



admin@kswr.org.za
@ 0111005377
www.kswr.org.za



Dorothy Fortenberry is a playwright and screenwriter in the hub of Hollywood, Los Angeles. She recently wrote a piece called Half-full of Grace for the LA Review of Books where she considers why she takes her family to church.

Even though she's not sure if she is even a believer, she comes up with some really thought-provoking and delightful statements. Let me share just 3 with you. Perhaps as answers to what the world says:

### Church is just a place where people go to deny the reality of the world.

"Church isn't an escape from the world. It's a continuation of it. My family and I don't go to church to deny the existence of the darkness. We go to look so hard at the light that our eyes water."



For second hand school items to buy or swop Contact Debbie: 073 152 0333

SWOP

debbie.bevan@saiglobal.com

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

### Church is for whole people, not for people like me whose life is a mess.

"Church is a group of broken individuals united only by our brokenness traveling together to ask to be fixed."

## The world is all about impressing others and convincing them that you are amazing. Why is church any different?

"I do not impress anyone at church. I do not say anything surprising or charming, because the things I say are the responses that someone else decided on centuries ago. I am not special at church, and this is the point. Because (according to the ridiculous, generous, imperfectly applied rules of my religion) we are all equally beloved children of God. We are all exactly the same amount of special."

For the full article, and others, see the Christian Education Forum mailer this week.

MR KEN LANGLEY PRINCIPAL

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







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

## AT CHURCH THIS SUNDAY... SERMON TOPICS IN OUR LOCAL CHURCHES THIS WEEK

## **RIDGECREST FAMILY CHURCH:**

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)

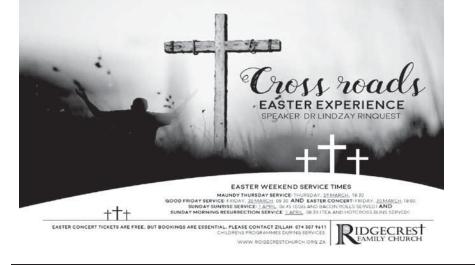
## FRIDAY//

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.

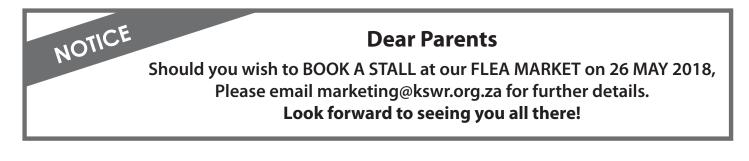
Resurrection Service at 08:30am with hot-cross buns and tea/coffee after the Service.



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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	•	KING'S KEN	•	14 MARCH 2018
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• IMPORTANT DATES for the term •				
16 March	- Winte	rsport Interhouse		
16 March	- Nurse	ry School Theme Do	ay	
16 March	@ 11:4	OL CLOSES 5 for Pre-School and 0 for Intermediate Ph		



## From a concerned parent:

As I picked my son up from school camp today, a young girl of 14 walk in front of my son I couldn't help but noticed how short her shorts were. I thought to myself "why doesn't she just walk around in her costume it is so short". Why do teens and tweens dress so provocative? Young ladies can't wear provocative clothing if their parents don't buy provocative clothing. Teenagers should look their age. They are not supposed to look sexy. How many of you want a grown man lusting after your daughter because she is dressed provocatively and she looks like a grown woman? I told my son that every boy and man is looking at her and that is so wrong. I want my son to respect a girl not lust after her because the way that she dresses.



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## Whv do kids bullv?

others is the lack of attention from parents at nome, which leads to children lashing out at A common cause of childhood bullying of

because they learn this behaviour at home. It is problem. If they've been bullied, they are more ikely to bully a younger sibling, in order to feel This can include neglected children, children domineering and impulsive, but this does not under the regular influence of drugs/ alcohol. of divorced parents, or children with parents Very often parents are bullies, are angry, or don't handle conflict well. Kids usually bully Older siblings can also be the cause of the earned behaviour, which can be unlearned. always mean that they will become bullies. Some kids are naturally more aggressive, They lack empathy and foresight and have Bullies dominate, blame and use others. contempt for the weak. They see weaker kids as their target and don't accept the more secure or empower themselves. others for attention.

