



The King's Ken



21 FEBRUARY 2018

== THE ==

SPIRITUAL

DISCIPLINE

OF

GRATITUDE



admin@kswr.org.za



011 100 5377

www.kswr.org.za

Dr. Robert A. Emmons, a leading scientific expert, has said that gratitude has two parts:

- 1) Affirming goodness in one's life; and
- 2) Recognizing that the sources of this goodness lie at least partially outside the self.

I was surprised when I read that gratitude can be considered as a spiritual discipline of engagement. I mean, surely, gratitude is just something that wells up as a feeling? But as I read further, maybe not.

So many people have the view of God as a 'cosmic butler' or a 'vending-machine God' - that is, the idea that we put in our coins (or prayers), and then we will get our goodies dispensed. This kind of entitlement blocks gratitude.

It says, "whatever I've got, I've earned. I deserve this. I had it coming."

Many contemporary Christians live like this, except for maybe one hour on the Sabbath.

As we practice the discipline of expressing and articulating our gratitude, we will change our worldview to appreciate that:

"what do I have that I did not receive? And if I received it, why do I boast as though I did not?" (1 Corinthians 4:7).

It also starts highlighting the fact that human beings are interdependent, created for flourishing in community.

Regards

MR KEN LANGLEY
PRINCIPAL

(Read more on this in the Christian Education Forum emailer this week)

FOR FRIENDS FRIDAY

23 February	-	Dishwashing Soap
2 March	-	Handy Andy/Savlon
9 March	-	Mielie Meal
16 March	-	Rice

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!



For second hand school items to buy or swap

Contact Debbie:

073 152 0333
debbie.bevan@saiglobal.com

If you have any good quality second hand items you would like to donate to the swap shop you may drop off as well.

IMPORTANT DATES

for the term

21 February	-	School Day Prayer Day
24 February	-	Gr. 12 Physical Sciences (08:00-10:00)
24 February	-	Daddy/Daughter Picnic
26 February	-	Intermediate Phase Blue Certificate Assembly
27 February	-	Spur Teachers Evening
2 March	-	HS Certificate Assembly
7-9 March	-	School Camp (Gr. 5 – Matric)
7 March	-	Gr. 4 Day Camp
16 March	-	Wintersport Interhouse
16 March	-	Nursery School Theme Day
16 March	-	SCHOOL CLOSURES

@ 11:45 for Pre-School and Foundation Phase

@ 12:00 for Intermediate Phase and High School

THE SCHOOL WEAR SHOP

Liza Smith - 072 108 3670
E-mail - ropacc@vodamail.co.za

OPERATING HOURS – SCHOOL TERMS ONLY

Monday, Wednesday and Thursday: 06:45 to 13:30

CLOSED on Tuesdays and Fridays

TO ACCOMMODATE OUR FULL-TIME WORKING PARENTS:

BY APPOINTMENT ONLY

Every 1st and 3rd Saturday of the month: 09:00 to 12:00



CONTACT US TO PLACE YOUR
ADVERT INTO THE KING'S KEN
EMAIL: ADMIN@KSWR.ORG.ZA

3

PRAYER REQUEST

Dear parents

We are asking for our parent body to please assist us with prayer for breakthrough. Our plan to build a swimming pool has been delayed due to our pending township application.

Here's the history:

- 1) The King's School first lodged a Township application with the City of Johannesburg (CoJ) on 29 July 2014 after the expansion of the school.
- 2) A year later an error occurred in the office of the Surveyor General which caused the withdrawal of our application.
- 3) A new Township application was lodged on 27 August 2015.
- 4) At this stage we are being held up as we await comments from City Power and CoJ Legal Admin.
- 5) Thereafter the conveyancing attorney will need to open the Township register with the deeds office.
- 6) We have been informed that no construction projects (including the swimming pool) may commence until this Township application is finalized.

**Please pray that God may give us favour to expedite this almost 4 year long wait.
We know that He is powerful to overcome all opposition.**



GULFSTREAM ENERGY : BUSINESS PRESENTATIONS



Mr. Shane Jegels
(Chairman and CEO - Gulfstream Energy)

Our Grade 11 Business Studies students were given a presentation by Mr. Shane Jegels (Chairman and CEO - Gulfstream Energy) on the Fuel Retail Industry.

The presentation covered The Business Studies IEB theme for 2019 (that the Grade 11's will cover in their matric year) - "Petrol Stations/ Garages" (including food courts and retail outlets associated

with petrol stations). Each session was packed with information and related to their current curriculum. As a Grade and School, we thank Mr. Jegels for giving so generously of his time and sharing his industry knowledge with us. It was a great interactive learning experience. We pray for his business and wish him a successful 2018.

