

The King's Ken

20 Oct 2023

GUIDING YOUNG MINDS





FROM THE
COUNSELLING
CENTRE'S DESK

MENTAL HEALTH



Mr. Hennie Schoonwinkel manages the Counselling Centre at The King's School and helps many of our students to navigate difficult times in their lives. Let's hear from him.

We live in desperate times. People, and especially young people, are desperate for hope. They are desperate for good news. How fortunate are we to have the best news ever to share. It is literally called the Good News. Is it not amazingly true that the term applies as a name for the information that we have been entrusted to share? The Gospel of Jesus Christ is in reality the good news of Jesus Christ and it is indeed the best news ever for any human being.

I was 17, in matric, busy writing prelims when I embraced the Gospel and became a follower of Christ. This pursuit radically changed my life. It changed who I was, what I did, the way I thought, how I felt, what I wanted to become. I wanted to serve Him and spend my life helping others realise and understand who He is and how much He loves them. I wanted to invest myself in growing others' relationships with Him. This led to me becoming a Pastor and as such I have enjoyed serving others in their pursuit of Christ.



From reading the gospels we discover that He healed all (Matt. 12:15, 14:14, 34-36). All meaning every sick person that was there and every disease that they were inflicted with. Surely health is the best news ever for any one that is sick with whatever disease. Health that applies to the whole person - including our mental health. This health is provided for by training us how to think and what to fill our minds with. "Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me - practice these things, and the God of peace will be with you." (Phil. 4:8-9 ESV).

At the King's School West Rand we educate the whole person: Spirit, Soul and Body. Some of this is done by providing counselling whenever needed. It is here that we get to share the Good news of reconciliation, redemption and restoration. We are privileged to share the truth of Jesus as presented in the Bible. This truth is powerful and dynamic in setting us free from any destructive thoughts and patterns. Instead it equips us to live effective, flourishing lives. We understand and value the priority of our mental capacity and the impact on it from being fallen and lost. There are three important questions to ask and assist in answering when helping someone that is lost.

Where are you?

Where should you be?

How are you going to get there from where you are?

Counselling is the process of presenting, considering and grappling with these important questions together with our students.

Please pray for all our counsellors as we guide young minds in pursuit of God's purpose and destiny. Pray that we will be effective in sharing the good news and the truth of God's word that sets us free from sickness and equips us to live flourishing lives. Please pray for our students that they will believe the truth of God's Word and pursue Him through it, in building their lives on The Truth.

MR. HENNIE SCHOONWINKEL
COUNSELLING CENTRE

IMPORTANT DATES

HS Top 5 Assembly	- 20 October
Gr. 4 to Gr. 7 Study Skills Workshop	- 21 October
PS D12 Hockey Trials	- 23 - 26 October
Gr. 6 Prefect interviews	- 23 - 24 October
Internal Public Speaking	- 24 October
Spellathon (Gr. 1to Gr. 3)	- 25 October
Maths Speedathons (Gr. 1 to Gr. 7)	- 26 October
Gr. 8 to Gr. 11 Extra Murals End	- 27 October
Gr. 6 Prefect Inauguration	- 30 October
Gr. 8 2024 Meet and Greet	- 2 November
Gr. 10 and Gr. 11 Study Leave	- 3 November
Gr. 10 and Gr. 11 Exams Start	- 6 November
Outgoing IP Prefect Graduation	- 9 November
Gr. 7 Farewell	- 10 November
Gr. 1 to Gr. 7 Extra Murals end	- 10 November
Gr. 8 and Gr. 9 Exams Start	- 13 November
Gr. R Graduation Photos	- 13 November
Gr. 4 to Gr. 7 Exams Start	- 20 November
NS Fun Day	- 24 November
Carols by Candlelight	- 24 November
Gr. 4 to Gr. 7 Exams End	- 28 November
NSC Eams End	- 30 November
Gr. 8 to Gr. 11 Exams End	- 30 November
Extra Mural Evening of Excellence	- 30 November
Gr. 4 to Gr. 7 Exam Paper Check(08:00 to 10:00)	- 1 December
Matric Farewell	- 1 December
Nursery School Concert (Hall)	- 2 December
Pre-school Concert and Graduation (18:00)	- 4 December
PS Morning of Excellence	- 5 December
Reports released (08:00)	- 6 December
SCHOOL CLOSES	- 6 December
SCHOOL STARTS	- 10 January 2024



Grade 6'S
Enjoying
Their Music
Class With
Teacher
Mercia



STAR MERIT BADGES

**Star Merit Badges
were awarded to
Grade 4-7 learners
in the Intermediate
Phase for Term 3.
Congratulations!**



ATHLETICS

Between the 29th and 30th of September, 11 of our school's athletes travelled to Pietermaritzburg, Kwa-Zulu Natal, to compete at the SACSSA National Athletics Championship and represent G7. The meet featured approximately 1 200 athletes from three countries, South Africa, Namibia and Zimbabwe.

