

16 August 2024



The King's Ken



effective
TIME
Management

From the PRINCIPAL'S DESK

effective **TIME** Management



Dear Parents,

As our Grade 12 students begin their prelims, I was reminded once again of the critical importance of time management. Effective time management is a skill that not only aids academic success but also promotes overall well-being and prepares our children for future responsibilities.

Why is time management important, and why is it an executive functioning skill that we as The King's School keep revisiting?

Time management helps children balance their academic, extracurricular, and personal lives. It reduces stress, enhances productivity, and allows them to make the most of their time. Mastering this skill early on sets the foundation for lifelong success and efficiency.

Tips for Teaching Time Management

SET CLEAR GOALS: Help children set specific, achievable goals. This gives them a clear direction and purpose.

CREATE A SCHEDULE: Encourage the use of planners or digital calendars to organize tasks and deadlines.

PRIORITIZE TASKS: Teach children to prioritize their tasks based on importance and deadlines.

BREAK DOWN TASKS: Breaking larger tasks into smaller, manageable steps can make them less overwhelming.

LIMIT DISTRACTIONS: Help children identify and minimize distractions during study time.

REVIEW AND ADJUST: Regularly review their schedule and make adjustments as needed. Flexibility is key.

The Role of Parents and Teachers

Parents and teachers play a crucial role in teaching and reinforcing time management skills. By setting a good example and providing consistent guidance, we can help our children develop these essential habits.

Proverbs 21:5 (NIV) wisely advises, "*The plans of the diligent lead to profit as surely as haste leads to poverty.*" This scripture underscores the value of careful planning and diligence in achieving success.

By working together, we can equip our children with the tools they need to thrive both academically and in life.

God Bless,

- **Mr. Philip Theron, Principal**

HUGE CONGRATULATIONS ON BECOMING A PREFECT!

Your dedication, leadership skills, and passion for making a positive impact have earned you this well-deserved recognition. As a prefect, you'll play a vital role in shaping the school community and inspiring your peers. Embrace this new challenge with enthusiasm and confidence. Remember to lead with kindness, empathy, and integrity. You've got this!

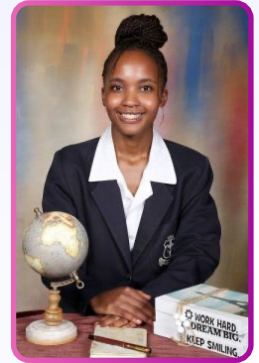
Wishing you an amazing journey as a prefect. Make the most of this opportunity and create unforgettable memories.

Lead by example, just as Jesus did
1 Peter 2:21

And then a massive congratulations to the newly appointed **HEAD PREFECTS**:



Kaedon Eastwood
(Head Boy)



Nkanyezi Nkosi
(Head Girl)



Jordan Padayachee
(Deputy Head Boy)



Daniel Theunissen
(Deputy Head Boy)



Naomi Dziga
(Deputy Head Girl)



Zara Frobos
(Deputy Head Girl)

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

Remember to lead with vision, integrity, empathy, courage and humility. Best wishes for a fantastic year ahead!

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven (Matthew 5:16).



Onaisha Nyasvimbo



Phehelo Wessie



Amor Antonio



Ella Harrison



Jazmin Michael



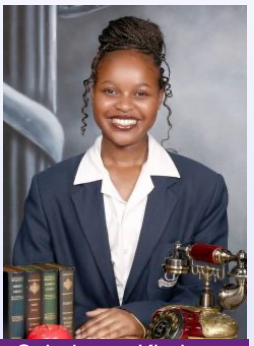
Jordyn Henning



Khumo Seakatsie



Megan Jonker



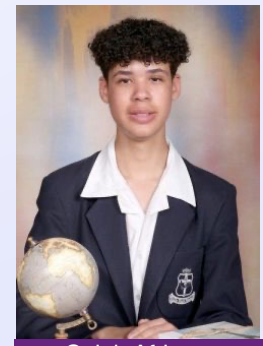
Sebatso Khakane



Taryn Stephen



Vuyo Ndebele



Caleb Africa



DIGNITY DRIVE



**“She is clothed with strength and dignity.”
Proverbs 31:25**

This scripture verse, Proverbs 31:25, is the heart behind the Dignity Drive, every year a group high school students come together to give strength, dignity and pride to women of South Africa.

Within South Africa alone period poverty affects millions of girls and women and is yet another challenge they are forced to overcome. Period poverty is the lack of access to menstrual products, sanitation and hygiene facilities, and education and awareness to manage menstrual health.

