



THE ORYX

The weekly newsletter of Windhoek International School

FROM THE DIRECTOR

The AGM and Board of Directors

Thank you to all the parents who turned out on Tuesday to attend the Annual General Meeting.

At the AGM elections were held and two parents – **Yaw Brantuo** and **Raniero Leto** – were elected. Separately, and in line with the school's Articles of Association, the Board of Directors exercised its right to appoint two more members – **Palesa Hekandjo** and **Norman Tjombe**. Although it is not a requirement for appointment to the Board, both are in fact parents of children at WIS.

The full Board of Directors now numbers eleven. They are:

Fran AYLOTT (Treasurer)
 Matthew BLACK (Chair)
 Yaw BRANTUO
 Jacqueline FERREIRA
 Palesa HEKANDJO
 Raneiro LETO (Vice Chair)
 Magano NERI
 Léart PETRICK
 Craig THOMAS
 Norman TJOMBE
 Lisa TRANSFELDT

The new Board met informally last night but will get down to work at its first formal meeting on Tuesday 30th January.

The school's diversity is something we frequently celebrate and always value very highly and the Board of Directors goes a long way towards representing that diversity. It comprises five women and six men and includes members from Australia* (1), Ghana (1), Italy (1), Namibia (4), South Africa (1), the UK (2) and the USA (1).

You'll be tired of me saying it but the Board of any school does an enormously important job. Looking at the eleven names above, I think WIS is in very safe hands for the coming year.

*Happy Australia Day!

Peter MacKenzie



Contents

- From the Director p. 1
- Primary News p. 2, 5
- Secondary News p. 3 - 8
- Other News p. 4, 9 - 10



Dates to Remember

January 2017

- **30:** Board Meeting

February 2017

- **12 - 16:** Book Week
- **19 - 23:** Year 8 trip
- **21:** NamBTS Blood Drive
- In the PLC Foyer

WEEKLY PUZZLER

Last week's puzzler was solved by Sarah in 7B and Johannes in Year 10. Well done! A solution can be found [here](#).

Imagine I give you a thousand one dollar coins and ten envelopes. (Stretch that imagination!)

Here's your assignment: Figure out a way to configure those 10 envelopes, that is, to put various numbers of dollar coins in those 10 envelopes, so that no matter what amount of money I ask you for, you can hand me some combination of envelopes and always be assured of giving me the correct amount of cash (not more than N\$1000 of course).

Please send your answer or any good puzzlers to pfarrell@wis.edu.na



PRIMARY PRINCIPAL

The Importance of Sleep

Now that the children have settled back into the school routine after the month's holiday it's a good time to revisit a topic that I've written about in previous Oryx issues - the importance of sleep. Having enough sleep can make the difference between a child having a good day at school and a bad one. Your child's getting the recommended amount of sleep for his or her age can mean that interactions with peers are more likely to be positive, engagement in class activities will probably be more focused, and the completion of tasks will be timely. In addition, getting enough sleep can influence your child's good health.

According to the US National Sleep Foundation (<https://sleepfoundation.org/sleep-topics/children-and-sleep>) and Kids Health (kidshealth.org) 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

If your child is not getting enough sleep, as per these recommended hours, I encourage you to revisit your child's bedtime and consider the following advantages and disadvantages of getting enough sleep vs not getting enough sleep.

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

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.

Regards,
Beth Smith

SECONDARY PRINCIPAL

Some reminders for Secondary School

Events coming up:

• **Commercial Advancement Training Services (CATS) presentation - 6 February 2018 - 18:00 - WIS Auditorium** - CATS will present their programmes to our students (<http://www.catsnamibia.org/index.html>). This is especially relevant for families whose children are currently in the IGCSE course or plan to pursue a more practical career.

• **IGCSE & IBDP Information Morning - 20 February 2018** - for our students who will be entering the IGCSE or IBDP programmes respectively next academic year. **Parents are cordially invited to attend this event to inform themselves of the next step**

their son/daughter is about to embark on.

