

08 August 2025



# The King's Ken

*Reminder*  
**Don't delay,  
Start TODAY**



**The  
King's  
School**

**WEST RAND**

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# From the *Head of Department's* Desk

- *Intermediate phase*

## EXECUTIVE FUNCTIONING SKILLS: *DON'T DELAY, START TODAY.*

Dear Parents

At The King's School West Rand, we place a strong emphasis on developing five key executive functioning skills. These self-regulation abilities form the foundation that makes meaningful learning possible. These are not just academic tools but essential life skills that equip your child to manage their learning effectively now and empower them well into adulthood.

Procrastination is something we all face at times—putting things off, getting distracted by social media, or simply avoiding tasks that feel overwhelming. But as Christians, we are called to steward our time wisely and honour God through our diligence.

God's Word offers practical wisdom and encouragement, reminding us that delaying responsibilities can lead to unnecessary stress, missed opportunities and a feeling of being overwhelmed. By developing healthy habits and relying on His strength, we can learn to manage our time more effectively and live with purpose.

The Bible offers valuable insight into the dangers of procrastination. Proverbs 24:30–34 paints a vivid picture of what happens when we neglect our responsibilities, reminding us that idleness can lead to scarcity and hardship. Similarly, Ecclesiastes 11:4 warns, ***"Whoever watches the wind will not plant; whoever looks at the clouds will not reap."*** If we keep waiting for perfect conditions or until we feel completely ready, we may never take the first step.

Instead, we are encouraged to act in faith, trusting that God will equip us as we go. Managing our time well not only reduces

stress and missed opportunities but also enables us to live purposefully and bring glory to God in all we do.

As we navigate the challenges of academic life, it's important to recognise that even the most capable learners can struggle to get started or stay motivated. However, with the right strategies and support, they can strengthen a key executive functioning skill: ***"Don't Delay, Start Today."***

So, why do we procrastinate? Common reasons include fear of failure, feeling overwhelmed, distractions and a lack of motivation. The good news is that the first step to overcoming these obstacles is often the simplest—just start. Taking small, intentional actions can build momentum, boost confidence and lead to greater focus and productivity.

Here are some practical strategies to help your child overcome procrastination and develop stronger executive functioning skills:

### 1. **Break It Down**

Large tasks can feel overwhelming. Help your child divide them into smaller, manageable steps. This makes the work less intimidating and boosts focus and productivity.

### 2. **The "2-Minute Rule"**

If a task takes less than two minutes, encourage your child to do it immediately. This simple habit builds momentum, clears mental clutter and reduces stress.

### 3. **Remove Distractions**

Set up a dedicated "focus zone" where your child can work without interruptions.

Encourage them to put away devices and let family members know it's time for focused work.

#### 4. Pray for Discipline

Teach your child to rely on God for strength and self-control. Make time to pray together, asking the Lord for motivation, discipline and a heart committed to wise time management.

By guiding your child with these strategies, you're not only supporting their academic success but helping them build lifelong habits that honour God.

As Philippians 4:13 reminds us, *"I can do all things through Christ who strengthens me."* It's not about being perfect from the start—it's about taking that first step and celebrating progress along the way. God's grace covers our mistakes and He delights in our growth.

Challenge: Encourage your child to choose one task they've been avoiding and apply one of the strategies shared above. With your guidance and God's help, they can begin to build discipline and develop time management skills that will benefit them for years to come.

By supporting your child in developing these habits now, you're equipping them with tools that will strengthen both their academic success and personal growth. Let's take the first step together, standing on the promise found in Philippians 4:6–7:

*"Don't worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

Together, with faith and practical steps, we can help our children learn the executive function skill, **"Don't Delay, Start Today!"**

