



# The King's Ken

04 Aug 2023

ADDICTED  
TO  
TECH



## from the PRINCIPAL'S DESK

Every addiction experienced by human beings involves dependency, which is defined as "the state of relying on or being controlled by someone or something else". Our society today is characterised by a few things that encourage unhealthy dependency in children. I'd like to discuss two of these characteristics here.

The first is a parenting style called overparenting, or hovering parenting, or helicopter parenting, or sometimes lawnmower parenting. All of these involve parents completing tasks for their children which could easily be performed by the children themselves, such as carrying children's schoolbags or doing their child's project. Lawnmower parents are so named because they mow down every obstacle which would provide challenge or sustained effort.

When this parenting style is sustained, children develop dependency on such assistance and fail to develop perseverance, grit and determination required in tackling more complex tasks.

The second aspect of our society today that causes unhealthy dependency in children is the immersive technology of social media and internet gaming.

Anna Lembke, a world-leading expert on addiction, calls the smartphone the "modern-day hypodermic needle": "we turn to it for quick hits, seeking attention, validation and distraction with each swipe, like and tweet".

Lembke says that since the turn of the millennium, behavioural (as opposed to substance) addictions have soared. In certain Eastern countries there are dedicated rehab centres for the treatment of online addictions that wreak havoc in young lives.

When children continue in an obsession with social media and gaming, they become trapped in the 'immersive technology' and lose the ability to concentrate on taxing tasks for long or get into a creative flow. Such children also struggle with future planning and problem-solving.

- *Mr Ken Langley, Principal*

Reference:  
Constant craving: how digital media turned us all into dopamine addicts | Life and style | The Guardian

# IMPORTANT DATES

Prefect Voting	- 4 August
WOMAN'S DAY	- 9 AUGUST
Intermediate Phase Interhouse Quiz	- 18 August
New Learner Induction Reports out	- 21 August
High School Prefect Inauguration	- 21 August
PP Granny and Grandpa Day	- 24 August
Gr. 12 Study Leave	- 23, 24 + 25 August
Prelims Start	- 28 August
Summer/Winter Uniform Interim period	- 28 August
SACSSA Invitational Athletics	- 30 August
Fun Run and Spring Day Festivities	- 2 September
Gr. 7 Market Day	- 2 September
Text Book order forms distributed	- 4 September
Prayer Day	- 4 September
Dads and Daughters	- 9 September
Blue Certificate Assembly (FP and IP)	- 11 September
Extra Murals End	- 15 September
Production Full Dress Rehearsal	- 15 September
Gr. 6 Prefect Applications Open	- 18 September
Gr. 1 to Gr. 7 Production Performances	- 18 to 20 Sep
Prelims End	- 20 September
Gr. 6 Prefect Applications Close	- 21 September
Heritage Day Celebrations	- 22 September
NS Fun Day	- 22 September
Gr. 8 to Gr. 12 Production Performances	- TBC
SCHOOL CLOSES	- 22 September (PS - 11:45 & HS - 12:00)
SACOPA	- 29 Sep to 7 Oct
SCHOOL STARTS	- 10 October



# SPRING FUN DAY

SAT  
2 SEPT

Join us for a day full of fun and laughter for the whole family. This is a great opportunity for creating memories and building friendships.

Save the date and don't miss out!

- ✓ 5 km Fun Run
- ✓ Soap Box races
- ✓ Gr7 Market Day
- ✓ Inflatables & water slides
- ✓ High School Movie night



# PIRATES of the CURRY BEAN



Why'd the pirate go to the  
Apple store?  
He needed a new ipatch!