- **University of British Columbia (UBC) - presentation - 18:00 in the Auditorium of the PLC, 20th Feb.**
- **We are also hosting some sessions with 100 Mentors, a mentoring platform WIS subscribes to where students can interact with expert in different fields**
 - **For Year 11 - Study techniques and exam preparation - 9 February 2018**
 - **For Year 12 - How best to prepare for external examinations - 16 February 2018**
- Students prepare for these sessions in advance by sending questions to the mentors about the given topic.
- **Student Parent Teacher Conferences - 28 February and 1 March 2018** - this is a good opportunity to meet with teachers to discuss your child's progress in school. Sign ups are done electronically. More detailed information will follow Mid-February.

Some other reminders:

- Students should **be in their classes in the mornings at 7:20** to be sure to not miss the announcements made during registration time. It is important that lessons can start promptly at 7:25.
- Kindly note that students should if at all possible, **not leave school during the school day for appointments**. If they do need to leave school, it is the expectation that they find out what they missed in the classes they were absent for and catch up on that work independently. Teachers are always willing to inform students about work that needs to be caught up on, but students should take the initiative to approach the teacher to find out what they need to catch up on.
- Students should **not leave for holidays or long weekends before the scheduled holiday/long weekend** if at all possible. Missing school is always disruptive to all involved, the student, the class and the teacher, because once the student returns, it is normally difficult to be on par immediately with work that is happening and often teachers then have to pause what they are doing to get students on par who have not been in school.
- Students should be **picked up from school promptly after their last lesson** or afternoon activity. There is no supervision for students after school and we cannot take responsibility for students' well being when they are on campus unsupervised. If a student is not picked up straight after school, they should attend the Homework Club until 14:20 (if they are waiting for older siblings to finish) or until 14:45).
- We have again revised our **expectations on Student Dress Code**. Please see the revised version on the D6. We try to do this in consultation with teachers and students to find a way to give students enough freedom to wear what they feel comfortable in, but also respect our diverse community in the way they dress. Parents, kindly assist in us getting this right. A guideline I used for students yesterday is:

You are invited to a job interview

- *You want to make a good impression*
- *You don't know the person who is going to interview you*
- *You do not know the circumstances that you will find yourself in during the interview*
 - *Will you wear **short shorts, torn jeans, a tank top** to this interview?*
 - *Probably not*
- *This is what you should consider when dressing for school.*

**Regards,
Maggie Reiff**

EARLY CLOSING on WEDNESDAY 21st FEBRUARY

Something we have done – and will only ever do – very infrequently is close the school early for staff training. But we have run out of scheduled professional development days for the current school year and we do need to have a couple of hours with all teaching staff before the end of February.

Please be advised, therefore, that on **Wednesday 21st February** all classes will end at 13:30. All classes up to and including Year 9 would in any case finish at 13:30 but on this day Years 10 to 13 will also be dismissed at 13:30.

If you have any questions, please do not hesitate to contact me.

Peter MacKenzie, Director

Apply now for the 2018 WiSci Girls STEAM

Calling all STEMinists! Have you ever wanted to learn how to code, create a mobile app, make a microscope with your smart phone, or think like an engineer? Do you want to have a once-in-a-lifetime experience this summer?

[Apply now for the 2018 WiSci Girls STEAM Camp in Windhoek, Namibia - applications are open until 11:59 pm EST on February 18, 2018.](#)

The 2018 WiSci Camp is an all-expenses paid program for girls from around the world, taking place from June 16 – 28, 2018. Get ready to meet girls from other countries, sharpen your STEAM skills, and develop your leadership potential—helping you to achieve your educational and career goals in science, technology, engineering, arts & design, and mathematics (also known as STEAM) fields.

Girls ages 15-18 who are citizens of the United States, Ethiopia, Swaziland, Namibia, and Kenya, are eligible to apply for limited camper spots. Preference will be given to applicants who are interested in learning more about STEAM fields and have limited financial resources or access to other learning opportunities. **[Please see the full eligibility requirements on the WiSci FAQ page.](#)**



WiSci 2018 is a public-private partnership between Girl Up, the U.S. Department of State, Intel Corporation, Google, the government of Namibia, and other partners. This interactive program is a cross-cultural, immersive learning experience. By the end of the program, campers will create girl-led, technology-driven solutions to some of the biggest challenges facing our world today.

Don't miss out! Applications are open until 11:59 pm EST on February 9, 2018.

