



# THE ORYX

*The weekly newsletter of Windhoek International School*

## FROM THE DIRECTOR

A huge congratulations to our WIS Fish Eagles Girls Basketball Teams! This week the Under 14 Girls took Gold in the Namibian Schools Basketball Association, and the Under 16 Girls took Silver! It is exciting to see Sports and After School Activities flourishing here at WIS, and there is a sense that our programmes are starting to outgrow our facilities. If you would like to join a team of parents, students, staff, and alumni who are interested in exploring possibilities to fundraise for campus development in the area of Sports and Enrichment, then please consider adding your name to [this list of interested parents](#).

In terms of other campus developments, we are on track for completing the WIS Perimeter Fence by the end of 2022. The new fence area will have a wider enclosure, which opens up new possibilities for our use of open space in the northwest corner of our enclosed space during, before, and after the school day.



For those who may not be aware, the construction of this fence is made possible by a generous grant from the US State Department's Office of Overseas Schools.

Plans and costs are still being finalised, but it looks likely that by the end of January 2023 we will be able to begin renovating our Middle School Science Classroom into a fully functional Middle School Science Lab. This will allow our MYP 1-3 students to gain practical experience and real-life application by conducting Science experiments in a lab environment.

**PARENT INFORMATION PORTAL**  
Click here for more information

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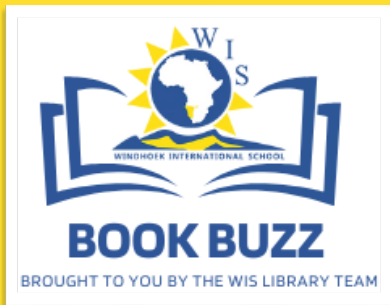
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### Dates to Remember 2022

- **17 Oct - 2 Nov**  
PYP Art exhibition (EY1/2 -Gr. 5)
- **28 October 2022**  
A Spooky night out!
- **31 October 2022**  
Scary Movie night: 14:00 - 16:00
- **02 November 2022**  
DP Coffee Morning
- **11 November 2022**  
Staff Work Day
- **22 - 23 November 2022**  
School Photos: Details TBC



**WIS BOOK BUZZ**

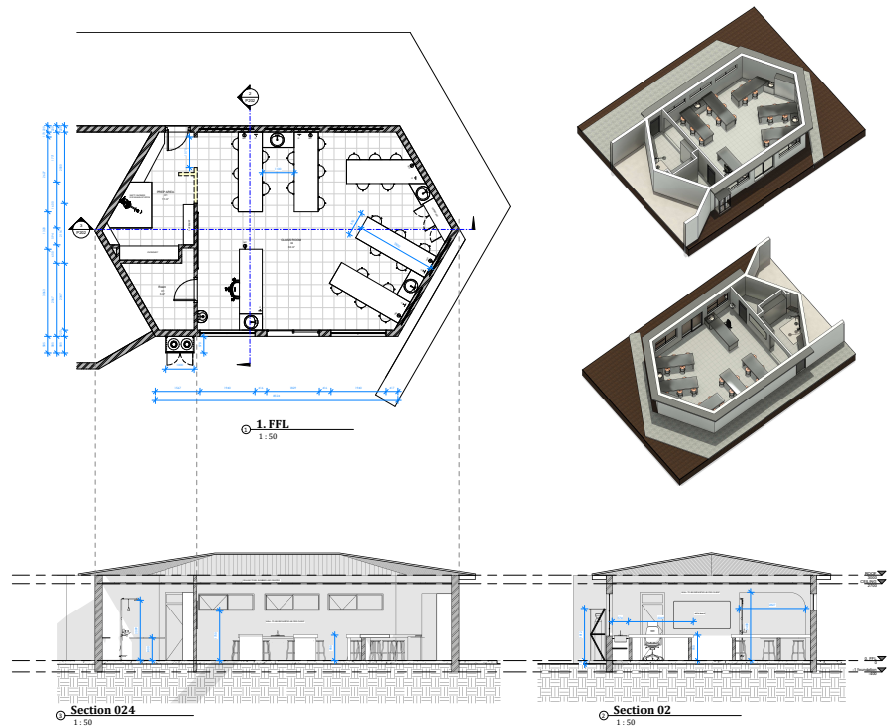


Whether you believe in the tooth fairy or the spirit of Halloween, we can all agree that October is busy scorching everything to a crisp. If you're wondering how to stay cool, we have some books to recommend. These books will send chills down your spine as you huddle in the air conditioning to shelter from werewolves, zombies or the monsters under your bed. In addition, these books are currently in our collection and are ready to be checked out:

- The boy Who Cried Bigfoot
- Trapped in the Museum of Unnatural History
- Attack of the Jack - O'-Lanterns
- Nightmare on Hannah Street
- Cam Jansen The Scary Snake Mystery Case #17
- Alvin Ho Allergic to girls, schools and other scary things

As we read books and enjoy this spooky time of year, we hope to see you'll join us Monday, October 31st as we watch Hotel Transylvania 4 in the PLC Auditorium. This will be a great time to catch a hilarious, animated story about Count Dracula and his Hotel for timeless scary characters like Frankenstein and the Boogey Man.