30% of young girls in South Africa are affected by period poverty. Up to 7 million girls do not have secure access to period products, this causes one

in four girls to miss school monthly due to period poverty. The lack of access these girls face causes them to fall behind academically, some even have to drop out.

The Dignity Drive aims to help create awareness within our school about this topic and by donating to the dignity drive you are directly enabling a girl to further her education. We ask that grade 8 and 12 students bring sanitary pads, grade 9's bring soap bars, grade 10's bring deodorant (roll on) and that the grade 11 students bring face clothes. With these items we will make bags that will aid in the problem of period poverty and help girls feel dignified and loved. We are blessed and called to be a blessing in other peoples lives, help us clothe these girls in strength and dignity.

Written by Nicole Winckworth

Dignity Drive
Up to 7 million girls and women in South Africa lack access to menstrual products

Help change some girls lives by donating the items listed below, be the difference!

Grade 8: Sanitary Pads
Grade 9: Soap Bars
Grade 10: Roll On Deodorant
Grade 11: Face Cloths
Grade 12: Sanitary Pads

Menstrual HYGIENE is the NECESSITY not a LUXURY

18 - 30 August '24
drop off items to Mrs Thurman's class

TUTORING

WITH A DIFFERENCE
A NETWORK OF TEACHERS WHO TUTOR

SEAN +27784748663

TUITION

ATHLETICS

The final round of the Johannesburg Athletics School's League took place on the 7th of August 2024 against St Barnabas College, Ferndale High School and Pinnacle College at St Barnabas College. After an exciting day of fantastic results, the King's School West Rand won the event by over 120 points overall. We are ready for Inter-High!!! **Bettors Athlete, Better Sportsperson!**

THE SUMMARISED RESULTS WERE AS FOLLOWS:

100m

U/14 Girls
Chikondi 1st place
Gemma 2nd place
Faith 3rd place

U/14 Boys
TJ 1st place

U/15 Girls
Skyla 1st place
Bokang 2nd place

U/15 Boys
Benji 1st place
Ocean 2nd place
Thato 4th place

U/16 Girls
Mvelo 1st place

U/16 Boys
Olwethu 1st place
Theo 2nd place

U/17 Girls
Naomi 1st place

U/17 Boys
Elijah 2nd place
Omolemo 3rd place

U/19 Girls
Davina 1st place
Lusani 3rd place

U/19 Boys
Mario 2nd place
Kganya 3rd place
Tristan 4th place

200m

U/14 Girls
Chikondi 1st place
Bonolo 2nd place

U/15 Girls
Skyla 1st place
Bokang 2nd place

U/15 Boys
Ocean 2nd place

U/16 Girls
Mvelo 1st place

U/16 Boys
Olwethu 1st place
Kganya 3rd place

U/17 Girls
Naomi 1st place

U/17 Boys
Elijah 1st place
Omolemo 2nd place

U/19 Girls
Davina 1st place
Lusani 3rd place

U/19 Boys
Mario 1st place

400m

Junior Girls
Kaelo 1st place
Siphosihle 3rd place

Senior Girls
Naomi 1st place

U/14 Boys
Clayton 4th place

U/15 Boys
Nyiko 1st place
Orefile 3rd place

U/16 Boys
Miron 3rd place

U/17 Boys
Taonga 1st place
Micah 3rd place

800m

Junior Girls
Siphosihle 1st place
Kaelo 2nd place

Senior Girls
Khumo 2nd place
Sebatso 3rd place
Sarah 4th place

U/15 Boys
Nyiko 3rd place
Orefile 4th place

U/16 Boys
Bunathi 2nd place
U/19 Boys
Taonga 1st place (Personal Best)

1500m

Junior Girls
Siphosihle 1st place
Kaelo 2nd place

Senior Girls
Sarah 1st place

Relay results

U/14 Girls 1st place
U/15 Girls 1st place
U/16 Girls 1st place
U/17 Girls 1st place
U/19 Girls 1st place
U/14 Boys 1st place
U/15 Boys 1st place
U/16 Boys 1st place
U/17 Boys 1st place
U/19 Boys 1st place

Individual Summary of results

1st place (Gold) finishes = 22
2nd place (Silver) finishes = 14
3rd place (Bronze) finishes = 12

10 out 10 Relay races won!



MINI CRICKET

(FOUNDATION PHASE)

Our Mini Cricket season kicked off last week. We have entered 4 teams, U7 entered two teams and U8 entered two teams.

