



# The King's Ken

21 Apr 2023

Gearing our children  
for **SUCCESS**



from the

## PRINCIPAL'S DESK

When children enter an educational programme for the first time, parents are filled with expectancy of great success. They have seen their children develop skills and abilities at a rapid rate at home and many will speak of their little one's high IQ and mastery of activities way beyond their age level.

Interestingly enough, research has indicated that IQ is not the best predictor of future success, and more and more studies are pointing to executive functioning skills as critical in school success. Moreover, these executive functioning skills are not only good predictors at the early childhood development (ECD) phase, but remain as indicators of success through adolescence and even into adulthood.

Executive functioning skills, also sometimes called self-regulation skills, are grouped into two categories: social-emotional self-regulation and learning-related cognitive self-regulation. Social-emotional self-regulation is a precursor to learning-related cognitive self-regulation, so a child's ability to manage their emotions in a positive and socially appropriate manner will most probably be a good indicator of their ability to, at a later stage, master the cognitive level executive functioning skills. A growing body of evidence is showing that children lacking emotional self-control are likely to have related problems with the regulation of cognitive self-regulation processes, such as our King's School Way items of Don't Delay, Get Organized, Prioritise, Listen Actively and Stay on Task.

Thus it becomes vital that we help our children regulate their emotions, especially if

they are exhibiting behaviors such as temper tantrums, kicking and threatening others, bullying, excessive tearfulness, 'sulking' episodes or panic attacks. All children may experience these occasionally well into their teen years but we need to remain alert to the frequency and intensity of such responses, and timeously help our children to develop social-emotional self-regulation skills that will benefit their social relationships and ability to function effectively with others.

**Fortunately, there are exercises we can do at home to build self-regulation in our children - both social-emotional and learning-related:**

1. Encourage your child to practice reflective thinking, an aspect of metacognition. This means beginning to think about how you arrived at an answer or situation, or how you are thinking about something. Ask your child questions like "what did you do to get yourself in this situation?" "What could you have done differently?" "What have you gained (or lost) in this response?" "What would have happened if you..."(scenario forecasting) "how did you work out that answer?" (Recall the steps). Appropriate for all school ages.

2. Scaffolding: This is the process of providing, and gradually removing, external support for your child's learning. During scaffolding, the task itself is not changed or made easier, but what the child initially does is made easier with support. As the child takes more responsibility for performance of the task, less assistance is provided. For example, if a child needs support to remember to begin writing from left to right, a mediator (such as an asterisk) is placed on the page to remind the child of where to start. Once the child starts in the right place, the asterisk is removed. Scaffolding is appropriate for all school ages with a diverse range of mediators.

3. Help your child to develop 'mental tools' that will extend their mental abilities in situations when they need to remember too many things. They may be anything from to-do lists, summaries, mnemonics, use of a diary, flow diagrams or a host of other strategies to expand our memory store. Digital reminders on smartphone or tablet are also valuable. Remember to find something that works for your child, even if it's just a simple string tied around a finger. Mental tools are useful for all school ages.

4. Train your child's working memory. Working memory is the ability to hold a number of ideas in your head at the same time and use them for short periods — like "Please give me the red pencil, then pick up the blue eraser and put it in the green box." You can train your child's working memory during shopping expeditions - ask your child to help you keep track of the next three or four things you have to find and have her check them off on her fingers as you find each one. You can do this at home with pretend shopping. Working memory exercises are most effective during ECD but may be used for older children who have a poor working memory. Another popular game to improve working memory is I Packed My Suitcase - The players have to picture and remember an increasing list of items. One child starts by saying, "I packed my suitcase and in it I put a toothbrush (or anything else)." The next player repeats that phrase and adds another item "a toothbrush and socks." Go back and forth adding more items depending on your child's age and ability.

### CHECK OUT SOME MORE IDEAS ON THE SITES LISTED BELOW.

#### REFERENCES

<http://www.todayparent.com/improve-your-childs-memory>

<http://www.parentingscience.com/working-memory.html>

<http://www.additudemag.com/adhd/article/8949.html>

<http://www.ncld.org/types-learning-disabilities/exective-funt-tion-disorders/how-to-help-child-with-weak-working-memory>