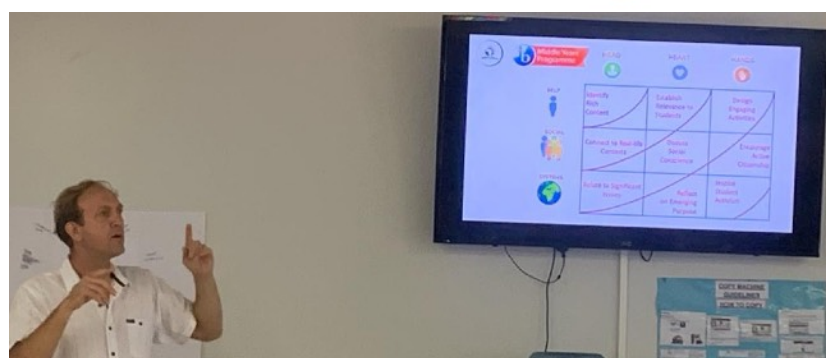
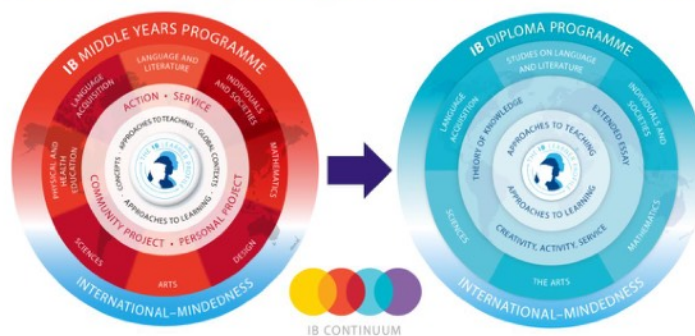
For questions and inquiries, please email us at [jwashington@wis.edu.na](mailto:jwashington@wis.edu.na) and [mneftali@wis.edu.na](mailto:mneftali@wis.edu.na)



We are excited to begin our rollout of the IB Middle Years Programme, even while we continue our emphasis on offering the highest possible quality IGCSE curriculum to our final two cohorts of Grade 10 and 9 IGCSE students taking these examinations in May/June 2023 and May/June 2024 respectively. This week, our MYP Coordinator Adrian von Wrede-Jervis gave an introduction to the MYP at the Parent Coffee Morning.



**MYP as progression to DP**





**Matthew Bryant - MYP Teacher starting January 2023.**

I am an adventurous person who enjoys being outdoors and exploring the world around me. I am South African and grew up in small towns within the Kwa-Zulu Natal region.

I enjoy sports and I have played and coached various sports such as hockey and soccer. I have been teaching in South Africa and Ethiopia and I am very excited to work in Namibia.

I am currently teaching in Ethiopia and have been living here since mid 2020, I was part of a small group of educators who were part of establishing a new international school in the capital city of Addis Ababa and I am currently the Head of Humanities at the same school.

During my downtime I enjoy hiking, running or traveling.



Please remember that there will be no school on Friday, 11th of November. Our teachers will be undertaking an MYP Workshop and a Primary Pedagogy Workshop on that day.

