

24 May 2024



# The King's Ken



# EXAM Season

# From the PRINCIPAL'S DESK

As we enter exam season, it's natural for both students and parents to feel a mix of anticipation and anxiety. At TKSQR, we believe that exams are not just a measure of academic progress but also an opportunity for our students to grow in their faith and reliance on God. Here are some tips to help our children prepare for their exams, manage stress, and navigate this period with a Christ-centered perspective.

## 1. Create/keep to a Structured Study Plan

A well-organized study schedule can help your child cover all necessary material without feeling overwhelmed. The teachers have been assisting the learners, especially the younger primary school learners with this. Go through it with them and make sure they are managing to keep up and make adjustments where necessary. Encourage regular breaks to keep their mind fresh and focused. Proverbs 21:5 reminds us, "The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty." Planning diligently can lead to successful outcomes.

## 2. Foster a Positive Environment

Create a quiet and comfortable study space free from distractions. Encourage a positive attitude towards studying by celebrating small victories and progress. Positive reinforcement can boost your child's confidence and motivation. This is a perfect "season" to take a break from screen time. Maintaining a positive mindset is crucial during exam preparation and encouraging your child to speak through their emotions as they study and finish exams, is always helpful - ask questions about what they have learnt that can help them make small improvements in the preparation for the next exam.

## 3. Encourage Healthy Habits

Ensure your child gets enough sleep, eats nutritious meals, and engages in physical activity. These habits are essential for maintaining their overall well-being and cognitive function. Excessive sugar especially, is not helpful to assist healthy brain functioning. This is also a good opportunity to teach them that taking care of our bodies not only honours God, but also supports effective studying.

#### 4. Teach Stress Management Techniques

Introduce your child to stress management techniques such as deep breathing exercises, prayer, and meditation on Scripture. These practices can help calm their minds and provide peace amidst the pressures of exams. Write some Scriptures on flashcards that they can use when studying. Matthew 11:28 is such a Scripture that offers comfort, ***"Come to me, all you who are weary and burdened, and I will give you rest."*** Encourage your child to seek God's peace and rest when feeling overwhelmed. ***"Cast all your anxiety on him because he cares for you."*** - 1 Peter 5:7. This verse not only encourages them to pray and rely on God but also reminds them that He loves them!

#### 5. Rely on God's Strength

Remind your children that they are not alone in this journey. Encourage them to pray for guidance, wisdom, and strength. Trusting in God can transform the exam experience into a spiritual journey of growth and reliance on Him.

***Proverbs 3:5-6*** advises, ***"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*** Trusting in God's plan can bring clarity and confidence during exams.

#### Conclusion

As we prepare for exams at TKSQR, let us remember that our ultimate goal is not just academic success but spiritual growth and reliance on God. By creating a supportive and faith-filled environment, we can help our children navigate this period with grace and confidence.

Let us pray together for wisdom, peace, and success for all our children.

- **Mr. Philip Theron, Principal**

The King's Schools' 2020 Head boy, Tadiwanashe Tekere, graduated his BSc Actuarial Sciences and Financial Mathematics from the University of Pretoria on 14 May 2024, Cum Laude. We are very proud of you Tadiwanashe!



**Please Note:** In case of absenteeism a doctor's note must be provided for all summative assessments (tests, orals, practical assessments etc) missed.

# IMPORTANT DATES

## MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			01 <b>WORKERS DAY</b>	02 Winter Uniform Compulsory	03 Food Truck Evening Mini soccer festival	04 Accounting Workshop SACOPA Auditions
05	06 HS Prefect application process starts	07	08	09 Gr 10 Elevate Study Skills Workshop PP Mother's Day Tea Ascension Day	10 NS Mother's Day Tea Prefect applications close (Gr11) Mini soccer festival	11 SACSSA Netball (SNR) Gr. 4 to Gr. 7 Study Skills Workshop
12	13 New Learner Induction Report OUT FP + IP Blue Certificate Assembly	14	15	16 Prayer Focus Extra Murals End (Grade 8-12) Bournemouth Clinic	17 Bournemouth Clinic	18 SACSSA 6-a-side Soccer (SNR)
19	20 Gr 10-11 Exams start	21	22	23 Gr. 1 to Gr. 7 Extra Murals End	24	25 SACSSA JNR Netball
26	27 Gr. 4-9 Exams starts Gr. 12 Assessments Start	28	29 <b>VOTING DAY</b>	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
						01 SACSSA 6-a-side soccer (SNR)
02	03	04	05	06	07 Gr 4-7 Exams End	08 SACSSA Online chess
09 Extra Mural Awards Nominations	10	11	12 NS Father's Day and Fun Day	13 PP Father's Day	14 SCHOOL CLOSES Gr. 8-11 Exams end Gr. 12 Assessments End Gr 12 Prefect Camp	15 Gr 12 Prefect Camp
16 <b>YOUTH DAY</b> Gr. 12 Prefect Camp	17 Gr. 12 Winter School starts	18 Gr. 12 Winter School	19 Gr. 12 Winter School	20 Gr. 12 Winter School end	21	22
23	24	25	26	27	28	29
30						

