



# THE ORYX

*The weekly newsletter of Windhoek International School*

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## FROM THE DIRECTOR

You will surely know by now that the school will be celebrating its 25<sup>th</sup> anniversary in January and this week on Wednesday we had everyone (EVERYONE!) out on the field for a celebratory photograph.

It perhaps doesn't look like it but there are 600 people in this photo. Six hundred people aged between two and ... well, let's not go there, but six hundred people having a fun time and being proud to be part of this rather unique school.

Genie Albrecht, the school's longest serving teacher, expertly co-piloted the plane while the intrepid Jolene Nel hung out of the window fearlessly risking all for the perfect shot.



Very sincere thanks go to all but especially to long-time supporters of the school, [BDO](#), who made the whole adventure possible and who, Genie's best efforts notwithstanding, did very generously pilot and provide the plane.



## Dates to Remember

### November

- **10** - Board Meeting
- **14** - International Day
- **18** - PTA Meeting
- **20** - PTA Coffee Morning



## Teacher Feature

### Natasha Dalrymple-George Year 5B

Coming to you from the colourful Caribbean via London, I joined WIS 3 years ago and have enjoyed being here and experiencing this great country and part of the continent.

I've been teaching for the a little over 8 years and joined the profession due to my curious nature. I am the why child...why does it?...but why?...that's me!

Some have described me as Elmo the character from Sesame Street, because of my enthusiasm and positive attitude.

Educated in the UK, I moved from London to the Caribbean island of Barbados in 2003 where I earned my teaching diploma in Primary Education, I later moved to my home island of Jamaica and taught in some of the inner city schools as a relief teacher.

*Continued on page 3>*

The school opened its doors on 16<sup>th</sup> January 1991 and the formal opening ceremony was on 23<sup>rd</sup> January 1991. By wonderful good fortune, both these dates in 2016 fall on Saturdays and on each day we will be hosting a special celebratory event – during the day on the 16<sup>th</sup> and during the evening on the 23<sup>rd</sup>. Please save the dates!

With best wishes

**Peter MacKenzie**

### WIS on TV!



Ontbytsake, the popular morning show on kykNET (channel 144 on DStv), will be featuring WIS tomorrow. The show is broadcast from 07.30 to 9am.

If you miss it tomorrow, it will be repeated on Sunday (also from 07.30 to 9am) and if that's too early for you, catch it on Tuesday 10<sup>th</sup> or Thursday 12<sup>th</sup> November between 1pm and 2pm.

## PRIMARY PRINCIPAL

Some of the class blogs have included in their posts the importance of ensuring your child has enough sleep. I've been thinking about the importance of sleep and how being well-rested can make the difference between a good day at school and a bad one. I know I'm more productive when I've had a good night's sleep. According to the [National Sleep Foundation](#) and [Kids Health](#) the recommended number of hours of sleep that children need in a 24 hour period (including naps) are:

- Toddlers (ages 1-2): 11-14 hours
- KG1-Year 1 (ages 3-5): 10-13 hours
- Year 2-Year 9 (ages 6-13): 9-11 hours

Based on these recommendations, is your child getting enough sleep? If not, consider the following advantages and disadvantages:

#### When children do get enough sleep they are likely to:

- pay better attention in school
- make connections in their learning
- be more creative and think of new ideas
- fight sickness to stay healthy
- be in a good mood
- get along with classmates and friends
- make better choices and solve problems better

#### When children don't get enough sleep they are likely to:

- forget what they've learned
- have trouble making good choices
- be irritable and in a bad mood
- have trouble playing games and sports
- be less patient with classmates and friends
- have trouble listening to their teachers

**Teacher Feature continued**

I've taught a variety of grade levels, but enjoy learning from grade 3 and 4 students as they allow me to think outside of the box and challenge me to try new things.

I am Huge fan of the arts and love all things creative. With that being said, I'm an amateur dancer, drummer and poet and can be seen trying all the above to express myself through the arts.