I'm proud to say that our athletes performed remarkably well, bringing honour to our school and G7. As a result of their efforts, the G7 team finished second on the standings out of 10 teams.

Our athletes collected an astounding 11 medals overall, making us all very proud of their achievements.



Long Jump

- Davinah Makota (U/13) – 12th place out of 23 athletes (Personal best of 4.02m)
 Skyla Blignaut (U/14) – 5th place out of 19 athletes
 Ocean Martins (U/14) – 6th place out of 13 athletes (Personal best of 5.08m).
 Khodani Nwedo (U/15) – 2nd place (6,49m – Previous SACSSA National Record broken of 6.31 m).
 Mvelo Gova (U/15) – 14th place out of 21 athletes

Shotput

- Tristan Bastiaans (U/17) – 3rd place out of 19 athletes

800m

- Nyakallo Modise (U/14) – 4th Place (Personal best of 2:52) out of 10 athletes

100m

- Davinah Makota (U/13) – 10th out of 19 athletes (3rd in her heat)
 Nathan Dziga (U/13) – 13th place out 23 athletes
 Zoe Nkosi (U/14) – 5th place out of 19 athletes (2nd in her heat)
 Skyla Blignaut (U/14) – 6th place out of 19 athletes (3rd in her heat)
 Bokang Maithufi (U/14) – 11th place out of 19 athletes (3rd in her heat)
 Mvelo Gova (U/15) – 9th place out of 26 athletes (2nd in her heat)
 Khodani Nwedo (U/15) – 2nd place out of 23 athletes (1st in his heat)
 Olwethu Khoza (U/15) – 3rd place out of 23 athletes (1st in his heat)

200m

- Davinah Makota (U/13) -10th place out of 17 athletes
 Bokang Maithufi (U/14) - 6th place out of 15 athletes
 Skyla Blignaut (U/14) -4th place out of 15 athletes (2nd in her heat – Personal best of 29.04)
 Ocean Martins (U/14) - 11th place out of 19 athletes
 Mvelo Gova (U/15) - 6th place out of 20 athletes.
 Khodani Nwedo (U/15) - 2nd place out of 18 athletes (2nd in his heat)
 Olwethu Khoza (U/15) - 5th place out of 18 athletes (2nd in his heat)

RELAYS

- Khodani Nwedo - 2nd place
 Olwethu Khoza - 2nd place
 Mvelo Gova - 2nd place
 Skyla Blignaut - 3rd place

SPECIAL SACSSA AWARDS

Khodani Nwedo – SACSSA National Scroll

Olwethu Khoza – SACSSA National Scroll





To The Top

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PRIMARY SCHOOL INTERHOUSE ATHLETICS

28.10.2023

SAVE THE DATE

08:30 - 13:00

Join Us!

63 Malcolm Road
Poortview



SAVE THE DATE

OCT 27 2023 | 63 Malcolm Road Poortview

12:30-17:00

Join Us! **HIGH SCHOOL INTERHOUSE ATHLETICS**



DON'T MISS OUT

The King's School WEST RAND

Study Skills Workshop Grade 4-7

Date: 21 October 2023
Time: 9 - 12:15
Venue: Teacher Fernando's Classroom
(Next to the netball court - upper level)

BRING YOUR STATIONERY AND NOTEBOOK

!!!PLEASE FILL IN THE REPLY SLIP AT HOME AND HAND IT IN TO THE REGISTER TEACHER ASAP!!!

CLUB NEWS

Blues Hockey Academy recently recognized one of our students, Uhone Ramovha as their Hockey Player of the Season. Uhone is the goal-keeper of their U15 team. Congratulations.



THE KING'S SCHOOL WEST RAND

PUBLIC SPEAKING EVENING

GRADE 1 TO 12
TUESDAY, 24 OCTOBER 2023

SUBMIT YOUR
NAME TO YOUR
ENGLISH
TEACHER BY
FRIDAY, 13 OCT!



GRADE 4-7 EXAM TIMETABLE – NOVEMBER 2023THURSDAY, 2nd November: Grade 4, 5, 6, 7 ENGLISH PAPER 2THURSDAY, 9th November: Grade 7 ARTMONDAY-WEDNESDAY: 13th - 15th November: IT/KN EXAM Grade 4-6THURSDAY, 16th November: Grade 4, 5, 6, LIFE SKILLS
Grade 7 LIFE ORIENTATION

(Above exams will be written during the Cycle Test lesson, normal school day thereafter)

EXAM DATE	GRADE 4	GRADE 5	GRADE 6	GRADE 7
MONDAY 20 th November	Afrikaans	Maths	SS	English (Paper 1)
TUESDAY 21 st November	STUDY DAY	STUDY DAY	STUDY DAY	NS
WEDNESDAY 22 nd November	NS	Afrikaans	Afrikaans	STUDY DAY
THURSDAY 23 rd November	STUDY DAY	STUDY DAY	STUDY DAY	Maths
FRIDAY 24 th November	Maths	SS	Maths	EMS
MONDAY 27 th November	SS	English (Paper 1)	NS	Afrikaans
TUESDAY 28 th November	English (Paper 1)	NS	English (Paper 1)	SS

