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THE ORYX

The weekly newsletter of Windhoek International School

FROM THE DIRECTOR

The Annual General Meeting

The 2021 AGM will take place on **Wednesday 27th January** at **6pm**. Because of the current situation, it will be a virtual meeting. A link will be sent nearer the time.

There are four (4) vacant positions on the Board of Directors to be filled by election from the parent body. Five parents have been nominated. Voting is taking place in the School Office during normal school hours and will close at **4pm** on **Wednesday 27th January**.

The votes will be counted at school after 4pm. Any parent who wishes to observe the count is welcome to do so.

The first meeting of the new Board of Directors will be on **Wednesday 3rd February** at **6pm** in the Staff Room.

Peter MacKenzie

PRIMARY PRINCIPAL

The Grade 1 classes have recently listened to the story, [One Word for Kids](#) by Jon Gordon, Jimmy Page, and Dan Britton. It's about choosing one word that will help you to have the best year ever. Just as the students in the story did, the 1D and 1J students explored different words and chose a word for themselves that would be their individual focus. This week's remote assembly features some of the words that the Grade 1 students chose.

I've been thinking about the power of words and how they really do matter. Words can be positive or negative. Positive words can make us feel better and uplift others while negative words can bring us down or be hurtful. In the story mentioned above, choosing one word to focus on for the year made a difference and contributed to a positive year. While it was for her project about the processes that products go through, Zhuowen in 2D said that her product was a little thing but a big idea. That seems to be fitting here. Choosing one word to focus on is a little thing ~ it's just one word ~ but ultimately it is a big idea.

The attributes of the Learner Profile and the ATL (Approaches to Learning) are an important part of the education that students receive at WIS. Through these attributes and skills students are coming to understand that words do matter. The students are learning to respectfully communicate their thinking, differing opinions, concerns, and beliefs. They are learning what it means to be open-minded and tolerant and to take responsibility for their actions. These are skills that many adults find challenging because unlike our students these skills weren't learned in school.

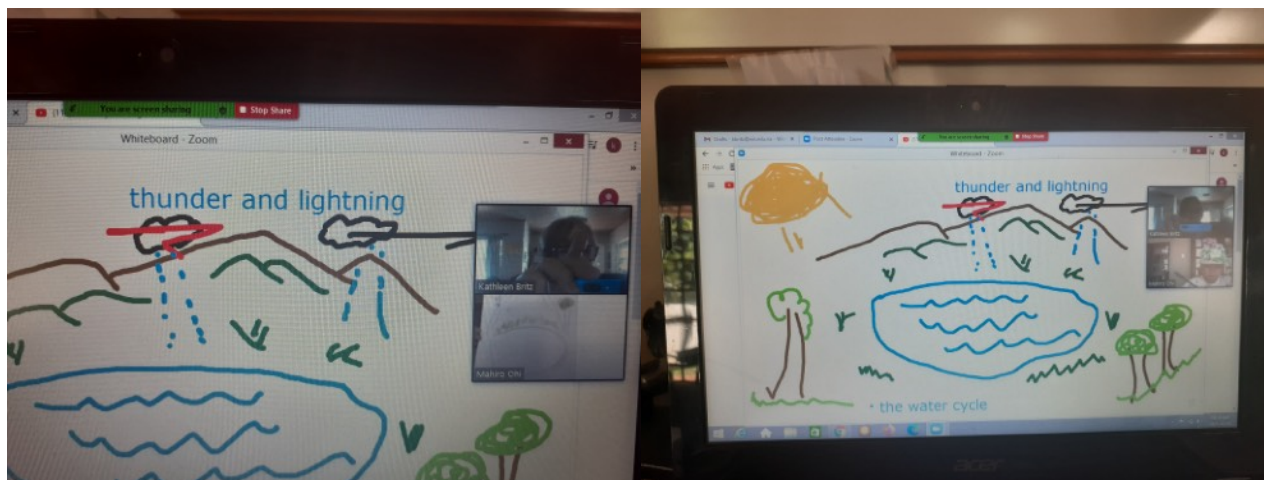
If you have seven minutes to spare, listen to the story above. It might spark your own thinking about choosing that one word that is going to help you to have a positive year. I haven't quite decided on my word yet, but when I find my word, I know it will be a positive one and that my "best year ever" will have been inspired by a learning experience of the Grade 1 students.

Watch this week's [Remote Learning Assembly](#).

Regards,
Beth Smith

EY3 Water Cycle

EY 3 learning about the water cycle.



Kathleen Britz



SECONDARY PRINCIPAL

Technology - its use, its purpose, its effects

This week we are celebrating our 200th edition of the Oryx. It is a milestone reached in a time where a lot is different to what we are "used to". When thinking about this, I want to spend some time pondering on the use of technology which has reached an unprecedented intensity in the past year.