**SPOTTED**



Three rare banded beauties spotted on WIS campus recently

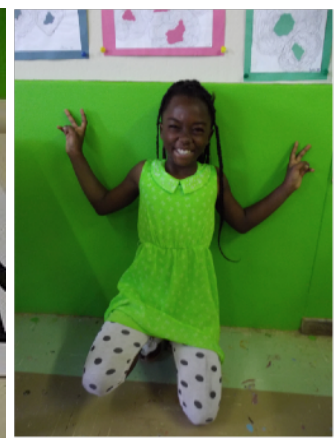
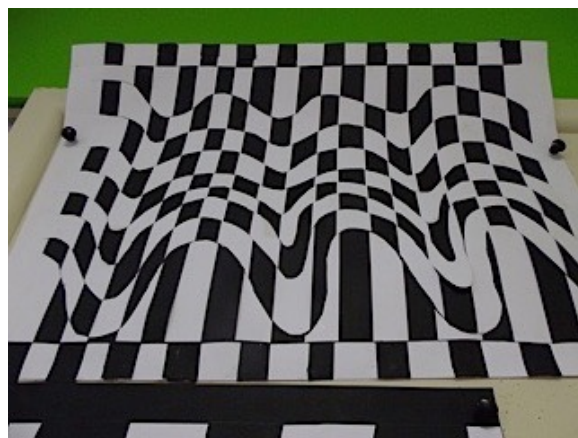
As Benjamin Franklin (American author, inventor and statesman) once said, "Early to bed and early to rise makes a man healthy, wealthy and wise." I'm not sure about the wealthy part, but certainly a good night's sleep can influence one's health and wisdom.

Kind regards,  
**Beth Smith**

**PRIMARY ART DEPARTMENT**

From the Primary Art Department (PAD) – TERM 2

Our PAD has been painted! Yay!! (All we need is a frog!!) Thank you Antonio & Sylvester for doing the job! It's so refreshing! AND to nearly match the colour is our excited Year 4 student, Tjipe!



**YEAR 4:** We have reached the end of our unit on the Element of Line. Did you know that the element of line is where all art starts? This has been a very thorough, challenging, yet enjoyable art investigation. In the beginning several students started off saying, "I can't" and after they saw their works displayed changed it to, "WOW! I can"

On the spur of the moment, we decided to have a SUDDEN Art Exhibition, because it 'suddenly all came together' on Thursday last week with a wonderful DIZZY display of their Op Art in the style of the British artist, Bridgit Riley, as well as their Contour Art.

Thank you to all the parents/guardians and classes, who on the spur of the moment, swept into our PAD at drop off time: early morning and at pickup time.



It was a great experience having you in our PAD seeing this unit as a whole and chatting to you as well as getting to know you.

*Genie Albrecht*

## WIS SATURDAY BALL CLUB

Fun ball games involving throwing, catching and dodging to develop hand-eye coordination, teamwork, sportsmanship and enthusiasm for sports

**Who:** WIS Year 2 to Year 6 Students, led by Thomas Jackson-Read

**Dates:** Saturdays, October 17, 24, 31; November 7, 21, 28

**Time:** 10 am - 12 pm (just show up; no registration needed)

**Location:** WIS PE Hall

**Fee:** N\$100 per child, per day (due Saturdays upon arrival)

**Contact:** Please direct all questions to Marc [mderagon@wis.edu.na](mailto:mderagon@wis.edu.na)



**"Dodgeball is not just a sport. Dodgeball is a way of life."**

## SECONDARY PRINCIPAL

### Why is it important that parents are actively involved in their child's education?

We often say that school is a three way process: the student - the parent - the teacher. In order for this triangle to work well, all three participants need to be actively involved in the process.



The child is the centre of this process. It is in both the parents' and the school's interest to invest as much as possible in the child's education. As teachers we try to know the children we teach to be able to meet them where they are - emotionally, spiritually, physically and mentally (cognitively). With 20 - 25 children and/or young adults in a class that are all unique in some sense, it is important that the

school can be assured of the parents' support in different ways.

### How can parents support their kids?

- Know your child's teachers - attend Student-Parent-Teacher-Conferences
- Keep up to date with your child's progress
- Monitor your child's homework - make sure that they have a quiet space to work and get their homework done. Get in touch with the subject teacher, if you feel something is not right with regards to the homework.
- Register on your child's Edmodo account so that you know what the homework is and when tests are written.
- Get involved in the school community - PTA, Board of Directors, bake sales, International Day, field trips, sports events.
- Communicate with the school if there is any information that might be important for teachers to know about your child and circumstances at home
- Address concerns about any matter with the relevant people in school

- Monitor your child's use of electronic devices. These days, this is easily hidden, because our kids are sitting in their rooms.
- Let your child be active - be it in sports, music, theatre or any other activity in the afternoons
- Encourage your child to work independently and responsibly
- Ensure your child feels comfortable talking to you about their worries, fears and dreams - be there for your child
- Demonstrate a positive attitude about education and school to your children.

