



THE ORYX

The weekly newsletter of Windhoek International School

FROM THE DIRECTOR

Annual General Meeting

Notification was sent out in early December but let me remind parents of the Annual General Meeting (AGM) to be held at school on Wednesday 30th January at 6pm. I hope that all parents will make an effort to be there.

Resilience and Parenting

In 2016 Angela Duckworth published a book arguing that the key ingredient of success is what she called 'grit'. 'Grit', she suggested, is perseverance, determination, the ability to rise above failure, and the discipline to keep your eye on the long-term goal. Grit is unnecessary for short-term gratification but it is essential for long-term success. Her argument generated as much criticism as support but I don't know any teachers who would deny that 'grit' (or whatever you call it) is one of the most important things we are trying to encourage and develop in children.

Another word for 'grit' is perhaps resilience.

Adversity is a fact of life. Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes. Psychologists have identified some of the factors that make a person resilient, among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Research shows that optimism helps blunt the impact of stress on the mind and body in the wake of disturbing experiences. And that gives people access to their own cognitive resources, enabling cool-headed analysis of what might have gone wrong and consideration of behavioural paths that might be more productive. Resilience is not some magical quality; it takes real mental work to transcend hardship. But even after misfortune, resilient people are able to change course and move toward achieving their goals. There's growing evidence that the elements of resilience can be cultivated.

<https://www.psychologytoday.com/intl/basics/resilience>

Which brings me to two fascinating articles I read this week.

<https://www.theguardian.com/lifeandstyle/2019/jan/05/six-ways-to-raise-a-resilient-child>

<https://www.theguardian.com/commentisfree/2019/jan/10/by-mollycoddling-our-children-were-fuelling-mental-illness-in-teenagers>

Parenting today is probably harder than it has ever been. I hope these two articles offer some useful advice.

Peter MacKenzie

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Dates to Remember

January 2019

- **14 - 18:** Secondary Week B
- **16 - 18:** Grade 5 Camp
- **21:** Afternoon Activities Start
- **30:** 2018 - 2019 AGM @18:00



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WEEKLY PUZZLER

Welcome to a new year of puzzling puzzlers.

Now it's time to switch on those brains, and get those neurons firing.

If we continued the numbers in this table, what would be the number directly below 400?

		1							
	2	3	4						
5	6	7	8	9					
10	11	12	13	14	15	16			

Good luck! Please send your answer to pfarrell@wis.edu.na, and if you find a great puzzle send it to the same address.



ACE

By now you have heard quite a lot about ACE – the new accreditation protocol from the New England Association of Schools and Colleges.



We have had ACE training in March 2018 and an evaluation visit in November 2018. The next stage is that we must look long and hard at our practices through the lens of ACE and submit a report for their consideration by 29th November 2019. A team of four will then visit the school in January 2020 to confirm (we hope!) our re-accreditation.

As part of this detailed process, we must now complete an online survey that will help NEASC and ultimately us to better understand what we are doing well and what we need to improve. There are different versions of the survey for teachers, leadership, students and **parents**.

The surveys are anonymous and we will only see the aggregated results. But they will be a very valuable tool that will help us to focus our efforts on improving the educational experience we offer **your children**.

Today you have been sent the necessary link. Please take fifteen minutes to take the survey. And please be completely honest. We need to know what people really think.

The deadline is a week today – the 18th.

Thank you for your support.

Peter MacKenzie

AFTERNOON ACTIVITIES START
Please note AA start for all grades on 21st January 2019!

ACCOMMODATION NEEDED!

During Term 4, the Primary School will be hosting two interns who have chosen WIS as the school where they'd like to do their practice teaching. Rianne and Kimberley are both Dutch and are in their final year of study at the University of Stenden in the Netherlands. Their internship will start on March 11 and finish June 19. They are looking for accommodation for the duration of their stay. If you know of a relatively inexpensive furnished place that they can rent or if you are interested in hosting one or both of the interns, please contact me for more information.

Regards, Beth Smith

PRIMARY PRINCIPAL

Happy New Year and welcome back to school. A special welcome to our new families. As the second semester begins I am thinking about many of the events to look forward to during the next six months.