DATE	GRADE 8	GRADE 9	GRADE 10	GRADE 11
MONDAY 13/11	AFRIK (2 hrs)	MATHS P1 (1½ hrs)	AFRIK P1 (2 hrs)	PS P1 (2½ hrs) ML P1 (2½ hrs)
TIME	7.30-10.00	7.30-10.00	7.30-10.00	7.30-10.30 7.30-10.30
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED	VENUE BLUE
TUESDAY 14/11	MATHS P1 (1½ hrs)	GEO (1½ hrs)	ENG P2 (2½ hrs)	LS P2 (2 hrs)
TIME	7.30-10.00	7.30-10.00	7.30-10.30	7.30-10.00
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED	VENUE BLUE
WEDNESDAY 15/11				
TIME	STUDY DAY	STUDY DAY	STUDY DAY	STUDY DAY
VENUE				
THURSDAY 16/11	LS (1½ hrs)	AFRIK (2 hrs)	ART THEORY (2½ hrs)	AFRIK P2 (2½ hrs)
TIME	7.30-10.00	7.30-10.00	7.30-10.30	7.30-10.30
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED	VENUE BLUE
FRIDAY 17/11	ENG (2 hrs)	ENG (2 hrs)	ACC P1 (2 hrs)	ACC P2 (2 hrs)
TIME	7.30-10.00	7.30-10.00	7.30-10.00	11.00-13.30
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED	GEO P1 (2 hrs) GEO P2 (1½ hrs) HIST P1 (2 hrs)
				7.30-10.00 11.00-13.00 7.30-10.00
				VENUE BLUE

DATE	GRADE 8	GRADE 9	GRADE 10			GRADE 11		
MONDAY 20/11	MATHS P2 (1½ hrs)	MATHS P2 (1½ hrs)	LS P1 (2 hrs)			MATHS P2 (3 hrs)		
TIME	7.30-10.00	7.30-10.00	7.30-10.00			7.30-11.00		
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			VENUE BLUE		
TUESDAY 21/11	A&C (1½ hrs)	A&C (1½ hrs)	STUDY DAY			ENG P1 (2½ hrs)		
TIME	7.30-10.00	7.30-10.00				7.30-10.30		
VENUE	REGISTER CLASS	REGISTER CLASS				VENUE BLUE		
WEDNESDAY 22/11	STUDY DAY	STUDY DAY	MATHS P2 (2 hrs)	MATHS LIT P2 (1½ hrs)	STUDY DAY			
TIME			7.30-10.00	7.30-9.30				
VENUE			VENUE RED					
THURSDAY 23/11	BS (1½ hrs)	BS (1½ hrs)	PS P2 (2 hrs)			BS (3 hrs)		
TIME	7.30-10.00	7.30-10.00	7.30-10.00			7.30-11.00		
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			VENUE BLUE		
FRIDAY 24/11	HIST (1½ hrs)	LS (1½ hrs)	GEO P1 (2 hrs)	GEO P2 (1½ hrs)	HIST (2 hrs)	ACC P1 (2 hrs)	ACC P2 (2 hrs)	ART THEORY (2½ hrs)
TIME	7.30-10.00	7.30-10.00	7.30-10.00	11.00-13.00	7.30-10.00	7.30-10.00	11.00-13.30	7.30-10.30
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			VENUE BLUE		

DATE	GRADE 8	GRADE 9	GRADE 10			GRADE 11	
MONDAY 27/11	STUDY DAY	STUDY DAY	CAT PRAC (2½ hrs)			PS P2 (2½ hrs)	ML P2 (2½ hrs)
TIME			7.30-10.30			7.30-10.30	7.30-10.30
VENUE			COMPUTER CENTRE			VENUE BLUE	
TUESDAY 28/11	GEO (1½ hrs)	HIST (1½ hrs)	ENG P1 (2 hrs)			AFRIK P1 (2½ hrs)	
TIME	7.30-10.00	7.30-10.00	7.30-10.00			7.30-10.30	
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			VENUE BLUE	
WEDNESDAY 29/11	ACC (1½ hrs)	PS (1½ hrs)	BS (3 hrs)			HIST P2 (2 hrs)	
TIME	7.30-10.00	7.30-10.00	7.30-11.00			7.30-10.00	
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			VENUE BLUE	
THURSDAY 30/11	PS (1½ hrs)	ACC (1½ hrs)	LS P2 (1½ hrs)			CAT PRAC (3 hrs)	
TIME	7.30-10.00	7.30-10.00	7.30-9.30			7.30-11.00	
VENUE	REGISTER CLASS	REGISTER CLASS	VENUE RED			COMPUTER CENTRE	