



THE ORYX

The weekly newsletter of Windhoek International School

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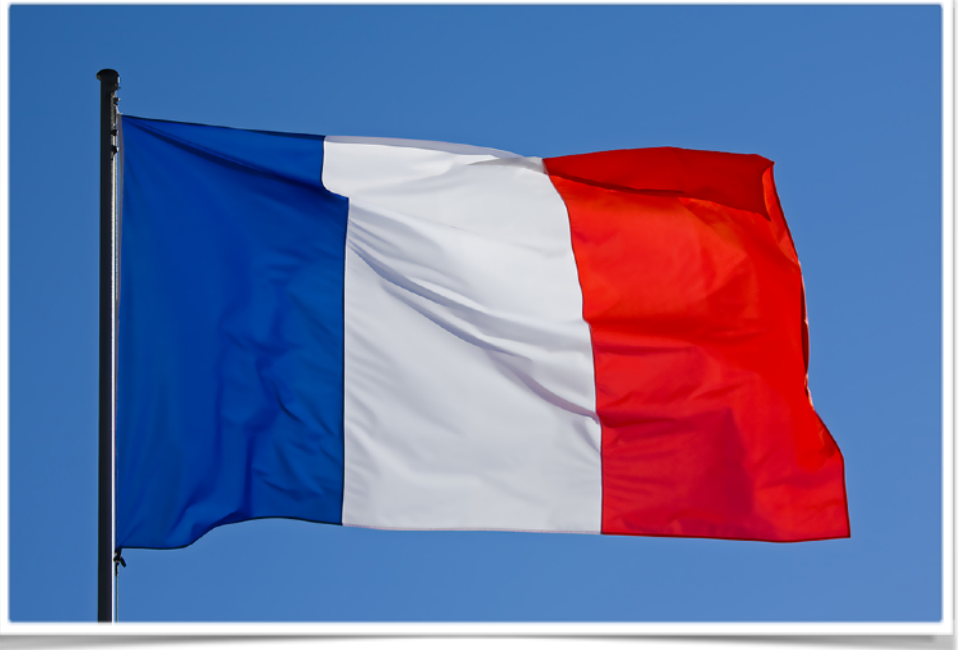
Dates to Remember

November

- 24 - 26 - Photo Days
- 30 - Walk for Water

December

- 1 - Board Meeting
- 9 - End of term - Last day of school



FROM THE DIRECTOR

INTERNATIONAL DAY

It was impossible for Saturday not to be overshadowed by the terrible news from Paris. Elsewhere in this issue of The Oryx Maggie Reiff writes movingly about the juxtaposition of the two events and those of us who attended the International Day will confirm that the mood was as defiant as it was sombre.

Those to whom diversity of thought, faith and behaviour is abhorrent would have been dismayed to see on Saturday peoples of many different cultures and beliefs happily and easily interacting, laughing, and taking pride in being members of an international community. That is what an international school like WIS stands for. And it is our values of tolerance, respect and acceptance that must, and will, ultimately prevail.

My sincere thanks go to everyone who came on Saturday (it was packed!) and to all those whose hard work made it possible. Same time next year please!

With best wishes

Peter MacKenzie



Teacher Feature

Ruby Duffield-Harding - Year 2A

I was born in Port Louis, on the beautiful island of Mauritius. My family immigrated to England when I was very young and so I was educated in Kent, England.

I came to Namibia in March 1990, just before Independence with my husband and our two children. We have enjoyed travelling around this country with its breathtaking scenery and wildlife, covering hundreds of thousands of kilometres on safari, mainly in Namibia and also in South Africa.

My teaching career began when I received a Diploma for Montessori Education in London. I joined the very young Windhoek International School in 1993, when WIS comprised of just a few classrooms and containers, sharing premises with a state school, Van Rhyn. I am honoured to have been teaching at WIS from its early stages, watching our school grow, stumble and gradually become a more established school.