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power and attention. consequences of their actions. They crave

Physical bullying includes hitting,

PHYSICAL BULLYING

behaviours.

pushing or damaging property. kicking, tripping, pinching and

short- and long-term damage. Physical bullying causes both

**VERBAL BULLYING** 

levels which start affecting the While verbal bullying can start off harmless, it can escalate to

racist remarks, or verbal abuse.

name-calling, insults, teasing, ntimidation, homophobic or

Verbal bullying includes

often harder to recognise and can be carried out behind the victim's back. It is designed to types of bullying There are many different types of bullying that can be experienced descriptions of typical bullying To help you identify the type of bullying, we provide short Some are easy to spot, while by children and adults alike. others can be more subtle.

terent

Diff

Cyberbullying can include abusive and smartphones, and software excluding others online and/ or imitating others online or using or hurtful texts, emails or posts, mimicking the victim unkindly. mages or videos, deliberately hardware such as computers such as social media, instant using technology, including Cyberbullying can be either and other online platforms. messaging, texts, websites overt or covert bullying CYBERBULLYING

their log-in details.

referred to as covert bullying, is

Social bullying, sometimes

SOCIAL BULLYING

victim

## Warning signs of a person being bullied

Recognising the warning signs is other issues or problems, such as SIGNS THAT A CHILD IS BEING that may indicate that someone being bullied or bullying others. an important first step in taking warning signs can also point to depression or substance abuse. is affected by bullying - either There are many warning signs action against bullying. These BULLIED:

· Difficulty sleeping or frequent

## books, electronics, or jewellery Lost or destroyed clothing, Inexplicable injuries

eating. Kids may come home from aches, feeling sick or faking illness suddenly skipping meals or binge · Frequent headaches or stomach school hungry because they did Changes in eating habits, like

SIGNS OF A CHILD BULLYING not eat lunch **DTHERS:** 

Getting into physical or verbal ights

Having friends who bully others

Having unexplained extra money Increased aggression

Blaming others for their or new belongings

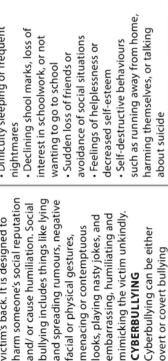
Not accepting responsibility for problems

Extreme competitiveness, and actions

undue concern for personal

eputation or popularity

14 MARCH 2018



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## Myths and facts about bullying Myth: Bullying is a normal part of childhood Eight bullying survival tij

messages, you're telling the bully that you just behaviour is by default subjective – meaning valk away or ignore hurtful emails or instant person who is bullying you. Have you ever thing with bullying, as the definition of the that everybody has a different threshold of said something to a friend and upset them 1. If you feel safe enough, speak to the by accident? Chances are, it has probably happened loads of times. It's a similar what they consider to be bullying. the reaction they get, and if you Sometimes, the person who is bullying you may genuinely temper. Bullies thrive on harder than losing your - sometimes it can be have no idea that it is affecting you. Equally, relate to how you're a coward's response This is definitely not themselves and will 2. Ignore the bully they are probably and walk away. going through a difficult time don't care. eeling.

deal with a bully, don't use physical force (like kicking, hitting, or pushing). Not only are you showing your anger, you can never be sure

reason people experience bullying is not their sexuality, gender identity, race, appearance, 5. Don't see yourself as the problem. The disability or any other unique factor; it is what the bully will do in response.

stopped. Bullying can destroy your self-esteem

Myth: Cyberbullying doesn't involve physical

and confidence.

harm, so what's the harm?

such as a parent or teacher to help you get it

in any form and ignoring it might not always

and you should just ignore it.

make it stop. Confide in someone you trust, Fact: Bullying is not 'normal' or acceptable

> because of the attitude towards the factor. The only thing possible to change is attitudes. The person who is bullying you is the one with

you have to fake it at first) life. You can't control other through your behaviour. Practise ways to respond about yourself (even if 6. Practise confidence. to the bully verbally or 7. Take charge of your Practise feeling good the issue, not you.

can stay true to yourself. Think and your strongest. Exercise is one about ways to feel your best – way to feel strong and powerful. (It's a people's actions, but you

great mood lifter, too!) Learn a martial art or take a class like yoga.

response he or she is trying to get. Bullies want <sup>1</sup> need. Talking can be a good outlet for the fears to know they have control over your emotions. 1. and frustrations that can build up when you're anyone who can give you the support you guidance counsellor, teacher, or friend -8. Talk about it. It may help to talk to a Don't get physical. However you choose to | being bullied. 3. Hold the anger in. Who doesn't want to get really upset with a bully? But that's exactly the

and sometimes people never get over it. Some suicide as a result of not seeing any way out of the non-stop harassment, threats and abuse. Fact: Actually, some people have committed websites allow people to post anonymously, The emotional scarring stays for a lot longer which can mean it is very hard to stop this

whether it be school or parents, etc.

Fact: People being bullied online is a very Myth: Online bullying is just banter and harmless.

serious issue.

messages or posts that you feel are bullying so behaviour to get what they want, unless there problem escalate very quickly. It is important Fact: Quite often, children who bully grow has been intervention and their behaviour to take a screenshot of any conversations, up to be adults who bully or use negative The bullying can go viral and make the challenged by the relevant authorities, Myth: Children grow out of bullying. that you have a record.

**KING'S KEN** 



THE KING'S SCHOOL WEST RAND



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## 14 MARCH 2018

