

# THE KING'S KEN – 6 MAY 2009

## FROM THE PRINCIPAL'S DESK

On Sunday we will be honouring our mothers for the sacrifices they have made as loving and devoted parents. Thank you, mothers for your Godly example of care and nurturing – we love you!

## WHEN YOU THOUGHT I WASN'T LOOKING

When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feel a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favourite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God and I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could be.

When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, "Thanks" for all the things that I saw when you thought I wasn't looking.

**Mr. Ken Langley**

**Principal**

Everyone would like their child to be assertive and confident on the playground, but the reality is that every single child feels vulnerable at times. Parents can help by role-playing and talking through the following suggestions:

**THINGS FOR YOUR CHILD TO PRACTISE TO BECOME LESS OF A TARGET FOR BULLIES**

- Practise acting confident, e.g. walking head-up, looking and smiling at people as you go, saying hello to anyone you know who looks back at you.
- Practise looking your best. If you look neat, clean and tidy, and make the most of your appearance, you immediately feel good about yourself and you feel more confident.
- Practise using a strong voice – not shouting.
- Think back to a situation where you were bullied. How could you have handled it? Practise what you could say or do if that happens again.
- Practise making friends in and out of school.
- Practise being assertive. This means standing up for your rights.
- Practise thinking about the worst thing that the bully might do to you and what you could do – then stop worrying about it. It is unlikely to happen to the 'new' assertive you.
- Practise a game or skill until you're really good at it. You could make new friends, gain respect from others and feel great about yourself.
- Practise being with assertive friends.

- Practise talking your way out of strife, e.g. "Ok everyone knows you can beat me, I know too, so it's really a waste of time isn't it?" (Get your parents or a friend to help you. They can pretend to be the bully and you can practise different things to say, in a strong voice.)
- Practise thinking ahead. Avoid places where you come close to the bully. If you're being harassed for money or food treats, make sure that you don't have any left when you are likely to come across the bully.
- Remember your confidence is in God. He is with you all the time and helps you in every situation.
- Practise liking yourself. Tell yourself what a great kid you are. List all the great things you can do. God has made you unique with a special purpose in mind.
- Practise all of these things every day. Keep a diary of what you do and what you try to do. Look at it every Sunday to check how you did last week and make your list of things to try for the next week.
- Don't give up! Remember, practise makes perfect, more practise makes perfect every time. That is what people who become famous believe and if it's good enough for them it sure is good enough for the rest of us!

### **HOMEWORK HABITS THAT HELP**

Homework is one of those necessary evils. It reinforces the work done in class, it alerts the teacher to work that is not fully understood and it teaches independence and self discipline. Yet it is also the source of conflict and many tears in most households. For some children, homework may be seen as torture, an extension of an exhausting day.

Good study habits are the foundations for successful work habits as an adult, so it is important to develop a positive attitude and build good habits early in your child's school life. Here are some tips to reduce tension around homework.

### **BREAKS**

- Concentration depends on your child's developmental level – first graders are unlikely to last for more than 15 minutes on a task while high school children can focus effectively for up to an hour, sometimes longer.
- Allowing breaks in between each task will enable your child to refresh and come back to his homework with more energy.
- It is better to have frequent short breaks, depending on how much time is available. Breaks should include physical movements like walking or playing outside, having a snack, or even engaging in a conversation with you.

- Watching TV should not be considered as taking a break.

### **MONITORING THE TIME**

- Children usually struggle with time management and can spend hours on the smallest of tasks. If your child is spending an excessively large amount of time on homework, you need to discuss this problem with the teacher.
- One way of encouraging her to work at a faster pace is to set a time limit for each task and use a timer. When the time is up, reward her if the task is finished. If she is still busy but runs out of time, stop the task, and write a note to the teacher.
- Do not compromise quality of work for quantity. For example, it is far more valuable for her to have successfully calculated 5 sums in Maths than completed all 10 but got most of them wrong.

### **Important dates for the 2<sup>nd</sup> term**

- |  |   |                        |
|--|---|------------------------|
| • Six-a-side soccer                                      | - | 9 May 2009             |
| • Six-a-side soccer                                      | - | 16 May 2009            |
| • Roots and Fruits Photo's                               | - | 21 May 2009            |
| • U9 to U13 soccer and netball tournament – Horizon View | - | 23 May 2009            |
| • U14 Netball festival (Heron Bridge)                    | - | 22 + 23 May 2009       |
| • Prayer morning   | - | 23 May 2009            |
| • Roots and Fruits Gala Evening                          | - | 29 May 2009            |
| • Homework Load Shedding Week                            | - | 1 – 5 June 2009        |
| • Reading Week   | - | 1 – 5 June 2009        |
| • Traveling Bookshop                                     | - | 2 – 3 June 2009        |
| • High School Extra Mural Practices end                  | - | 5 June 2009            |
| • Exams start (Grade 8 to Grade 12)                      | - | 8 June 2009            |
| • School Holiday   | - | 15 June 2009           |
| • Primary School Extra Mural Practices end               | - | 19 June 2009           |
| • Grade 9 subject choice assessment                      | - | 25 June 2009           |
| • Exams end  | - | 26 June 2009           |
| • School closes  | - | 26 June 2009           |
| • Grade 9 subject choice assessment                      | - | 26 June 2009           |
| • Winter School  | - | 29 June to 3 July 2009 |
| • School Starts  | - | 21 July 2009           |