Continues on page 3

PRIMARY PRINCIPAL

Another international day has come and gone. It was a wonderful day and great to see the WIS community come together as one to celebrate the diversity which makes us international. This day could not happen without the support of the parents. Thank you to each and every one of you who contributed in some way, be it time, donations, costumes, gazebos, etc. Your contributions are appreciated and helped to make the day a success.

At these week's assembly, the Primary students had the opportunity to see all of the international day performances. This gave everyone a chance to "travel around the world" again through the countries represented by each year level.

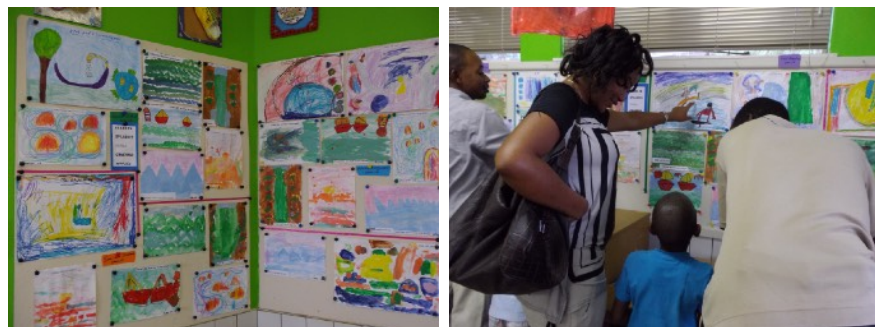
Another way we are coming together as a community is the upcoming Walk for Water event on November 30. This event is one of many Climate Change events being hosted around the world on 29-30 November. We have chosen to Walk for Water to raise awareness about water conservation, specifically in Namibia. Thank you to all who have already contributed the \$100 for your children to participate in this event. If you haven't contributed as yet, you still have time to do so next week. As a school we value this event as it promotes awareness of our environment and we all need to think a little more about how we can save water. Each drop makes a difference.

Kind regards,
Beth Smith

PRIMARY ART DEPARTMENT

FROM THE PRIMARY ART DEPARTMENT (Our PAD)

Last week in our PAD we exhibited a lovely Year 1A Sharing the Planet: Water Exhibition with parents. The students were able to talk eagerly about their



creative journey exploring various means of depicting of water in different forms.



Teacher Feature continued

It's a privilege to have been part of the beginning of the IB Primary Years Programme, which was partly developed here at WIS.

PYP is a rewarding approach to teaching, learning alongside the students and allowing the teacher a sense of connection with each individual student in the class; guiding them on a journey of self discovery.

I thoroughly enjoy working in the Lower primary section of the school. Teaching alongside some inspiring colleagues who have come and gone over the years; also, the joy of teaching and watching the students blossoming, even the challenging ones!

WIS is a great part of my life, in a sense it is part of my family, it has a great sense of community; this I believe, is due to the IB being present in the school, we strive to develop an internationally minded community, with that comes the sense of a greater family.

Student tardiness

We are experiencing an increasing number of late arrivals by students in the mornings and a great number of students are not picked up on time in the afternoons. Please ensure that your child is present at school to be in class by 7:20 and is picked up at 13:30 or 14:45 (if they have an Afternoon Activity). Students coming late disrupt the start of classes and there is no supervision for children being left at school after classes and Afternoon Activities have ended.

We count on all our parents' cooperation in this regard.

This Friday there will be a similar PAD Exhibition for the Year 1B also Sharing the Planet from @ 7.20am.

Genie Albrecht

SECONDARY PRINCIPAL**International Day in perspective**

Was it a coincidence that International Day was celebrated a day after terrible events in Europe shook the world? What do we celebrate on International Day?

In my contribution today I would like to elaborate a little on the idea of International Day and where it came from and our school motto - "An international community of Learners".



When we speak to students who are here in the school about what makes our school special almost all of them answer; "the many cultures, the diversity".