<http://www.toolsofthemind.org/extendedcampus/toolsofthemind>

- Mr Ken Langley, Principal



# IMPORTANT DATES

G7 Netball and Soccer @ TKSWR	-	22 April
Gr. 12 Physical Science	-	08:00 to 10:00
Book Sale	-	25 + 26 April
FREEDOM DAY	-	27 April
PUBLIC SCHOOL HOLIDAY	-	28 April
WORKERS DAY	-	1 May
Winter Uniform compulsory	-	2 May
NS + PS Mother's Day Tea	-	5 May
Food Truck Evening	-	5 May
HS Top 5 Assembly	-	5 May
Polar Bear Swim	-	12 May
New Learner Induction Report out	-	15 May
Aitken and Boden Hockey	-	15-18 May
Ascension Day	-	18 May
SACSSA 6-a-side Soccer (SNR)	-	20 May
FP and IP Blue Certificate Assembly	-	22 May
Prayer Day	-	24 May
Extra Murals End (Gr. 8 – Gr. 12)	-	25 May
SACSSA JNR Netball	-	27 May
Gr. 10 + Gr. 11 Study Leave	-	29 May
Gr. 10 + Gr. 11 Exams Start	-	30 May
Gr. 1 to Gr. 7 Extra Murals End	-	1 June
SACSSA 6-a-side soccer (JNR)	-	3 June
Gr. 8-9 Exams Start	-	5 June
Gr. 12 Assessments Start	-	5 June
Bournemouth Soccer Clinic @ TKSWR	-	5-7 June
PP Father's Day Breakfast	-	9 June
Gr. 4-7 Exams Start	-	12 June
NS Father's Day and Fun Day	-	14 June
YOUTH DAY	-	16 June
Extra Mural Awards Nominations	-	19 June
Gr. 4-11 Exams end	-	23 June
Gr. 12 Assessments End	-	23 June
SCHOOL CLOSSES	-	23 June (PS – 11:45 & HS – 12:00)
Gr. 12 Winter School Starts	-	26 June
Gr. 12 Winter School End	-	29 June
SCHOOL STARTS	-	18 JULY

# You're invited!

It's our Food Truck evening on Friday 5 May from 18h00-21h00

Food will be on sale! Please support our food vendors

Bring your friends, family, picnic blanket & chairs, for a fun filled evening under the stars

See you all there!

#foodstalls#livemusic#community  
#funUnderTheStars#burgers#chips#popcorn  
#coffee#CurryRice#biltong#HotDogs#Candyfloss



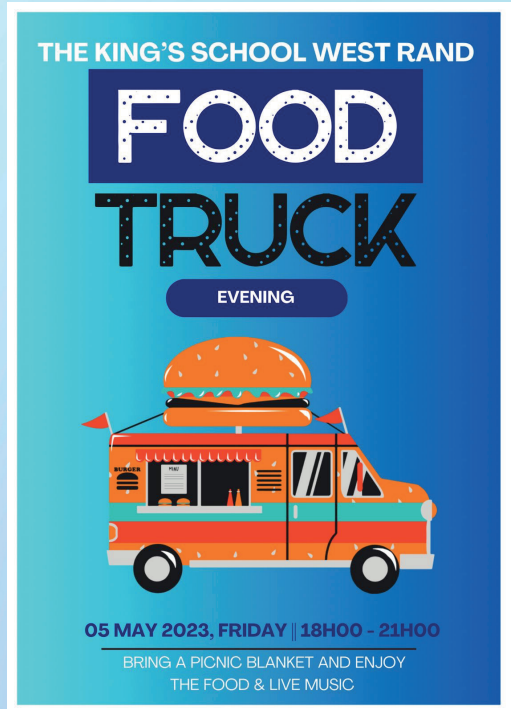
## POLAR BEAR SWIM

### mission focus

We are extremely excited about the upcoming Polar Bear Swim on 12 May.

As you would have seen in the letter, we really want to reach the hearts of our children through these initiatives. Please encourage them to start going through their cupboards and identify warm clothing, in a good condition, that they have outgrown or don't wear anymore that could be donated. As much as we appreciate and need your help, encourage them to do this themselves.

The drive to school in the morning is a good opportunity to help them notice people on the street that are outside in the cold and to make them aware and thankful for the blessings in their lives. Pray with them to grow in their love for those who suffer.



# FATHER PRAYER MORNING

ALL OUR DADS ARE INVITED US TO JOIN US FOR EARLY MORNING PRAYER, COFFEE & RUSKS THIS SATURDAY, 22 APRIL BETWEEN 7 AM TO 8 AM IN THE STAFF ROOM.



## NEWS

## HIGH SCHOOL

WORDS By Hayley Padayachee (Gr9 PD)

Words are powerful, they can tear down or build up, be the beginning of a bond or the end of a friendship. Words can be someone's saviour or destruction. So be careful what you say, because once it is out there, it can only be forgiven or forgotten.

Is 33:11 says: "Your breath is the fire that consumes you". Before raging into arguments remember Prov 16:32: "Better the patient person than the warrior, the one with self-control, than the one who takes a city". Words are like seeds, they do more than blow around, they land in air hearts and root themselves in our souls. Remember, what we say, flows from our thoughts.

James 3:7-8 says: "All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human can tame the tongue. It is a reckless evil, full of deadly poison. So reflect and pray for the scripture says mankind can't tame the vicious beast that is the tongue, but it didn't say anything about God not being able to. So use your words to encourage and shed light on dark times, for if the Lord is with us, who can be against us.