- Gretel Loyd, HOD, Intermediate Phase

EXCITING NEWS



**The King's School** **MASCOT**  
**COMPETITION**  
**DESIGN OUR FIRST EVER KING'S SCHOOL MASCOT**  
**R10 PER ENTRY**  
**FILL IN THE DESIGN ENTRY FORM**  
**UNLIMITED ENTRIES**  
DESIGN ENTRY FORMS ARE AVAILABLE AT RECEPTION OR CAN BE DOWNLOADED VIA SOCIAL MEDIA PLATFORMS.  
PLACE YOUR DESIGN ENTRY FORM AND YOUR R10 IN AN ENVELOPE AND PLACE IN THE MASCOT BOX AT RECEPTION.  
**PRIZE**  
**A R1000 CLEARWATER VOUCHER & BRAGGING RIGHTS FOR YEARS TO COME**  
**ENTRIES CLOSE 30 SEPTEMBER 2025**



**SCAN TO DOWNLOAD ENTRY FORM**

**R10 per entry**

**Submissions close 30 Sept 2025**

Kids can take more than one form, so they are not restricted to one idea. All family members are welcome to enter! Let's have fun! Staff members and their families can also enter the competition!

**We will post the 5 finalists on Facebook, and they will vote for the winner.**

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



# FOUNDATION PHASE

## BLUE CERTIFICATE ASSEMBLY

03



**Friendly Reminder:** School fees must be paid in advance, before the 7th of each month, 12 Months of the year.



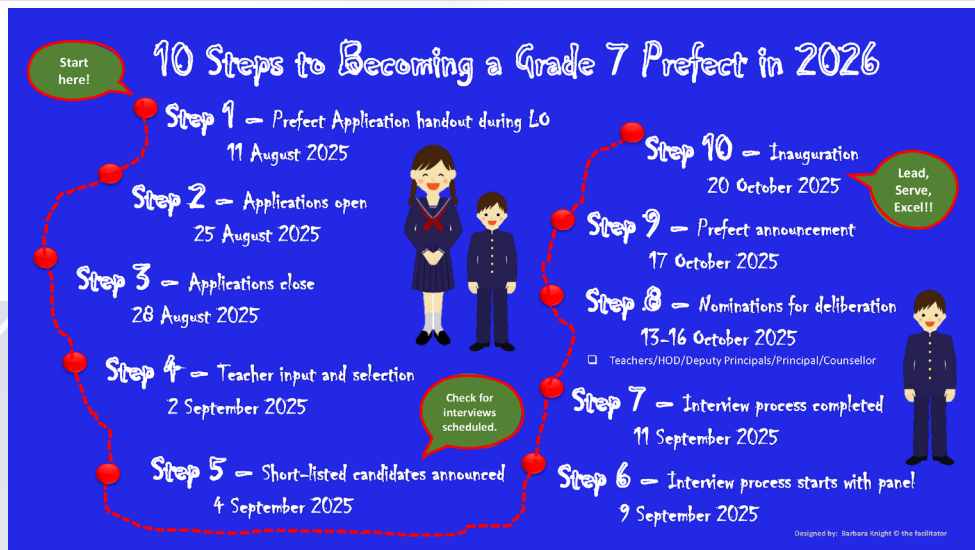
# INTERMEDIATE PHASE

## BLUE CERTIFICATE ASSEMBLY

04



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## SPELLING BEES are hard at work!

The King's School West Rand attended the South African National Spelling Bee on 2 August, for the first time! Despite the nerves and worries, twenty of our primary school learners rose to the challenge and did their absolute best. They stood with pride as they participated in three rounds of spelling. Two speed rounds consisting of twenty and then ten words that had to be spelled within a minute, and finally a last round of two higher grade 'unseen' words spelled within a minute to qualify for the Top 10 spellers from Johannesburg. The Top 10 would have a sudden death match - spelling five (5) higher grade 'unseen' words to earn one of the top three (3) spots to further represent Johannesburg in Suncity in December 2025.



I am astounded and in awe of our learners' courage, tenacity, and determination to take up a challenge they were unprepared for and still achieve amazing results and shine. It was a joyful day as our amazing group of learners and their parents joined the fun and gave plenty of support to everyone.

