

THE KING'S KEN – 13 AUGUST 2009

FROM THE PRINCIPAL'S DESK.....

SWINE FLU INFORMATION

At the time of writing we have not had any confirmed cases of Swine Flu. However, it is essential that we remain well-informed regarding this new influenza virus.

NOVEL H1N1 (SWINE FLU) INFO LEAFLET:

WHAT IS NOVEL H1N1 (SWINE FLU)?

Novel H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread. South Africa just recorded our second death due to the H1N1 virus.

IS NOVEL H1N1 VIRUS CONTAGIOUS?

It has been determined that novel H1N1 virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

Following a seasonal influenza season that was dominated by influenza A (H3N2) virus circulation, South Africa is now detecting novel influenza A (H1N1) through its routine surveillance system. However, currently influenza A (H3N2) remains the dominant virus in circulation in South Africa. Many seasonal influenza viruses from these countries have not been sub typed. Of those that have been sub typed in Australia, South Africa, and Argentina, the majority are influenza A (H3N2) viruses.

If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

ARE THERE MEDICINES TO TREAT NOVEL H1N1 INFECTION?

Yes. The use of oseltamivir or zanamivir is recommended for the treatment and/or prevention of infection with novel H1N1 flu virus. Paracetamol - As with ordinary flu, people who come down with swine flu should take lots of rest and use standard paracetamol-based cold remedies to reduce their temperature and help relieve symptoms.

Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current outbreak, the priority use for influenza antiviral drugs during is to treat severe influenza illness. The antiviral medications oseltamavir (Tamiflu) and zanamivir (Relenza) are also being used to treat people with swine flu. Antivirals are not a cure for swine flu, but will help to:

- reduce the length of time you are ill by around one day,
- relieve some of the symptoms, and
- reduce the potential for serious complications such as pneumonia

EMERGENCY WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION:

You will not be able to tell the difference between seasonal flu and influenza A(H1N1) without medical help. Typical symptoms to watch for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. **Only your medical practitioner and local health authority can confirm a case of influenza A(H1N1).**

The typical symptoms are:

- a sudden fever (a high body temperature of 38°C/100.4°F or above), and
- a sudden cough.

Other symptoms may include:

- headache
- tiredness
- chills
- aching muscles
- limb or joint pain
- diarrhoea or stomach upset
- sore throat
- runny nose
- sneezing
- loss of appetite
- fast breathing or trouble breathing
- bluish or gray skin color
- not waking up or not interacting
- being so irritable that the child does not want to be held
- flu-like symptoms improve but then return with fever and worse cough

The trick obviously, is to eliminate or reduce the risk of infection. Even in the 21st century, the most effective antidote is still through thorough handwashing. Please stress this with your children. Physical contact is the primary cause of infection with viral diseases. A study by Dr. Caroline Brease Hall, a professor at the University of Rochester, focused on 'sitters, touchers and cuddlers' around hospitalized virus-infected babies – sitters – those in the same room, but more than 1 metre away from the infected baby, did not catch the virus at all. Cuddlers and touchers (those who touched toys or surfaces covered with viral particles) succumbed and became ill.

One should limit physical contact with sick children but may interact with them bearing in mind the reasonable precautions.

We pray for God's provision of strength and health for our families.

Mr. Ken Langley

Principal

Important dates for the 3rd term

- Prefect training - 14 – 15 August 2009
- Group Photo Day (Sport, Culture and Prefects) - 21 August 2009
- Gr. 9 Subject Choice Evening - 27 August 2009
- Prelims start - 31 August 2009
- Golf Day (see entry form in this issue of King's Ken) - 1 September 2009
- Spring Art Exhibition - 1 – 3 September 2009
- Spring into Jesus (civvies day) - 1 September 2009
- Change into summer uniform - 1 September 2009
- Cultural Evening (Grade 3 to Grade 7) House Plays - 4 September 2009
- Grade 10 Job Shadowing - 14 – 18 September 2009
- Pre-School Concert - 17 September 2009
- Extra Mural Practices end - 18 September 2009
- School closes - 23 September 2009

MIA MEETING

A MIA Meeting is scheduled for 14 August at 07h45. All moms are welcome to attend.

SCHOOL TERMS 2010		
TERM	STARTS	ENDS
1	(11)13 January 2010	19 March 2010
2	(12)13 April 2010 26 April – School Holiday 27 April – Freedom Day	9 June 2010
3	(12)13 July 2010 9 August – Woman’s Day	17 September 2010
4	(4)5 October 2010	10 December 2010

PINOCCHIO PANTOMIME

Parents must please take note of the following:

- Parents that bought tickets for the family must please make use of own transport.
- Transport is only for the use of those kids whose parents cannot accompany them. There are only 3 seats still available.
- Closing date for buying tickets will be 17 August 2009.
- Only 30 tickets still available.
- Everybody will receive a cold drink and a packet of chips so mummies won’t need to pack extra treats etc.
- More information will follow closer to the date of the Pantomime.

