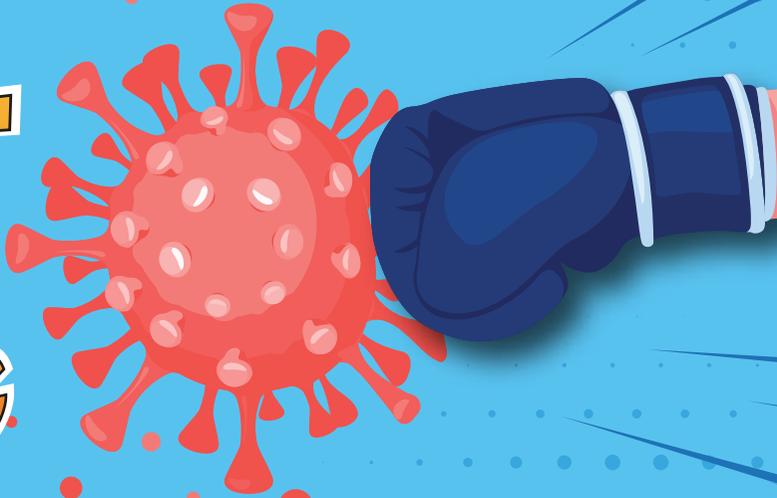


14 AUG 2020

# The King's Ken



LET'S  
BEAT  
THIS  
THING



Contact Us!



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# From the Principal's desk

The World Health Organisation (WHO) this last week warned of the phenomenon of "response fatigue" that they are witnessing in many countries around the world as they deal with the Covid-19 pandemic. Response fatigue happens when communities, whole societies and entire nations become 'tired' of following precautions to prevent the spread of this virus.

We have also all witnessed this response fatigue in South Africa, as we see more and more people not wearing face masks (or wearing them incorrectly), and not adhering to physical distancing. In the UK, if people are found to not be wearing a mask they receive a **R2 200 spot fine**. In Melbourne, it's a **spot fine of R2 500**. In the USA, scientists and economists calculated that each additional face mask that is worn in public would **save the US economy over R1000 in health costs**.

Also in the UK, families who insist on continuing with large gatherings of extended family and friends can be fined up to **R72 000** for repeated offenses. All of these fines have been put in place because scientists and virologists across the whole world agree that face masks and physical distancing are the most effective proven measures for virus suppression. But they are measures which need to be adhered to uniformly and by the majority of the population. Then they are highly highly effective, as has been

see in China and New Zealand.

In our small microcosm of society at The King's School we have also seen how powerfully effective face masks and physical distancing can be. In previous years when a normal flu virus hit us in March, we would have had dozens and dozens of students and teachers infected by early August. With the Coronavirus, which is even far more contagious than the seasonal flu virus, we have significantly fewer infections in early August. **Bottom line is, masks and physical distancing actually work!**

But we are also experiencing response fatigue. When kids (or adults) fail to adhere to these preventative measures, it is seldom simply a defiance of authority or a rejection of the overwhelming data in favor of these measures, but it is more often this phenomenon of response fatigue.



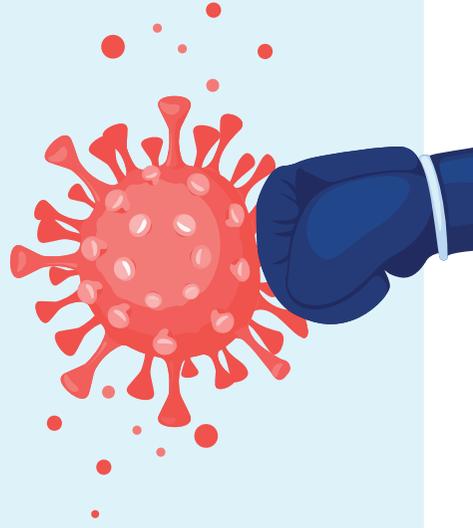
**This isn't forever.  
It's just right now.**

As Dr. Salim Abdool Karim reported last week, research is showing that over 90% of all infections can be traced to the 10% of people in communities that fail to wear their masks, or practice physical distancing. This is a consistent finding in nations all across the world and should spur us on to have renewed discipline to do our bit.