**Sincerely,  
Ethan Van Drunen**

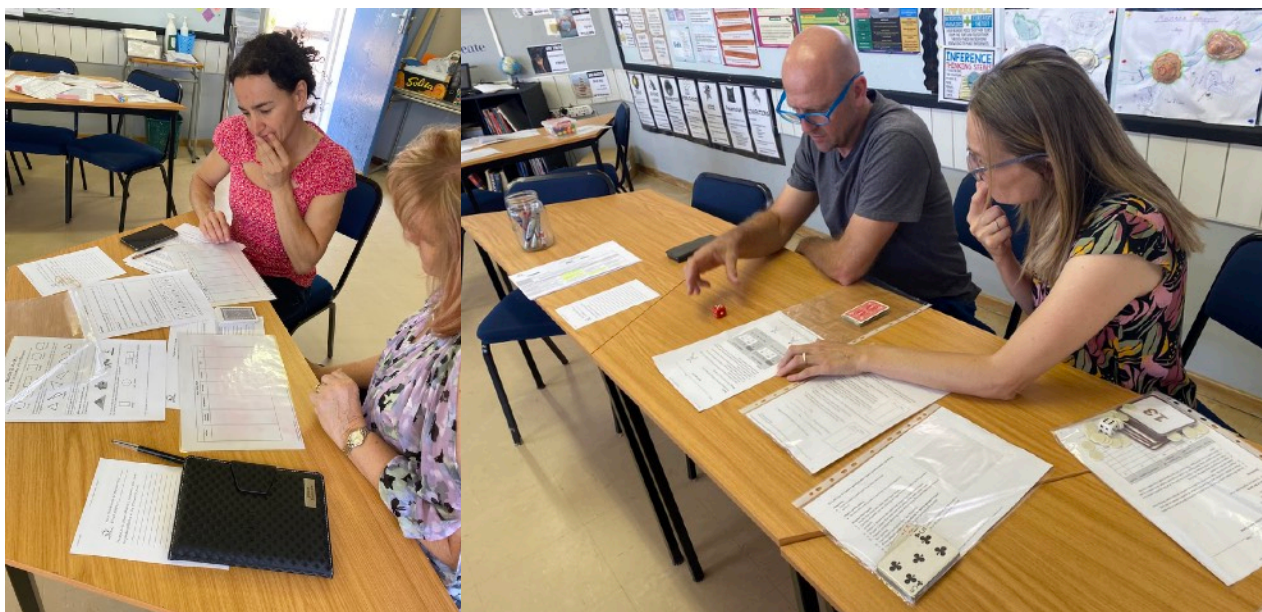
## PRIMARY PRINCIPAL

Dear WIS Community,

We have come a long way with our Maths programme in the Primary at WIS. Teachers plan weekly with our Maths coordinator and when I visit classrooms I see evidence of how the programme is implemented. I am then happy to see that there is consistency, coverage and vertical articulation of the Maths curriculum. Together with our Learning Enrichment department, teachers plan targeted support for learners who have gaps in their Maths learning, and initiatives such as Maths clubs for anyone that loves Maths are a deliberate move to raise the profile of Mathematics at WIS.



At WIS we teach Mathematics in a balanced way, with equal attention paid to procedural fluency, conceptual understanding, reasoning and problem solving **and above all the development of a positive Mathematical mindset and enjoyment in Maths**. When these goals are achieved, students will benefit from Mathematics learning that will serve them for their entire life. Therefore our Maths programme aims to teach Maths in a way that is creative, interactive and relevant and to make every child believe they can do Maths.

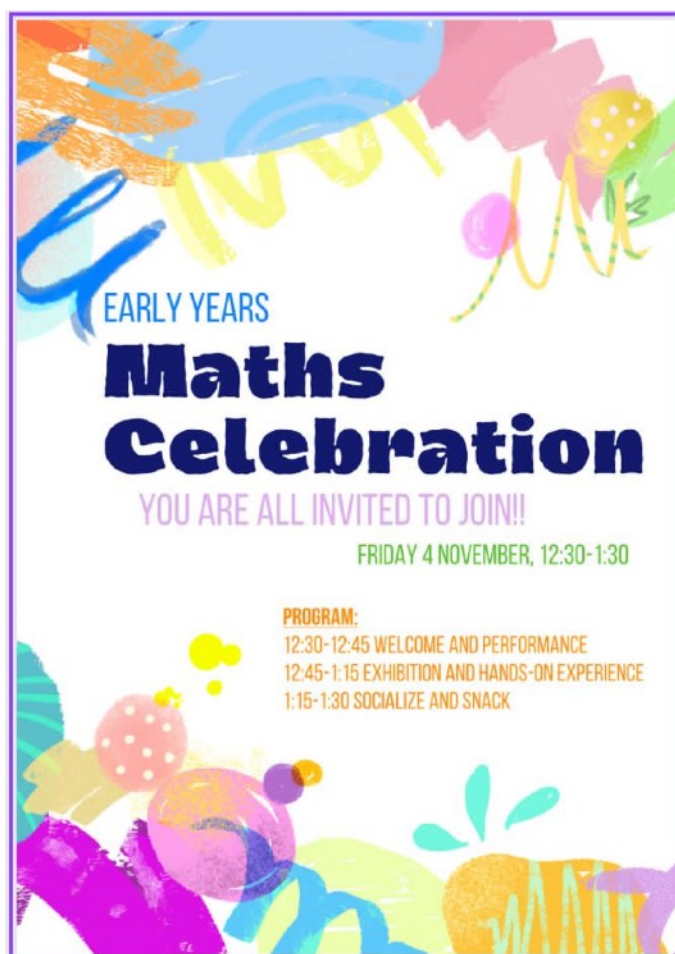


We also believe that parents can help their children develop confident and healthy attitudes towards learning Maths. This week we had another excellent parent workshop led by our Maths Coordinator Elsa Swanepoel. Elsa's workshop was designed for parents to get some ideas on how to support Maths at home by doing hands-on activities and engaging them with our approaches to teaching and learning. Elsa also focused on developing a healthy mindset with your child: everyone can do Maths! Please find some useful links below that you could use to support Maths at home:

