

THE ORYX

The weekly newsletter of Windhoek International School

FROM THE DIRECTOR

An Old Friend Visits

On Monday we very much enjoyed welcoming Kevin Bartlett (back) to WIS. It was his first visit to the school (or, indeed, Namibia) since he left in 2001.

Kevin was the Director of WIS for seven years from 1994 to 2001 and it is no exaggeration to say that he put the school on the international map. He also has a stronger claim than anyone to being the founder of the PYP. It was certainly Kevin who brought the IB (in the form of the Diploma and then PYP) to WIS. We remain to this day the only IB World School in the country.

And, of course, Kevin appointed many of the staff who are still with us today.

He very obviously enjoyed the visit too and spoke in very complimentary terms about what the school has grown into. I am indeed proud of what WIS is now and I am very happy to recognise that it is built on the strong foundations Kevin laid down twenty years ago.

With best wishes

Peter MacKenzie

Years or Grades?

Every other school in Namibia uses Grades (1-12) where we use Years. The use of Grades is also almost universal in international schools around the world. We are therefore forever explaining to new parents or outside agencies or whoever that our Year 2 = Grade 1 and Year 12 is actually the first year of the IB Diploma and not the second, and so on.

It just seems an unnecessary complication.

Also, the term "Kindergarten" means different things in different places and can lead to confusion about what parents should or should not expect in KG1 or KG2.

We have therefore decided to discontinue the Y1-Y13 model and adopt the more common (and more widely understood) system of Grades 1 to 12. At the same time, we will replace KG1, KG2 and Year 1 with EY (Early Years) 1, 2 and 3. Again, this practice is increasingly common in good international schools.

However, further confusion may be caused by a hasty change so although we are announcing this now the change will only happen from August 2018 – more than a year from now.

Here is how it will look.



Contents

- *From the Director p. 1 - 2*
- *Primary News p. 2 - 7*
- *Secondary News p. 7 - 10*
- *Other News p. 10 - 15*



Dates to Remember

June 2017

- **09:** Primary - Last day for afternoon activities
- **12:** Secondary - Internal Exams start
- **21:** End of term 4 - last day of school - 11:40
- **22 - 23:** Staff Work Days
- **26:** Fish River Trip

2017-2018	2018-2019
Toddlers	Toddlers
KG1	Early Years (EY) 1
KG2	EY2
Year 1	EY3
Year 2	Grade 1
Year 3	Grade 2
Year 4	Grade 3
Year 5	Grade 4
Year 6	Grade 5
Year 7	Grade 6
Year 8	Grade 7
Year 9	Grade 8
Year 10	Grade 9
Year 11	Grade 10
Year 12	Grade 11
Year 13	Grade 12

Of course, this is just a cosmetic change in one sense. Whether we call a class Year 1 or EY3 or do IGCSes in Years 10 and 11 or in Grades 9 and 10, nothing changes. *What* is taught and *how* it is taught will remain exactly the same.

As always, if you have any questions about this, just ask.

PRIMARY PRINCIPAL

I have heard from time to time the comment from parents that nothing important happens in the last few weeks of school. This is a misconception. While the learning of new concepts and skills may not be taking place, there is a lot happening at the end of the semester and what is happening is important. The units in the homeroom as well as the single subjects are finishing. Many classes are doing unit presentations, which will be followed by reflections about the unit. The students are being assessed on their progress with reading, writing, spelling and mathematics. They will be updating and reflecting on their portfolios. Creative works in Art are being finished and displayed.

Students will have the opportunity to visit the next year level classrooms where students will see where they'll be next year and be able to ask the teachers questions about the new year level. Students will be involved in closure activities. Closure is important as it taps into the social and emotional aspect of school. Closure activities allow for children to say goodbye to the current year level and to friends and teachers/teaching assistants who are leaving. They also allow for the teachers and students to celebrate their accomplishments and the completion of the school year. The last day of school includes a closure assembly where we will celebrate the end of the school year. It is important for children to attend school through to the very last day of school.

A few end of year reminders:

- All library books are now due. Please help your child look at home for any books that belong to the library and return the books to school.
- If your child will not be returning to WIS next year, please be sure to inform the office, as well as your child's teacher and include your child's last day at WIS.
- If your child will be returning to WIS next year but is leaving before the last day of school, please be sure to inform the School Office, as well as your child's teacher, of the date of your child's last day attending school.
- Please be sure to limit your speed in the car park. There are pedestrians in the car park and we want everyone to feel safe.