We are all tired, **sick and tired**, of this pandemic, but let's keep reminding one another, "we do this for one another". We might not save South Africa R1000 for every extra face mask that is worn, but we are definitely going to save lives and jobs and medical supplies.

Finally, as Christians, we know that there is a God who is full of compassion, and who rules over the winds and the waves and the viruses, and who is able to deliver us from this trial. Let us not grow weary of calling out to our Father for his mercy and kindness in our hour of need.

**MR. KEN LANGLEY**  
*Principal*



You will be aware that we are required by the Department of Health to report on Covid cases at the school and send parents a weekly summary. However we have a few children that, due to comorbidity risks have not been able to return to school since lockdown happened in March. It is for one of these students that we are seeking prayer.

As a school community we stand in the gap in prayer, for Elizabeth Rehne, a Grade 5 learner. Lizzie, who has been at home since lockdown, contracted the COVID-19 virus and has been diagnosed with severe COVID. She has been battling to overcome her symptoms and has now been hospitalised. We trust God, our Father and Great Physician to heal and strengthen Lizzie and grant her a full and speedy recovery.

## *Prayer Request*



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

# My Child has COVID-19

When two of my immediate family members tested positive for Covid-19, I cannot say that fear didn't grip my heart at that moment. BUT as I child of God I knew that no matter what the facts were, as a family we had to dig deep and remind ourselves of God's promises and the plans He has for us - plans of a hope and a future.

Following doctors orders to self isolate and stay in quarantine, gave us a lot of time during the day to talk to God and just draw strength from Him.

We started filling our minds with positive thoughts and his Word and our discussions, especially when we would sit outside in the sun for our daily dose of Vitamin D, were centered around God's goodness and his Word.

Playing worship music throughout our house all day was a must. At night, once everyone was sheltered behind closed doors, I would play a worship video as loud as I could on YouTube so that we would fill our spirits worshiping God as we dozed off for the night, thankful to make it through yet another day.

We stayed away from all the negative messages flooding social media and kept filling our spirits with the Living Word; allowing faith to rise within us.

Just as our faith was being strengthened it was just as important to follow our GP's orders and take care of our physical

bodies.

This included everyone in my household and not only the 2 positive cases. Both my older daughter and I tested negative but we still needed to be cautious and monitor ourselves over the next 14 days.

My husband and daughter were fortunate to only have upper respiratory symptoms (blocked noses and a loss of smell and taste being the worst of it) which I believe was due to the quick response and treatment at the onset of the virus.

This treatment as prescribed by our GP, Dr Marlin McKay included:

- frequent Vicks steam inhalations
- lots of gargling with salt water.
- A range of medications consisting mostly of tablets to boost our immune system.
- frequent hot drinks and as much vitamin D as possible (sitting outside in the sun).

Way before the Covid pandemic, we would have our nightly 'concoction' (hot water, honey, ginger, cinnamon and lemon juice) which has now become a habitual drink for the whole family before bedtime.

The messages and support received from family and friends cannot be overlooked as well. When one member of the body hurts we all hurt.

I am so blessed to be part of a family of believers who stood in the gap with us during these few weeks. Thank you, especially, to my King's School family and our GP, Dr Marlin McKay who is also a parent from our school.

It meant so much for us as a family to have the frequent check ins by doc himself to find out how we were doing. This also helped calm our fears knowing we were in good hands.

I've learnt through this experience that what God does not deliver us from He delivers us through; for we serve a God who extends grace and mercy to those who love Him and who have been called for His purposes.

In 2 Cor 12:7-9 when Paul pleaded with the Lord three times to remove the thorn in his flesh; a messenger sent from Satan to torment him, the Lord's response was quite unique.

Verse 9: My grace is sufficient for you; My power is made perfect in weakness.

All praise, honour and glory must be given to our Father. Let us continue to serve Him and live uprightly.- Psalm 84:11

For the Lord God is a sun and shield: the Lord will give grace and glory: no good thing will He withhold from them that walk uprightly.