- Doing regular Math Talks at home ([Math Before Bed](#) and [Which One Doesn't Belong](#))
- [Khan Academy Videos](#) (to help with explaining Mathematical concepts)
- Everyone Can do Maths! [Short course to do together with your child](#)
- [Maths at WIS full presentation](#)
- Other tips to support [Maths at Home](#)

I am also happy to announce that we will be hosting a Maths Celebration in the Early Years on Friday 4th of November. Please come along if you are an Early Years Parent!

**Warm regards,  
Marcelle van Leenen**





## SECONDARY PRINCIPAL

**A heap of items in the lost and found cupboard everyday - litter around us Self Efficacy - how do we learn that?**



In the mornings when I come to school, there is always a heap of lunch boxes, jerseys, hats and many other items lying in the office. This morning, the security guard brought me a pencil case with 2 calculators inside that he had found on a table. What does this have to do with self efficacy?

Only, if individual people act out of a belief that what they do is right, can we create an environment where people are confident in their abilities and themselves. An article from the American Psychological Association defines and explains "self efficacy": "Self-efficacy refers to an individual's belief in his or her capacity to execute behaviours necessary to produce specific performance attainments (Bandura, 1977, 1986, 1997). Self-efficacy reflects confidence in the ability to exert control

over one's own motivation, behaviour, and social environment. These cognitive self-evaluations influence all manner of human experience, including the goals for which people strive, the amount of energy expended toward goal achievement, and likelihood of attaining particular levels of behavioural performance. Unlike traditional psychological constructs, self-efficacy beliefs are hypothesised to vary depending on the domain of functioning and circumstances surrounding the occurrence of behaviour."

<https://www.apa.org/pi/aids/resources/education/self-efficacy>

In a school where we value and prioritise independence and behaviour that takes into consideration the people and world around us, I am wondering what more we can do to have our young people take charge of their own behaviour as well as their behaviour towards others and their environment. Why is it necessary to tell people to throw their trash in the bin? Why is it necessary to pick up belongings of others that are lying around? How come this is not intrinsically entered in every person's being: *I look after myself and my belongings as well as my environment? Only in doing so, can I achieve further more aspirational goals in my life!*

Our generations - old and young - have to find a way to do better with our behaviour towards ourselves, towards each other as well as our environment.

It needs to become a "normal" behaviour to advocate for ourselves keeping in mind our environment, our community as well as the planet as a whole. This will not happen as long as we accept a laissez faire approach to the way we look after our belongings as well as our environment. To believe in our own capacity and confidently set goals, we have to first be effective in the basic behaviours of respect and consideration.

This needs to be initially instilled at home: what chores are our kids responsible for? Who cleans our kids' room? What conversations are happening at the dinner table with regard to our belief and motivation of certain behaviours?

In school we continue this focus: Who picks up papers that fell to the floor during the lesson? Who pushes in the chairs at the end of the lesson? What do I do with my trash - even if the bin is a distance away? - If we don't address these seemingly small behaviours, self efficacy will be a farce and artificial buzz word that does not mean anything.

*As a final thought: please be mindful of others in the parking lot at drop off and pick up time. We have small children crossing. If you just park in the middle of the driveway it is putting children as well as the other cars in the parking lot at risk. There are dedicated parking spaces for parents and for people who need special assistance when exiting the car. Please be considerate of other users of the parking lot and the road.*

When these simple behaviours are instilled in our behaviour and decisions about ourselves and the world around us, self efficacy can be achieved to further strengthen our confidence and courage to believe in ourselves and achieve the goals we set ourselves: *"Self-efficacy is a person's belief in their ability to complete a task or achieve a goal. It encompasses a person's confidence in themselves to control their behaviour, exert an influence over their environment, and stay motivated in the pursuit of their goal. People can have self-efficacy in different situations and domains, such as school, work, relationships, and other important areas.*

*When facing a challenge, do you feel like you can rise up and accomplish your goal, or do you give up in defeat? Are you like the little train engine from the classic children's book ("I think I can, I think I can!"), or do you doubt your own abilities to rise up and overcome the difficulties that life throws your way? If you tend to keep going in the face of obstacles, you probably have a high degree of self-efficacy." (from verywellmind: <https://www.verywellmind.com/what-is-self-efficacy-2795954>).*

For me, self efficacy is connected to a growth mindset, to behaviour that considers others as well as the environment and behaviours that are strongly guided by our beliefs in what is right - for ourselves as well as the world around us.