Regards,
Beth Smith

Field Hockey League Schedule

UNDER 10

All players should be at **DOC Jubber in Olympia (Rugby street) 30 minutes** before the start of the match.

Players should also have a

- Mouthguard
- Shin pads
- Hockey stick
- Sports trainers (not soccer boots)

Mr. Naftal (asst. coach)

Team

1. Guido Bidoli
2. Sergio Ferreira
3. Elias Kivimaki
4. Emmanuel Kalumba
5. Quentin Strauss
6. Alweendo Iyambo

Time	DOC JUBBER	versus	From WIS with
14:30	07 June	WHK GYM C	Parents - at venue 14:00
15:30	07 June	ST PAULS C	Parents collect child at venue - 16:00
14:30	14 June	CONSTANTIA A	Parents - at venue 14:00
16:00	14 June	WAP B	Parents collect child at venue - 16:00
16:00	26 June	ST PAULS D	TBC With parents - at 15:30 (if players are available)
16:00	2 Aug	CONSTANTIA B	TBC With parents - at 15:30 (if players are available)
14:30	9 Aug	WAP B	TBC

UNDER 12

All players should be at **Windhoek Gymnasium Private School** Astroturf in Kleine Kuppe **30 minutes** before the start of the match

Players should also have a

- Mouthguard
- Shin pads
- Hockey sticks
- Wear sports trainers (not soccer boots)

Time	WHK GYM	versus	From WIS with
14:00	07 June	ST PAULS A	School Bus - leave at 13:30
15:30	07 June	PARKIES	Parents collect child at venue - 16:00
14:00	14 June	WHK GYM A	School Bus - leave at 13:30
15:30	14 June	NAMUTONI	Parents collect child at venue - 16:00
14:00	21 June	Eros	School Bus - leave at 13:30
15:30	21 June	PEOPLES PS	Parents collect child at venue - 16:00
14:00	2 Aug	WHK GYM B	With parents - at 13:30 (if players are available)
15:00	2 Aug	WHK GYM C	Parents collect child at venue - 15:30

Mr. Fernando Beukes (coach)

Team

1. Ben-Timothy Visser
2. Awana Andrade
3. Mark Lintuange
4. Pedro Ferreira
5. Francisco Ferreira
6. Tomi Femi-Kayode
7. Ngheno Mushimba
8. Andrew Agabu
9. Jayden Jacobs

Fernando Beukes



Image from iste.org

6 ways parents can foster good technology habits

[Click here](#) to read an article by Carl Hooker on the International Society for Technology in Education (ISTE) Website.

You may want to watch the hit Netflix show “13 Reasons Why” to see how technology may affect our everyday lives. Technology isn’t bad, just that we need to foster good technology habits.

Reading with your Child - Barbara Wilson

The break is nearly upon us and I wanted to send one more public service announcement out about reading with your child. Attendees to the workshops heard me say that it is recommended that you never stop being involved in your child's reading life, even as they get older and can read independently. The reason is that as adults, in conversations with children about books, we can learn what children are thinking and guide children to a deeper understanding of texts. Deeper understanding leads to more enjoyment. Some of the additional benefits are building vocabulary, fluency and reading skills. The best benefit is getting to know your child better through conversations around stories and your child cherishes the time they get to spend with you.



First of all, building a love of reading means making reading fun! Find a time when you are not rushed to read daily with your child. Ask your child to choose the texts you read with them. Reading with younger children and older children with young hearts can involve:

- You read, I read
- Choral reading - reading passages together
- Reading in voices
- Using expression
- Reading character parts
- Your child can read the pictures and tell the story
- Act it out
- Rhyming
- Predictable texts
- When your child is actually reading, you can still read with your child.



Sometimes the smallest things take up the most room in your heart. - A.A. Milne, Winnie-the-Pooh

Participants in the Reading Workshops had an opportunity to discuss the strategies below with each other around a text. If you are interested in learning more, I highly recommend this book, [The 7 Key Comprehension Strategies](#) by Susan Zimmermann and Chryse Hutchins. The strategies are:

- Creating mental images - visual, auditory, sensory (emotional involvement)
- Background knowledge - before, during and after reading - making connections
 - Text to Self - how does this connect to a personal experience?
 - Text to Text - how does this connect to another story you've read or heard?
 - Text to World - how does this connect to an experience you heard about or know about?
- Ask questions - before, during and after reading the text
 - What will the story be about?
 - What does the title mean?
 - Why did the character do that? Would you do that?
- Make inferences
 - Predictions - what will happen next

- Seeking answerings to questions
 - Drawing conclusions
 - Making interpretations to deepen understanding
- Determine important ideas or themes
 - Synthesise information - tracking thinking to get the overall meaning
 - Use “fix-up” strategies
 - Recognizing when the comprehension is off - specific words, phrases, or longer passages
 - Use strategies like - skipping ahead, rereading, asking questions, using a dictionary, reading the passage aloud, acting it out, draw the image, etc.
 - Decoding words using what sounds right and what makes sense, in addition to what looks right

Use the 7 comprehension strategies above to discuss the text and find out what your child thinks and what you think.

