK OUT

Eight bullying survival tips

- 1. If you feel safe enough, speak to the person who is bullying you.** Have you ever said something to a friend and upset them by accident? Chances are, it has probably happened loads of times. It's a similar thing with bullying, as the definition of the behaviour is by default subjective – meaning that everybody has a different threshold of what they consider to be bullying. Sometimes, the person who is bullying you may genuinely have no idea that it is affecting you. Equally, they are probably going through a difficult time themselves and will relate to how you're feeling.



- 2. Ignore the bully and walk away.** This is definitely not a coward's response – sometimes it can be harder than losing your temper. Bullies thrive on the reaction they get, and if you walk away or ignore hurtful emails or instant messages, you're telling the bully that you just don't care.
- 3. Hold the anger in.** Who doesn't want to get really upset with a bully? But that's exactly the response he or she is trying to get. Bullies want to know they have control over your emotions.
- 4. Don't get physical.** However you choose to deal with a bully, don't use physical force (like kicking, hitting, or pushing). Not only are you showing your anger, you can never be sure what the bully will do in response.
- 5. Don't see yourself as the problem.** The reason people experience bullying is not their sexuality, gender identity, race, appearance, disability or any other unique factor; it is because of the attitude towards the factor. The only thing possible to change is attitudes. The person who is bullying you is the one with the issue, not you.
- 6. Practise confidence.** Practise ways to respond to the bully verbally or through your behaviour. Practise feeling good about yourself (even if you have to fake it at first).
- 7. Take charge of your life.** You can't control other people's actions, but you can stay true to yourself. Think about ways to feel your best – and your strongest. Exercise is one way to feel strong and powerful. (It's a great mood lifter, too!) Learn a martial art or take a class like yoga.
- 8. Talk about it.** It may help to talk to a guidance counsellor, teacher, or friend – anyone who can give you the support you need. Talking can be a good outlet for the fears and frustrations that can build up when you're being bullied.

Myths and facts about bullying

- Myth:** Bullying is a normal part of childhood and you should just ignore it.
- Fact:** Bullying is not 'normal' or acceptable in any form and ignoring it might not always make it stop. Confide in someone you trust, such as a parent or teacher to help you get it stopped. Bullying can destroy your self-esteem and confidence.
- Myth:** Cyberbullying doesn't involve physical harm, so what's the harm?
- Fact:** Actually, some people have committed suicide as a result of not seeing any way out of the non-stop harassment, threats and abuse. The emotional scarring stays for a lot longer and sometimes people never get over it. Some websites allow people to post anonymously, which can mean it is very hard to stop this abuse.
- Myth:** Online bullying is just banter and harmless.
- Fact:** People being bullied online is a very serious issue. The bullying can go viral and make the problem escalate very quickly. It is important to take a screenshot of any conversations, messages or posts that you feel are bullying so that you have a record.
- Myth:** Children grow out of bullying.
- Fact:** Quite often, children who bully grow up to be adults who bully or use negative behaviour to get what they want, unless there has been intervention and their behaviour challenged by the relevant authorities, whether it be school or parents, etc.



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FOR
CAMP PHOTOS**



RELAX

AND

ENJOY

YOUR

HOLIDAY



Soccer

Thank you to the dad's who joined us on an away fixture.
We appreciate the support.

TKSWR 1st Team Soccer vs African Leadership Academy. Season opening friendly hosted @ ALA.
An entertaining game we lost 2-1.

The King's School WEST RAND

011 100 5377

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OPEN DAY

& FLEA MARKET

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SATURDAY 26TH MAY '18

09:00 - 14:00

SCHOOL TOURS - 09:00 - 12:00