Apply Now

21 FEBRUARY IN THE WIS AUDITORIUM FOYER

2018

12 new chapters
365 new chances
6 blood donations
1 awesome new year

Donate 6 times in 2018

Please note the following:

1. Eat a meal before you donate!
2. You need to be older than 16 and younger than 65.
3. You must weigh more than 50kg.
4. You must lead a sexually safe and healthy lifestyle!
5. Be committed to helping others.

Blood donation takes 20 – 30 minutes, is completely safe and utterly rewarding. Your donation will save lives – in fact, it could save three.

Contact us:
t: 061-386 300
e: pro@bts.com.na
www.bts.com.na


The Blood Transfusion Service of Namibia



A note from the School Nurse

Dear Parents and Guardians,

Years of experience have taught us that 2 - 3 weeks after a long break, many of our students tend to become ill with fevers, sore throats, coughs, runny noses, nausea and/or vomiting. In order to reduce spreading these infections to other children and staff, please keep your child at home if they present with any of these symptoms. It is school practice to ask our parents to fetch their children if they develop a fever, vomiting or diarrhoea during school hours. If your child is diagnosed with an infectious illness e.g. chicken pox, mumps etc.. please also let me know immediately so that we can take measures to prevent its spread.

If you have further questions please do contact me..

WIS strongly recommends that all immunisations are kept up to date.

Sharon Gorelick , Nurse & Counsellor



WIS PRIMARY SWIMMING GALA

I'm not a swimming coach or a P.E. expert. However, I feel passion for swimming. I watch my daughter going through many challenges during her swimming sessions and she still shows commitment and self-discipline for something she believe is 'her thing'. Many of our students, are representing different soccer, gymnastics, ballet, hockey and of course swimming clubs. They are achieving personal goals and contribute to the whole team's success. We should encourage our children to take part in different sport events at WIS to grow as a community and promote a healthy lifestyle and well-being.

I think the biggest challenge these days is to engage young people to create self-direction and passion for sport.

I know that there are many good swimmers at WIS who will easily sign up for swimming galas and there are those who are still scared and unsure.

Our second Inter House Swimming Gala will take place on 2 February 2018, (the venue still needs to be confirmed).

I would like to express our gratitude to those swimmers who will challenge themselves.



Robots will be coming to the swim Gala too. Students will be treated to a Sphero Olympics by their peers from the Makerspace After School Activity.

We are looking forward to a great Event.
Like Dory said: "Just Keep swimming..."

On behalf of the Sports Committee,
Beata Stephanus

Find the Inter house Swimming Gala here: [ENTRY FORM](#)



WIS PRIMARY SCHOOL

INTER HOUSE SWIM GALA

2 February 2018

Year Group: 2-6
Events: 25m or 50m

- 25m Freestyle
- 25m Backstroke
- 25m Butterfly
- 25m Breaststroke
- 50m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 50m Butterfly

Date: Friday, 2 February 2018
Time: 12:00-13:00
Venue: TBC

Makerspace Activity

Primary learners using STEAM student sets to discover programming skills.



Spelling Year 9

Every week the Year 9 students get a list of vocabulary to study and understand. This is to build vocabulary and to focus on spelling. The students have to memorize these words and when the lesson comes, they have to remember the words and then write a story using them correctly within context. This is what some of the students wrote for this week's list:

Our class is so corrupt, I know we're in 11th Grade or whatever but that is no reason to think you can steal. Why would anyone even steal **antihistamine**, what would you do with that in Grade 11? It is **absurd** how no one has spoken about our two classmates stealing the drug! It **aggravates** me how no one cares like they don't even know those people anymore. It was in the newspaper, I expected kids to place an **annex** all over the school buildings. These guys are too **antisocial** to consider talking about it. I am quite **affable** so I'd obviously talk about it with ease. I can tell that their parents are quite **affluent** and obviously paid the school to keep them from expelling or talking about it. I would so like to just **annihilate** the tension I can feel in this class! I screamed and said, "Why is no one talking about it, your own classmates stole and could possibly go to jail, and you don't care!"

~~Wednesday~~
Wed-Nes-day

Everyone looked at me like an abstract painting. They said "Ugh, that was the kids below our Grade... sit down son!"