# PUBLIC *speaking*

During the course of the 1st Term 48 of our High School learners (including the Grade 7s) took part in the 63rd Public Speaking Festival organised by the Speech and Drama College of South Africa. The learners speak as a team (chairperson and 3 speakers) for 15 minutes. We are very proud of our learners and want to thank them for their time, effort and for being so willing to share their God-given talents with others.



THE SPEAKERS AND RESULTS WERE AS FOLLOWS:

GRADE 7 TEAM
<b>RESULT: A+</b>
Bathandwa Mthethwa
Odeda Kolokoto
Gemma Mokuena
Nalieka Thupudi
<b>RESULT: A+</b>
Boitumelo Maholisa
Nikita Camacho
Bulumko Mdaka
Zoey Michael

GRADE 8 TEAM
<b>RESULT: A</b>
Warana Maphike
Pamela Chitungo
Gabriella Davis
Savior Mtambo
<b>RESULT: B+</b>
Tenotenda Makamure
Omphile Mokotedi
Didinle Meko
Amahle Majola

GRADE 9 TEAM
<b>RESULT: A</b>
Tlofiso Lekhanya
Danielle Naidoo
Lemogang Masepe
Mvelo Gova
<b>RESULT: A+</b>
Mbali-Entle Tyatyeka
Trish Magwaza
Naledi Kotseidi
Anita Underwood

GRADE 10 TEAM
<b>RESULT: A</b>
Nkanyezi Nkosi
Kaedon Eastwood
Jazmin Michael
Khumo Seakatsie
<b>RESULT: A</b>
Taryn Stephen
Zara Fröbus
Jordan Padayachee
Gwenneth Meiring

GRADE 11 TEAM
<b>RESULT: A</b>
Mia Beckmann
Lwazi Hleza
Raphaël Fröbus
Unathi Kraai
<b>RESULT: A+</b>
Lisa Van der Byl
Kylee Harris
Micalah Thompson
Hannah Mhlanga

GRADE 12 TEAM
<b>RESULT: B</b>
Makabongwe Gwebu
Praise Uwalaka
Buhle Fadane
Pusetso Wessie
<b>RESULT: A+</b>
Caleb Still
Zwihuya Tshiredo
Zelhembe Zondi
Leigh-Anne Markgraaff

# Mom And Daughter Tea

On Saturday a beautiful morning was hosted for our primary school Moms and Daughters. The morning was filled with love and laughter being reminded how we can boldly step into being a Proverbs 31 woman.

It was a beautiful, blessed morning for all.

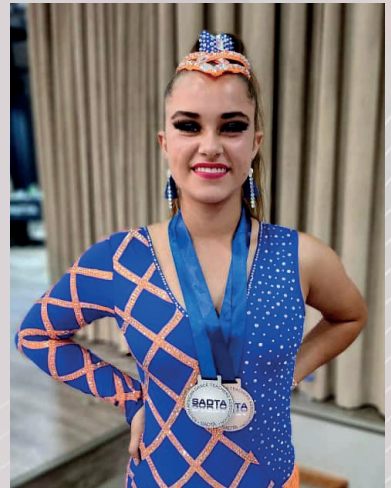


[Click here for more photos](#)



## Mariela, dancing to her dreams

Mariela Romanelli danced as an intermediate dancer in the 12/13 years section where she placed 2nd in the slow dance category and 3rd in the freestyle category. This was her first competition after winning The South African Dance Teachers Association (SADTA) Championships at the end of last year in the novice division and subsequently moving up to the intermediate phase.





## CONGRATULATIONS TO OUR FIRST TEAMS WHO RECEIVED THEIR JACKETS LAST WEEK

### Soccer



### Netball



### Hockey



### Hockey



## swimming

The Swim Jozi Developmental Gala held at The King's School West Rand was a great success as Leigh-Anne Markgraaff stated: "The day was absolutely incredible with so much endless spirit and excitement".

A total of 11 swim schools took part in the gala with 380 swimmers participating in the different categories. The prize giving consisted of two senior trophies, two junior trophies, a spirit award, and participation medals for the 3-4 year olds. The next mini gala will be held in November this year.

Join The King's School Swimming team for loads of fun and excitement!

Swim Jozi Developmental Gala held at The King's School West: volunteers Leigh-Anne Markgraaff & Emma Shorten (top) & Lesedi Legodi & Kaylin Pennells (Bottom)



**DON'T MISS**

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**OUT**

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# Study Skills Workshop Grade 4-7

**Date:** 13 May 2023

**Time:** 9 - 12:15

**Venue:** High School Block  
- Venue 2

**BRING  
YOUR  
STATIONERY  
AND NOTEBOOK**