# TOP 5 (GRADE 8-11) FOR SEMESTER 1

The learners were announced at  
Assembly on Monday 31 July



From left to right: Hailey De Lange, Jesse Anderson, Brandon Padayachee, Nkazimulo Nkosi, Mishka Coleman

## Grade 8

1. Hailey De Lange
2. Jesse Anderson
3. Braydon Padayachee
4. Nkazimulo Nkosi
5. Mishka Coleman

## Grade 9

1. Tristan Bastiaans
2. Hayley Padayachee
3. Anita Underwood
4. Nicole Winckworth
5. Danielle Naidoo



From left to right: Danielle Naidoo, Hayley Padayachee, Tristan Bastiaans, Nicole Winckworth, Anita Underwood



## Grade 10

1. Jordan Padayachee
2. Nkanyezi Nkosi
3. Megan Jonker
4. Tshepiso Motlokoa
5. Amor Antonio



From left to right: Jordan Padayachee, Megan Jonker, Tshepiso Motlokoa, Nkanyezi Nkosi (Absent: Amor Antonio)

## Grade 11

1. Rachel Grobbelaar
2. Lwazi Hleza
3. Alexis Rall
4. Kyle Moore
5. Madison Ludick



From left to right: Madison Ludick, Rachel Grobbelaar, Alexis Rall, Kyle Moore, Lwazi Hleza



From left to right: Nicole Langley, Kezia Harvey, Kaylin Pennells, Caleb Still, Gwebu Makabongwe

## Grade 12

1. Nicole Langley
2. Kezia Harvey
3. Kaylin Pennells
4. Caleb Still
5. Makabongwe Gwebu

**LEARNERS FROM GRADE 4-7 WERE AWARDED  
STAR MERIT BADGES FOR TERM 2 IN ASSEMBLY**

Please click [here](#)  
for group photos  
of our Stars.



# Public Speaking

In this heartwarming photograph, a group of enthusiastic Grade 4-7 learners proudly display their certificates for Public Speaking, a testament to their outstanding performance in the prestigious SALA competition. The joy and sense of achievement are evident on their faces, as they bask in the recognition of their hard work and dedication. Among the exceptional students, Shaina Rammwa, Boitumelo Moholisa, and Fyness Banda stand out, having been chosen to represent their school in the upcoming Gauteng Region Semi Finals on the 18th of August. With their speaking prowess and determination, these young talents are poised to make a mark in the regional competition and beyond.

**PIRATES** of the  
**CURRY BEAN**  
Primary School  
Production  
Grade 1 - 7  
19 & 20 September 2023

# HIGH SCHOOL

## BOYS SOCCER

Our u14 and u16 soccer teams qualified for the ISSL (Independent Schools Soccer League) playoffs after finishing in the Top 2 of their respective pools in Term 2.

The semi-finals were played on Wednesday 26 July at Panorama Football Club:

- U14 lost to Crawford: 4-0
- U16 won 4-3 vs Sacred Heart

Congratulations to Coach Mandla Dube and his u16 team who will play in the league finals vs Steyn City.

## TERM 3 HIGH SCHOOL BOYS SOCCER

We have entered 2 teams into the JBFL (Johannesburg Boys Football League) this term. We wish our u15 and u19 teams the best of success this season as they begin their opening matches this week.

## GIRLS SOCCER

JvW League Round 1 results:

- U16 vs Mondeor High School: Lost 4 - 0
- U17 vs Reddford House Northcliff: Won 3 - 0





# HIGH SCHOOL ATHLETICS

This term our High School athletes are competing in the Prestige Central Gauteng Athletics Championships. There are 32 schools competing each week and TKSQR as a new entry is competing in Group H (there are eight groups). We will compete in four friendlies to qualify for the Inter-High in the fifth round. Athletes who finish in the top 2 at the Inter-High will be selected to compete at the Prestige Central Gauteng Championships, where they will get an opportunity to compete against the best of the best. Top athletes of this round will then have the opportunity to be selected for the Central Gauteng Athletics Team.

