

THE KING'S KEN – 14 MAY 2009

FROM THE PRINCIPAL'S DESK

How do I make sure that my child does not turn into a bully?

Studies show that people who are abused by their peers are at risk of developing mental health problems, such as low self-esteem, stress, depression, or anxiety. They may also think about suicide more. However, bullies are at risk too. Bullying is violence, and it often leads to more violent behaviour as the bully grows up. It is estimated that 1 out of 4 elementary-school bullies will have a criminal record by the time they are 30.

They often have poor social skills and poor social judgment. Sometimes they have no feelings of empathy or caring towards other people. Some bullies actually have personality disorders that do not allow them to understand normal social emotions like guilt, empathy, compassion, or remorse. These people need help from a mental health professional like a psychiatrist or psychologist.

No one thing in particular turns a child into a bully. However, studies show that the problem is generally triggered by something at home, in the youngster's environment. This could include having parents who are verbally or physically abusive. A bully might have been assaulted by a sibling or another child. Children can easily do something hurtful to another person because it was done to them.

Take a look at your parenting practices. Are you a bully at home? Do you frequently criticize your child or demand unquestioning obedience at every turn? Are you abusive to your partner/spouse? Do you use put-downs or call others demeaning names? Stop and get help. If you send the message to your child that anger, violence and intimidation are ways to get what you want, your child is very likely to turn around and use similar tactics on peers.

On the other hand, parents must set limits. Parents may encourage bullying by being overly permissive. By giving in when a child is demanding, parents send the unintended message that bullying pays off. Children actually feel more secure when they know parents will set limits. Parents must be firm, yet kind, to their children. Set fair rules and follow through with reasonable consequences for misbehaviour.

If you discover your child is acting like a tyrant, do not panic. It is important for parents to realize that all kids have the capacity to bully. It is important that parents make it clear that bullying will not be tolerated. Although it is important to determine why your child is behaving like a bully, emphasize that you will not allow such actions and outline the consequences. If the problem occurs at school, tell your child that you respect the school's right to determine consequences. Tell your children they also are accountable to you for misbehaviour or bullying at school.

Sometimes it helps to have your child walk in the assaulted child's shoes, since bullies have trouble empathizing with those they assault. It is important to discuss how it feels to be bullied. Also, help your children feel successful. It is important to emphasize your children's good points, so they can start to experience how positive feedback (rather than negative attention) feels. Put your children in situations where their strengths make them shine. Find opportunities for each child to help others, perhaps by volunteering or helping a teacher after school. Helping others in a positive way increases a child's sense of self-worth.

Mr. Ken Langley

Principal

PUNCTUALITY

We would once again like to appeal to our parents to ensure that students are on time for school. Classes begin at 07:30 and late-comers may be excluded to prevent disruptions to the educational programme. Of our late-comers, 60% indicate that their being late is attributed to their parents' lack of organization. Here's what some of them are saying:

'My dad showered late'

'My mom was lazing around'

'My uncle was late to pick us up'

'Mom and Dad were late' (he lives a couple of streets away from the school)

Parents, please help us to address punctuality.

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 feed 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 that 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

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.

MOTIVATION

- Help your child set realistic and attainable goals for himself. If he is studying for a test, ask him what result he thinks he can achieve. Make sure that his goal is within his reach, that he will be able to achieve it. As he becomes more confident in his abilities and experiences success in the goals he sets, he will gradually extend himself and set higher goals.
- Together, decide on a reward and then help him work towards his goal. Rewards don't have to be material – extra TV time, cook his favorite meal for dinner, an afternoon at the park, etc.
- Goals need not only be limited to tests and exams, but can be set for individual homework tasks as well. For example to finish a task within a set time, to learn all his spelling words by Friday, to write as neatly as possible for the whole week, to get a smiley face for a task from the teacher, and so on.

ENCOURAGEMENT

- Give lots of praise, noticing even the smallest effort, letting her know that you're proud of her for trying.
- Acknowledge the difficulties she experiences with, for example, Maths, and sympathize with her, but let her know that you have confidence in her determination to overcome her problems. Make sure she knows that you're available to help her when she needs you.
- Brag about her and comment on her progress to others, when she is within earshot. This will boost her self-esteem enormously and motivate her to keep doing her best.
- Show an interest in her tasks and ask her questions about her work, discuss likes and dislikes, problems and achievements.
- Younger children often like someone to be in the room with them when working on their homework. Be close at hand and available to help when needed.

And lastly, remember the aims of assigning homework tasks. By encouraging your child to work to the best of her ability on her homework, you are helping her to develop independence, self discipline and a good work ethic. But she must take responsibility for her homework. Do not do the work for your child. She may need your assistance and guidance, but she does not need your homework.

WE PRAY FOR

- Mrs. Jooste was diagnosed with cancer and underwent surgery last Thursday. We pray for a full recovery.
- Mr. Horn had a hip replacement operation last week.

Important dates for the 2nd term

- 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

MIA MOMENT - Letting Go

To let go doesn't mean to stop caring,
it means I can't do it for someone else.

To let go is not to cut myself off,
it's the realization that I can't control another.

To let go is not to enable,
but to allow learning from natural consequences.

To let go is to admit powerlessness,
which means the outcome is not in my hands.

To let go is not to care for,
but to care about.

To let go is not to fix,
but to be supportive.

To let go is not to deny,
but to accept.

To let go is not to regret the past,
but to grow and live for the future.

To let go is to fear less and to love more!

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 15 May 2009** will be **COLD DRINK/JUICE**.

22 May	-	Rice/Samp
29 May	-	Pasta
5 June	-	Powdered Milk/Long Life Milk
12 June	-	Cleaning Products (i.e. Handy Andy, Dishwashing liquid)
19 June	-	Cold drink/Juice
26 June	-	Sugar

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!

CONGRATULATIONS

- Tristan-Lee Smanjak was proud to represent The King's School West Rand at the 2nd Qualifier of the Equestrian Interschools League on Saturday 25 April 2009. She placed 1st and 2nd in both her jumping classes.
- Jonathan Vickery has won the first place medal (gold) at the South African BMX Championships leg 3 at Lahee Park in Durban for novice under 14. He has won silver in leg and silver in leg 1 in Kempton Park.

THURSDAY CYCLE ASSESSMENT – PRIMARY SCHOOL

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

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.

UNKNOWN DEPOSITS

18 February 2009	-	Rivonia	R7 420
17 April 2009	-	School Fees	R2 200
2 May 2009	-	Clearwater	R2 100
4 May 2009	-	Rivonia	R16 520

VACANCY

ADMIN/TELESALES

A short term insurance brokers
in RUIMSIG is looking for a
Admin/telesales person.

REQUIREMENTS

Candidate must have matric
Fully bilingual
Well spoken
Good admin skills
PC Literate
Result driven
Own Transport
Experience in the industry will help,
but not a requirement

Phone ELMARIE on 011 9582309

Or 083 2692351

e-mail DV to elnelco@telkomsa.net or fax to 086 5045670