**Regards,  
Maggie Reiff**

## Gr. 8 Horror Stories

*In literature, horror (pronounced hawr-er) is a genre of fiction whose purpose is to create feelings of fear, dread, repulsion, and terror in the audience—in other words, it develops an atmosphere of horror.*

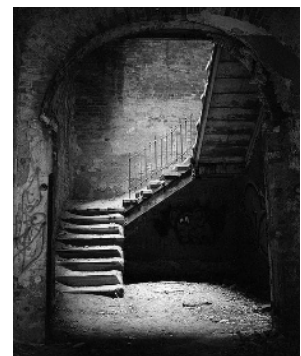
### **The Sketchy Basement - By Deon Bruwer Gr. 8AJ**

I just went to visit my peer's house and now I'm standing here scared for my life.  
My friend is opening his basement door. He looked back at me with a grin on his face.  
Like he was planning something wicked.

I am in a panic attack wondering what could happen. He just jumped down and called me, although it took a few seconds for me to come back to reality. As I followed him down, looked around and saw a pile of boxes of flesh. It stank like raw blood, which left a sinister feeling in my head. At that point, I should have run, but the statue of the priest was blocking the exit.

There was the wicked howl which made me look around again at the graveyard with gothic writing on it. That was bizarre because the language was not used anymore.

SUDDENLY! Some Gloomy creature jumped out of the cemetery, the dreadful fear that I would die now was real. The creature started to jump on me and bite away at



my flesh and just before he finished... I woke up gasping for air and remembered that it was just a dream.

**Beware of the beast within - By Jani Engelbrecht Gr. 8AJ**

I felt the fog close in as I stood still, glued to the floor. It was so bizarre yet the feeling unfazed me, I felt the fog become stronger. I hated these nightmares so much. Soon that damned tree appeared in front of me, I saw the beast's yellow eyes pierce through me.

"Come and join me, my dear. I can fulfil your deepest desires," it sang. "I know what you desire, you want them dead."

Half of Westerburg High school appeared in front of me covered in blood, full of scars and bite marks. Some of them didn't have their limbs attached.

"I don't want to hurt them that badly," I whispered. I couldn't speak and I felt so sick.

"But you do." The beast hummed. "You've imagined how to kill them every day Heather."

"I don't want them dead!"

"Mm, but you wish they were deep down inside you." The beast sounded amused.

The tree started rattling and the beast emerged. Right before I could get a good look at it my alarm went off and I woke up. My palms were sweaty and my head was aching.

"You're more morbid today Heather" That was my friend Calvin. A very goth metalhead who I met in middle school. He's been my best friend since we met.

"I just didn't sleep well," I yawned.

"Nightmares again? I swear you need to stop reading those books."

"And you get to talk about my reading habits? Last time I checked, the bookstore was going to hang a poster up of you over the till due to how much time you spend there." I snickered while he tried to grab my book.

I was outside the basement waiting for my dad. My phone pinged, and I knew it was Calvin. The only person who bothered to text me. Mom only texts me when she wants to yell at my dad.

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-You wanna go to the mall?

Yeah, why?-

-I'm bored and my parents are out of town again

Ughhh, I have to help my dad-

-Damn, I can pick you up after,

-Why are you helping him anyways?

I'm being forced to help him is because he's angry with me-

-Another fight?

Mhm, I'll see if I can sneak out though-

-Good luck

Thanks-

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I spent the whole afternoon helping my dad load beer into the basement. The entire time I was packing the beer away he was lecturing me, telling me how much I failed him as a daughter and how I should be better.

"For the love of God, shut up!" I finally lost it. I couldn't take this anymore. I should honestly just go missing. Not like he would care, nobody would. Dad was yelling at me now. I put the pack of beer down and walked upstairs. I called Calvin.

"Yo? Are you free now?"

"Yeah come pick me up, I'll be at the end of the block."

"Cool. Why the hell is he yelling at you?" He sounded angry, good.

"Uh don't worry about it, Vinnie. Just come and pick me up. Ow!" Dad threw a rock at me



"You old fat-!" Calvin hung up. I know he's on his way now and he's angry. Very angry.

Calvin arrived just before my dad threw another rock at me.

"Get the hell away from her!" He pulled me into a hug.

"Stay out of this boy!" My dad looked ready to hit Calvin before I stood in front of him.

"You're dead if you hurt him," I glared at him, and made sure to give him the look mom always gave him.

"If you ever come back into this house I'll make sure you're bleeding from head to toe!" He yelled back while Calvin was taking me to his car.

"Cemetery?" He was holding me in the back of the car. It was nice.

"Sure." Dad hit me hard with the rocks, thankfully Calvin has a medical kit in his car in case it gets really bad.

He nodded before he climbed over to the front.