First Fixture vs Dr Havinga and Laerskool Horizon. Both our U7 and U8 teams won their games.

We looking forward to Wednesday 14 August 2024 with the second fixture at Trinity House Little falls.

CRICKET (IP)

Our U9 Cricket season kicked off On Monday 12 August 2024.

First Fixture vs Dr Havinga. Our U9 team won by 53 runs.

We looking forward to next week Monday 19 August 2024 with the second fixture.



Girls HS Soccer

Round 5 vs Trinity House Little Falls

u15 drew 1 - 1

1st Team won 2- 1

JvW DIAMOND CUP TOURNAMENT 2024

This is the first time that our Girl's Soccer Team (1st Team) has competed at this prestigious Girl's Soccer Tournament. The two-day tournament had 32 teams competing on Friday & Saturday, 9-10 August 2024 at the University of Johannesburg. Our team played well but did not qualify for the tournament playoffs.

Congratulations to Randfontein High School for being crowned the Diamond Cup Champions 2024.



u11 won 26 - 9 vs Trinity House Little Falls (2)
u11 won 20 - 10 vs Trinity House Little Falls (1)
u13 won 19 - 11 vs Ridgevale PS
u13 lost 24 - 18 vs Roodekrans Laerskool

u15 won 37 - 17 vs Roodepoort HS (1)
u17 lost 36 - 18 vs La Salle College

TENNIS



CHESS

On Friday the 9th of August Raegan Morgan participated in the under 10 Section of the Johannesburg Metro Chess Closed Event.

She played 5 rounds and as one of the youngest players in the section, she was the best female player!

What a wonderful achievement on Woman's Day!!!

Congratulations Raegan!



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FOODY FESTIVAL

SAVE THE DATE!

BOEREWORS ROLLS - TACOS - BURGERS - BACON ROLLS
 - TOASTIES - WRAPS - CHICKEN STRIPS - FRENCH FRIES -
 - DESERT - ICE CREAM - COLD DRINKS - COFFEE -
 SWEETS AND MANY MORE!

31 AUGUST 2024 - 07H00-13H00 - SEE YOU AFTER THE FUN RUN!

JOIN US FOR OUR SPRING FESTIVAL

SATURDAY
31 AUGUST 2024
06.30AM TO 2.30PM

**ENTRY
R80 PER
FAMILY**

**BRING THE
WHOLE FAMILY!**

JUMPING CASTLES



FUN RUN



SOCCER

GO!

SOAPBOX DERBY



FOOD STALLS



SEE OUR GRADE 7'S ON THE SPORTS FIELD FOR
SCRUMPTIOUS GOODIES

IMPORTANT DATES AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
					Choral Verse Festival	
04	05	06	07	08	09	10
	FP + IP Blue Certificate HS Prefect Inauguration		Lus vir lees Gr 1-7	Gr 10 Elevate Study Skills Workshop PS Cricket Trials (D12)	WOMAN'S DAY	SACSSA Online chess
11	12	13	14	15	16	17
	Prelims Start Prayer Focus					
18	19	20	21	22	23	24
	New Learner Induction Report OUT			PP Granny and Grandpa Day		
25	26	27	28	29	30	31
					Spring - civvies	Fun Run and Spring Day festivities Gr. 7 Market Day SACSSA Invitational Athletics

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
	Text book order forms distributed Summer/ Winter uniform interim period				SU Youth	Dads and Daughters Gr. 4 to Gr. 7
08	09	10	11	12	13	14
	Textbook order forms due Gr 6 Prefect Applications Open Assembly	LO CAT Gr 12	Prelims end LS Practical Gr 12	Gr. 6 Prefect Applications Close Gr 12 Prelim revision Extra Mural Photo Day	SCHOOL CLOSES Pre- and Primary School @ 11:45 High School @ 12:00 Heritage Day Celebrations NS Fun Day Shavathon	G7 Chess
15	16	17	18	19	20	21
	Gr 12 Art Practical First Day	Gr 12 Art Practical	Gr 12 Art Practical	Gr 12 Art Practical	SACOPA	SACOPA JvW Girls Soccer Playoffs
22	23	24	25	26	27	28
SACOPA JvW Girls Soccer Playoffs	SACOPA	HERITAGE DAY SACOPA	SACOPA Cleaning Staff	SACOPA	SACOPA	SACOPA
29	30					
SACOPA						

SCHOOL STARTS ON TUESDAY, 1 OCTOBER 2024 FOR TERM 4.