SUN	MON	TUE	WED	THU	FRI	SAT
	01 PS Hockey Training Girls soccer clinic	02 PS Hockey Training Girls soccer clinic	03 PS Hockey Training Girls soccer clinic	04 PS Hockey Training Girls soccer clinic	05	06
07	08	09 School starts Gr. 8 - 11 Exam Feedback Extra Murals start for team sports	10 Gr. 8 to Gr. 11 Exam Feedback Extra Murals start for team sports (PP)	11 LRC nominations (Gr. 8-10) PS Beauty and the Beast Show	12 Gr. 11 Leadership Applicant Camp	13 Gr. 11 Leadership Applicant Camp
14 Gr. 11 Leadership Applicant Camp	15 Reports released Extra Murals Start (other) LRC Training (Gr. 8-10) PS Hockey into evening	16	17 LRC Voting	18 Parents Evening (17:00 - 20:00)	19 LRC Announcement Intermediate Phase Interview Quiz	20
21	22 LRC training HS Prefect Voting	23	24 Book Sale Blood Drive	25 Book Sale	26	27
28	29	30	31			



# ARTISTATUE NATIONAL *Arts Festival*

Grade R to 7 learners, as well as grade 8, 9 and 11 Learners, performed Poetry, dance, vocals, monologues, bible prose, as well as modelling on stage. The judges were very impressed by their performances and the learners really enjoyed their 2 minutes of fame on stage. The final event will take place later in the year. We will definitely take part again in the Artistatue competition next year.

Congratulations to all the participants. We are proud of you.







SIBLING APPLICATIONS FOR 2025 are OPEN!

Apply today to avoid disappointment!

Please email Michelle Dos Ramos, [admissions@tkswr.co.za](mailto:admissions@tkswr.co.za) for "Sibling Application Forms" for 2025.

LIMITED SPACE, DON'T DELAY, APPLY TODAY!

**SIBLING  
APPLICATIONS**

**Apply for 2025**

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

# ART CLUB

OUR GRADE 4-7 ART CLUB WITH TEACHER ANG AND TEACHER STACEY HAVE BEEN HARD AT WORK CREATING CUTE PIÑATAS - THE LEARNERS CHOSE THEIR OWN DESIGNS AND USING CARDBOARD, MASKING TAPE, TISSUE PAPER AND GLUE, CREATED THESE FANTASTIC ARTWORKS!





Last week, our high school played their last league match against La Salle College and closed it with a bang. Congratulations to all the teams for winning their match! A big congratulations to the U14, U15, and U17 teams who made it through to the district playoffs. Well done!

TKSWR vs LSC  
Results  
U14A -22:0  
U15A-19:15  
U17-15:10  
1ST team -29:15

# Netball



## SOCCER SCORE UPDATE FOR THE WEEK OF 13 - 18 MAY: Primary School (League Round 7):

BYE week

**High School (League Round 6 - 15 May) vs St Declans School for Boys:**

U14 won 3 - 0  
U16 lost 2 - 0  
The First Team lost 4 - 1

**Girls u13 Soccer (League Round 5 - 20 May) vs CKPS:**

u13 lost 4 - 0

## AFC BOURNEMOUTH SOCCER CLINIC:

On 16 & 17 May 2024, TKSQR hosted soccer clinics delivered by AFC Bournemouth (English Premier League) Community Trust coaching staff, led by Paul Topping and Graham Hill of SwitchedOnEducation. Over the 2 days, 280 High School players, 80 Primary School players and 30 coaches attended the sessions.



