



# The King's Ken



8 AUGUST 2018



## HOW SMARTPHONES HIJACK OUR MINDS

A recent article in the Wall Street Journal described research by Dr. Adrian Ward, a cognitive psychologist and marketing professor at the University of Texas at Austin, showing that as a person's phone's proximity increased, brainpower decreased.

Cont. on Pg2.



[admin@kswr.org.za](mailto:admin@kswr.org.za)



**011 100 5377**

**[www.kswr.org.za](http://www.kswr.org.za)**

As much as smartphones have made our lives so much easier, they also have an unprecedented and scary control over our behaviour and intellect. The available studies indicate that our reliance on our phones leads to:

- Sloppy work
- increased levels of anxiety, and
- lazy thinking

Multiple studies have shown that when our phones beep, we are distracted from the task at hand, our attention wanders and our work becomes sloppy.

Apple research shows that we check our phones an average of 80 times every day. When our phone rings and we're unable to respond immediately, our blood pressure spikes, the pulse quickens and problem-solving skills decline.

Dr. Betsy Sparrow from Columbia University described what she terms "the Google Effect".

"Because search engines are continually available to us, we may often be in a state where we feel we are not needing to encode any information internally. When we need it, we'll look it up." As the brain becomes dependent on the technology, the intellect weakens.

I believe that it is becoming more urgent than ever to consciously steward our usage of our phones, and actively coach our children to do so too. I have taken to keep my phone on silent and turn off almost all 'notification alerts' to become more assertive with my smartphone.



Ref: <https://jarredbunch.com/how-smartphones-hijack-our-minds/>



## MOMS AND DADS PRAYER GROUP

Please join us in prayer every Thursday from **07:00 to 07:30** in the Teacher's Lounge. Follow the blue footprints!



**FOR FRIENDS FRIDAY**

8 August	-	Soup/Gravy
17 August	-	Baked Beans
24 August	-	Dishwashing Soap
31 August	-	Handy Andy/Savlon
7 September	-	Mielie Meal
14 September	-	Rice
21 September	-	Sugar

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!

**SWOP SHOP**

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.*

# IMPORTANT DATES

## for the term

9 August	-	Public Holiday (Woman's Day)
10 August	-	School Holiday
17 August	-	Prefect Inauguration
18 August	-	Gr. 12 Literature Analysis (08:30-10:30)
24 August	-	Prefect Training
24 August	-	PP Granny and Grandpa Day
25 August	-	Gr. 12 Maths Portfolio Long Item (08:30-12:30)
27 August	-	Gr. 12 Study Leave
28 August	-	Prelims Start
31 August	-	Spring Day/Prayer Day
3 September	-	Summer/Winter Uniform Interim period
5 – 6 Sept	-	Diskonto Book Sale
7 September	-	International Literacy Day
14 September	-	Extra Murals end
14 September	-	HS Certificate Assembly
20 September	-	Gr. 12 Prelims End
21 September	-	SCHOOL CLOSSES
		@ 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

**3**

## DEAR GR. 7 2019 PARENTS

If you wish to order a blazer for 2019 at the school wear shop, please take note of the following:

- 100 % fully washable polyester with badge embroidered on the pocket – top quality
- Juvenile, men's and ladies cuts available
- **ORDERS MUST BE PLACED BEFORE 25 AUGUST 2018 FOR DELIVERY END NOVEMBER 2018**
- We must receive full payment with order
- PARENTS TO BE PRESENT WITH BLAZER FITTING TO CONFIRM SIZING
- **FITTING DATES:**  
**SHOP HOURS DURING WEEK MONDAY, WEDNESDAY AND THURSDAYS FROM 6:45 am till 13:30**  
**SATURDAY 18 & 25 AUGUST BETWEEN 9AM AND 12 NOON**
- Fitting range available in shop
- **Price: R 595 ALL SIZES**

Any questions please contact Liza on 072 1083 670

# GIRLS SOCCER

What a fantastic game played by TKSWR U17 Soccer Girls today vs. Charter College (first league game of the season).

Five different players scoring goals. King's winning 8-0. Well done team, Coach Robbie & I are so proud of you all.