### **TELEPHONE LINES OUT OF ORDER**

During the school holidays our school's telephone lines were all stolen. This means that we have no e-mail, fax or telephones available. Should you need to contact the school, please phone us on our cell phone number:

**079 512 1287/8**

### **THE SCHOOL WEAR SHOP**

**Operating hours:**      Tuesdays and Thursdays      07:45 – 12:00

If parents need assistance or to make alternative arrangements, please contact Liza on 072 108 3670.

### **FOR FRIENDS FRIDAY**

Collection for **Friday 8 May 2009** will be **SUGAR**.

15 May	-	Cold drink/Juice
22 May	-	Rice/Samp
29 May	-	Pasta
5 June	-	Powdered Milk/Long Life Milk

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!**

### **BUILDING PROJECT**

Please be patient during building operations at the school. The project will provide 10 new classrooms (2 storeys), extended sports facilities and an additional parking area. The new block will cater for the High School predominantly with some modifications being made to the existing venues for the Primary School.

## THURSDAY CYCLE ASSESSMENT – PRIMARY SCHOOL

GRADE	7 MAY	14 MAY	21 MAY	28 MAY	1-5 June	11 JUNE	18 JUNE	25 JUNE
4		Afrikaans		Theme	Homework Loadshedding	Maths		Theme Project
5		Maths		Natural Sciences		Afrikaans		Social Sciences
6	Maths		Theme				Afrikaans	
7	Afrikaans		Social Sciences				Maths	

## PRE-SCHOOL GRANNY AND GRANDPA DAY

Photo's can be viewed in the gallery

## SPORT RESULTS

### **Primary School Netball vs Florida Primary**

U9                Lost  
U10              Won  
U11 (A and B) Won  
U12 (A and B) Won  
U13 (A and B) Won

### **High School Netball vs Die Adelaar**

U14 A            Won  
U15 A            Lost  
U17 A            Lost  
Open             Lost

### **Primary School Soccer vs La Salle**

U7                Lost  
U8                Lost  
U9                Drew  
U10              Lost  
U11              Won  
U12              Lost  
U13              Won

### **H/S Soccer vs King's Robin Hills**

U15              Lost  
Open             Won

### **Chess vs Gen De La Rey (b)**

Jnr      Won    8½ to 3½  
Snr      Won    12 to 0

## Times of the Intermediate Inclusion Programme for Term 2

### Times for the Intermediate Inclusion Programme - Term 2

Grade 4 & 5 - Teacher Melanie

Grade 6 & 7 - Teacher Robyn

MONDAY      13h45 - 14h00      Power Spelling

TUESDAY      13h45 - 14h30      Maths  
                          14h30 - 15h30      Language & Writing

WEDNESDAY 13h45 - 14h45      Reading, Comprehension & Language  
                          14h45 - 15h15      Maths

### THANK YOU

- We would like to thank Mr. Hodgson for the donation of books for use in our Library.
- A huge big thank you to Mr. Swanepoel for the donation of bulbs to the school.

### FOUNDATION PHASE ADDITIONAL CLASSES: TERM 2

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>13:15 TO 14:15</i>	Grade 1 Reading (Level 1) Spelling Maths (Level 3) Maths	(Level 2) Reading Spelling Writing (Level 3) Literacy	(Level 2) Reading Spelling Writing (Level 3) Maths	Grade 1 Reading (Level 1) Writing Maths (Level 3) Literacy
<i>14:15 TO 15:00</i>	(Level 2) Maths (Level 3) Maths	(Level 2) Maths (Level 3) Literacy	(Level 2) Maths (Level 3) Maths	(Level 2) Reading Writing (Level 3) Literacy
<i>15:00 TO 15:30</i>	Individual lessons as needed.	Individual Afrikaans (Level 3)	Individual lessons as needed.	



**+ CHOCOLATES  
= MOTHER'S DAY**

**WE WILL BE BLESSING  
"ONS HUIS" ON  
MOTHER'S DAY WITH  
CHOCOLATES. PLEASE  
FEEL FREE TO  
CONTRIBUTE ANY  
CHOCOLATES FOR  
THIS OUTREACH.**

**PLEASE SEND YOUR DONATION  
TO TEACHER MERCIA (GRADE 1)**