



K.E.P.S.

TEDDY BEAR TIMES



Everything you need to know...

21 JUNE 2018

DATES TO REMEMBER

Thursday, 21 June	End of Term 2 for boys
Friday, 22 June	Staff development day
Tuesday, 17 July	Start of Term 3
Friday, 20 July	Christian meetings resume (Room J)
Friday, 20 July	Mandela Day Activities
20-21 July	Allegretto Eisteddfod
Monday, 23 July	Wade Foster Football
Saturday, 28 July	Allegretto Eisteddfod
28-29 July	Marimba Band Festival
3-4 August	K.E.P.S. Hockey Festival
Thursday, 9 August	Women's Day
Friday 10 August	School Holiday
Sunday, 12 August	Old Ed's Road Race
Friday, 17 August	Winter Soireé
22-26 August	Cape Town Rugby Tour
30 Aug– 2 September	East London Hockey Tour
Friday, 7 September	Literacy Day
Wednesday, 12 September	Junior Sports Day
Tuesday, 18 September	Senior Field Events
Wednesday, 19 September	Senior Sports Day
Sunday, 23 September	Allegretto Eisteddfod Gala
Monday, 24 September	Heritage Day
25-26 September	Group Photographs
Friday, 28 September	End of Term 3

MANDELA DAY



In celebration of Mandela Day on the 18th of July, King Edward VII Preparatory School is encouraging you to spend 67 minutes during the holidays going through your cupboards to donate unwanted goods to those less fortunate than us.

We are collecting blankets, stationery, toys, shoes, clothes, books, sports' equipment and anything else you think someone else may need. Bins will be up on Mandela Day for you to donate.

Let's show our true Strenue spirit and actively give to those in need.

#67minutes



NOTICES

Here's what we recommend when your child is caught in the feeling of boredom.

- If seeing your child listless and moaning irritates you, find someone to listen to you! To be of help, you need to vent your frustration, give the lecture that runs in your mind, and work on whatever anger, resentment or worry that you experience in this situation. Do this, not with your child, but with another adult, out of earshot, at a time you both agree upon. Getting listening time is a bit like the vigorous scrubbing process surgeons must do before they operate on a patient. You could use a good emotional scrub to help you bring needed attention to your bored child. Attention infected with impatience or other upsets won't help much. You may have to muddle through until you can find and develop a Listening Partnership, but it's worth the effort.

- Remember that your child is good. There's nothing deficient about him or her because boredom has struck. Your child has a fine mind and a good heart. He or she has just run out of gas. Refill needed! The vital fuel is a sense of connection, and you're just the person to provide it.

- Don't try to fix anything. There's not much to fix. Your presence, your warmth and your willingness to be close and attentive are all that's needed. The less bustling you do to deliver your presence, the better. The main thing that might need a slight fix is your immediate plan for your next half hour or so. That plan might require a postponement of some kind.

- Do move in close to your child. Bring a sense of pleasure in him or her, and interest in the situation. Your initial tone could be something like, "Ohhh, bored, huh? Hmm. Nothing to do. Wow, nothing to do..." and then, be there and attentive. Flop down right next to your child, wherever he or she landed when the boredom hit. You want to let your presence and lack of worry about the situation to sink in, so stay attuned, perhaps propping yourself up on your elbow now and then to make eye contact or snuggling in a bit closer as the minutes roll by. Listen to whatever your child can tell you about how awful it is to be bored. Listening opens the communication channels. Your ideas are not needed here. Your warm attention is.

- Offer physical contact after you've listened. Your child will still feel bored. It takes a while to fill up a tank that's empty. Physical touch can help, as long as it's what a child can agree to and is offered without urgency or agenda. So the spirit of it might be sweet, or could also be lightly playful. "Shall I rub your forehead, son?" or "Maybe if I massage your little toe, and work my way up to your knees, that will help. What do you think?" or "While you're trying to think of what you might want to do, I'll just give these shoulders a bit of a massage. How would that be?" If you get a very resigned, "Oh, Dad! That won't help! I'm bored!" don't get discouraged. Stay light and add a bit of humour if you can. For instance, you could ask one more time, "I don't think it will help, either, but my massage energy is getting stronger and stronger. What shall I do with it? Massage your pant leg? Your sleeve?"

