

THE KING'S KEN – 28 MAY 2009

FROM THE PRINCIPAL'S DESK

The power of bystanders in bullying

Bullies usually indulge in bullying behaviour in order to derive some benefit from picking on their victims. Generally they aim to impress those around them. Often the bully is trying to build a social network by bullying. Ken Rigby, a renowned expert, writes that Canadian research has found that 85% of bullying incidents in primary schools take place in the presence of other children. The way those watching an incident of bullying respond can influence the way the bully behaves in his quest to impress others through his abuse of power. Because of this, bystanders wield a great deal of power in a bullying scenario.

Bystanders can choose to react to bullying in a wide variety of ways that can have either a positive or a negative outcome for the victim. Negative responses progressing from the least to the most harmful include:

- Watch without expression, that is, just watch
- Give non-verbal encouragement by laughing or smiling, thus showing enjoyment of what they see
- Verbally encourage the bully to continue
- Get directly involved and participate in the bullying too

All of these activities by bystanders encourage the bully to continue the behaviour. Bystanders can also choose responses that have a positive effect for the victim. These include:

- Walking away from the situation, thus showing displeasure
- Telling the bully that this behaviour is not right or is hurting the victim
- Getting the support of mediation of a more powerful outside agency such as an adult or teacher
- Getting directly involved and defending the victim

If more bystanders had the courage to stand up and say something about bullying, many bullying situations would either not occur, or the effect of the bullying would be diminished. Ken Rigby writes that of the occasions where a bystander chooses to object to the bullying behaviour, there is a 50% success rate of the bullying stopping.

By encouraging bystanders to help in combating bullying we can get everyone involved in preventing and dealing with this antisocial behaviour. This will make it the responsibility of all in the community to ensure that this type of behaviour does not occur and that the vulnerable in our society are protected.

A town council in the USA recently passed an anti-bullying bylaw that makes it an offence to be a bystander who does not try to stop bullying. Not only will the bully be prosecuted but the people who stand by and watch can also be sanctioned. Marilyn Langevin, clinical director of the University of Alberta's Institute for Stuttering Treatment and Research, hailed this legislation as groundbreaking because it targets bystanders, in addition to those who engage in bullying. This new development in the fight against bullying society reinforces the important role that bystanders can play in either promoting or combating bullying. It also points to the length that some authorities are going to in trying to stop this type of behaviour.

We need to teach our children to be courageous and to stand up for what they can see is right and bold enough to oppose what is wrong. We need to protect the vulnerable in our society and in our school.

Mr. Ken Langley

Principal

WHY DOES GOD ALLOW HARDSHIP IN OUR LIVES?

Why does God allow hardship in our lives? We will not know until much later, but our comfort is that He has design and purpose in mind, transforming us slowly into the likeness of His son, Jesus Christ. We don't rejoice **because of** our suffering but we rejoice **in** our suffering because it is an instrument to achieve His purpose.

Not until each loom is silent,
And the cross threads cease to fly,
Will God unroll the pattern
And explain the reason why
The dark threads are as needful
In the Weaver's skilful hand,
As the threads of gold and silver
For the pattern He has planned.

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.

DESIGNATED WORKSPACE AND TIME

- Establish a routine around homework. Ideally a designated place and time that suits your child and you should be adhered to as much as possible. There will be times when the schedule or location has to change, and it's all right to be flexible when necessary. But it's worth bearing in mind that children work best when structure and routine are in place.
- Decide on a suitable time with your child. The best time is not right after school. He should first unwind and have a snack before settling down to homework.
- A good idea is for all siblings involved with homework or studying to be working at the same time. This creates a quiet atmosphere of productivity and organization. It also means that one child is not watching TV or playing while the other has to study.
- Younger children should try and complete their homework in the afternoon before they are too tired to concentrate well, while older children are usually able to continue working for a while after dinner.
- Encourage your child to work at a table, perhaps a desk in his bedroom, or the kitchen or dining room table. This promotes an appropriate writing posture, and helps to keep his work neat and his workplace organized.
- Ensure that the chair and table are the right size for him. If they're not, he will be uncomfortable causing him to tire more quickly, fidget more often and his concentration will be broken more frequently.
- Keep his workspace as uncluttered as possible.
- Ensure that there is adequate lighting and ventilation.
- Even if there is no homework for the afternoon, he should be **encouraged to spend the designated time either working on an upcoming assignment, going through the day's work or even just reading.**

FOR ALL OUR YOUNGER CHILDREN

BIG EYES

Read Romans 12: 15-18

Be careful to do what is right in the eyes of everybody. (Romans 12:17)

'Did you have a good time at the river today?' Mom asked. 'Yes, it was nice,' Margaret answered, 'except that Donald wouldn't play with us.'