We sat at the cemetery for hours. Talking and wandering around. The cemetery was always our spot to go if we wanted to hang out or get away from our parents. Both sometimes.

"Why did he throw rocks at you? He usually just yells" Calvin asked, wrapping his arm around me. He was always a big brother to me.

"I don't know Vinnie." I sighed.

"If he ever touches you again I swear I'm going to kill him."

"Don't, I'll end up living with my mom. I can't do that again."

"Fine."

We arrived at the tree in the middle of the cemetery. That tree always showed up in my nightmares. "Ghastly old tree. I swear it's haunted or something." Calvin said in a very bad British accent.

"Stupid thing is the reason I can't sleep. Stupid gloomy old thing." I replied glaring at it. I kicked a rock in its direction.

"Maybe we should leave now. It's getting dark anyways." Calvin seemed worried.

"Uhm, ok? Let's go then, I guess." We started walking away. Calvin was walking way too fast for me to keep up.

"Calvin, wait up!" I yelled trying to catch up. Calvin started running.

"What the hell Calvin!?" I yelled running after him. Soon I lost sight of him. The fog started rolling in. Crap, crap, crap. I tried my best to find the way out of the cemetery but I just couldn't. I thought I made it to the exit but I just ended up at the tree.

"Ugh! Why do I end up here!?! Out of everywhere in the cemetery, I end up here!" I felt my face heat up and my blood boil. Calvin just ditched me in the cemetery for what?!

"Dreadful manners of your friend huh?" Spoke a voice behind me. I recognise the voice... It's the beast in the tree...

"Leave me alone! I don't want to join you or whatever! I just want to go home and move on with my life!" I yelled back at the beast. I got a good look at the beast. It had a body close enough to a human but not quite. It was like it was made out of shadows. It had yellow eyes and yellow teeth.

"Leave me alone" I repeated trying to back away. It appeared behind me and held my wrists.

"Let me go, you creep!" I squealed trying to pull away but I was stuck to the floor. My feet wouldn't move.

"Now, now, don't be rude. I might have to eat your flesh for that. Just bite your tongue and listen to me" I nodded "Good now, I've been watching you for years, Heather, when you first came here I knew I loved you from the start. So I assigned Calvin to protect you and bring you to me when you've come of age. I've wanted you for years, my dear." He held my hand and kissed it.

"I'm into girls." He looked at me for a second.

"Well then, I could act like a woman, take on the form of anything you wish."

"I want you to let me go."

"Sorry dear, but that's not possible."

"But why!?"

"I'm afraid I do need you."

"No, you don't! There are way prettier girls in town!" I was trying to get my hand out of his grasp.



"Stop wiggling Heather. I just want to explain myself!"

"No, you kidnap me and then want me to love you!?" I pulled my hand out of his grasp, "leave me alone!" I started running.

I heard a howl. I ran even faster. I could've sworn I was close to the exit when I felt something trip me. I screamed clawing for the gate. I was then dragged off so fast that I hit my head.

I woke up dazed and confused. Where the hell am I?

"Oh, you're finally awake."

I looked up and saw the beast. We were still in the cemetery.

"Let me go home!"

"You are home."

"No, I'm not!"

"Yes, you are. I just need to swallow you and then you will be mine."

"No, leave me alone!"

He smirked and moved towards me.

"This won't hurt a bit dear."

His mouth became this large gaping black hole.

"Wait please!" I begged to cry.

"No can do now, just be quiet for a second."

I started feeling numb and sleepy.

I don't wanna die! I hate my father and my mother! I - I hate boys! Why must I die now!?

I DON'T WANNA DIE!

Ah, so you've made it this far? Well, then you have met the same fate as me. He won't let you go. He never will. You're forever stuck here till you die. If you found this, good luck, and may God have mercy on you. The fog will grow thicker when it's your time. Beware of the beast within the fog!

Signed Hea-

### **Pedro, the final one! - By Nicholis Swart Gr. 8AJ**

It was just another normal day on Westwood Lane. Birds were singing, flowers were blooming; kids were playing in the park. But Pedro was lying down and watching TV. He was a normal boy; his family had just moved in. It was almost the end of his show, then. Tshhhh-Tshhhh. The power went out. Without power, the house was different, almost gloomy. He was alone for the day, his parents were at work, and he had the day off from school. So he decided to head down to the basement to fix the breaker. As he stepped down the creaking stairs with nothing but a flashlight, he smelled something. It smelled dreadful. It was familiar, but he was not sure how. He followed the scent and eventually found a trash bag. And around it was a red liquid. He then froze. He could feel every nerve, every bone in his body become tense. As this was the smell of flesh.



He could not believe that, it was bizarre. "OK," he said. He did not want to jump to conclusions. He slightly opened the bag, and to his horror, there was an eye, motionless but fresh. He hated this as he was never a morbid person. This was a ghastly experience. "What is goin-".