AMEN

## SCHOOLING IS SO MUCH MORE THAN JUST CURRICULUM

For many years I have written in the King's Ken and for ACSI that schooling is much more than just curriculum. This is best understood when we accept that education is a process of formation and not information. And that formation, in turn, is not the sum of absorbing, memorizing and reproducing content, but is a complex, eclectic process that produces growth and development of the student holistically.

We have seen that many of our home students are missing the structured and regimented approach that contact schooling provides. Failing to submit tasks, submitting tasks late, sleeping late or sleeping through scheduled online assessments and dressing sloppily are being seen on a more regular basis with these students.

Many of our families have valid reasons for choosing the online curriculum delivery that we have made available, and many of these parents have accepted the rigorous task of creating disciplined rhythms for their children at home, but it is nonetheless extremely difficult to duplicate the professional student community that exists on a campus.

As we journey this time together, please help us by creating good structured academic routines at home, and don't expect your child to choose discipline over the allure of comfort and convenience, you will need to set the expectations here. We are hoping that as we see the Covid infection rates continue to decline, more students will attend contact lessons (we are already up to 91% of students attending on certain days) to benefit from those aspects of schooling that transcend curriculum.



ABC

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## NEW GOVERNMENT REGULATIONS REGARDING SCHOOLS

The government has Gazetted new amendments to the directions on the reopening of schools, which sets guidelines for school attendance.

They state that if you don't want to send your child back to school out of fear of the coronavirus, you will need to get permission from the provincial education department to keep them at home.

Furthermore, the application for either full or partial exemption from compulsory school attendance must be accompanied by a commitment from the parent that they will take full responsibility for the child's continued learning at home.

Parents, caregivers or designated family members who choose not to send their children to school are required to apply through the school the pupil attends and will be required to fill in a form to state reasons.

Those opting for homeschooling will be expected to comply with the legal requirements in Section 51 of the South African Schools Act.

At The King's School West Rand, we are engaging with the relevant authorities to determine how we will enact these new regulations and will advise parents in due course how we will proceed.

## THE SCHOOL WEAR SHOP

Please take note...

- UNTIL WE REACH LEVEL ONE APPOINTMENTS ONLY** to avoid queues and to adhere to the social distancing rules. I will only be assisting one parent (family) at a time.
- Please contact Liza on 072 1083 670 or email [ropacc@vodamail.co.za](mailto:ropacc@vodamail.co.za) to set up an appointment.
- Assistance available on Saturdays to accommodate working parents.
- Wearing of masks is compulsory.  
**No mask – No entry.**
- Hand sanitiser will be available in the shop for Parents and Children on entry and exit of the shop.

/// BIG SALE!!!

Schoolwear Shop Sale

EXTENDED  
until 20 AUGUST 2020!

Dont miss it!

By appointment only.   
Liza 0721083670

The King's School  
West Rand



# SWOP SHOP

**For second hand school items to buy or swap**

The shop will be open on **Mondays & Thursdays** from **06:45 to 07:30**.  
Please keep in mind that all items that you want to swap or donate must be in a usable condition. We will not accept clothes that are torn

**CONTACT:**  
**Kim 082 339 0640 or**  
**Antoinette 061 944 3898.**



# Hygiene Guidelines

## FOR SWOP SHOP/2<sup>nd</sup> HAND SHOP

Guidelines for the management of the swop shop/2nd hand uniform shop, based on the principles set out by the NCID in the control of Covid-19.

- Surfaces of the shop to be cleaned with household detergent, then disinfected applied to surfaces before the shop opens.
- All surfaces, including floors to be disinfected at the end of each day that the shop is open.
- Gloves to be used when cleaning the surfaces and handling soiled clothing items. Proper personal hygiene to be followed before and after the use of gloves. Correct disposal of gloves to be followed.
- Parents accessing the school grounds will be required to follow the access rules as set out by the school.
- Alcohol-based hand sanitiser to be used on entry to the shop.
- No mask No entry policy to be enforced.
- Maximum of 2 people to be allowed into the shop at any given time.
- Minimum social contact and a safe distance of 1,5m between customers.
- Parents advised to please bring their own bags or packets.
- Parents are requested to please wash any items brought in for exchanging.

**Please contact Kim 066 521-8717 or**  
**Antoinette 061 944-3898**

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