It takes great courage and wisdom to be accepting of all other individuals. However, if you learn to be around many different people all the time this becomes second nature. And I would like to believe that at WIS we are proud to be open minded and caring about the people around us who come from so many different cultures, religions and backgrounds. At WIS it is almost never an issue what skin colour you have, which religion you follow. Our kids get along with each other and accept each other most of the time.

What can sometimes be questioned is whether we are accepting of all people from all backgrounds. Our students are privileged in having the opportunity to be in a school that opens doors for them everywhere in the world. Our students are educated in an open and progressive environment but we sometimes forget to acknowledge how fortunate we are. We sometimes elevate ourselves above the rest of the world - sometimes even our peers - who are not having all the means we have.

The events of the past week should make us pause and once again reflect on this. Even in the most developed world life cannot be taken for granted and in an instant situations can change and chaos can erupt.

International Day at WIS was an opportunity for us to celebrate our



diversity and be proud of the international nature of our school and community. It is not a coincidence that we celebrated the day with the same flair and positivity even though somewhere else in the world horrific events caused chaos. Amidst conflict, wars and destruction in the world, it is our duty as a school to keep on celebrating our diversity and emphasise the good outcomes of this in our daily lives.

I'd like to share the link from the International School of Paris with you. Mr. Simon Murray, Head of ISP, is reacting on the many wishes received from all over the world. We collaborated in a CAS project with ISP some years ago and our thoughts are with the school in particular: [Click here](#)

Kind regards,
Maggie Reiff

Nucleus Open Bodybuilding Championship

Being a bodybuilding fanatic is one thing, but a vegan on top of that can be challenging for some people. The first question you get asked, is where do you get your protein or what do you eat.

I have been bodybuilding for many years and enjoy working out at the gym, but never thought about competing until recently. I trained hard for the last 3 years and decided to enter the Nucleus Open Bodybuilding Championship in 2015 under the lightweight division. Not knowing the extend of what it really means to enter such a competition I completed the entry form and was ready to prepare for the stage.

Starting at sixteen weeks prior to the competition date, my diet had to change. I needed to adjust calories, weigh and record every single thing I ate. What also had to

change is the amount of cardio vascular activity and a regular routine of jogging or HIIT (High Intensity Interval Training). With the reduction in calories daily and the increase in cardio vascular activity, the fat started to drop. As the date approached and the fat got less, so did the energy and it

became increasingly tough to commit 100% to workout routines in the gym. Regular posing practice was also needed, as you need to perform seven compulsory poses when you are on stage. These needed to be perfect and accurate, in order to show every single striation and muscle.



As we approached the contest date, I needed to schedule multiple spray tanning sessions and make sure I had all the details planned in order to be ready for stage.

The final week before the completion was the hardest. Front loading of carbohydrates were done, where I increased the amount of carbohydrates consumed by 20% on Monday and slowly tapered it down to normal levels on Friday. On the Saturday (competition day), carbohydrate loading was needed in order to fill muscle glycogen levels and be as "full" as possible by the evening for the show.

Water was only sipped with meals in order to be as dehydrated as possible, preventing any subcutaneous water. Just before going out on stage a light workout routine is performed and a high sodium and carbohydrate meal is consumed in order to “fill out” to the max!

Then it was over. All the preparation and hard work for 15 minutes on stage. Judges moved the contestants around and the top three for each division were called out. I did not place top three out of the fourteen contestants in my weight division, but competition was tough and the top three in my weight division looked very good.

Nevertheless it was a very exciting experience and definitely the very first ever Vegan to compete in such competition in Namibia.

