

08 November 2024



The King's Ken

SUPPORTING OUR CHILDREN
and their mental health



From the PRINCIPAL'S DESK

Supporting Our Children's Mental Health and Well-Being

Dear Parents,

I was reminded again this week of the tremendous pressure that our children are under. We are praying for Constantia Kloof Primary School and all the families affected by the loss of two learners this week. My heart breaks for this community and we can only trust that God will bring comfort to all those who mourn.

The pressure on children comes from many places and is also a spiritual attack on them. Sadly, we as adults often contribute to this pressure by insisting our children "fit a certain box" or do certain things, follow a certain career path, etc. The peer pressure to have cellphones at an early age, and then the lack of guidance and oversight into their online activity also plays a big role. We've had to deal with children getting themselves into trouble in the online world, at an age where they are legally not allowed to have certain APPS etc. but parents allow them full access.

As parents and educators at The King's School West Rand, it is our responsibility to guide them in managing stress and prioritising their mental health as they navigate the pressure of growing up in an ever-changing society.

Psalm 61:2 (NIV) offers comfort in times of distress: *"From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I."*

This verse reminds us that, in moments of overwhelm, seeking strength beyond ourselves is crucial. First, with our Lord, and this is a valuable lesson for children of any age. But then also to reach out to those around us. 1 Samuel 23:16 "And Saul's son Jonathan went to David at Horesh and helped him find strength in God." This is what community is all about.

Teaching our children about stress management is vital in helping them navigate life's challenges. We must equip them with the skills to handle pressure healthily and constructively. Encouraging open conversations about emotions and mental well-being can create an environment where they feel safe to express themselves.

Author Brene Brown states, *"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."* By fostering a culture of openness, we empower our children to be honest about their feelings, recognizing that it is a sign of strength, not weakness.

As we continue to support our learners, let us remind them of the importance of balance and self-care. Encouraging regular physical activity, healthy eating, and adequate rest can significantly impact their mental well-being. Additionally, guiding them to set realistic goals and manage their time effectively can reduce stress and increase their sense of control. Please manage screen time with your child as this continues to be a significant factor in many issues.

Prayer is another powerful tool in stress management. I've mentioned this several times before, but help your child to memorise Scriptures like Philippians 4:6-7 (NIV) which advises, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* Teaching our children to bring their concerns to God can provide them with peace and reassurance.

As we journey together, let us commit to supporting our children in managing stress and nurturing their mental health. By doing so, we equip them with the resilience and strength needed to face life's challenges confidently.

Warm regards,

- *Mr. Philip Theron, Principal*



REMINDERS

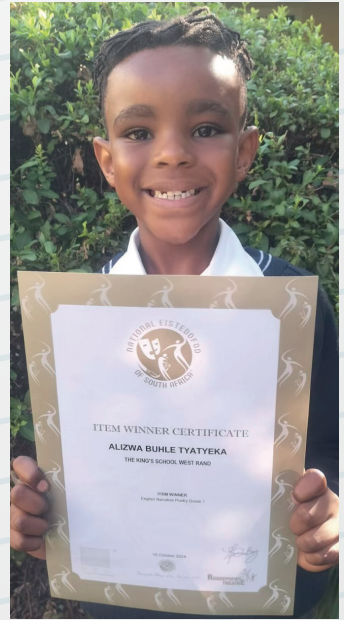
- Stationery & textbook lists can be found on the website.
- Sibling registration are due

WELL Done!

Melusi Segopolo and Alizwa Tyatyera were awarded with a special award from the NEA. Both boys were awarded item winners for their age groups.



Melusi Segopolo



Alizwa Tyatyeka

Thank you

We want to celebrate these two beautiful learners who have committed to cleaning up every second break. Well done Charissa and Daniel.



A BIG CONGRATULATIONS TO THE GRADE 6 PREFECTS OF 2025.

They were officially announced at the prefect inauguration that took place on the 28th of October. We cannot wait for the new journey ahead

Hannah Baynes

Estie Botha

Bonolo Chaane

Mia Davel

Chuma Fatyi

Olivia Henry

Talia Magesh

Thoriso Lekhanya

Bonolo Mokoena

Oarabile Molefe

Dumo Nxumalo

Phatsimo Phillips

Mulweli Rambau

Shaan Shuta

Anja Underwood



IMPORTANT DATES

NOVEMBER

DECEMBER

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. R 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	27 Gr. 4 to Gr. 7 Exams end	28 Gr. 8-11 Exams end Pre School Graduation Matric Farewell	29 NSC Exams End Gr. 4 - 7 Exam Paper check (08:00 to 10:00)	30 Nursery School and Preschool combined concert.

DATE CHANGES - TAKE NOTE
 28 Nov - Gr R Graduation (not concert)
 30 Nov - Nursery School and Preschool combined concert.

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				

Swim Gala



Our Primary School Swimming Squad ended their season with a Gala at Monument Primary School on Friday 1 November 2024. The team did well and finished third out of four schools, well done to the team.



WALK WITH Dignity

IT'S ESTIMATED THAT BETWEEN 2.7 MILLION AND 4 MILLION CHILDREN IN SOUTH AFRICA ATTEND SCHOOL WITHOUT SHOES. LET'S HELP THEM WALK WITH DIGNITY!

DONATE OLD SHOES:

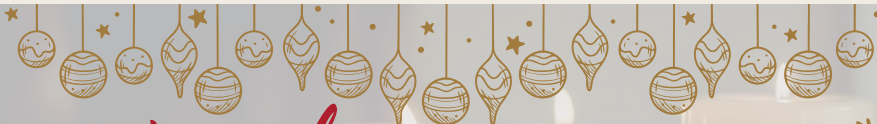
- SCHOOL SHOES
- TAKKIES
- SLIDES
- ANY OTHER SHOES YOU DON'T NEED ANYMORE



BEFORE DROPPING OFF SHOES IN MRS THURMAN'S CLASS, TIE THE LACES OF THE SHOES TOGETHER (SO THAT THEY STAY IN THEIR PAIR)

28 OCT - 29 NOV '24

Invite your family and friends to join us!



Christmas Carols

Join us for our annual Christmas Carols
Friday 22 Nov 18h00-20h30

Bring a picnic basket, blanket/chair. There will be **NO FOOD TRUCKS.**

The coffee & slush trailer will be open.