It is with pride and gratitude that I can announce that one of our own, Rebaone Mabeo in Gr 5, qualified for the Top 10 and participated in a final round. She scored three out of five. She then went on to win 2nd place of the Top 3 qualifiers to represent not only herself and The King's School West Rand, but also represent Johannesburg District at Sun City!

A huge, big CONGRATULATIONS goes out to every single one of our young spellers.

Gr 4: Pholosho Mongwai, Bonolo Mokadi, Tshireletso Magethi, Liliitha Moyikwa, Hayley Thurman, Morui Liale

Gr 5: Katleho Tsotsotso, Rebaone Mabeo, Sanele Lukhele, Asanda Maluka, Ayanda Maluka, Ntando Ngutshane, Reabilwe Moteane, Rendzo Mabunda, Grace Nolan, Tyler Mutize, Mohau Etsane

Gr 6: Ezile Nganse, Boiketlo Morapedi, Skeylar van der Westhuizen

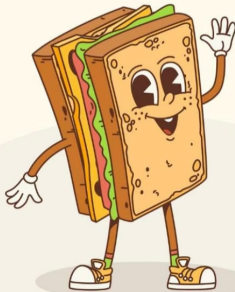
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GRADE 6 MISSION FOCUS

# SANDWICH DRIVE



## GRADE 6 LEARNERS

WE ARE SUPPORTING THE ETHANDWENI FEEDING PROJECT, WHICH PROVIDES MEALS TO 106 CHILDREN LIVING ON THE OUTSKIRTS OF KAGISO. TO SUPPORT THIS PROJECT, WE ARE ASKING ALL GRADE 6 LEARNERS TO BRING AN EXTRA SANDWICH TO SCHOOL EVERY FRIDAY.

**REMEMBER TO BRING A SANDWICH THIS FRIDAY!**

## MISSION FOCUS 2025

### GRADE 4

11 FEBRUARY - 29 AUGUST

#### HOW IT WORKS

It will be a friendly competition between LWN, LWN & AT as to which class brings the most bottle caps and / bread tags.

#### WHO DO WE SEND THE CAPS & TAGS TO

Your register teachers will keep them in a jar in your register class.

#### WHAT IS THIS FOR

By recycling plastic tops and tags, not only are you helping someone who needs a wheelchair, but you are playing your part in preserving the future of our beautiful green planet while supporting the circular economy.

<https://www.sweetheartfoundation.org/>



### Giving the Gift of Mobility

Please help us give the gift of mobility to the poor and marginalised of our society by supporting us financially or by collecting tops and tags which we sell to recyclers.



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## CONGRATULATIONS, PHIKO!



## Well done Phiko!

Phiko received a gold certificate with distinction for his ballet exam. He also received a 35% scholarship to go to the American Academy of Ballet. We are so proud of your success, Phiko! May you continue to inspire young children around the world with your talent. To God be the glory.

## CELEBRATING PETER MOHLABA!

We are bursting with pride as we celebrate the incredible achievement of Peter Mohlaba in Grade 10, who recently represented South Africa as part of a dynamic dance team during the holidays in **Spain!** Over an exhilarating two weeks, the team lit up the international stage, bringing home an astounding **3 Gold medals, 1 Silver medal, and 1 Bronze medal!**

Their dazzling performances led South Africa to victory in both the **Junior/Senior Small Crew Street Dance and Large Group Street Dance categories** — a phenomenal feat that crowned their journey with a spectacular 1st Place win at the Gala Event! That's right — **4 trophies** in total! **Bravo, Peter!** Your passion, hard work, and talent continue to inspire us all. Keep dancing your way to greatness — the world is your stage!



## PRIMARY SCHOOL TENNIS

Our Primary School played in R1 of the D12 league competition this week and achieved the following results:

u11 Blue team vs Muldersdrif Laerskool: won 26-16

u13 Blue team vs Florida PS: lost 33-9



## GIRLS HS SOCCER - ROUND 1 - 29 JULY

First Team vs Allen Glen HS: Lost 4 - 0

u15's vs Allen Glen HS: won 3 - 0

## CROSS COUNTRY

Both our Primary and High School cross country runners competed on Friday, 1 August, 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 athlete:

Boys u17 (6km) - Tshepang Mokoena - 5th place out of a field of 36 runners

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# 1ST TEAM HS SOCCER BOYS

Our First Team is currently competing in the ISSL league soccer playoffs. This last week, they played King's Linbro Park in the semi-final and won 3-1. We now play Curro Wilgeheuwel in the final this week.

