

THE ORYX

The weekly newsletter of Windhoek International School



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FROM THE DIRECTOR

Change is in the air.

You should receive today a letter from me bringing you up to date with some important and recent developments. All of them are exciting and confirm that the school is moving purposefully in the right direction. Most importantly, all will have an immediate and beneficial impact on the quality of teaching and learning.

And very shortly (next week, I hope) you will receive a summary of the Strategic Plan that is guiding our decisions and actions over the next few years. Quite properly, this Plan has been drafted with input from all constituencies throughout the school and reflects the collective values and aspirations that we all share.

A problem we have been struggling with all year is inadequate office space for those who work behind the scenes in this growing school. The long-term solution will be to build but in the short-term we are installing two portable offices. They will probably be rather ugly but they will keep us going for another year or so.

Elsewhere, we are making some changes to how we use various teaching spaces. Education is dynamic, not static, and our facilities must reflect this.

All in all, there is much to feel optimistic about as we contemplate a new school year.

With best wishes
Peter MacKenzie



Dates to Remember

June

- **6 - 15:** Sec Internal Exams
- **10:** Primary - Last day for afternoon activities
- **15:** End of term 4 - Last day for Secondary
- **16 - 17:** Secondary reports
- **17:** End of term 4 - Last day for Primary



Teacher Feature

Deidre Smith Kindergarten 1

My name is Deidre Smith and I am proudly Namibian and have had the honour of teaching at WIS since 2012. I graduated from High school in 2004 and took a gap year.

During that year I stayed in Canada for 3 months with my mother who was doing research at the time and also travelled to Europe for a while.

In 2006 I studied in Pretoria. I first pursued a BSc but in 2008 I changed my degree program to BA: Languages, as I have always had a passion for learning about languages and different cultures. My family moved to Vancouver, Canada in 2007 and in June 2008 I decided it was time for me to join them.

I completed my degree at Simon Fraser University and graduated with a BA majoring in Linguistics with a minor in Education: Curriculum and Instruction.

I come from a family of teachers. My grandfather was a teacher, my mother is a teacher and I have a few aunts who are also teachers.

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PRIMARY PRINCIPAL

One of the five essential elements of the Primary Years Programme is Action. The IBPYP defines action as: Demonstrations of deeper learning in responsible behaviour through responsible action; a manifestation in practice of the other essential elements.

Action can take many forms. Some examples include: choosing a book to read to learn more about a topic studied in class; encouraging family members to recycle; turning off a dripping tap; volunteering at the SPCA or a food bank; donating money to a charity.

Taking action is one of the components of the PYP Exhibition. The Year 6 students have taken action related to their topics in the following ways:

- assisted some elderly people with communication by showing them how to use their phones;
- created a website about poverty;
- volunteered at a food bank;
- raised awareness of the need for recycling;
- talked with people about fossil fuels;
- put up posters at Baines Shopping Centre and talked to people about the advantages and disadvantages of sugar;
- Organized a workshop on krakty hydroponic gardening;
- volunteered at the SPCA playing with the dogs;
- made posters and posted on social media about the need to stop rhino poaching;
- volunteered at the Kobie Alexander soup kitchen; helped out at the Lions Club with a hunger project;
- went to the Penduka dam and picked up trash in and around the water;
- made book marks educating people about safe apps for children;
- spent time at an after care program to make children aware of the water crisis by doing a play about the water crisis, giving the children a quiz, and singing an original song;
- interviewed an expert about rhino poaching and the person posted the interview on her website;
- took pictures of examples of poverty and wealth, made a movie showing the differences between rich and poor and posted on facebook to make people aware;
- asked for and received donations of: seeds, compost and fertilizer from Ferreira's Garden Center to give to the Penduka TB center; 72 L of UHT milk collected from Nam Dairies and 20kg of various food items collected from Maerua SuperSpar to give to the Kobie Alexander soup kitchen;
- visited Hope Village and taught some of the children how to read; facilitated DEAR (Drop Everything and Read) day at WIS to highlight the importance of reading and having an education.

This is an impressive and varied list of actions. As I told the Year 6 students at the opening of the Exhibition, taking action doesn't stop (nor does it start) with the Exhibition and they are encouraged to continue to look for ways to take action. It can be as simple as helping to keep the campus clean and tidy or on a larger scale of donating time or establishing an awareness campaign.