Here are some additional resources for you:

[Questions and Discussion Prompts](#) for discussions around texts

[Reading Aloud Booklet](#) - recommendations for parents when reading aloud

[75 Authors](#) from Reading Rockets

An important note on Mother Tongue:

Reading in Mother Tongue only strengthens reading in English. It is recommended that children read in their Mother Tongue and English.

Thank you to all parents who participated in the Reading Workshops. Like a book, when the reader is actively engaged and involved in reading, the story becomes their own, your active engagement and exchange made the workshops. I appreciate your involvement! Happy reading!

A few favourite authors:

- | | |
|-------------------------------|----------------------------|
| • <i>Mem Fox</i> | • <i>Enid Blyton</i> |
| • <i>Patricia MacLachlan</i> | • <i>Jon Scieszka</i> |
| • <i>E.B. White</i> | • <i>Jane Yolen</i> |
| • <i>Amy Krouse Rosenthal</i> | • <i>Eloise Greenfield</i> |
| • <i>Betsy Byars</i> | • <i>Tomie dePaola</i> |
| • <i>Roald Dahl</i> | • <i>Jerry Pinkney</i> |
| • <i>And many, many more</i> | • <i>Maurice Sendak</i> |
| • <i>Eric Carle</i> | • <i>Cynthia Rylant</i> |
| • <i>Donald Crews</i> | • <i>Kate Di Camillo</i> |
| • <i>Jan Brett</i> | • <i>Ezra Jack Keats</i> |
| • <i>Anthony Brown</i> | |

Resources:

The 7 Key Comprehension Strategies, Susan Zimmermann and Chryse Hutchins

Reading Essentials, Regie Routman

Reading Aloud: A Parent's Guide, published by Candlewick Press, Cambridge, MA, U.S.A.



SECONDARY PRINCIPAL

Some suggestions with regard to the examination coming up

On Thursday, our Year 12s started their internal examinations, on Friday the Year 10s started and on Tuesday next week the Middle School students start their internal examination.

Exams often go along with stress and anxiety. However, there are strategies that can be put in place to ensure that we manage the stress and anxiety and turn something potentially negative into a driver for our performance.

Stress and pressure - pressure can motivate us to get things done. Don't we all work better if there is a deadline or a due date to meet? However, if pressure ends up to be stress, things become difficult and we start panicking. Stress occurs when the demands on us seem to be too much to handle.

Studying in itself can be stressful. But there are ways of handling stress. In stressful situations, it is important to apply strategies to calm down and to stay focussed. One can escape temporarily - i.e. go for a walk, go out with friends, meditate, but you should also make sure that you take care of yourself - have enough sleep, drink sufficient water, enjoy a balanced diet.

In an exam or just before an exam it helps to use some relaxation techniques:

- Breathing exercises
- Visualisation exercises
- Centering exercises

These can be done during the time when you study, but also just before the start of an examination.

Tips for the examination:

- Make sure you have all your stationery equipment (pencil, pen, eraser, ruler, calculator, highlighters) - put all your stationery in a see-through bag. You are not allowed to take a pencil case into the examination room.
- Finish studying some time before you write the exam. This seems unrealistic and not possible, but it will give your brain the opportunity to process and store the information. Last minute cramming is not retained when you go in to write the exam.
- Get some exercise during every day to get your metabolism going.
- Try to get at least 8 hours of sleep each night. This sounds crazy, but it is important and doable.
- Follow a healthy diet, eat healthy snacks in between. Stay away from straight sugar type snacks (Red Bull, Powerade, Energade, Coca Cola are not going to make you function better).
- Go to the toilet before you enter the exam room.
- Make sure you don't rush to the exam. Be on time. If you have to rush to come to school on time, it will affect your focus and concentration in the examination.
- **Approach your exams with a positive mind. Focus on what you have prepared for, what you can do and what you understand.**



Practical matters with regard to the exams:

- Year 10 & 12 students only attend school for their exam session. Parents can drop their child off half an hour before the start of the exam and pick them up after the last session for the day.
- Years 7 - 9 come to school at the normal time in the mornings. The exam finishes each day at 11:50 when students can be picked up and go home.
- Bring stationery in a clear/see-through bag.
- Only water is allowed in the exam room.