## Round 1 - 26 July 2023 hosted @ Florida Park.

We competed against Florida Park, Trinity Glenvista and Midrand High School. Our athletes achieved the following:

### Overall results summary:

- 21 Gold medals
- 7 Silver medals
- 8 Bronze medals

### Relay race results:

- U/14 Girls – 1st place
- U/15 Girls – 1st place
- U/16 Girls – 1st place
- U/17 Boys – 1st place
- U/19 Boys – 2nd place



## Individual results: 100m

 [Click here for pictures!](#)

\*U/14 Girls 100m\*  
Zoe Nkosi - 1st place  
Gabiella Henry - 4th place

\*U/15 Girls 100m\*  
Ofentse Mahlo - 1st place  
Mvelo Gova - 2nd place

\*U/16 Girls 100m\*  
Gloria Shaba - 1st place

\*U/17 Girls 100m\*  
Naomi Dziga - 1st place

\*U/19 Girls 100m\*  
Mpho Khulu - 1st place

\*U/14 Boys 100m\*  
Elie Kouaiky - 5th place

\*U/15 Boys 100m\*  
Khodani Nwedo - 1st place  
Theo Tshipamba - 4th place

\*U/17 Boys 100m\*  
Mario Gomez - 1st place  
Ndzalo Sefako - 4th place

\*U/19 Boys 100m\*  
Tshiamo Mooki - 2nd place

## 200m

\*U/14 Girls 200m\*  
Davina Makota - 1st place  
Bokang Maithufi - 2nd place

\*U/15 Girls 200m\*  
Skyla Blignaut - 1st place  
Ofentse Mahlo - 2nd place

\*U/17 Girls 200m\*  
Naomi Dziga - 1st place

\*U/19 Girls 200m\*  
Mpho Khulu - 1st place

\*U/14 Boys 200m\*  
Elie Kouaiky - 4th place

\*U/15 Boys 200m\*  
Khodani Nwedo - 1st place  
Theo Tshipamba - 3rd place

\*U/17 Boys 200m\*  
Mario Gomes - 1st place  
Dimpho Makhafola - 4th place

\*U/19 Boys 200m\*  
Tshiamo Mooki - 2nd place  
Raphaël Fröbus - 3rd place

## 400m

\*U/14 and U/15 combined 400m  
race\*  
Davina Makota - 1st place

\*U/16 and U/17 combined 400m  
race\*  
Naomi Dziga - 1st place  
Skyla Blignaut - 3rd place

\*U/15 Boys 400m\*  
Khodani Nwedo 1st place

\*U/17 Boys 400m\*  
Mario Gomes 1st place

## 800m

\*U/14 Girls 800m\*

Tshegofatso Mqwashu 2nd place  
Amahle Majola – 4th

\*U/14 Boys 800m\*

Shaun Malebatsi – U/14 Boys 800m 1st  
place

\*U/17 Girls 800m\*

Siyabonga Yende – 4th place

\*U/17 Boys 800m\*

Lwazi Hleza – 3rd place

Congratulations to Coach Sifiso Mdletshe and all our athletes, we are so very proud of you all.

Fixture Dates:

- 10 August @ Florida Park
- 16 August @ Dowerglen
- 22 August – Inter-High: Venue TBC (hosted by The King's School West Rand)
- 30 August – Prestige Central Gauteng Championship @ Germiston Stadium

PIRATES  
of  
the  
CURRY BEAN



How do pirates  
communicate?

Aye to aye!!!!

# WOLFITZ RALLY



IMAGINE a whole room full of students from different youth ministries, a **LIVE** band, insane **GIVE AWAYS** and awesome vibes, all coming together to rally around **JESUS!**  
For one night **ONLY**, and the best part

👉 It's **FREE!** 👈



## 1 September 2023

The King's School  
West Rand



Gates open  
5pm

Food stalls available, incl; Chip n Dip, mini donuts, prego's and **SO MUCH MORE!**

Event times are from 17:00-21:30

If you'd like to connect or get more info, let's chat! 🗨️

Email us at: [gauteng@su.org.za](mailto:gauteng@su.org.za)



*This is a movement by the local church, for local churches*