Next week the Grade 5 students, along with their teachers Ms Kaye, Ms Lyndsay and Mr Gerson, as well as Ms Avril and Mr Danai, will be heading off to West Nest Lodge for their annual overnight camp. The trip will take place January 16-18. The purpose of the camp is for team building and preparation for the the PYP Exhibition. Speaking of the Exhibition, the Exhibition process will begin the week following the return from camp.

The Diskonto Book Fair will be taking place January 31-February 1. This will be an opportunity for you and your children to purchase books. Diskonto always offers a good variety and choice of books.

Book Week will follow soon after the Diskonto Book Fair during the week of February 18. The students will be engaged in many activities around books, stories and writing. International Mother Language Day falls during this week as well, tying in nicely with the various activities.

MAP (Measures of Academic Progress) tests will be administered at the end of February and beginning of March.

Student-Led Conferences will be held Thursday, March 28. Please note that the conferences will be one day only. It should also be noted that it's not a regular school day. Children only come to school with their parents/guardians for the conferences with the Homeroom Teacher, as well as the various Specialist Lessons Teachers.

Sports Day will take place this semester. There will be games and challenges for the students to participate in, representing their houses. Lots of school spirit will certainly be present during the day.

The PTA Family Braai is scheduled for April 27. That's sure to be a fun time of community.

As with the first semester there will be Art exhibitions, end of unit presentations by the various classes, field trips, assemblies and more. More information and details will be provided nearer to the time of each event.

I wish everyone a positive and successful second semester, as well as for 2019.

**Regards,
Beth Smith**

PYP Coordinator's message

Welcome back to a new exciting term ahead of us. Happy New Year to you and your families.



This year is an exciting time in the Primary Years Programme. The IB PYP framework has undergone a lot of reflection and review to improve the framework. The IB PYP is launching the new enhanced PYP. The Primary teachers are excited and looking forward to these enhancements and incorporating them in our school.

The launch of the New Enhanced PYP will be phased in over the period of 2019-2020. The launch will include the new organising structure of the learner, learning and teaching and the learning community. This year our school will be undergoing a deep dive into what this means and how we can incorporate this in our school.

A SUMMARY OF KEY ENHANCEMENTS:

- The PYP will be viewed through the new organising structure of the learner, learning and teaching and the learning community.
- **THE LEARNER:** We all have **AGENCY**, the capacity to act intentionally. Recognising and supporting agency in the enhanced PYP will create a culture of mutual respect, acknowledging the rights and responsibilities of students, schools and the wider learning community, enabling students to take ownership of their learning and teachers of their teaching.
- **The EARLY LEARNER:** Will be redefined to include young students from 3-6 years, with enhancements offering future flexibility to inquire into a minimum of four units each year.
- Increased support for the early learner will highlight the importance of planning uninterrupted time for play, building strong relationships, creating and maintaining responsive learning spaces and engaging in symbolic exploration and expression.
- **LEARNER PROFILE:** Attributes will be reinforced, and brought to life throughout the learning community, allowing greater flexibility to incorporate learning dispositions relevant to your own school context.
- **ACTION:** Will still draw on inspiration and innovation in the PYP. We will be encouraging the learners to explore different demonstrations of action as participation, advocacy, social justice, entrepreneurship and lifestyle choices. The **EXHIBITION** will be repositioned as a powerful demonstration of student agency.



Our school looks forward to this new discovery into the PYP. Here at WIS we always strive to make things better.

Avril van Zyl

SECONDARY PRINCIPAL

Welcome back to a new year and a new semester

We wish everyone a happy 2019 and especially our students a good second semester of the 2018/2019 academic year.

Once again, we have started our semester with Mock Examinations for Grades 10 and 12. We wish you strength and hope that your hard work during the past 18 months will show in the outcome of these examinations. This is a good preparation and trial for the final examination in May/June. May you use this opportunity to prepare and after the examination to heed the advice your teachers give you as feedback on the examination.



As mentioned before, a lot is happening in our Middle School. We will be hosting another parent information evening soon to inform parents on the current progress with regard to assessment and communicating progress to students.

At the start of a new year, one often resolves to do things differently. This mostly does not result in changes in one's habits or ways of doing things. What does result, however, is reflecting on the success of things that we do and then deciding on concrete actions to take to change what isn't working perfectly. I wish this to be a goal for all our students at the start of the year. It would be great to hear how this is working from students and other members of the community.

