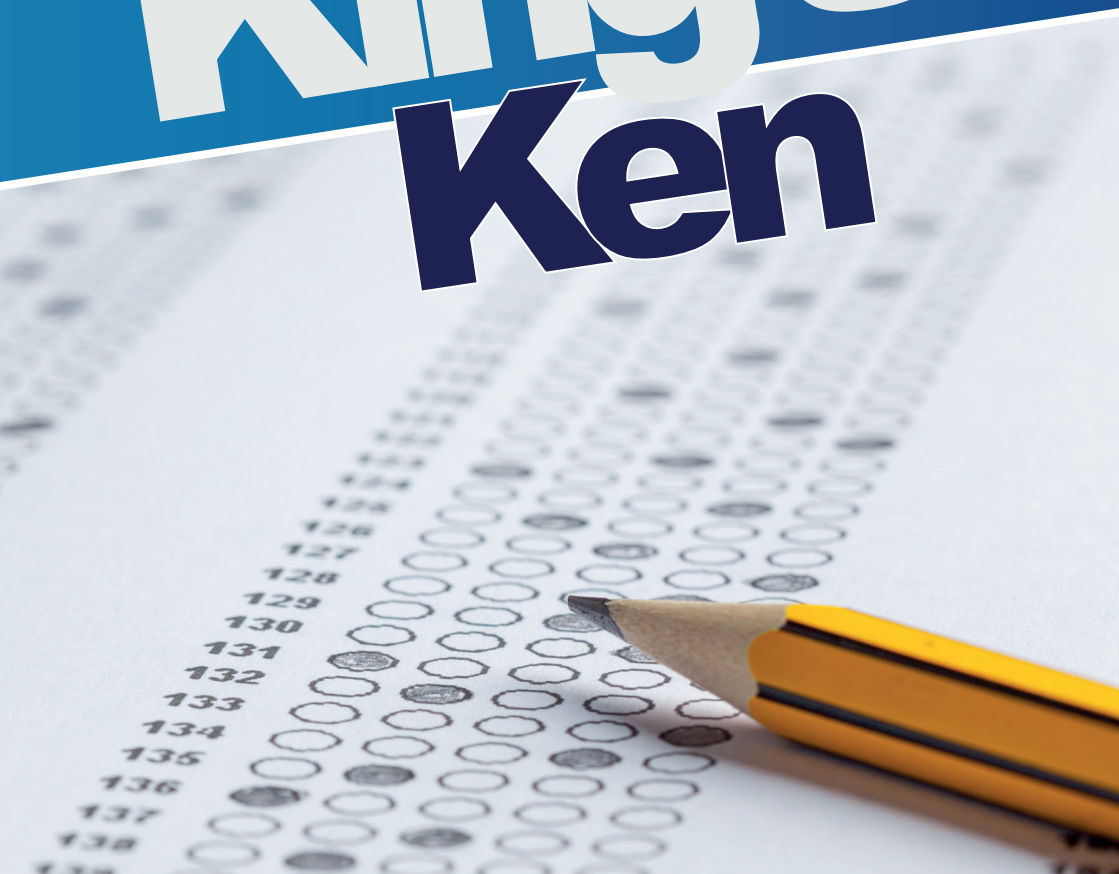


25 October 2024



# The King's Ken



**FINISHING**  
**STRONG**

## From the *PRINCIPAL'S DESK*

### Encouraging Our Students to Finish Strong

As we approach the conclusion of our 38th year at The King's School West Rand, I am reminded of the Apostle Paul's words in 1 Corinthians 9:25-26: *"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air."*

Paul writes about our lives as Christians and our need for self discipline, and that we must continue the work of sanctification, "work out our salvation". This, not to earn it, but in response to God's love and forgiveness in our lives.

These words also serve as a powerful reminder of the dedication and purpose with which our students have approached their studies and extra-mural activities this year. It has indeed been an amazing year, filled with numerous successes and achievements for many of our learners. Many of our learners have shown tremendous growth and we are very proud of them.

As we draw closer to the end of the academic year, it is crucial that we, as parents and educators, **continue to encourage our students to finish strong.**

The lessons and skills they have acquired throughout this year are invaluable, and now is the time to put them into practice.

Our students have demonstrated resilience, creativity, and determination across various endeavors, whether in academics, sports, performing and fine arts, or outreach & community projects. These accomplishments are a testament to their hard work and the support they have received from their teachers, parents, and larger school community.




As we guide our students towards the finish line, let's remind them of the importance of staying focused and purposeful in their efforts. Here are some ways we can support them:

**Celebrate Achievements:** Take time to acknowledge and celebrate the successes your child has achieved this year. Positive reinforcement can boost their motivation and confidence. ADAM has very useful tracking tools to see academic progress over several terms or years.

**Set Clear Goals:** Encourage your child to set specific goals for the remainder of the term and their end of year results. Having clear objectives will help them stay on track and measure their progress.

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



-  **Promote Healthy Habits:** Ensure your child maintains a balanced routine that includes adequate rest, nutrition, and exercise. A healthy body supports a sharp mind.
-  **Provide Emotional Support:** Be available to listen and offer encouragement. A supportive environment can help alleviate stress and foster a positive mindset.
-  **Foster Reflection:** Encourage your child to reflect on the lessons learned this year and how they can apply them moving forward. Reflection can deepen their understanding and growth.

