



K.E.P.S.

# TEDDY BEAR TIMES

Everything you need to know...



## 2 AUGUST 2018

### DATES TO REMEMBER

3-4 August	K.E.P.S. Hockey Festival
Tuesday, 7 August	Discovery Football Knock Out Finals
Wednesday, 8 August	Soapbox Derby
Thursday, 9 August	Women's Day
Friday 10 August	School Holiday
Sunday, 12 August	Old Ed's Road Race
Friday, 17 August	Winter Soirée
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
TBC	Senior Field Events
TBC	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

### NOTICES

#### **ED-ADMIN**

Parents please would you go on o the portal and update the family **EMERGENCY CONTACT DETAILS**. We need to be able to contact other people when parents are not available. Please also update your son's **HEALTH INFORMATION** while you are logged in.

#### **DISCOVERY KNOCK OUT FINALS**

Our congratulations to U9, U13 and U14 teams who have made it through to the finals. The finals will be played at Pirates on Tuesday, 7 August. Go School!

#### **K.E.P.S. HOCKEY FESTIVAL**

The inaugural King Edward Prep. School Hockey festival will be taking place this weekend. A huge effort has been made to make this a prestigious tournament and all support and encouragement will be gratefully appreciated.

#### **SEDENTARY CHILDREN**

Sedentary or 'still' time spent watching TV or playing on the computer is linked to children being overweight and obese. This is partly because the time children spend on small screen activities takes away from the time they could spend being physically active.

Children who watch TV for more than two hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to participate in physical activity.

However, 89% of children aged between four and five years spend more than two hours watching TV, videos or DVD's every day.

In addition, it's more likely that kids will snack on foods that are high in sugar, salt and fat when they watch TV and many ads about food and drinks are directed towards children.

These ads are often for fatty, high sugar 'extra foods' and use branding that is highly appealing to children. Kids recall, enjoy and engage with this branding and it can strongly influence their preferences, purchases and consumption of particular foods and drinks.

Studies have shown that children under eight years have difficulty distinguishing between TV programs and TV ads.

Healthy lifestyle initiatives that target sedentary behaviour in children, particularly small screen recreation, have the potential to make a positive impact on health issues associated with being overweight or obese.

Encouraging children and young people to give up even 30 minutes of daily small screen recreation in exchange for physical activity can make a genuine difference to their health and well-being.

Remember that sitting in the car to and from school counts as sedentary activity!

### K.E.P.S. HOCKEY FESTIVAL



## **ASSESSMENTS**

Thurs, 16 August    Grade 4    English  
                              Grade 5    Maths  
                              Grade 6    NS  
                              Grade 7    English

Fri, 24 August      Grade 4    NS  
                              Grade 5    Afrikaans  
                              Grade 6    Maths  
                              Grade 7    Afrikaans

## **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.

## **WEEKLY FIXTURES**

SPORT	DAY	DATE	TIME	OPPONENTS	TEAMS	VENUE	TRANSPORT
Hockey	Monday	6 August	15:20-16:20	KES 1 <sup>st</sup> team	u/13A Team	Astro	Parents
D.K.O. (Finals)	Tuesday	7 August	14:00-15:00	Saxonworld Primary	u/14 Cup Team	Pirates Rugby Club	Bus
D.K.O. (Finals)	Tuesday	7 August	15:00-16:00	King David Linksfield	u/9 Cup Team	Pirates Rugby Club	Bus
D.K.O. (Finals)	Tuesday	7 August	19:00-20:00	Bedfordview Primary	u/13 Cup Team	Pirates Sports Club	Bus
Hockey	Tuesday	7 August	14:15-14:45	Rivonia	u/9A Team	Astro	Parents
Hockey	Tuesday	7 August	14:15-14:45	Rivonia	u/9B Team	Astro	Parents
Hockey	Tuesday	7 August	14:15-14:50	Rivonia	u/10B Team	Astro	Parents
Hockey	Tuesday	7 August	14:45-15:20	Rivonia	u/10A Team	Astro	Parents
Hockey	Tuesday	7 August	15:20-15:55	Rivonia	u/11B Team	Astro	Parents
Hockey	Tuesday	7 August	16:00-16:45	Rivonia	u/11A Team	Astro	Parents
Hockey	Tuesday	7 August	16:45-17:30	Rivonia	2 <sup>nd</sup> Team	Astro	Parents
Hockey	Tuesday	7 August	17:30-18:30	Rivonia	1 <sup>st</sup> team	Astro	Parents

**D SHEAD  
HEADMASTER**

