

02 August 2024



The King's Ken

BUILDING
Mental Resilience





From the *Principal's Desk*

Building Mental Resilience in our Children

Dear Parents,

In today's fast-paced and often challenging world, teaching our children mental resilience is more important than ever. Mental resilience is the ability to adapt to stress, adversity, and challenging situations. It empowers children to bounce back from setbacks and face difficulties with courage and strength.

Why is Mental Resilience Important?

Mental resilience equips children with the tools they need to navigate life's ups and downs. It fosters a positive outlook, enhances problem-solving skills, and promotes emotional well-being. When children are resilient, they are better able to handle academic pressures, social challenges, and personal disappointments.

At TKSQR, we try to use the opportunities that arise in different situations at school to teach the children about resilience. This is often learnt by observing adults. As adults, we must show them how to handle stress and setbacks with a positive attitude and perseverance. We can use these situations to show them, very practically our faith in action. 1 Pet 5:7 teaches us to: *"...cast all your anxiety on him because he cares for you."*

Another way is to encourage problem-solving: Allow children to face challenges and find solutions on their own. Offer guidance but resist the urge to solve problems for them. We can also promote a growth mindset where we teach children that abilities and intelligence can be developed through dedication and hard work. Praise their efforts rather than their innate talents.

A supportive network provides a safety net during tough times and helps us to get perspective. Encourage your children to build strong relationships with family, friends, and teachers.

As you know by now, I frequently emphasise the partnership between parents and the school to raise our children. Building mental resilience is a partnership between parents and teachers. Here are some ways we can work together:

Open Communication: Maintain open lines of communication between home and school. Share insights and strategies that work well for your child.

Consistent Support: Provide consistent support and encouragement. Recognize and celebrate small victories and progress.

Unified Approach: Use similar language and approaches at home and in the classroom to reinforce resilience-building strategies. This can only be done through frequent communication.

As it says in James 1:2-4 (NIV), "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." This scripture reminds us that challenges help build resilience and maturity.

Together, let us nurture a generation of resilient, confident, and emotionally strong children who are prepared to face the world with faith and determination.

"Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone."

- Dr. Kenneth Ginsburg

- *Mr. Philip Theron, Principal*



We have observed an increase in the number of students arriving late for school. As part of our strong parent-teacher partnership, it is essential that we collaborate to correct this trend. Students are considered late if they are not in the line-up by 7:30 AM. Continual tardiness will result in disciplinary action. To ensure a smooth and punctual start to the day, we encourage parents to aim for an arrival time between 7:00 and 7:20 AM. During this time, the car park is much quieter, allowing for a more relaxed and peaceful drop-off. This early arrival will help your child begin their day "ready-to-learn," contributing to our school's disciplined and conducive learning environment.

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 JwW Girls Soccer Playoffs
22	23	24	25	26	27	28
SACOPA JwW 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.

GIRLS U13 SOCCER DISTRICT TEAM

Congratulations to Olivia Henry, Shaan Shuta, Annabella Henry and Estie Botha who will be representing the West Rand Primary Schools Football Association (WRPPSFA) at the Frans Hilton-Smith Tournament.

This Inter-Provincial Tournament for u13 Girls Schools Football will be held at Camp Discovery in Limpopo from 1 August 2024 to 4 August 2024. They received their team kit and sport bags at the presentation ceremony at Constantia Kloof Primary School last week.

It's a remarkable achievement, and they should all be very proud of themselves. Best of luck to them at the tournament in Limpopo!



GIRLS HS SOCCER - ROUND 3

First Team vs Randfontein 1: Lost 4 - 1
First Team vs Krugersdorp 2: won 2 - 0



On Friday, 2 August both our teams (u15 & u19) play at home vs Pecanwood College, kickoff @ 14h00. You are welcome to join us in support of the teams.

Both our Primary and High School cross country runners competed on Friday, 26 July at the District League 1 race. They will compete in 3 league races in order to qualify for the Roodepoort Championships.

Congratulations to the following athletes:

Boys u15

Njabulo Dlamini - 3rd place

Kabelo Mokoena - 18th place

Boys u16

Tshepang Mokoena - 12th place

Boys u13

Kwandiwe Mhlope - 14th place

Boys u11

Leago Sefako - 21st place

Boys u10

Aobakwe Nkomo - 13th place

CROSS COUNTRY



ATHLETICS

The second round of the Athletics Johannesburg English School's league was held with great anticipation on July 24, 2024, at Roosevelt High School.

Our talented athletes demonstrated remarkable pride and determination throughout the events. Every participant, regardless of whether they finished 1st or 6th, contributed valuable points to our overall success. Below is a summary of the impressive results from the event:

- 28 Individual Golds
- 11 Individual Silvers
- 6 Individual Bronze

Relay

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 - 2nd place

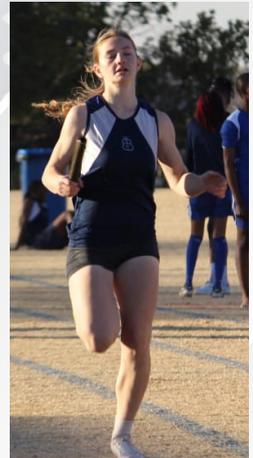
U/16 Boys - 1st place

U/17 Boys - 2nd place

U/19 Boys - 1st place



Our athletes will be off to compete at Dowerglen High School on 31 July 2024, Better Athlete, Better Sportsperson!



HOCKEY

On Thursday, July 25, 2024, we played against Laerskool Helderkruin at their school. Even though we lost all of our matches, the team played very well. Thank you to the coaches and team managers for your unending support and dedication.

Results

TKSWR vs Helderkruin

U10A - 0:2

U10B - 0:3

U11A - 0:05

U12A - 0:04

U13A - 0:07



**Thank you to our parents
for attending a very
successful evening at
Spur!**

**Watch this space for
our next Spur evening
on 29 August**





Private Tennis Lessons

Do you want your child's tennis potential to be realised? If you would, then let's get going! 🤝🎾

Group Lessons NOW only R495/person per month for 4 lessons!

LIMITED OFFER

Contact me now

Coach JC
0716123956

Church of the Holy Spirit WEST



Family Conference

6-7 September
R300 per person | R500 per couple | R75 per child
Guest speakers Dr. Genevieve & Ps. Ricky da Silva
Scan the QR Code to book or visit churchoftheholyspirit.org.za

24 Peter Rd, Tres Jolie AH, Roodepoort



GRADE 7 MARKET DAY

FOOD AND FUN GALORE!



31ST AUGUST 2024
07H30-13H00

Bring the whole family!
Meet you on the sports field.