# JCAL - HIGH SCHOOL ATHLETICS

This week saw our athletics team compete in Round 1 of the JCAL Athletics League (Track Only). With 3 more rounds to go before the Inter-High competition, our athletes achieved the following results:

Girls 800m Jnr:	Kaelo Nkabinde	2nd	Sipho Mhlanga	3rd
Boys 800m U/16:	Tshepang Mokoena	3rd		
Girls 100m U/14:	Chikondi Kapeza	1st	Bonolo Chaane	2nd
Girls 100m U/15:	Davina Makota	1st	Mia Lombard	2nd
Girls 100m U/16:	Skyla Blignaut	1st		
Girls 100m U/17:	Mvelo Gova	1st		
Boys 100m U/15:	Thabo Junior	1st		
Boys 100m U/16:	Ocean Martins	2nd		
Girls 200m U/14:	Chikondi Kapeza	1st	Madison Harris	2nd
Girls 200m U/15	Davina Makota	1st	Mia Lombard	2nd
Girls 200m U/16:	Skyla Blignaut	1st		
Girls 200m U/17:	Mvelo Gova	1st		
Girls 200m U/18:	Mutondi Mulima	1st		
Boys 200m U/15:	Thabo Junior	1st		
Boys 200m U/16	Ocean Martins	3rd		
Girls senior 1500m	Sipho Mhlanga	1st		
Junior 400m	Kaelo Nkabinde	2nd		

Relays    U 14 Girls:    1st    Boys u/16:    3rd    U/17 Girls:    1st



Angie Grobbelaar  
4 August



Nandipha Mseleni  
6 August

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## AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 King's Got Talent ISSA Volleyball Festival	2 GR12 Math workshop GR11-12 Hike ISSA Volleyball Festival
3	4 IP Blue Certificate Assembly	5	6 Blood Drive	7 GR10 Elevate study skills workshop	8 IP Inter-house quiz	9 National Women's Day
10	11	12	13	14 GR12 Prayer morning	15 Staff meeting FP Grandparents day	16
17	18 HS Prefect Inauguration	19	20 GR12 Study Day	21 Prelims start	22 HS Prefect training	23
24	25	26	27	28	29	30 HS Spring Ball
31						

## SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Spring Day Summer/Winter uniform interim period	2	3	4	5	6 FUN RUN
7	8	9 GR12 LO & CAT B	10 GR12 LS PAT	11	12 HS Prefect training	13 SACSCA Invitational Athletics
14	15	16	17	18 Prelims End HS Production	19 School closes Heritage Day Celebration Innovation HS Production	20 G7 Chess
21	22	23	24 Heritage Day	25	26	27 SACSCA National Athletics
28	29 GR12 Art Drawing Exam	30 GR12 Art Drawing Exam				

## OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 GR12 Art Drawing Exam	2 GR12 Art Drawing Exam	3	4
5	6	7 School starts Term 4 Summer uniform compulsory	8 Extra murals start Extra Mural Photos	9 GR12 Final Assembly GR12 Valediction	10	11
12	13 Reports released	14 Art Exhibition	15 Art Exhibition Parents Evening	16 NSC Exam start	17 HS Prefect training Parktown Sport Festival	18 SACSCA Chess Parktown Sport Festival
19	20 Athletics Trials	21 Athletics Trials LRC Training	22 Athletics Trials	23 Athletics Trials IP Spellathon IP Maths specialthon	24 Athletics Trials	25 GR 7 Study skills workshop
26	27 Eng IBTs	28	29 Math IBTs	30 GR8 of 2026 Meet & Greet	31 Inter school Athletics	

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