- Cell phones have to be switched off and instructions of staff re. where to place them have to be followed.
- When you enter the exam room, NO communication is permitted at any time until you have left the room.
- A student will not be awarded a grade, if he/she misses an exam. A doctor's note needs to be submitted to the school when a student misses an exam. Failing to submit a doctor's note will result in a 0 being awarded for that particular paper.
- Ensure that you dress appropriately - it is cold and when sitting for a longer period of time, it will feel even colder.
- Study times:
 - Students do not listen to music.
 - If you want to use your iPad for studying, ask the teacher.
 - There needs to be silence in the room to enable everybody to study.

Regards,

Maggie Reiff

New Peer Counsellors for 2017 - 2018

Anya Cloete, Robbie Winschiers, Wendy Swart, Zula Ayoub, Vanessa Amaambo, Louise Betts, Chiara Zorn, Tjaku Veringo, Sheya Sirongo and Lisane Kinne became the 8th group of trained WIS Peer Counsellors who will be offering an empathetic ear and a shoulder to lean on to their peers in the next academic year. We are very proud of these committed and caring young people who dedicated themselves to their training throughout the past academic year.

They enthusiastically and efficiently carried out their first task today by introducing themselves to the Year 6s who are about to join middle school in August. The new Year 7s have all been assigned a Peer Counsellor who will act as their guardian angel while they take the next big step in their school careers.



Comments from our new PCs, looking back:

- *"During PC training I have learnt a lot about my peers and grew a lot closer to them. I love helping people and have learnt many techniques that will help me in the future."*
- *"I am excited to meet new friends and help lead them to being the person they can be."*
- *"I have learned how different people express themselves and to tell if they're in trouble from their body language."*
- *"During my time in Peer Counselling I learned the skills to read other people's emotions and how to help them overcome their problems. I'm extremely happy I have joined and I don't regret it at all."*
- *"I've always loved being kind to others so now that I know how to help more people it makes me feel really good."*
- *I have learned so much about myself and others during this course. I've enjoyed every minute of it and I'm glad I decided to join."*
- *"For me this course meant self-discovery and self-growth ."*

- *"My time at PC has been amazing. I have learnt more about myself and how to get in touch with my own and other people's' emotions. I am glad I got the opportunity to get to know my classmates who did the course with me in a more emotional way."*
- *"Joining the group was one of the best decisions ever. I've learned so much and had so much fun and laughs."*

Sharon Gorelick - Peer Counsellor Trainer & Coordinator

Hopsol Football League

The Hopsol Football League U9 U11 and U13 matches were hosted at WIS on Saturday. Teams from SKW, Ramblers, Athletics, St Paul's Falcons, Valkrie, VRK, and DTS participated. We had 24 teams competing including 3 teams from WIS. As we have come to expect, the competition was consistently excellent and the boys enjoyed the challenge and performed very well.



Thomas Jackson-Read

Ms.Yolandé's interview

" Working hard for something we don't care about is called stress. Working hard for something we love is called passion".



Having a little talk with the awesome YOLANDÉ STANDER, digging a bit deeper into getting to know her better. Finding out about her past and present. I always wanted to know why a teacher became a teacher. Yeah yeah we know about the feeling about "feeling like it's your passion" but from Ms. Yolandé I heard something else; when Ms. Yolandé finished school, she didn't know what she wanted to do with her life yet.

She went to England and met a family. The mother was a Pre Primary teacher, who shared her feelings and happenings with Ms. Yolandé. After a year in England she decided she wanted to become a teacher after experiencing the stories she'd been told about being a teacher. She is very happy being a teacher, she believes the quote "working hard for something we don't care about is called stress. Working hard for something we love is called passion"

Now before becoming a teacher what did she do for living ? Basically Ms. Yolandé worked as a waitress at a Greek restaurant for 6 years. She was once also a florist for many years, and also studied graphic designing. Did you all know that she LOVES art?

One interesting moment in her life was when she had her first degree, she went back the London. She taught in London but it was definitely not what she prepared for. She wasn't fully prepared because it was very different from when she was taught at school. Ms. Yolandé went through tough stuff, she cried, laughed but most importantly, she was HAPPY.