[Read more here!](#)

Kind regards,  
**Maggie Reiff**

## PEER COUNSELLORS



The Year 11 Peer Counsellors met for a working lunch yesterday to give feedback on how the Year 7s are coping with their transition into Middle School, as well as how the new students in Secondary School are settling in. Their observations and insights are very valuable in ensuring that our kids are supported emotionally during times of big changes in their lives.

**Sharon Gorelick**

## KARATE CHAMPIONSHIP

Karate has played an important role in my life since I started in 2011. I received my blue belt earlier this year and am going for my brown in November. In the few years that I have done karate, I have represented my style "Goju Ryu" twice in South Africa.

In September, I was given the opportunity to take part in the first ever NAKU (Namibian Karate Union) championships in the North of Namibia, in Ongwediva. Around 185 people of all ages and grades took part. There were four different karate styles: Goju Kai, Goju Ryu, Karate Zen and Shotokan. There were three different types of events: Kata (a series of movements), Kumite (fights) and team Kata (where three people perform a kata simultaneously).

I only took part in the Kata event. Anyone who is 16+ and who is not a brown or black belt was in the "development" group - this was my category. I was the youngest person in my category but had the strongest Katas and therefore won the gold medal.

**Goldie Swart**

## YEAR 12's MAKE HISTORY



On the 30th of October, the Year 12's showed their love for rugby. Starting at 11:00, there was a rugby game for the students and teachers. The students won both games they played. They organised four Welwitschia rugby players to visit the school for an hour, giving autographs and taking pictures with the students and teachers. The players that came were Russell Van Wyk, Eneill Buitendag, JC Greyling and Tinus Du Plessis. They also supported the Year 12's by buying boerewors rolls that were sold on that day. It was a great experience, especially for the younger students. They were all excited to have been able to meet a Welwitschia rugby player. They were very polite and always had smiles on their faces. The Year 12's sold boerewors rolls, cupcakes, cake slices, doughnuts, pizza slices, ice creams and ice

lollies. Mr Marc Deragon won the cake that we had raffled off that day and we congratulate him on that. Kula in Year 8B won the rugby ball and Khalil in Year 10B won the rugby jersey.

*Yanika Anuszkiewicz*

## Additional Mathematics: Did you know ...

that the most spherical football is made up of triangles; that pineapples and cauliflowers reflect the Fibonacci sequence, that we perceive pitch logarithmically<sup>1</sup>, that the proportions in our bodies follow the Golden Ratio, and that pi ( $\pi$ ) is not only found in relation to circles, it is also in pyramids, and if you divide the length of a river from source to mouth across a gently sloping plane by its direct length<sup>2</sup>, you find pi. Can you believe that the concept of negative numbers began in the world of commerce and that statistics are used to show a chosen version of the truth?

In general, every new mention of Mathematics seems to create fresh opportunities for non-mathematicians to feel inadequate. Still, according to Galileo<sup>3</sup> "the book of the universe is written in the mathematical language, and the symbols are triangles, circles and other geometrical figures, without whose help it is impossible to comprehend a single word of it; without which one wanders in vain through a dark labyrinth."

"If you want to learn about nature, to appreciate nature, it is necessary to understand the language that she speaks in. She offers her information only in one form; we are not so unhumble as to demand that she change before we pay any attention."<sup>4</sup>

Closer to home, in the IBDP Mathematics classes, we barely scratch the surface of this wonder, but we do begin to understand the meaning of Mathematics and to recognise Mathematics around us. We do this by learning the skills of observation, of questioning, of analysis and of deduction. To reach this level of understanding we unlearn "what do we do next?" and "how do we get the answer?" and we relearn "what do I know about this?", "how do we know this?", "how does it fit with what we know?", "how can I take this further?".

<sup>1</sup>Steven Strogatz, "The Joy of X", Atlantic Books, 2012

<sup>2</sup>[http://news.bbc.co.uk/2/hi/uk\\_news/magazine/7296224.stm](http://news.bbc.co.uk/2/hi/uk_news/magazine/7296224.stm), 28 Oct 2015

<sup>3</sup><https://en.wikiquote.org/wiki/Mathematics>: Galileo Galilei, The Assayer (1623) as quoted by Edwin Arthur Burt in The Metaphysical Foundations of Modern Physical Science (1924),

<sup>4</sup>Richard P. Feynman, "The Character of Physical Laws", MIT Press, 1967

In this respect Additional Mathematics offers a more in-depth approach and aims to extend mathematical skills and to develop more advanced techniques and analytical abilities. Additional Mathematics is a solid foundation for the demanding IBDP higher level Mathematics course, and gives standard level students a considerable advantage.