**Regards,
Maggie Reiff**



'FADENGRAFIK'

A blast from the past - art exhibition

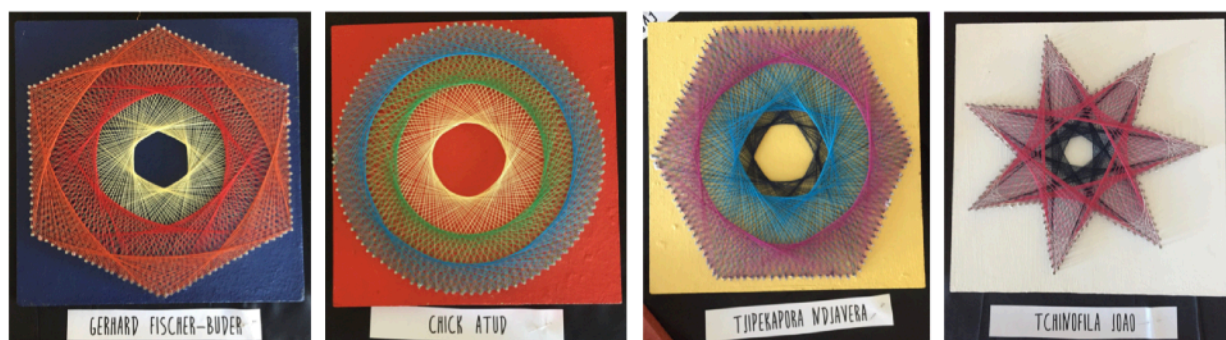
On the last day of Semester 1, the grade 6 classes had a short, but well-received exhibition of their 'Fadengrafik' pieces in the foyer of the auditorium.

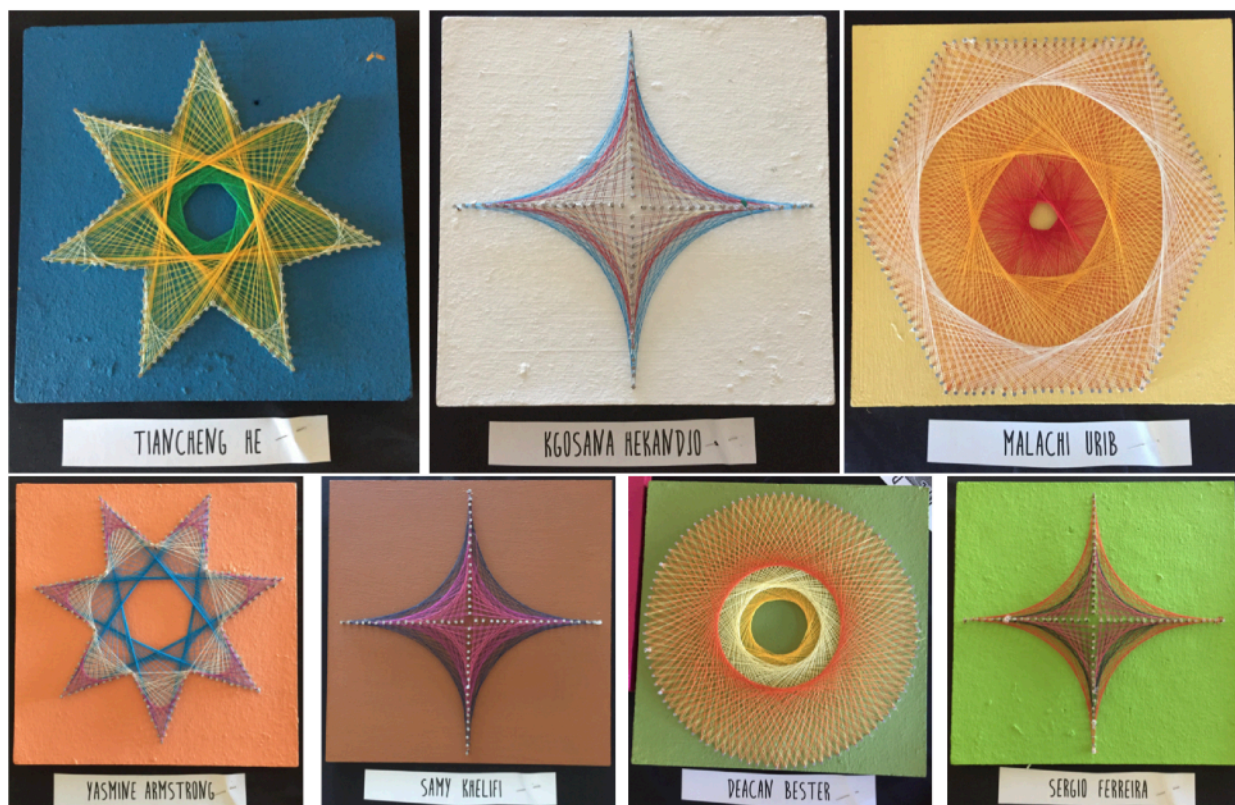
'Fadengrafik' (String Art) was highly popular in the 1970's and is an excellent technique to not only extend the learners' span of attention, but also improves psychomotor skills (and therefore handwriting) in a playful way and with a beautiful outcome. It further trains the recognition of patterns and can be integrated well with learning mathematics.