Like EVERYONE says " we are all human" we have feelings and different opinions. A question that many students have in mind, is whether the teacher has a favourite student? And is it fair?

Some teachers say yes they do and yes it's fair, because why not like a student more that does the work in class, that listens closely. For Ms. Yolandé she doesn't think it is fair. She believes every student should be treated equally, but if you do have a favourite, please do not show it!

Now, let's dig a little more deeper. We all probably have a role model, someone we look up to. Do you guys know Carol Dweck? She does research on growth mindset. I understand why Ms. Yolandé looks up to her. I honestly never knew that Ms. Yolandé was afraid of talking on stage, she always looks ready, prepared and relaxed when she is on stage, now that is called skills!

Watching a movie with your friends, enjoying the time together, is obviously nice right? A movie called "Dirty Dancing" is a movie that Ms.Yolandé at the moment loves! Maybe she wouldn't mind watching with her closest friends at school. Shoutout to Ms. Jan, Ms.Ruby, Ms.Padmini and Ms.Heike. Ms. Yolandé feels likes she is friends with everyone, but they are the top 4.

If you could be any famous person, who would it be and why? Here's what Ms. Yolandé had to say: If I could be any famous person I would be Angelina Jolie.

She's a great humanitarian, various causes are quite close to her heart like the environment, education and women's rights. Which means she has a strong value and belief systems. In her professional career, she is an all rounder and her job is very creative allowing her to explore different things and try new things (actress, screenwriter, producer etc) she also loves children as she has adopted 3 and have 3 of her own. I also think she is beautiful inside and out.

Feel like you learned a lot? Sadly this is the end of the amazing YOLANDÉ STANDER past and present. I would like to thank Ms. Yolandé Stander for letting us know more about her now! It's always nice to get to know someone better. Right?

Hope you enjoyed!

Year 8 - Li Zang

PLASTIC IS NOT FANTASTIC

We Celebrated the World Environment Day on the 5th of June.

Nowadays is quite hard to be indifferent to the plight of our Planet. The only one we have.



Most of us like to think that we do our share by reducing our carbon print, by recycling, by donating, by reducing our purchase of unnecessary items, by cycling to work, by trying to eat more organic food and so on.

Here at Windhoek International School one of the focuses to help our planet has been in reducing the usage of plastic items, such as plastic bags.

With 'Plastic is not Fantastic' presentations by the group Roots & Shoots, we at the PTA decided to join this fantastic initiative.

Plastic is indeed not fantastic - it gets consumed by animals once we throw it away



in the environment, sometimes carelessly and sometimes even with the best of intentions, plastic does not get absorbed by the Earth.

It stays there, and invariably gets consumed by an animal which is also part of our food chain. So, are we doomed?

No, not if we support initiatives such as those promoted by the Roots & Shoots group and purchase zero plastic. Get active & think of alternative ideas, such as purchasing a cotton bag and re-use it over and over again.

With this principle in mind we, at the PTA, approached Penduka, a charity in Katutura which is registered with the aim to improve the lives of disadvantaged women and also women with health difficulties.

Those women, even though they have a difficult time in their lives, produce an array of beautiful hand made products. We thought that this would be the best partner to work with us in producing a Library Bag for WIS. So we visited them, we spent time at their beautiful headquarters, we chatted, we chose the material, and so it was the beginning of a fruitful relationship.

We needed another partner that believed in our cause and Westlane Spar became our obvious choice. They have sponsored 100 Library bags with the WIS, Spar & Penduka Logos.

A three way partnership to save our planet being inundated by plastic bags.

Re-use & buy our library bags from July at our PTA Hut.

Sandra Camilo-Giroud - PTA

Canned Food Drive for Nelson Mandela Day

As was published in The Oryx a week ago and further to the message sent out on Wednesday, WIS has been invited by the United Nations Information Centre in Windhoek to participate in a community service event being held to commemorate Nelson Mandela Day (18th July).

Please bring or send in canned food for this very worthwhile initiative. Cans can be left at the School Office or handed to your child's homeroom teacher.

Thank you!



PAYING SCHOOL FEES BY CARD

The school has recently acquired the ability to accept payment by credit card or debit card. You may make such payments in Yolanda Visser's office. Please note, however, that we are charged by the bank a 4% surcharge on card transactions and so must pass on this cost to those taking advantage of the new payment method.