Congratulations to the following players who were presented with AFC Bournemouth football shirts:  
Siyanda Twala - u13  
Njabulo Hlongwane - u14



What a wonderful opportunity to learn and develop under the watchful eye of the AFC Bournemouth staff.

Thank you to all involved, we look forward to next year.



## SACSSA SENIOR SIX-A-SIDE SOCCER TOURNAMENT 2024

With 48 teams representing 8 SACSSA Regions, the SACSSA Senior Six-a-Side Soccer Championships took place at The Kings School West Rand, in Roodepoort, on Saturday 18 May. We want to thank Kings School West Rand for an excellent venue and facilities and their wonderful service. We thank all the officials and the Grade 9 learners of TKSWR (runners) who were responsible for making this a very successful tournament.

Johan du Plessis - SACSSA National Co-ordinator

Teams in the u15 / u17 / u19 and u19G age groups competed in a pool stage to qualify for the playoffs later that afternoon. Congratulations to our sister school, TKS Discovery, who qualified for the tournament for the first time.

Well-done to 3 of our teams who medaled as follows:

- u17-3rd place
- u19G - 3rd place
- u15 team - who played in the final and lost in a penalty shootout to finish second.

We are looking forward to the Junior Six-a-Side Tournament that is scheduled to take place at TKSWR, on 1 June.





# RACEWAY NEWS

Congratulations to Ethan de Freitas who placed 1st (SM50 Class) and 3rd (SM65 Class) at the raceway last weekend. Keep it up Ethan!



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ONLINE EVENING CLASSES

ENGLISH ● MATHS ● SCIENCE ● AFRIKAANS  
● ZULU ●

CALL MANDY 082 217 2077 OR  
THERESA 083 453 4792 TO SIGN UP

**Please Note:** In case of absenteeism a doctor's note must be provided for all summative assessments (tests, orals, practical assessments etc) missed.

**EXTRA MURALS****SCHEDULE OF LEAGUE FIXTURES FOR 27 MAY TO 1 JUNE 2024****INCLUDING TOURNAMENTS/FESTIVALS**

<b>FOUNDATION PHASE</b>			
<b>DATE</b>	<b>ACTIVITY</b>	<b>VENUE</b>	<b>TIME</b>
<b>Soccer</b>			
None			
<b>Netball</b>			
Wed 5 June	Mini Netball Festival 4	TKSWR	TBC
<b>INTERMEDIATE PHASE</b>			
<b>Soccer</b>			
None			
<b>Netball</b>			
None			
<b>HIGH SCHOOL</b>			
<b>Soccer</b>			
None			
<b>Hockey</b>			
None			
<b>Netball</b>			
None			

<b>TOURNAMENTS/FESTIVALS</b>			
<b>DATE</b>	<b>ACTIVITY</b>	<b>VENUE</b>	<b>TIME</b>
Sat 1 June	SACSSA Jnr 6-a-side Soccer	TKSWR	08:00-17:00
Fri 31 May	High School Soccer Trials	TBC	TBC
Fri 7 June	High School Soccer Trials	TBC	TBC

<b>Chess</b>			
<b>DATE</b>	<b>ACTIVITY</b>	<b>VENUE</b>	<b>TIME</b>
Teams			
27 July	D12 Teams	TBC	TBC
2-3 Aug	Top School (U9-U13)	TBC	TBC
16-17 Aug	Top School (U15-U19)	TBC	TBC
14 September	Gauteng T20 Team Finals	TBC	TBC

Colour Key Soccer Netball Hockey Chess



# HOLIDAY CLUB

**24-28th  
JUNE**

## The shepherd **KING**

Come &  
hear the  
story of  
**DAVID**

**NO CHARGE!  
ALL WELCOME**

**TUCKSHOP  
AVAILABLE**



**Honeyridge  
Baptist Church**

**CNR. EASTWOOD AVE. &  
KNOPPIESDORING RD.  
RANDPARK RIDGE**

**Grade 1 to 7**

**08h30**

**to 13h00**

**Drop off**

**07h45**

[lisa@honeyridge.co.za](mailto:lisa@honeyridge.co.za)

Register online NOW at [honeyridge.co.za](http://honeyridge.co.za)

**082 461 0207**