'Oh,' Mom said, 'Didn't he feel like playing?' 'He did play at the beginning but then he fell. We all laughed and then he got angry with us,' Margaret answered. 'Poor Donald,' Mom said. 'Did he play again later on though?' 'Yes,' Nick answered. 'Suzette made him feel better.' 'It is always nice when Suzette is with us,' Margaret said. 'She plays with everyone.'

'That's right,' Mom said. 'Suzette always helps and she is always friendly. That is the way Jesus wants us to be. We should help others and be kind to them and make them feel better.'

'How can we do that?' Margaret asked.

'I think a person must have big eyes,' Mom answered. 'Eyes that look around and take notice. Suzette probably thought Donald looked pretty funny when he fell, but she also noticed that he was unhappy when everybody laughed at him. That is why she was kind to him. You should practice to have big eyes and be nice to one another.'

Margaret and Nick opened their eyes wide. They wanted to have eyes that noticed things so that they could be kind and helpful to others who needed their help.

(With thanks to Thea Brink)

LOST PROPERTY!!!

Dozens of items of clothing are handed in as lost property each week at our school. We are asking for assistance from our parents and students in the following ways:

1. Please mark all items clearly, and
2. When an item is lost, please check through the lost property at Reception as soon as possible.

Lost property will be displayed each Friday on the Hall steps. Unclaimed items will thereafter be donated to charity.

WE PRAY FOR

- Trys Schwartz who is recovering after an operation.
- Teacher Chantelle Swanepoel who was in hospital and recovering.
- Mike Lötter, Leriche Fourie's Grandfather is very ill after he had a stroke.
- Lizette Martins who is going in for an operation.

PRAYER DAY DETAILS

- Saturday 30 May 2009
- Time 08:00 to 09:00
- Meet us at the gate and join us in a prayer walk around our school.

Important dates for the 2nd term

- Roots and Fruits Gala Evening - 29 May 2009
- **Prayer morning** - **30 May 2009**
- Homework Load Shedding Week - 1 – 5 June 2009
- Reading Week - 1 – 5 June 2009
- Traveling Bookshop - 1 – 2 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 - In His Footsteps

When someone does a kindness, it always seems to me that's the way God up in Heaven would like us all to be. For when we bring some pleasure to another human heart, we have followed in His footsteps and we've had a little part in serving Him who loves us, for I'm very sure it's true that in serving those around us, we serve and please Him, too.

"Live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that we may have great endurance and patience. (Colossians 1:10-11)

MIA MEETING

There will be a MIA meeting in the Board Room in the Administration Building on Friday 29 May 2009 at 07:45.

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 29 May 2009** will be **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!

THURSDAY CYCLE ASSESSMENT – PRIMARY SCHOOL

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

EISTEDDFOD

As a school we are registered with the National Eisteddfod as one school, not two separate schools with our own unique reference no. A letter will go out this week inviting entries to the Eisteddfod. As a school we are required to follow the registration process as laid out by the National Eisteddfod executive and therefore request all entries to be sent to Mrs Mercia Swanepoel who is our current representative with the National Eisteddfod.

CONGRATULATIONS

On Wednesday, 20 May 2009, our school participated in the Junior Best Speaker evening. Didi Tsitsi was awarded with 1st place and Karabo Mabaso was placed 2nd. Congratulations girls, you have done us proud.

LIFT CLUB REQUIRED

Mrs. Chiaberta is looking to join or start a new lift club for children staying in the Florida Glen area. If you can assist or are interested in starting one for the areas Florida Glen, Bergbron, Northcliff and Constantia Kloof, please contact her on 083 269 7656 or (011) 673 3320.

SOCCER RESULTS

HORIZON NETBALL AND SOCCER TOURNAMENT

U9 Netball - Runners up

U10 Netball - Won

U11 Netball - Runners up

U12 Netball - Won

U13 Netball - Won

U11 Soccer - Won

HERONBRIDGE U14 NETBALL FESTIVAL

Lost to Crawford

Won against Heron Bridge

Drew with Trinity House

Lost to Dainfern

Well done, we are proud of you.

COMING SOON - a comprehensive result page of all winter sports results.