Let us work together to inspire our children to approach the final weeks with the same dedication and purpose that most of them have shown all year. By doing so, they will be prepared not only for their exams but also for the lifelong journey of learning and personal growth.

- *Mr. Philip Theron, Principal*



## EXAM STRESS MANAGEMENT

Exam periods can be a particularly stressful time for students, affecting their mental health and academic performance. Recognizing this, we have developed a comprehensive counselling program tailored specifically to address and reduce exam-related stress through various evidence-based techniques and strategies.

Our program includes:

- One-on-one counselling sessions with qualified professionals. In Person or Online!
- Group workshops focused on stress management.
- Resources and tools for students to use independently to manage stress.

For more information  
Contact us now!

 +27741325357  
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TOP 5

## Grade 8



- Nikita Camacho      Number 1 of the Top 5 Academic Learners
- Bathandwa Mthethwa      Number 2 of the Top 5 Academic Learners
- Zoey Michael      Number 3 of the Top 5 Academic Learners
- Cameron Callegari      Number 4 of the Top 5 Academic Learners
- Mia Botha      Number 5 of the Top 5 Academic Learners

## Grade 9



- Bela Figueira      Number 1 of the Top 5 Academic Learners
- Nkazimulo Nkosi      Number 2 of the Top 5 Academic Learners
- Hailey De Lange      Number 3 of the Top 5 Academic Learners
- Mishka Coleman      Number 4 of the Top 5 Academic Learners
- Jesse Anderson      Number 5 of the Top 5 Academic Learners

## Grade 10



- Tristan Bastiaans      Number 1 of the Top 5 Academic Learners
- Hayley Padayachee      Number 2 of the Top 5 Academic Learners
- Anita Underwood      Number 3 of the Top 5 Academic Learners
- Bokang Mokoena      Number 4 of the Top 5 Academic Learners
- Tiyamike Dickinson      Number 5 of the Top 5 Academic Learners

## Grade 11



- Jordan Padayachee      Number 1 of the Top 5 Academic Learners
- Megan Jonker      Number 2 of the Top 5 Academic Learners
- Tshepiso Motlokoa      Number 3 of the Top 5 Academic Learners
- Naomi Dziga      Number 4 of the Top 5 Academic Learners
- Nkanyezi Nkosi      Number 5 of the Top 5 Academic Learners





## UNIFORM SHOP HOURS

Existing operating hours until Friday, 15 November 2024

**UNIFORM SHOP HOURS from 18 November**

From Monday, 18 November 2024 until Tuesday, 7 January 2025 – By Appointment only.

# BOYS HOCKEY CLINIC



Last week, we held a successful 2-day Mini Boys Hockey Clinic on Monday and Saturday. On Day 2 (Saturday), we invited parents to join their sons for a special parent-son hockey experience, creating a memorable and heart-warming moment for everyone involved. A big thank you to Inprovision Coaching Solutions and the TKS WR coaches for their invaluable contribution in making this event possible. To all the parents, we truly appreciate your incredible support.



# Grade 7 outreaches

We're ready to polish shoes! Touching one soul at a time!  
Please remember to donate your used school use.







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to them it's a world of  
opportunity!



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# Important Dates

# October

SUN	MON	TUE	WED	THU	FRI	SAT
		01 School Starts Summer uniform compulsory	02 Extra Mural Swimming Starts	03	04	05
06	07 Reports released Extra Murals Start (all other) LRC Training	08	09	10 Valediction Evening Gr 12 Final Assembly	11 Gr. 12 Study leave starts SACSSA PUK Top 30 Athletics	12 SACSSA PUK Top 30 Athletics SACSSA Online chess
13	14	15 Art Exhibition - Gala	16 NSC Exams Start Parents Evening (17:00-19:00) Art Exhibition Gr. 6 Prefect Interviews start	17	18 Interhouse Athletics – Whole school	19 Gr. 4 to Gr. 7 Study Skills Workshop
20	21 PS D12 Hockey Trials Gr. 6 Prefect interviews HS Top 5 Assembly HS & PS Team Sport Awards	22 IP Prefect Interviews end Internal Public Speaking	23 Spellathon Gr. 1-3	24 Spellathon Gr. 4-7 Maths Speedathons Gr. 1-7	25 Gr. 10-11 Extra Murals End	26
27	28 IP Prefect Inauguration Mission Focus	29	30	31 Grade 8 2025 Meet and Greet		

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Gr. 10-11 Study Leave	02
03	04 Gr. 10-11 Exams start	05	06	07 Outgoing IP Prefect Graduation	08 Gr. 7 Farewell Gr. 1-7 Extra murals end	09
10	11 Gr. 8-9 Exams start Gr. 9 Graduation Photos	12	13	14	15	16
17	18 Gr. 4-7 Exams start	19	20	21	22 NS Fun Day Carols by Candlelight (19:00)	23
24	25	26 Gr. 4 to Gr. 7 Exams end	27 Gr. 8-11 Exams end Pre School Concert Matric Farewell	28	29 NSC Exams End Gr. 4-7 Exam Paper check (08:00 to 10:00)	30 Nursery School Concert (Hall)
<b>November</b>						

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Extra Mural Prize Giving	03 PS Morning of Excellence	04	05	06 Reports released (08:00) School closes	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>December</b>			