

# **THE KING'S KEN – 2 JUNE 2010**

## **THE VIEW FROM THE COACH'S DUG-OUT.....**

### **PIN YOUR COLOURS TO THE MAST (II)**

What a pleasure it is to work every day in a community that is peaceful and friendly and with the knowledge that we all share the same values, beliefs and convictions.

Many people comment on the fact that our students are, in many respects, sheltered from the brutality and harshness of the world out there. It is important though, to know that our desire is not to **shelter** our students, but to **prepare** them to engage in 'the world out there' with God's transforming love and power.

Martin Luther said

**The Kingdom is to be in the midst of your enemies. And he who will not suffer this does not want to be of the Kingdom of Christ; he wants to be among friends, to sit among roses and lilies, not with the bad people but the devout people. O you blasphemers and betrayers of Christ! If Christ had done what you are doing who would ever have been spared?**

When we say that we are a Christian discipleship school, it is not with the hope of gathering together a group of 'devout people' to enjoy one another's company, but to have a steady focus on being involved in the broader community and representing Christ there.

And as we prepare to host thousands of overseas visitors to our country, how do we pin our colours to the mast as Christ-followers? Christ himself said that all men will know us by the love we have for one another (John 13:35).

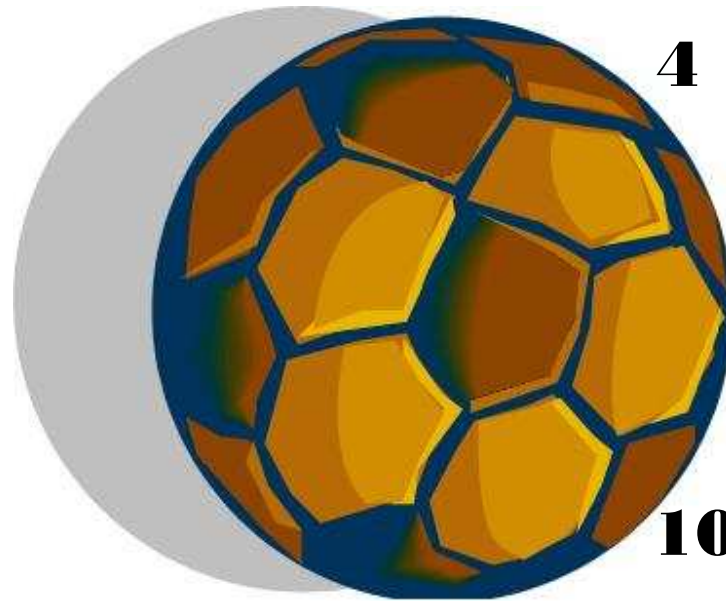
Just as all the visiting fans are identified by their countries' flags, our mark of identification as Christ-followers is the love we have for one another. May we be faithful in the weeks ahead to our God who is our banner and may His love consume many.

**MR. KEN LANGLEY**

**Head Coach (PRINCIPAL)**

# TIMELINE OF EVENTS

## JUNE



**4**

Primary School  
Extra Mural Practices end

**9**

School closes (12:00)

**9**

Grade 9 subject  
choice assessment

**10**

Winter School Starts

**15**

Last day for Winter School

## THE SCHOOL WEAR SHOP

Operating hours: Tuesdays and Thursdays 08:00 – 12:00

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

### FOR FRIENDS FRIDAY

Collection for **Friday 4 June 2010** will be **MEALIE MEAL/MACARONI**.

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!**

### LAST CALL FOR WINTER

**Our winter outreach drive this year is for socks. Please, if you have old socks (that are not broken or torn) would you kindly donate them to the school for distribution to the needy. You may also buy a few socks (Mr. Price sells 3 warm pairs for R39,99) as a gift to these poor families. All donations can be dropped off at Reception with Mrs. Sheila Kennedy.**

### MIA MOMENT

#### **He is my Rest**

Drained of energy, extremely tired, completely exhausted. Does this sound familiar to you? The Oxford Dictionary describes the term worn-out as "worn to the point of being no longer usable." Do you sometimes feel like this?

Just the other day, I said to my husband: "I feel like I'm heading for a nervous breakdown, I am so tired!" Always able to give me good advice, he told me to go and watch a good movie and asked: "When last did you go to the gym?"

What do you do when you feel like you can't carry on? Slouch in front of the TV, book in at a spa for a relaxing massage, sleep the entire day or consume a big box of chocolates...?

How re-assuring to know that God doesn't grow tired or weary! Isaiah 41:29 says "He gives strength to the weary and increases the power of the weak. Verse 31: "but those who hope in the Lord will renew their strength, they will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Angela Thomas, well-known author and speaker, speaks about eight provisions of restoration when you are worn out:

**1. Run to God, get yourself in His presence.**

He alone gives rest to the weary. He asks us to come to Him, all of us who are weary and burdened, and He will give us rest. Matthew 11:28.