We encourage and recognize the action that children have taken here at school. Parents can also help children make the connection between home and school by encouraging your children to take action, whether it be as simple as turning off the tap, being kind to a child who feels he/she doesn't

Teacher Feature continued

I always said 'I won't be a teacher', until in my second year doing linguistics I did an Education course and fell in love with teaching.

Since then I have been curious about teaching upon my return to Namibia in 2012 I applied to be a Teaching Assistant to see if this is really what I want to do and here I am four years later still teaching in Kindergarten.

I love working with the children and seeing how they grow and learn. I enjoy having ah-ha moments with them. Being an Early Years teacher is such a joy, because this is where I believe they develop their love for learning and I think it is part of my 'calling' as a teacher to foster this love for learning.

"The goal of early childhood education should be to activate the child's own natural desire to learn".~Maria Montessori.

I work with the most amazing team of teachers in the Early Years programme and I have learnt so much from all of them. I don't think I will be able to do what I do without them.

"The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives" ~Robert John Meehan.

Apart from being a teacher I am a wife, a daughter, a sister, a friend... I love spending time with my husband and with family and friends. Something else that I have found to be a 'talent' of mine is baking.

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have a friend, helping out with chores around the house without being asked, or something on a larger scale such as volunteering at a food bank, donating toys or clothing to help those less fortunate.

The next time you see your children taking some form of action, give them some positive reinforcement. Nobody can do everything, but everyone can do something (author unknown). As Dr. Seuss said, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Kind regards,
Beth Smith

Year 2

Congratulations to Julia Schipper (2B) for coming second in the 25 metre freestyle at the Marlins Swimming Gala.



Jan Le Roux

Go to the link below to view 2B projects about bridges around the world.
See it now at: [ThinkLink](#)

Plastic awareness at WIS continue...

Once again, we would like to say thank you to Rent-a-Drum for sponsoring recycling bags and Westlane Spar for giving free shopping bags.

Why plastic awareness?...

"Plastics are pervasive in the world's waters due to pollution, and birds - including albatrosses, penguins and gulls - can mistake brightly coloured bottle tops or other fragments for food."

Teacher Feature continued

I've always loved baking and a few years ago a friend asked me to bake a cake for her son and since then I've been making specialty cakes.

So if I am not in the classroom, spending time with loved ones, you can find me in the kitchen...

"The best thing about being a teacher is that it matters. The hardest part about a teacher is that it matters everyday." ~Todd Whitaker



What's the challenge?

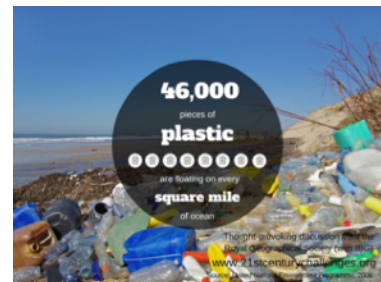
"Plastics have become an integral part of our daily lives with virtually everything we do and much of the food and drink we consume involving the use of plastics in some form or other".

What are the practical solutions?

How you can do your bit...

You can bring your recyclable plastics, paper, glass and metal to school or you can drop it off at the recycling station. For those who are staying in Windhoek, stations are available at: Auas Valley, Wernhil Park or Maerua Mall.

At each recycling station there are four sections, tins,cans, glass, plastics, and paper.



AFTERNOON ACTIVITIES

Secondary: The last day of after school activities is 3 June.

Primary after school activities will continue until 10 June.

Re-enrolment for 2016-2017!

Please note that children whose fees have not been settled in full for the 2015-2016 school year will not be permitted to re-enrol until all outstanding amounts have been cleared.



Reuse , Reduce, Recycle...

Can we really afford to be living a life of abundance and waste?
Change your habits!

Genuine , Shade (Year 6 students) & Ms. Beata (Mentor)

References:

Article

PLASTIC POLLUTION IN THE OCEAN

Eco Awards Namibia Alliance

Year 6

The purpose of our project was to see how human inventions, or how their use, can affect people's health. We picked this particular topic because screentime is something that we partake in everyday. It is very common that watching too much of screens can hurt your eyes.

Technology has become a very big part of life, much more than it was just a few years ago. Due to the fact that computers, cell phones, tablets, and even video games are such staples in homes and even schools these days, it's no wonder that many parents don't realize just how much time their children are spending on electronic devices. Which is why we are raising awareness about the impact of too much screentime. Please find our bookmark that we made.