Mr. Cruz & Gr. 11 Business Studies Classes

4

School fees must be paid in advance, before the 7th of each month, 12 Months of the year.

AT CHURCH THIS SUNDAY...

SERMON TOPICS IN OUR LOCAL CHURCHES THIS WEEK



SUNDAY //

THEME:

"Obstacles to Faith" (until the 25 March).

EASTER WEEKEND (THURSDAY 29 MARCH –

SUNDAY 1 APRIL) //

THEME:

"CROSS ROADS"

PREACHER:

Dr Lindsay Rinquest

THURSDAY //

is a Maunday service (18:00)

FRIDAY //

morning service (8:30) and a Concert at 18:00.
Bookings phone Zillah 074 307 9611.

SUNDAY //

Sunrise Service at 06:45 with egg and bacon rolls for breakfast.

Resurrection Service at 08:30am with hot-cross buns and tea/coffee after the Service.

RESULTS OF ROODEPOORT ATHLETICS CHAMPIONSHIPS ON 12 FEBRUARY 2018

Congratulations to the following athletes who will be taking part in the D12 Athletics Championships on 22 February 2018. We are super proud of you!

Aiden Wendt	Boys u11	3 rd – Long Jump (4.50m)
Matthew Pretorius	Boys u12	2 nd - 1200m (4:04.74)
Tshiamo Mooki	Boys u12	4 th - High Jump (1.33m) 3 rd – Long Jump (4.72m)
Reece Jones	Boys u12	1 st – Long Jump (4.86m)
Oluchi Olebuike	Girls u13	3 rd – Long Jump (4.82m) 3 rd – 200m (27.88) 3 rd – 100m (13.52)
Chioma Olebuike	Girls u13	4 th – Long Jump (4.66m) 2 nd – 200m (27.78) 2 nd – 100m (13.40)
Kayle Richardson	Boys u13	2 nd – Long Jump (5.00m)



EXECUTIVE FUNCTIONING SKILLS

In your stay at The King's School West Rand you are going to hear a lot about Executive Functioning Skills, or self-regulation skills as they are more commonly known. As a school, we have chosen five self-regulation skills that make up The King's Way, a culture that exists in the students of our school.

They are:

1. Don't delay, start today.
2. Get organised
3. Prioritise
4. Listen actively
5. Stay on task

The term, executive function, describes a set of cognitive abilities that control and regulate other abilities and behaviour's and are necessary for goal-directed behaviour.

Students who have executive function deficits experience challenges with activities such as planning, organizing, prioritizing and paying attention to and remembering details. They often struggle academically with work-completion, organization, and motivation for any task, which is perceived as difficult, frustrating, or simply unappealing.

Students with executive functioning issues tend to respond well to increased structure, routine, and predictability in their lives. The important thing to remember is that as the student develops better executive functioning skills we will enable them to problem solve, self-evaluate and review their processes. This will enable positive behavior and allow them to make healthy choices.

A common pitfall occurs when parents or teachers simply perform the executive functioning tasks for the student rather than helping them learn to perform the tasks for themselves. While it may be necessary and appropriate to initially help to develop lists, schedules, routines, and other structures to 'get the job done', when parents or teachers do too much for too long the student's dysfunction actually becomes more significant and unmanageable.

We want to rid them of co-dependence and teach them to do what they can for themselves – don't do for them that which they can do for themselves, otherwise, we rob them of the opportunity to grow and develop and learn how to overcome obstacles by themselves and to problem solve – improvise, adapt and overcome. All the attributes needed to compete in their elected environments after school.

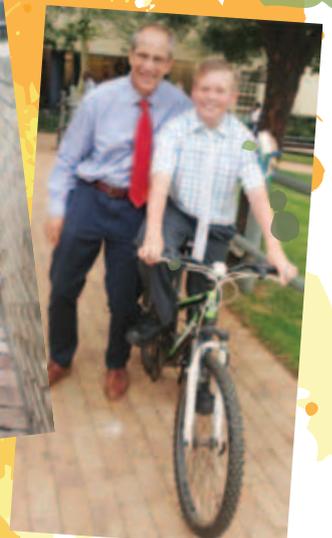
FUN WEEK!

Cartoon Characters

Teacher look-alike

Valentine's Day

Preschool Water Fun







In case of absenteeism a doctor's note must be provided for all summative assessments (tests, orals, practical assessments etc) missed.



The King's School

WEST RAND

The King's School Supports
Anti-Bullying in our school!!



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Daddy Daughter Picnic

Our Picnic has been moved to 24 February, but the FUN is still ON!