**2. Lie down, pray and wait to hear from the Lord.**

**3. The Sabbath is God's gift to us.**

He gives rest for the soul, mind, body and heart. Even God took a Sabbath, shouldn't we then learn from Him? "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work." Genesis 2:2.

God commands us to rest – Exodus 23:12: "Six days do your work, but on the seventh day do not work, so that you... may be refreshed." Mark 6:31: "...Come with me by yourselves to a quiet place and get some rest."

*What should we do on this day of rest?*

Worship God!

Rest from our work. Refrain from whatever that is work for you, if you are able. For instance, if you love

working in the garden, and it refreshes you, do that. Or if you love cooking, and do not get time to do that during the week, do that. To you, it isn't work!

#### **4. Only do as the Father directs you**

You do not have to do everything!

#### **5. Jesus requires mental, physical and emotional rest**

Get away for a while. If you need to hide from the family for a few minutes, and you have no-where else to go, get into your cupboard!

Solitude is about stopping all activities, getting away from the barrage of stimulation, and listening for God's voice, described in 1 Kings 19:12 as a 'gentle whisper'. It takes relentless perseverance, but will refresh and renew.

Jesus practised solitude. "Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he prayed." Mark 1:35

#### **6. Repentance leads to refreshing**

Acts 3: 19: "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."

#### **7. Walk in a good way**

Jeremiah 6:16 – "This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."

#### **8. Godly friends restores your soul**

1 Corinthians 16:18 – "For they refreshed my spirit and yours also. Such men deserve recognition."

So, when your reserves are running low, turn your eyes to God, so that He can replenish and refresh you – only He can truly do that.

## **SPORT CORNER**

Congratulations to our Primary School Netball teams who won all of their matches against Jozua Naudé Primary School

Our U7 and u8 netball girls played their very first netball match against Constantia Kloof Primary School and both teams won. Well done to our little rising stars!!!

## **GOLF DAY 2010**

### Golfers do I have your Ears?!!

We will be hosting our Annual Golf Day again on the **31<sup>st</sup> of August 2010 at Krugersdorp Golf Club**. Please keep this day open as it promises, like previous years, to be a great experience. To ensure that the Golf Day is a success your support would be greatly appreciated. More details to follow in next weeks King's Ken.

## **CONGRATULATIONS**

Congratulations to Onkgopotso Tsitsi who was invited to the SABC on Tuesday 24 May for an exclusive interview as well as to perform his poem in front of the TV Cameras!

Onkgopotso Tsitsi is only the second learner from The King's School West Rand to have won a category at the National Eisteddfod Academy Young Performers Awards Competition. He also walked away with a cool R1 500 prize money and also got to perform at their annual Showcase event! Watch this space.

**A REMINDER OF WAITING CLASS/AREA PROCEDURES:**

Dear Parents of Pre-primary and Foundation Phase children.

Both of these phases have a waiting class area; the pre-school playground and time from 13:00 to 13:30. At 13:00 children are released by their teachers. Children who are being picked up by their parents can be fetched from the classroom or at the gate. Please assist us in keeping your child safe by asking your child to wait **behind** the gate and not on the pavement for you. It is important for every child to treat and respect the car security man and to follow the instructions that he gives them.

If you know that you will only be able to fetch your child by 13:30 please notify your child's teacher so they can instruct and take your child to the waiting class area.

Parents will need to collect children from the waiting class area. Any Pre-School or Foundation Phase child that is left in the waiting class area or is found wandering around the school after 13:30 will be kept at aftercare for safety reasons. You will be charged accordingly for the supervision of your child.

**Charges:**

Meal (if available):	R20,00
1 hour or part there of:	R20,00
Full Day:	R50,00

We also ask parents to collect their children promptly after extra murals.

Please note that these arrangements are designed for your children's safety and we regret any inconvenience this may cause.



## ACCEPTANCE LETTER FOR THE KING'S SCHOOL WEST RAND

### GOLF DAY

**DATE :** 31 August 2010  
**VENUE :** Krugersdorp Golf 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 tee – R900.00		
3	Sponsor a full hole – R1,600.00		
4	Sponsor a green or tee (including a four bal) – R2,500.00		
5	Donations		
	<b>ACCUMULATIVE TOTAL</b>		

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 – 13:05 : \_\_\_\_\_ 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_

No of players for dinner : \_\_\_\_\_

Spouses attending dinner (additional cost R80 each) : \_\_\_\_\_

Cheques to be made out to **The King's School West Rand** to be received by 23 August 2010

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** : 0721195712 **Fax** : 0866091692 **E-mail** : [gstay@discoverymail.co.za](mailto:gstay@discoverymail.co.za)

Or Mr Conrad Botha at:

**Phone** : 0878081555 **Fax** : 0865795470 **E-mail** : [gecphase@kswr.org.za](mailto:gecphase@kswr.org.za)