Tanga, Pohamba and Kayle (Year 6A)

Technology: Good or Bad

ADVANTAGES

ACCESSIBILITY
EDUCATIONAL
FUN
COMMUNICATION

DISADVANTAGES

HEALTH PROBLEMS
ANTI-SOCIAL
INACTIVITY
TIME CONSUMING
ADDICTIVE

Safe Sites /APPS: for Kids:

PIXEL CRAFTS
GARAGE BANDS
DRAWING DESK
REAL DRUM

ANIMATION AC

PARENTS BE ALERT FOR THE FOLLOWING APPS:

kik Messenger
tinder
*VINE
*SNAP CHAT
*TINDER
*CHAT ROULETTE & OMEGLE
*WHISPER
*YIKYAK
*KIK

MEET and TWEET
Antisocial Networking

U/10 Field Hockey team

The u/10 Field hockey team first started training in September 2015 with little or no experience of the game. A few months later, I can confidently say they are a team and play like a team.



Earlier this year we decided to join the Namibian Schools Field hockey league and this coming week, Wednesday 8 June 2016 at 14:30, they will play their first match against Windhoek Gymnasium at the Doc Jubber Fields in Olympia.

They have 5 other matches scheduled in the league, but unfortunately these all take place during our school holidays.

Most of our players will be travelling for the holidays and with only a few players remaining in Windhoek, we will not be able to play the last 5 matches.

I want to thank the players for their commitment and perseverance and good luck for their first match.

Make WIS proud.
Fernando Beukes



SECONDARY PRINCIPAL

Make your next transition a positive challenge for yourself

"Times of transition are strenuous, but I love them. They are an opportunity to purge, rethink priorities, and be intentional about new habits. We can make our new normal any way we want." Kristin Armstrong

At the end of the school year there are many changes happening and transition is a key word in students' and teachers' minds when moving to the next class or to another class.

Some students are leaving school for different reasons, some students are coming to our school as new students. Some teachers are leaving WIS and we hire new teachers. Some students move from Primary School to Secondary School. Year 11 students complete the IGCSE course and then move on to the IBDP programme or into different other directions. The Year 13 students complete their IB Diploma Programme and have to decide what to do once they have left school. Overall, there is a lot of change and exciting new beginnings in store at the beginning of a new school year.



Every transition is accompanied with thoughts of excitement but also with anticipation of what might be challenging. It is these thoughts that help us move on, thoughts that enable us to embrace new challenges and that determine our lives and write our fate. Only if we approach a transition with a positive attitude, will it give us chances to mature and grow.

We wish all families, teachers, students and now alumni that the transition to the next phase of their lives is positive and enables them to grow to become more caring, more knowledgeable, more open-minded, more reflective and that they take the risks to try out new avenues to wander in.

We wish everybody who experiences a transition that they approach it with an inquiring mind and that they are guided by the principles that have accompanied them through the last phase of their lives. In the end, the transition can result in a balanced and happy life where we are able to move towards the next transition that will surely be waiting somewhere in the future.

Kind regards,
Maggie Reiff

Fitness training in winter

The winter season has everyone inside their houses, heaters on, under blankets, no time for diets or exercise as it is too cold outside.

As many should know, summer bodies are built in the winter. All the hard work, sweat, tears and muscular pain the day after are the elements that sets the foundation for getting fit and losing those extra kilos before December.



Here at WIS, we have a committed few brave souls that come to fitness training three days a week in the evenings to push, pull, lift, run and jump towards their fitness goals or just wanting to maintain a healthy lifestyle.

They do a combination of resistance training (weights or body weight exercises) and boot camp style exercises. Variety is important in any training program as the body adapts to specific exercises after a few weeks, but also keep in mind progression. Gradually make exercises harder through increased repetitions, sets, time or weight lifted each week.

We eliminate the need for expensive equipment and use the basics to develop a challenging but effective workout session.

If you would like to know more about our training sessions at WIS, please feel free to email me, Fernando Beukes at getfitinnovate14@gmail.com

**The Circus is coming
to Town!**

ROLL UP! ROLL UP!

COME ONE! COME ALL!

Thursday, 16 June 2016
10:00
Windhoek International School

More details to follow soon!

Bookings Recommended
0816218395

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