When he woke up, he was in a cemetery. But this graveyard was not like any other one he had seen before. There was a narrow passageway made out of headstones. And he went closer, and more and more would appear out of thin air. So he decided to walk down the passage, as there was no other way out. Eventually, he reached a circle of headstones. In the centre of them stood a man. This man was dressed in gothic clothes and was very tall. When he got closer, the man said: " Stop". " You will be the last piece in my collection. The man ran

up to Pedro and grabbed him by the neck. He walked to the centre and showed him a grave. The headstone read: "Pedro, the final one".

## ORANGE RIVER TRIP

What an amazing experience!



At WIS, the Grade 9 students are always excited to be part of the fun and formative annual Orange River trip which happens around September or October. Unfortunately, due to COVID-19, and the rise in water levels of the Orange River in 2021, the Grade 9s for the last two years have missed out on this memorable trip. This year, however, the Grade 9s were fortunate. They not only revived the Orange river culture, but made sure to do so in style.

The bus left the school grounds on Sunday morning at exactly 6:30, every student was well on-top, no one wanted to be left behind. The trip on the bus, compared to the car, was of course longer, as expected. The accompanying teaching staff thought every student would take a nap most of the way ... probably some peace and quiet in preparation for the hard and physical week on the river. Boy, were we wrong!

Having 40 kids on the bus meant that every stop was a bathroom stop! At around 5pm, we finally touched down at the magical Felix Unite campgrounds.

The camp was scenic and set on the majestic and flowing Orange River. After a welcome and safety briefing, the huge blue pool caught everyone's eyes. You could see and smell the excitement from the students. Everything was new and exciting. The real fun would begin the next day, but first, a swim in that beautiful pool! After a good swim, students got to work at setting up their tents and unpacking their stuff. Some students skipped the

tent and decide to sleep under the Namibian stars or was it just because they didn't know how to set their tents up? Hmm, I guess we'll never know.

The guides prepared a delicious dinner that first night and continued to feed us nourishing and delicious meals throughout! And yes, after that swim, and long journey, everyone was hungry! After dinner, the students all joined in to play games and connect with one another. These kids were awesome from day one! After a long journey, a refreshing swim and their first bush meal, they were already a team! Mission accomplished on day one. We knew the next few days would be great.

Monday morning and we are on the water! Finally! Many mixed feelings from the students. Some children were over the moon to set off while others felt apprehensive and anxious about the impending rapids and challenges ahead. Over the course of the next few days, the Orange River became our classroom and teacher. Students learned to steer their boat, paddle, rock jump, read the 'friendly V' of the rapids, cheer each other on, work through interpersonal challenges, overcome fears and to continue to push through despite the physical pain and challenge of rowing 6-8 hours a day. By day three, only 3-4 canoes had capsized.

By day three our group became one with the river. Our team felt the rhythm of the rapids in their hearts, absorbed the sounds of the river's flow, became aligned with the mighty river's power and began to surrender and merge with the flow of life on the water. Our team became river people, living in the wild-wild south! By the time we faced the mighty Sjambok (translated into 'Whip'), our group could steer our canoes like pro's. Single file! Single file! Only we know what that means!

The evenings were reserved for setting up camp, river swims, group check-ins, kitchen duty, hearty meals, fire making, group games, ghost stories, storytelling, river fireworks and talent shows. Our river guides Alaska, Jouberto, Parley, Andreas and Ricardo held such a wonderful, safe and rich space for our Grade 9 students to learn and grow on the river. We are so grateful to them for their expertise, care and facilitation down the river.

By Thursday at lunch time, we were pulling up to our final destination! How on earth did the week go by so fast?

With a great sense of accomplishment and some real exhaustion, everyone was pulling their canoes onto the banks of the river for the final time. It was a bittersweet moment to have reached our goal. Was it really over? With everything packed onto the 40 year old Felix Unite Bus, we began a hot and sticky journey back to the Felix Unite camp. The Felix bus had only one functional window... you can just imagine! Thanks to our wonderfully creative guides, they provided air conditioning a la Felix style (dumped us all with freezing cold water)!

The call of the pristine blue pool at Felix was calling us. Upon arrival the team offloaded the massive amount of gear and then ran into the pool.

On our final night, everyone decided to sleep under the stars. It was a great scene! A student commented "it is so great to be away from our devices and we can just play like kids again". What a statement!

This trip lived up to its purpose. The students are left with the experiences of a lifetime. Many of the students learned how to face their fears of water or heights. Other students overcame their fear of sleeping and toileting in the wild. Many students began to trust their ability to do hard things. All of our students learned how to trust each other to work together as a team to reach a common goal. Some have even learned simple skills such as washing your plate and cup after use. Whatever the unique learning experience, each step along the way was crucial and worth it.

