

# **THE KING'S KEN – 11 JUNE 2009**

## **FROM THE PRINCIPAL'S DESK**

### **BULLYING - HOW CAN PARENTS HELP AND EMPOWER THEIR CHILDREN**

How can parents help a child who is being bullied? There are several constructive steps that can be followed:

- Listen to your child. Hear what he or she is saying and get from him or her as much information as you can.
- Involve your child in decision-making around the issue and make sure he or she approves of any action to be taken. Maintain confidentiality at all times.
- Suggest that your child speaks to a trusted teacher about the situation. If she feels she cannot do this, suggest that you speak to a teacher about it.

### **ADDITIONAL THINGS PARENTS CAN DO**

There are many things that we as parents can do in order to protect our children against the abuse of bullying. We need to ensure that our children are given the emotional and social tools with which to deal with this negative aspect of human behaviour. We should work at helping our children to become resilient so that they are better able to deal with bullying behaviour. However, just as important, we should also strive to ensure that our children have the empathy and emotional intelligence not to resort to bullying themselves.

The following are just a few things we can do to prevent our children becoming involved in this abusive cycle:

- Take an interest in your child's social life.
- Encourage your child to bring friends home.
- Build your child's self-esteem.
- Discuss ways to respond if your child's rights are infringed.
- Keep confidentiality.
- Set an example.
- Teach your child to identify emotions and then how to channel them appropriately.
- Provide socially acceptable ways to deal with emotion.

**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.

## **ORGANISATION**

- Encourage the use of a homework diary. Your child must record, in as much detail as possible, the homework for the day, upcoming tests and exams and due dates for projects. Projects should be recorded on the day of issue and on the due date.
- Lessen the load of the afternoon's homework and divide it into manageable chunks.
- Some children prefer to finish the easy tasks first, before tackling the difficult ones; others prefer to work the other way around. However, it's a good idea to balance the work – not to start with the longest or most difficult task, as this will demoralize and frustrate her and set the tone for the afternoon ahead, and not to end with these tasks, as she will be tired and not able to give it her best effort.
- Help her prioritise the work for the afternoon by numbering the tasks in the order in which they are to be done. Ticking of completed tasks puts the end in sight and gives a lovely feeling of accomplishment.
- Keep a large wall calendar above her desk or on the refrigerator. Help her keep track of important dates for projects, tests and exams, extracurricular activities, birthdays, social events and so on.
- Dates for projects, tests and exams are usually given well in advance – help her plan the workload and set aside time to do a little bit each day.
- Encourage her to organize her school bag when she has finished her homework, ready for the following day. This will ensure that books or stationery items are not left at home, that notes to the teacher are signed or written, that sports equipment are not forgotten, e.g. the tennis racquet.

## **WE PRAY FOR .....**

- Lizette Martins who is recovering well from surgery.
- Mittah Mooki, daughter of our receptionist Tryphina, who is recovering from surgery.
- Trys Schwartz who is recovering from surgery.
- Annette Jooste, we praise God for her recovery.

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

- School Holiday - 15 June 2009
- Primary School Extra Mural Practices end - 19 June 2009
- Grade 9 subject choice assessment - 25-26 June 2009
- Exams end - 26 June 2009
- School closes - 26 June 2009
- Winter School - 29 June to 3 July 2009
- School Starts - 21 July 2009

### MIA MOMENT

#### Food for thought

"The remarkable thing about fearing God is that when you fear God you fear nothing else, whereas if you do not fear God, you fear everything else"..... Oswald Chambers.

### 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 or (011) 958 5188 or (011) 958 5189**

### 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 12 June 2009** will be **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	18 JUNE	25 JUNE
4		Theme Project
5		Social Sciences
6	Afrikaans	
7	Maths	

### TRAVELLING BOOKSHOP

What an amazingly successful two days we had with the Travelling Bookshop! An amount of approx. R10,000 was spent and we will get a percentage of the profit for our library. This is the highest we have had in the last 5 years. Thank you to all the parents for their valuable support.

### GOLF DAY

Change of date – please note that the new date for the Golf Day will be **1<sup>st</sup> September 2009**. The day will be held at Roodepoort Country Club. The entry form will be included in the King's Ken of 18 June 2009.

### PRO STAR SOCCER

Holiday soccer training camp with numerous activities.

Monday 29 June – Friday 4 July 2009

WHO FOR : Boys and girls 5 – 14 years

WHERE : The King's School West Rand – soccer field

ENQUIRIES : Coach Ken

Phone : 011 492-1401 / 1301

Fax : 011 492-1377

Cell : 082 480 6037

E-mail : coachkensoccer@gmail.com