By PJ Shidute

Yesterday my **affluent** father and I flew to Paris to visit the Louvre museum. It was also my birthday on this day and it was **absurd** that he forgot about it - or so I thought. Once we arrived at the museum I saw a giant wrecking ball right next to it. I'd always wanted to **annihilate** something, I thought this might be my chance.

My dad and I walked into the museum and he seemed **aggravated**. When he's annoyed he becomes **aggressive**, so I left him and went to look at some **abstract** art. My father was often an **affable** man but would be **antisocial** at gatherings. I continued to look at some art but found my way back outside. I noticed my dad was sitting by the controls of the wrecking ball, and he called me over. "I am sorry that it's not pink" he said and I smiled. I pushed a lever and that was the end of the Louvre.

By Nдеми

The secondary school was **annexed** next to the primary school recently. I was going to have to go to the secondary school tomorrow.

I came in homeroom quite early and over the course of the next twenty minutes I saw my classmates drift in. Most of them were **affluent** as I later learnt something I wasn't. Despite many of them acted normal and were **affable** people, politely saying hello to me and telling me about the school and how things worked. Like normal people they of course groaned when we got an **absurd** amount of homework. Of course there were remarks that you would hear from a wealthy person but it didn't bother me. There were some people who did. They were the rich kids who had massive egos and **aggravating** arrogance. Most of the class were rich but these kids thought because they were rich they were superior and that everyone should listen to them. Fortunately when we reached History, the semi-**aggressive** teacher yelled at them in a colourful language because they ignored him. The old man viciously threw a duster at one of the boys but he ducked and it came hurling at me. Luckily I caught it. We then learnt about examples of **annihilation** by studying historical battles. In art we started a project, we are going to make an **abstract** painting. Most of art I spent talking to a guy who wasn't **antisocial**. Our art teacher sneezed a lot and she took some **antihistamines**, afterwards she became quite woozy.

So, the first day of school was good, apart from all the homework.

By Emilio

IGCSE PE

Student get to grips with the R.I.C.E. principle in Y10 Physical Education.

We are applying the treatment method of Rest Ice Compression Elevation to Sport Injuries.



Thomas Jackson-Read

WIS 2017/18 YEARBOOK COVER COMPETITION

**...because this
does not look
right....**



**STUDENTS ARE INVITED TO DESIGN A COVER FOR THIS YEAR'S
YEARBOOK. THE BEST ONE WILL BE PRINTED ON THE FRONT COVER OF
EVERY 2017/ 2018 BOOK!**

RULES

- ▶ THE DESIGN MUST BE A4 SIZED
- ▶ CLOSING DATE: 15 MARCH 2018
- ▶ ENTRIES CAN BE SUBMITTED DIGITALLY OR AS HARD COPIES
- ▶ MAXIMUM OF 3 ENTRIES PER STUDENT
- ▶ PRIMARY ENTRIES SUBMITTED TO MRS VEENA, VNAMBIAR@WIS.EDU.NA
- ▶ SECONDARY ENTRIES SUBMITTED TO MR. SMIT, RSMIT@WIS.EDU.NA
- ▶ THE FOLLOWING TEXT MUST BE ON THE COVER (ANYWHERE):
 - WINDHOEK INTERNATIONAL SCHOOL
 - YEARBOOK 2017/ 2018

It's about happiness, love, joy, kindness & pride

I LOVE MY PET

SPCA PHOTO COMPETITION

COMPETITION RUNS FROM:
15 January 2018 - 28 February 2018

HOW TO TAKE PART IN OUR COMPETITION!

Send your photo and proof of payment of the entry fee to :

spca.moniquer@gmail.com

Include the following information: name of person & name of pet, short description of why you love your pet, how he/she adds value to your life.

**CASH PRIZES
TO BE WON!**
1st Prize: N\$1000
2nd Prize: N\$600
3rd Prize: N\$400



COMPETITION RULES:

- Any age individual with his/her pet (one entry per pet)
- Photos can be taken by camera or cell phone - quality not the main factor - it is more about happiness, love, joy, kindness & pride between owner & pet.
- **N\$100 per entry!**
- Winners to be announced: **10 March 2018**
- Judges decision final
- All photos will be posted on the SPCA Windhoek Facebook page.
- Press Release with photos of winners will be send to all media