- Keep listening. When your child's complaint lasts quite a while, you can bet that the sense of isolation he's felled by is not small. Your child's difficulties may not be connected to any current lack of connection in his present life at all. It can happen that lots of warmth and connection during nourishing family times will build a child's sense of emotional safety. And when it's safe, very early childhood feelings of isolation bubble up out of their hiding place in your child's emotional memory. Your listening and willingness to pay attention is the most powerful antidote you can deliver. It's exactly what's called for. If your child needs to have a good cry about how life is not any fun at all right now, Stay listen. The cry is a big part of the solution. Keep resisting your urge to judge him or her as lazy or ungrateful. Keep being interested in what your child can tell you, and in any feelings that pour out along the way. -After you've listened and stayed close for at least ten or fifteen minutes without trying to solve the problem, and if your child isn't in the middle of a nice, healthy cry, you can try offering a few fanciful solutions. Toss out some outlandish thoughts to see if you can raise a giggle or two. Laughter is one of the strongest connectors we have access to as human beings, so silly ideas tailored to your child's tastes might help move things along a bit.

ASSESSMENTS

Term 2 Assessments and Exams completed.

K.E.P.S. SCHOOL SHOP TRADING HOURS

Monday: 07:00– 07:45 and 13:00– 14:00
Tuesday: 07:00– 07:45 and 14:00– 14:30
Wednesday: 07:00– 07:45 and 13:00– 14:00
Thursday: 07:00– 07:45 and 13:00– 14:00
Friday: 07:00– 07:45

For any queries, please contact Lee Villavicencio on 063 296 2948.

WHOLE SCHOOL EVALUATION

The school will be having an external evaluation from 13-17 August 2018. A group of professionals will be spending the week at the school looking at what we do and how we do it. These folk will be interviewing teachers, boys and parents. You may be asked a few questions as you arrive in the morning or afternoon. They will be meeting with the SGB, SMT and staff at various times during the week.

We are welcoming the visit and excited about the opportunity of having guidance in our weaker areas. There will also be practices that are appreciated. Our program will not be affected by the visit. All events will continue as normal.

AWARDS

STRENUÉ AWARDS

The following boys were given the Strenue award this week for being a good example of a K.E.P.S boy. Grade 1 Jack Wolhuter; Grade 2 Matthew Josten; Grade 3 Cairo Mahomed; Grade 4 Bradley Taylor; Grade 5 Lesedi Mojabelo; Grade 6 Karabo Mamaregane; Grade 7 Joshua Barrett & Rocco Gnudi.

HOUSE TROPHY

This term the trophy was won by: Robinson

TOP 10

Grade 4:

- 1 David Elvin
- 2 Uthmaan Mayet
- 3 Zaeem Cajee
- 4 Taig David
- 5 Ethan James
- 6 Ethan van der Wiel
- 7 Dominic Michael
- 8 Daniel Soekoe
- 9 Ryan Morley
- 10 Daniel Brouckaert

Grade 5:

- 1 Adam Gunn
- 2 Dylan Hughes
- 3 Sky Segal
- 4 Amaan Tayob
- 5 Ameer Loonat
- 6 Reece Small
- 7 Keaghan McDermott
- 8 Eli Venturini
- 9 Alexio Adriaio
- 10 Harry Wilkins

Grade 6:

- 1 Ammaar Mayet
- 2 Daniel Eykelhof
- 3 Zayyaan Patel
- 4 Declan Gillespie
- 5 Rameez Adamjee
- 6 Veer Daya
- 7 Zayaan Ismail
- 8 Karabo Mamaregane
- 9 Raymond Gordon
- 10 Dennis Chung

Grade 7:

- 1 Jason Rowe
- 2 Jonah Carr
- 3 Joshua Wyngaard
- 4 Zubair Said
- 5 Rocco Gnudi
- 6 Zaid Loonat
- 7 Caleb James
- 8 Steven Gunn
- 9 Ethan Duminy
- 10 Joel Bragin

**D SHEAD
HEADMASTER**