This indeed was a great trip. I would do it over again in the blink of an eye.

## Grade 10 Swakopmund Field trip



The Grade 10 Students went on a field trip to Swakopmund with a four-day stay at Sea View Backpackers. The students did multiple activities that weren't only informative but fun at the same time. On Thursday morning the students went on a boat trip to Walvis Bay and were able to see seals, pelicans, dolphins, and a mother whale with her calf. Later that day we went to the snake park and the aquarium and saw different species and investigated their habitat and lifestyle. The students took their own free time to volunteer to clean up along the beach by Tiger Reef.

Friday morning both teachers and students had a desert exploration on track, seeing natural lifestyles such as Horned Adders, Chameleons, and the environments, as to why the desert goes along Walvis Bay but stops at Swakopmund River.

Later on, we went out to Desert Explorers to go quad biking which went well and was fun, after the Quad Biking we split up into two groups depending on who wanted to go surfing and who wanted to do camel riding.

On Saturday we had to start packing our bags and cleaning up to head back to Windhoek while having a quick stop at the museum at The Mole.

While many of us still wanted to stay behind in Swakopmund. The trip brought everyone closer and we get to know each other better and learned new things regarding nature around us.

## Perstephanie takes her final bow

Our Middle School Production, Perstephanie Goes Underground, came and went with much laughter and celebration. Ms. Jeannette Washington says that it was a comedic treat that showcased big, bold WIS talents. Like us, she looks forward to our final performance during our SDL session today.

After taking our final bow, all the cast and crew of Perstephanie Goes Underground wants to say thank you to everyone who came to watch our performance and helped us along the way.



## Health Hub

I've just read an interesting article in the New York Times called *"Zinc? Honey? Ginger? What Actually Helps When You Have a Cold or the Flu?"*

Even though the winter months tend to be our colds and flu season, most of us have caught a nasty cold during our hot summer months.

This article sheds some light on home remedies which many of us swear by, and why they work. Or not. Something I did not know is that some people have suffered permanent loss of smell after using nose sprays that contain zinc.

Enjoy the read, even if it's just to have Grandma's remedies confirmed.

[Natural Cold/Flu remedies](#)

**Sharon Gorelick, Nurse/Counsellor**

# On- Demand Youth Leadership Program

## Clean Energy

Unique Opportunity for **High School Students** and **Educators** from #Botswana, #Kenya, and #Namibia

The On-Demand Youth Leadership Program (YLP): Clean Energy is an initiative of the Exchange Programs - U.S. Department of State, administered by Legacy International, that brings together approximately 20 youth participants (ages 15-18) and adult mentors (25 years and older) from **Botswana, Kenya, Namibia, and the United States**, together for a three-week U.S.-based exchange focused on climate change and clean energy initiatives.

**Please note: Preference will be given to individuals who:**

- have not previously traveled to the United States.
- have not participated in any in-person ECA-funded program in the United States within the past three years or accepted a scholarship for an impending U.S. Government-funded exchange program.

To apply go to: <https://legacyintl.org/odylp-clean-energy/>

Questions, email [ylp@legacyintl.org](mailto:ylp@legacyintl.org)

Deadline to apply November 17

Ministry of Education, Arts and Culture - Namibia Namibian Opportunities



# SCARY MOVIE NIGHT

JOIN US FOR A 'SCARY' LIBRARY FUNDRAISER

DATE: Monday, 31 October 2022  
TIME: 14:00 - 16:00  
PLACE: PLC Auditorium  
WHO: All students welcome!  
COST: N\$10.00PP  
MOVIE: Hotel Transylvania: Transformania

**POPCORN & OTHER SNACKS WILL BE ON SALE!**



## Grade 5 recess area upgrade

**Save the date!**

**Saturday  
October 29  
10 am to 1 pm**



Grade 5 students helping with the fundraising by selling drinks and waffles

### climb & chill area

**What we want to do:**

- build wooden teepees
- build a huge hammock
- design a rock garden
- create a tree trunk mikado

**What we need:**

- Tree trunks
- Wooden poles
- Wooden slats for teepee covering
- Colors to paint stones
- Wood sealer
- Flat stones for stone garden
- Succulents and bigger spekbooms
- Your help on the 29th of October!

Parents who own a **chainsaw!**  
We need your help!

# LOVE SINGING?

THEN JOIN US AT THE AUDITIONS FOR

## VOICES OF WINDHOEK

NAMIBIA'S NEWEST UPCOMING CHOIR

CONDUCTED BY FANIE DORFLING

**NOVEMBER 12**  
**10 AM TO 1 PM**



For further details  
send a WhatsApp  
message to

**081 127 5465**

with your name,  
surname, and age and  
we will contact you.

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