The lessons started at WIS three years ago with 5 Year 11 students for each of the first two years. This year there are 8 brave and dedicated Y11 risk-takers, keen to unravel the secrets of the universe every Tuesday afternoon in PLC room 5. Every year students are invited to sign up for these free lessons in the last term of Year 10 and they sit for the IGCSE Additional Mathematics examination at the end of Year 11. Our results are good, considering that we prepare for the final examinations in about 30 one and half hour after school sessions. A generous parent donated N\$ 4000 towards these lessons, which enabled us to purchase textbooks. Hopefully, in the not so distant future, Additional Mathematics lessons will be included as part of the normal school day.

*Padmini Nadar-Japal*

## Students VS Teachers

Students vs Teachers in the annual Movember Awareness Campaign 3 brave students will take on the teachers in growing moustaches. This event is a world wide phenomenon which raises awareness for mens' health issues.



## KINDNESS CATCHERS

We have a new tribe at WIS: the 'Kindness Catchers' are out and about, taking turns in capturing kindness everywhere on campus. You might meet him or her on the field, in a class, the car park, the health room or the tuck-shop; in the library, an office, the playground or just strolling down a pathway on their mission to find the kindness we love at WIS.

To us they are also known as Year7 Students and their work is displayed on the blackboard outside the Art Room as it comes in.



*Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving creates love.  
(Lao Tzu)*

*Let's be kind!*



*Heike Rubbert*





**POSTCARD**

**POST CARD**

For-Action Party  
**FOR YOU**  
Education Party

**Join us on International Day!**

Date: 14 November 2015

Time: 10:00 - 14:00

Place: WIS Big Field

**WIS**  
WINDHOEK INTERNATIONAL SCHOOL

**TRAVEL AROUND THE WORLD**

# PTA Coffee Morning


**Friday, November 20th**

**7:30am-8:30am**

**WIS Auditorium**







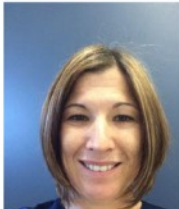







*All parents and teachers are invited to join the PTA for a cup of coffee and to meet with the PTA and management. There will be an informal introduction and the PTA will provide information about the school.*

*For more information contact Amit 0811296448 or Hana 0813171574*



# Parent Teacher Association (PTA)

## Executive Committee Members 2015/2016

CHAIRPERSON, EVENTS & CLOTHING	 <p>Amit Babluki Parent KG2, Y5, Y8 Oferb13@hotmail.com</p>	VICE CHAIRPERSON & POLICY	 <p>Swapna Sharma Parent Y12 <a href="mailto:sarma@geonamibia.net">sarma@geonamibia.net</a></p>	SECRETARY	 <p>Michelle Brown Parent KG1, YR1, Y3 michellegossinger@netzero.com</p>	TREASURER	 <p>Yolanda Visser Parent Y5 yvisser@wis.edu.na</p>
EVENTS & SOCIAL	 <p>Hana Alexander Parent Y12 hanaalexander@yahoo.com</p>	HEALTH & SAFETY	 <p>Uschi Webb Parent Y10 uschwebb@iway.na</p>	TUCK SHOP/BAR & EVENTS	 <p>Derell Louw-Damon Parent KG2, YR1 drdslouw@gmail.com</p>	TUCK SHOP/BAR	 <p>Nerine Petrick Parent Y8, Y10 petrick@gmail.com</p>
CLOTHING & EVENTS/MARKETING & COMMUNICATION	 <p>Sandra Camilo-Giroud Parent KG1, Y2 marisacamilo@hotmail.com</p>	SCHOOL MANAGEMENT	 <p>Beth Smith Primary Principal bsmith@wis.edu.na</p>	SCHOOL MANAGEMENT	 <p>Maggie Reiff Secondary Principal mreiff@wis.edu.na</p>	STAFF REPRESENTATIVE	 <p>Kathleen Britz Primary kbritz@wis.edu.na</p>
STAFF REPRESENTATIVE	 <p>Lian Cohen Secondary lcohen@wis.edu.na</p>	DIRECTOR	 <p>Peter Mackenzie Director pmackenzie@wis.edu.na</p>				