Watching [The Social Dilemma](#) is an eye opening experience that makes us reflect on the way we use technology and the effect the rise of social media has had on society. Focusing on exploitation and manipulation of its users for financial gain. The generation we are educating - Generation Z - has been exposed to technology from a very young age. We cannot live without it anymore, we cannot teach without it anymore. What we should, however,

do is be aware and inform ourselves of the potential repercussions and effect this has on the generation we are bringing up.

When you can't control
what's happening,
challenge yourself to
control the way you are
responding
to what's happening.
That's where the power is.

Young people need to learn how to consciously “use” technology and social media as a tool that they can control. That is not easy, it is not even possible for most of us adults, but this needs to be a goal in our education. As much as social media and big tech companies have been instrumental in bringing about changes in society, be it with regard to climate change or creating awareness on social injustices, as much as these platforms also create social, political and cultural havoc. It is not the platform as such that is questionable, it is the way we use them. And our obligation as educators is to guide and support the young people in our care to use technology responsibly, consciously and be aware of the risks and negative

consequences.

Why address this in the 200th edition of the Oryx? In another stint of remote learning, we have had to navigate the use of technology again - it might not be the last time we have to experience this. What we should do, however, is embrace the opportunities and be aware of the risks.

“THE GREAT GIFT OF HUMAN BEINGS IS THAT WE HAVE THE POWER OF
EMPATHY.
WE CAN ALL SENSE
A MYSTERIOUS CONNECTION
TO EACH OTHER.”
— MERYL STREEP

And when we return to school face to face next week, appreciate the opportunity of personal interaction, keeping in mind that our physical interactions are also changing. We don't hug each other like we used to, we don't greet each other like we used to. But we can still treasure the human interactions - take care of each other and ourselves.

In this regard, another article that has caught my attention addresses mental health in Generation Z. How our youth is connected and still isolated and not feeling the human connections necessary for sincere and meaningful relationships. How young people - 18 - 24 years old -

have so much to worry about and miss out on these experiences that define human interactions:

<https://www.newportinstitute.com/resources/mental-health/virtual-isolation/>

My wish for us all is that we consciously make our human interactions valuable and strong and let us feel that real connections that can only develop when we are able to appreciate the face to face contact with each other.

Regards,
Maggie Reiff

Congratulations Anna Verchuša

Much of the 1572 km coastline of Namibia is a rugged inhospitable wilderness populated by little more than barnacle encrusted shipwrecks and hardy fishermen and women who try their hand at catching a tasty fish for supper.



Xenia Plarre regains national junior title

» Sailing

The Namibian Sailing Association hosted its junior national championships at Walvis Bay Yacht Club late last month, sponsored by Catamaran Charters and Mincon.

The event was open to all sailors under 19, who sailed in two different classes of boat.

The Optimist Sailing Dinghy is an international youth boat designed specifically for children by American boat designer Clark Mills in 1947.

The Laser class is also an international class and is used for the Olympic men's and ladies single-handed classes.

The wind on the Friday started northerly before turning westerly and with low water the course was laid out in the bay beyond the moorings. Race officer Peter Davidson managed to run six races, three for each class, before allowing them

onto the beach for a break. The freshening breeze was welcomed by the more experienced sailors who completed the fourth race in the fastest times. The Optimist class was dominated by Xenia Plarre, who was also the overall winner in 2018, and there was a fierce battle for second place between Anna Verchusa and Nicole Steyn, both with two seconds and two thirds going into the final race of the series.

The Laser class was dominated by Albertus de Klerk, although Jonathan van Zyl with two seconds was chasing him hard before he had to retire due to injury, leaving the field open for Tristan Keulder (2019 overall winner) and Deon de Klerk. The rules allowed competitors to discard their worst race to count 4 out of the 5 races, giving the following results.

JUNIOR NATIONALS OPTIMIST CLASS
1 Xenia Plarre



Lauren Davidson (right) from the Namibian Sailing Association hands over the overall winner's trophy to Xenia Plarre. From left during the final prize-giving are Nicole Steyn (fourth), Tristan Keulder (third) and Albertus de Klerk (runner-up).

2 Nicole Steyn
3 Anna Verchusa
4 Tangeni Schulz
5 Stephen Fourie
6 Emily Zander
7 Danielle Swart
8 Toy Page

JUNIOR NATIONALS LASER CLASS
1 Albertus de Klerk
2 Tristan Keulder
3 Deon de Klerk

4 Jacques Swart
5 Jonathan van Zyl

The medal race final was very close with Albertus, Tristan, Nicole and Xenia all looking like strong contenders. The final race was started in a 10 knots of breeze.