PUZZLE CORNER

LAST WEEK’S ANSWERS: 1. N 2. Hundred-and-one 3. Baby Reindeer

4. The man is under water.

SEE HINTS ELSEWHERE IN THIS KING’S KEN: ANSWERS NEXT WEEK

1. You have 3 boxes, all sealed. The 1st is full of ORANGES, the 2nd full of LEMONS and the 3rd full of a mixture between ORANGES and LEMONS. All the boxes are incorrectly labeled. You are allowed to pick a piece of fruit from one box only. How can you now tell which box is which?
2. A house painter paints numbers on all the houses in a new estate from number 1 to number 100. How many times does the he paint the number 9 in the process?
3. What is made dirty by washing?

4. You have a helium-filled balloon (lighter than air) in your car and all the windows closed. As you turn right at an intersection, which way does the balloon move?

WIN A R10 TUCKSHOP VOUCHER FOR THE MOST CORRECT ANSWERS

Name: _____ Class: _____

Answers: 1 _____ 2 _____ 3 _____ 4 _____

(Hand reply slips to Mrs. Mooki at Reception)

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.

MIA MOMENT

Does my fear start when I measure my resources against my needs (real or imagined) and come up short? The best fix for my fear then is grasping Your personal, unshakable commitment to my well-being. You've given me Your own Spirit of power, love, and self-discipline (2 Tim 1:7). I can live free, confident that I'm Yours. Day or night, I can call, "Abba Father!" and You'll hear and care (Rom. 8:15). Take courage! It is I. Don't be afraid (Mark 6:50).

FOR FRIENDS FRIDAY

Collection for **Friday 14 August 2009** will be **CLEANING PRODUCTS.**

21 August	-	Cold drink/Juice
28 August	-	Sugar
3 September	-	Rice/Samp
10 September	-	Pasta
17 September	-	Powdered 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!

CYCLE TEST ROSTER

GRADE	20 AUG	27 AUG	3 SEP	10 SEP	17 SEP
4		Afrikaans		English	
5		English		EMS	
6	Afrikaans		Maths		Theme
7	Afrikaans		English		Maths

HINTS FOR PUZZLE CORNER

1. Draw pictures for yourself showing labeled boxes. Choose first from the box labeled **ORANGES AND LEMONS**.
2. Count them up! Don't forget to count one for 90 and 2 for 99!
3. Don't drink it.
4. Accelerating in the car will make the balloon move forward.

UNKNOWN DEPOSITS

Please contact the school and bring proof of deposit.

08 June 2009	Unknown	R2 000
10 July 2009	Industria	R2 360

CONGRATULATIONS

After competing in all the qualifying rounds for the Inter-Schools Equestrian League, Tristan-Lee Smanjak qualified to represent GAUTENG WEST A TEAM in one jumping class and GAUTENG WEST B TEAM for another. She also qualified for GAUTENG WEST B TEAM in Equitation at the finals that were held on 2 August 2009.

Golf Day

Our Golf day has proved to be immensely popular in the past, and affords parents and friends of the school the opportunity to participate in what is an enjoyable day.

The Golf Day is on 1 September 2009 at Roodepoort Country Club. We encourage parents to support us in this school project. Please refer to the back page of the Kings Ken on how you can be involved to make this day a great success.



ACCEPTANCE LETTER FOR THE KING'S SCHOOL WEST RAND GOLF DAY

DATE : 1 September 2009
VENUE : Roodepoort Country Club
COMPETITION : Betterball Stableford on all holes
TEE-OFF : 11:00 both Tees with 7 minute intervals (PLEASE BE ON TIME)
PRIZE GIVING : 18:30
DINNER : 19:30 (Optional)

	OPTIONS	NO OF PLAYERS	TOTAL
1	Playing @ R400 per player (R1,600.00 per 4 ball)		
2	Sponsor for green or tea – R750.00		
3	Sponsor a full hole – R1,600.00		
4	Sponsor a four ball – R2,350.00		
5	Donations		
	ACCUMULATIVE TOTAL		

CONTACT PERSON : _____

COMPANY : _____

TELEPHONE NO : _____ FAX NO : _____

E-MAIL ADDRESS : _____

Player's names : _____ Handicaps (Official or max 18)

1. _____

2. _____

3. _____

4. _____

Preferred tee-off time 11:00 – 12:59 : _____

No of players for dinner : _____

Spouses attending dinner (additional cost R90 each) : _____

Cheques to be made out to **The King's School West Rand** to be received by 24 August 2009

Banking details : The King's School West Rand
 ABSA BANK : HORISON BRANCH
 BRANCH CODE : 632005
 ACCOUNT NUMBER : 4058533552
 DEPOSIT REFERENCE : KSWR Golf Day

Please send your acceptance letter by hand, fax or e-mail to Mrs. Sarah Stay at:

Phone : 072 119 5712 **Fax** : 086 609 1692 **E-mail** : gstay@discoverymail.co.za

Or Mr. Conrad Botha at:

Phone : 087 808 1555 **Fax** 011 672-2280 **E-mail** : gecphase@kswr.org