Jean-Pierre Bruwer

November is Diabetes Awareness Month

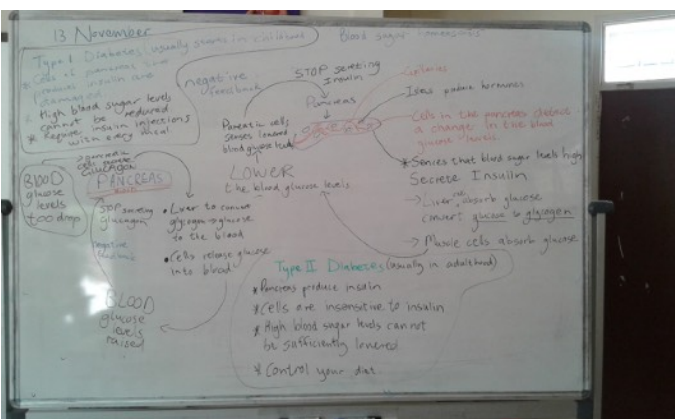
November is Diabetes Awareness Month and is part of a worldwide effort for a disease that affects 371 million people globally and 187 million undiagnosed. Researchers are estimating that by 2030, 552 million people will have the disease. Thus the importance of raising awareness.

WIS actively participated in raising awareness about Diabetes. The entire school collaborated and one example was that our school wore blue on Friday, 13 November 2015 to show their support and understanding of what the disease entails. Teachers discussed and shared facts about Type 1 Diabetes and Type 2 Diabetes in the Primary classes; in Secondary, Ms. Smit had a full lesson about Insulin and the pancreas with her Year 12's.



The Year 7 students researched facts and created posters that were put up around the school to raise awareness. Students and parents supported this effort by purchasing more than N\$4000.00 worth of products. This financial support was a fundraising effort for the less privileged. We collected more than N\$1000 which we then donated to help buy insulin and test strips for those who cannot afford it.

As a parent with a child who has Type 1 Diabetes, I would like to take this opportunity to show my absolute gratitude towards every single person from the WIS community for taking part in this initiative - you all are amazing! He deals with 6 - 10 finger pricks and 5 insulin injections a day but takes it in his stride.



He is an amazing strong boy and a hero to many. If it wasn't for our strong WIS beliefs in being caring and having a watchful eye on his well-being, he would not be able to academically flourish, so for that I am grateful.

Angie Janse van Rensburg

SCHOOL PHOTO DAY

Please note photo day will be from 24 - 26 November. See the d6 under resources for more details!

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School Photos - 2015

The School package will consist of the following

2x Portrait Photo A5 (15x20CM)
1x Portraits Photo Jumbo (10x15CM)
4x Passport Sized Photo's
1X 2015 Calendar A5 (15x20CM)
1x A5(15x20cm) Class Photo)

All For N\$ 85-00

The school will also receive digital copies of all photos that can be used in the year book/website

Each register teacher that has twenty or more orders of the Class group and individual photo set, will receive a free set of the class photo and an individual set.

20% of total photo sales will be donated to the school.

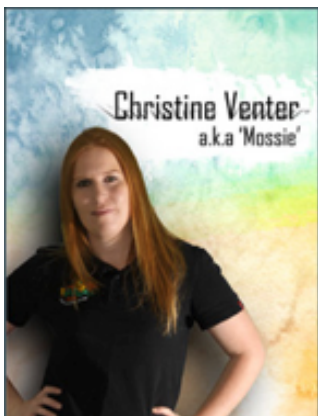
Vaughan Husselmann
Namibia Portraits & Technology

WIS'S GOT TALENT

The PTA is happy to announce that we have finalised our judges for the WIS talent show. They are very excited about this upcoming event and we hope you are all ready to showcase your talent! The talent show is open to all ages and year levels!

Remember that there are only two more weeks to submit your entries.

Judges are:



Christine Venter
'Mossie'- Radiowave



Chanique Chani Rabe
Miss Teen Namibia 2015
Miss Teen Continents
2015



Ulrich Busch
Namibia's well known
classic guitarist



Emmanuel Ndifon
Alumni student who has
proven to be a very well-
rounded performer
during his time at WIS

