

14

MAY 2021



The King's Ken



SAFEGUARDING
mental health
IN OUR CHILDREN



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From the Principal's desk

Mental health disorders have reached an all-time high in adolescents around the world. Compared to past generations, teens today are **more likely** to report anxiety, depression, suicidal thoughts, and overwhelmed feelings. They are **less likely** than teens in the past to spend face-to-face time with one another and **less likely** to pursue traditional markers of independence such as a driver's license, a dating partner, or a job. In addition, teens are often **more careful** and **more fearful** compared to past generations—more aware of potential dangers and eager to avoid risk-taking, sometimes to the detriment of their psychological well-being and growth.¹

A large contributor to this trend has been the phenomenon of "too much" - our children in the Information Age are suffering from the effects of **overstimulation**. Too much information, too much choice, too many competing stimuli demanding their attention.

Wendell Berry comments on this overstimulation, "Our senses, after all, were developed to function at foot speed; and the transition from foot travel to motor travel has been abrupt. The faster one goes, the more strain there is on the senses, the more they fail to take in, the more confusion they tolerate or must gloss over—and the longer it takes to bring the mind to a stop in the presence of anything".²

Perhaps there is something to be learned by listening to those who have been closest to the design and inner workings of the digital world that is responsible for overstimulation.³

Kristin Stecher, a former social computing researcher married to a Facebook engineer says they want no screen time in their house. The only time they allow their two daughters on devices is during the travel portion of a long car ride or during a plane trip.

Athena Chavarria, who worked as an executive assistant at Facebook and is now at Mark Zuckerberg's philanthropic arm, the Chan Zuckerberg Initiative, said: "I am convinced the devil lives in our phones and is wreaking havoc on our children." Ms. Chavarria did not let her children have cellphones until high school, and even now bans phone use in the car and severely limits it at home.

Bill Gates banned cellphones until his children were teenagers, and Melinda Gates wrote that she wished they had waited even longer.

Chris Anderson, the former editor of Wired and now the chief executive of a robotics and drone company says "On the scale between candy and crack cocaine, it's closer to crack cocaine. We thought we could control it, and this is beyond our power to control. This is going straight to the pleasure centers of the developing brain. This is beyond our capacity as regular parents to understand." His tech rules include: no phones until the summer before high school, no screens in bedrooms, network-level content blocking, no social media until age 13, no iPads at all and screen time schedules enforced by Google Wi-Fi that he controls from his phone.

Steve Jobs would not let his young children near iPads.

It might seem counterintuitive, but perhaps the best thing we can do to help our kids is to limit tech stimulation, allow for practical manual tasks with time for extended thought and reflection and engage in physical outdoor activity.

PS: If you click on the New York Times article below, please take the time to read the comments from readers that follow the article, they are very insightful.

References:

1. Jean Twenge, *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood*, 2017.
2. Wendell Berry's essay "An Entrance to the Woods", p 53
3. <https://www.nytimes.com/2018/10/26/style/phones-children-silicon-valley.html>

MR. KEN LANGLEY
Principal

SCHOOL BREAK

IMPORTANT

When we started this term one week earlier than scheduled, it was to put teaching time 'in the bank' to mitigate the possibility of a school lockdown as a result of Easter gatherings leading to a surge of Covid infections.

By God's grace, we have been spared this and we are on track with the curriculum.

However, this term is significantly longer than in the past, and we will thus be making Friday 28 May a school holiday to create an additional small break for our students.

Please note this on your calendar for planning purposes.

Mr Langley's visit to our Nursery School





KINGDOM FATHERHOOD WORKSHOPS

ALL FATHERS OF THE KING'S SCHOOL FAMILY ARE INVITED TO ATTEND ON THE FOLLOWING SATURDAYS:

- 29 MAY – TERM 2
- 21 AUGUST – TERM 3
- 6 NOVEMBER – TERM 4

PLEASE DIARISE THESE IMPORTANT DATES. WORKSHOPS TO BE HOSTED BY CLETE STEVIS.



Congratulations!

Charlotte Hide and Bella Henry were award their Central Gauteng Colors for Rythmic gymnastics and received gold . We are very proud of you Girls!

PRIMARY SCHOOL SOCCER

What a fantastic afternoon of soccer vs Crawford Ruimsig (Maragon). To watch our young players competing and having fun was so exciting. It was so good to get our seasons first official games of the season under the belt. The first competitive games on home field in two years...

U10 lost 5-1

U11 drew

U12 won 3-1

U13 won 9-3

MINI SOCCER FOR U7, U8 & U9:



We are pleased to announce that this year we will again host the mini-soccer Friday afternoons. All 3 age groups will be hosted at TKSQR. The first mini soccer Friday will take place on Friday, 21 May. The season will comprise of 3 Friday afternoons. The Festivals will kick-off at 14:00 and are scheduled to be completed by approximately 15:30 depending on the number of teams entered. The dates for 2021 are as follows:

- 21 May
- 04 June
- 11 June

Unfortunately **NO** spectators will be allowed on the fields during the festival. Only the school officials and coaches may accompany their schools and teams.



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



21 May - Rice
28 May - Soup/Gravy
4 June - Baked Beans
11 June - Dishwashing Soap
18 June - Handy Andy/Savlon
25 June - Mielie Meal

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!

PROTEA BILL STEWART TOURNAMENT 2021: WEST RAND PRIMARY SCHOOLS TEAM TRIALS

It gives us great pleasure to announce that the following U13 players have been selected to attend trials to form a squad to represent the West Rand Primary Schools Football Association Team (WRPPSFA) at the inter-provincial Protea Bill Stewart Tournament to be held at Camp Discovery in Limpopo from 23 September 2021 to the 27 September 2021.



Lorenzo Gregorio, Tiago Kahn, Matthew Sinclair, Khodi Nwedo, Micah Meas and Kganya Mgcina. We wish them all the best of success during the trials weekend. May you honour the Lord in all that you do.

THE SCHOOL WEAR SHOP

Liza Smith - 072 108 3670

E-mail - ropacc@vodamail.co.za

MONDAY, WEDNESDAY, THURSDAYS AND SATURDAYS:
BOOKINGS BY APPOINTMENT ONLY ACCORDING
TO STRICT COVID PROTOCOLS.

CLOSED ON TUESDAYS AND FRIDAYS

Please remember when you visit the shop:

1. Wearing of masks is compulsory.
No mask – No entry. (No buffs allowed)
2. Hand sanitiser will be available in the shop for Parents and Children on entry and exit of the shop.



We encourage parents to send your child to the School Wear shop during break to come for a fitting and quotation.



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 066 521-8717 or Antoinette 061 944 3898.



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