Date: 24 February 2018
Time: 9 - 11 am
Place: KSWR School Hall
To Bring: Yummy Picnic stuff
Blanket to sit on
Umbrella for shade

Buy your ticket for R20 per daughter from Teacher Michelle dos Ramos before

21 February 2018.
All 'little' girls welcome from Grade RRRR - Grade 12



The King's School WEST RAND

011 100 5377

thekingsschoolwestrand

1986 - 2016
30
YEARS OF EXCELLENCE

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OPEN DAY & FLEA MARKET

FOOD & FUN FOR THE WHOLE FAMILY

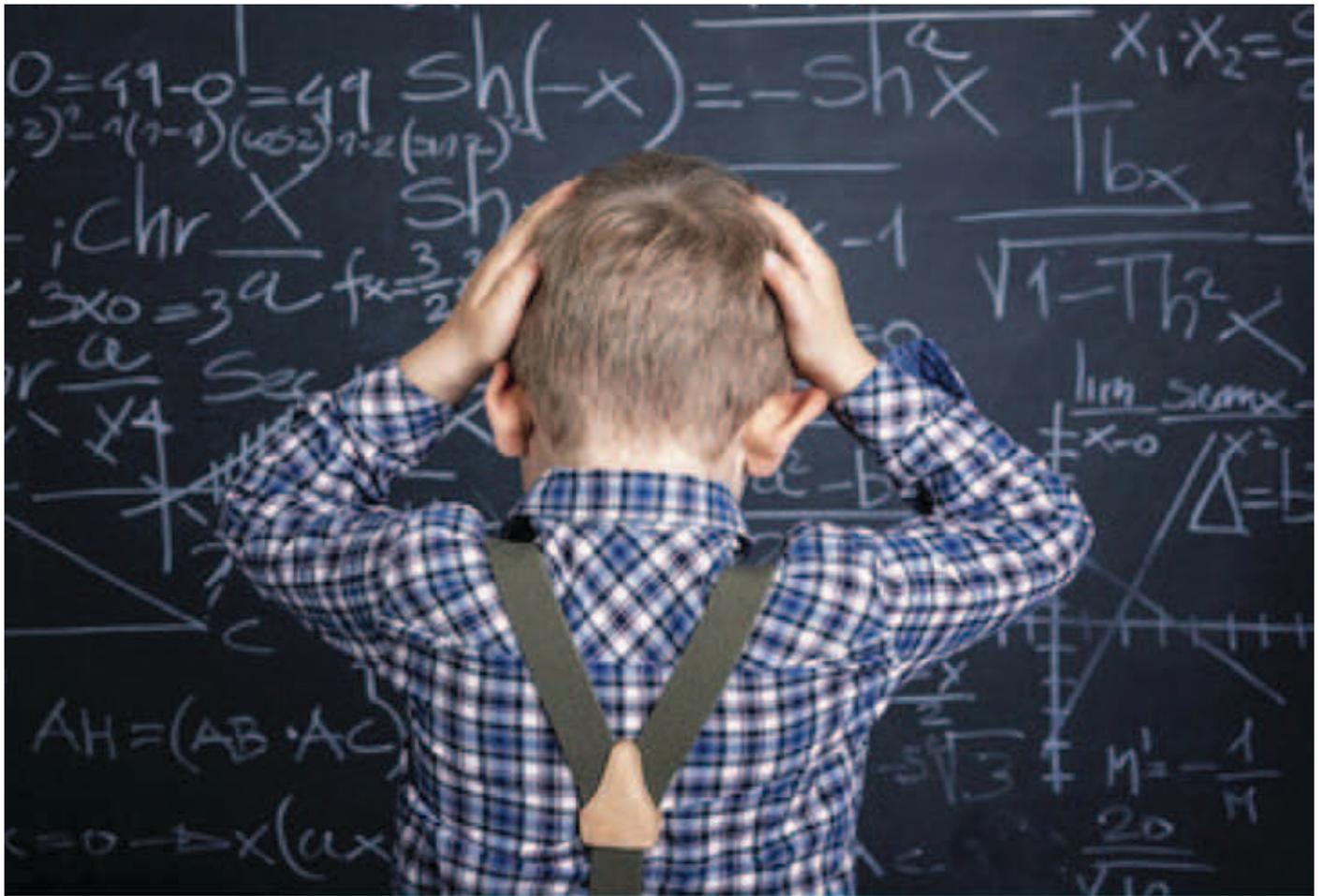
HOT DOGS

SATURDAY 26TH MAY '18

09:00 - 14:00

SCHOOL TOURS - 09:00 - 12:00





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12

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