Points are connected in straight lines with strings and through rhythmic repetition a diversity of curves and patterns are formed. The points can lie in straight lines like the sides of squares or triangles, but they can also be placed on curved edges of any circular or oval shape and many combinations thereof.

'Fadengrafik' requires precise working habits and gives direct feedback to the learner when focus is lost, because mistakes are instantly visible through irregularities in the pattern created.

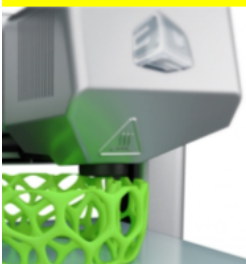
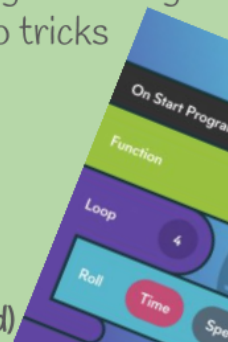
Please enjoy the images below if you missed this exhibition.





Thank you,
Grade 6 learners and Ms. Heike.

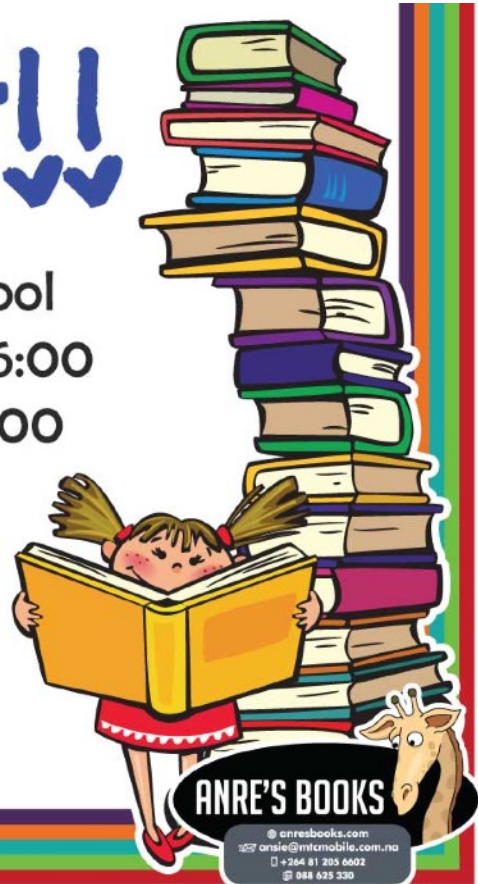
MAKERSPACE ACTIVITIES

<p>3D Design & Printing Identify a problem, design a solution</p>  <p>Tuesday! Vene: ICT Lab Time: 1:45 - 3:00pm Grade 5 - 12</p>	<p>Robotics Program a robot to navigate through an obstacle course or do tricks</p>  <p>Thursday! Vene: Room 22 Time: 1:45 - 2:45pm Grade 2 - 5 (Max 12std)</p>
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Look out for the after school activities sign up sheet in January 2019!

BOOK FAIR!!

Windhoek International School
Thursday, 31 January, 7:00 – 16:00
Friday, 1 February, 7:00 – 16:00
Speedpoint Available!!
Auditorium



2019

Happy New Year!