IMPORTANT REMINDER

If you pay monthly, please bear in mind that the final invoice for the 2016-2017 school year must be settled before we can release reports, the yearbook, and so on. You are respectfully asked to ensure that all outstanding amounts are in the school account by Monday 19th June. Thank you.



Congratulations to Sahara Kamwanyah in Year 7A. She was the lucky winner of a **Instax Fuji instant Camera** from Namibia Portraits & Technology! Hope you enjoy your new camera...



End-of-Year Gathering

On Wednesday the PTA very generously provided a wonderful spread of food for all those who toil at WIS. It was a delightful occasion and the foods were yummy.

It was kind of them to thank us but, of course, we have just as much reason to thank *them*. The PTA continues to support the school and the staff in a multitude of ways and we are extremely grateful.

Next time, perhaps, the staff should provide lunch for the PTA. Now, there's an idea!



5km WALK FOR DIABETES WINDHOEK



FUNDRAISER FOR THE DIABETES FOUNDATION NAMIBIA



Saturday, 10 June 2017

Walk starts at 8:00
From Windhoek International School
Scheppmann Street, Pioniers Park

FREE Blood Sugar testing from 7:30



Adults N\$50, Children <12y N\$30

Get your Business or School involved

For Registration, please contact:

Nicole Dreyer | T: 081 412 5391 | E: dreyerfamily@iway.na

THE HAVE-A-HEART PROJECT PRESENTS:

DATE
10 JUNE 2017

VENUE
EAGLES RESTAURANT - AVIS

TIME
REGISTRATION:
9 JUNE @ SPCA 15h00 to 17h30,
10 JUNE @ 7h00
WALK STARTS @ 8h00
FEE: N\$ 50,00 pP

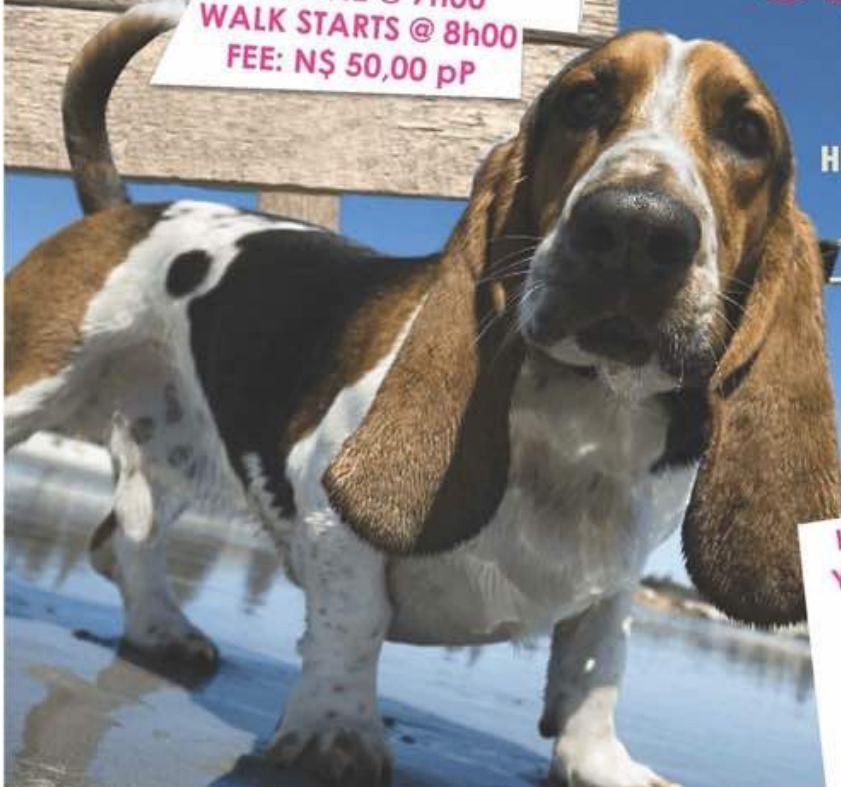
WALK 4 THE love OF DOGS

**WALK THE DOG!
MAKE FRIENDS!
HELP THE ANIMALS!**

REFRESHMENTS AND
T-SHIRTS FOR SALE

IF YOU DON'T HAVE A DOG
YOU CAN STILL JOIN US AND
WALK A DOG FROM THE
SPCA
- THEY WOULD LOVE IT!!

PLEASE PHONE 081-127 7600 IN ORDER
TO ORGANIZE WALKING A DOG FROM
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Have a Heart

SPAY AND NEUTER PROGRAM
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Saving lives through sterilisation