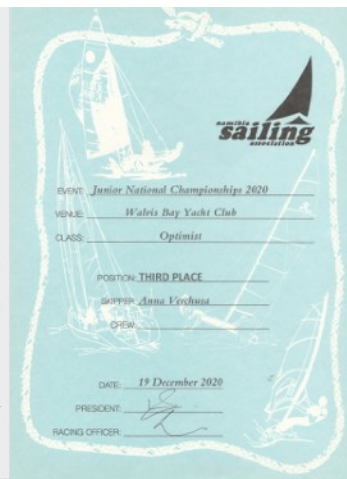
All boats started together on the same course with the Lasers doing four laps and Optimists doing two laps. Results were calculated using

the Portsmouth Yardstick Handicap system and only 23 seconds, corrected time, separated the top four competitors, illustrating how close the racing was.

The final overall results were:

- 1 Xenia Plarre (Optimist)
- 2 Albertus de Klerk (Laser)
- 3 Tristan Keulder (Laser)
- 4 Nicole Steyn (Optimist)
- 5 Anna Verchusa (Optimist)
- 6 Deon de Klerk (Laser)
- 7 Jacques Swart (Laser)
- 8 Danielle Swart (Optimist)
- 9 Emily Zander (Optimist)
- 10 Toy Page (Optimist)
- 11 Jonathan van Zyl (Laser)
- 12 Stephen Fourie (Optimist)
- 13 Tangeni Schultz (Optimist)

The prize-giving was conducted by Lauren Davidson from the Namibian Sailing Association, who presented the re-dedicated trophy in memory of Craig Gibson, in recognition of his significant contribution to junior sailing before his untimely death in October. Organisers expressed thanks to the Commodore of WBYC, Theo Schoeman, for hosting the event and those who provided rescue cover, racing and shore administration as well as all parents and competitors who supported the event. In addition a final thanks goes to the sponsors Catamaran Charters and Mincon.



Congratulation to Anna for a stellar performance in the open Optimist category in the annual Namibia Sailing Association Championship.

For the super brave and adventurous people there is also an opportunity to tame the wild coast in a sailing vessel - that is precisely what Anna Verchusa in Grade 8 did, during the holiday.

Term 3 after school sports

Please see below all sports activities that have been listed for the 3rd quarter. Activities will be open for EY 3 to Grade 12. Sporting codes will be incorporated into others if less than five students sign up.

- Secondary activities begin 26 January 2021
- Primary activities begin 1 February 2021

	Monday	Tuesday	Wednesday	Thursday
Grade EY3-5 1:15-2:15	Athletics Ms. Sonandre	Netball Coach Virginia/Ms. Jane	U10 Soccer Ms. Audrey	Athletics Ms. Richenda
	U8 Soccer Ms. Audrey Girls Soccer Mr. Chi/Ms. Laura/Ms. Sinead	Basketball Coach Mpume/Ms. Audrey	Netball Coach Virginia	Basketball Coach Mpume/Ms. Audrey
				Girls Soccer Mr. Chi
Grade 6-9 1:15-2:15	Basketball Coach Mpume	U12 Soccer Mr. Tom	Basketball Coach Mpume	MS Soccer Coach Virginia
	Athletics Ms. Sonandre			Athletics Ms. Richenda
Grade 10-12 2:15-3:30	Basketball Coach Mpume	Basketball Coach Mpume	Basketball Coach Mpume	Basketball Coach Mpume
	Boys & Girls Soccer Coach Virginia	Volleyball (all grades) Ms. Auried/Mr. Chi	Boys & Girls Soccer Coach Virginia	Volleyball (all grades) Ms. Auried/Mr. Chi

Netball	3:30pm-5pm Ms. Audrey/ Coach Virginia		3:30pm-5:00pm Ms. Audrey/Coach Virginia	
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There will be 2 sessions offered:

- 1:15-2:15 EY3 to Grade 9
- 2:15-3:30 Grade 10-12 and any invited from the younger grades

Please note Netball for Grade 10-12 and those Grade 6-9 who want to represent the school will be from 3:30 pm to 5:00 pm.

Use the link below to sign up. You will not be allowed to participate if you have not signed up.

[3rd Quarter After School Sports](#)

WIS supports the Windhoek SPCA

At WIS we believe the best way to teach students compassion and generosity is when we lead by example. The Windhoek SPCA is a non-profit animal welfare organisation operating in Namibia since 1949, and can only survive through donations from the public like us.

They recently had to say goodbye to a very old PC, and WIS decided to step-up and donate. Mr. Jean-Pierre Bruwer set up an old laptop for them that was still in a great working condition. They can now happily continue doing their day-to-day operations with no worries.

If you wish to help the SPCA in anyway please do. Volunteer, donate or adopt. Any and all support is appreciated.

You can learn more about them by visiting their [website](#) or take part in their [Member challenge](#).





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