



THE ORYX

The weekly newsletter of Windhoek International School

FROM THE DIRECTOR

Signage

You may have seen new signs around the campus.



Four of these have been placed to help parents find these two important rooms.

While I'm at it, these signs have been in place for a year or so where we have reserved three parking places for prospective admissions.



Please don't park or drop off your children here after 7am.
Thank you.

Peter MacKenzie

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Dates to Remember

November 2019

- **12 - 14:** Primary SC
- **14:** Grade 11 Talk
- **16:** Grade 11 Talk
- **21 - 23:** Staff Work Days
- **27:** Election Day
- **29:** Secondary PTC
- **29:** AA End for all Students

December 2019

- **04:** Founder's Day



VISIT US ON:



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WEEKLY PUZZLER

Eden and Tiancheng solved last week's puzzler. Well done!

Six cards numbered 1-6 are dealt to three people, each receiving two cards.

Sikongo says, 'My two cards are not consecutive numbers.'

Karupu says, 'The product of my two numbers is 12.'

Nangombe says, 'My two cards are consecutive numbers.'

Select everyone who could have the number 3.

Please send solutions, or any fun and interesting puzzlers to pfarrell@wis.edu.na



PRIMARY PRINCIPAL

Student-Led Conferences

The Student-Led Conferences are taking place after school next week on Tuesday, Wednesday and Thursday. Thank you to the parents who signed up via the sign-up.com link. Those who didn't use Sign-up.com should have been contacted this week to set up a conference time.

What is the format for the Student-Led Conference?

The students are responsible for leading the conference and sharing their learning with their parents. They may demonstrate their learning through different stations or centres, sharing samples of their work and their Seesaw learning journals/portfolios. There will most likely be other children scheduled at the same time for the conference. Twenty-five minutes has been scheduled for the homeroom conferences allowing for a five-minute transition between conferences. Fifteen minutes have been scheduled for conferences with specialist teachers.

What is my role as a parent during the conference?

First and foremost it is important that you are fully present. Your cellphone should be turned off or put on silent so that you are not distracted during your conference. Your role is to listen, encourage, show interest, be constructive, be sensitive and to ask questions. This is your child's time to have your undivided attention. It is a time to celebrate your child's learning and the accomplishments that he/she has made so far this academic year. During the conference, you will also be able to support your child by reflecting on what he/she has done well and with setting goals for areas that can be further developed.

What if I want to talk with the teacher about my child's progress?

The teacher will be present during the conference, supporting the students as needed. Your child's sharing of his/her learning and work should provide evidence of the progress your child is making. If there are any specific concerns that you would like to discuss with the teacher, please arrange with the teacher for a separate appointment to take place after the conferences.

I'm sure you will find the conferences to be a rewarding experience for both you and your child.

Regards,
Beth Smith

LFL Football Season Review



The exploits and antics of the WIS Football teams have been an exciting journey of development, participation, growth, and loyalty during their last three seasons.

As a department, we value the effort and commitment shown by each child as our coed programme has grown and developed as the seasons have progressed.

For those who know Windhoek well, you will appreciate that there is a broad range of exciting sports to participate in. Football has and will continue to grow, with the committed determination of the clubs, parents, and players.

WIS has been competing against established high-quality clubs including SKW, ACFC, DTS, Ramblers and Falcons. The Gymnasium school joined the Hopsol and LF League this year and are the only other private school team, other than WIS, to play in the league this season.

There are over 300 children playing in the regular Friday LFL matches; fifty from WIS and twenty-five represented in other clubs. Each child has had the opportunity to experience the valuable lessons associated with team sports and teamwork.

It would be remiss to neglect to mention that ACFC U7s, who have several WIS students overcame DTS, SKW and Gymnasium to secure the top league position in the LFL. Many congratulations to the players and their parents for the team's success.

Our participation and the celebratory based programme have seen all our players experience a valuable learning opportunity in a competitive sporting environment. We are also thrilled to announce that the U10 team finished second in their league.

Thank you to the parents and guarding of all players as you support your child's development through their sporting exploits.

Thomas Jackson-Read

Mindful Education Summit Webinar

16th - 20th October 2019

As the Mindful Education Summit came to a close and we reflected on what was discussed, I realised it's not difficult to be mindful. If indeed, we could apply being mindful all over the world, we would be encompassing respect, compassion and empathy and be living in a much better world.



This was an interesting webinar where one could catch up with all the lectures within the allotted 48 hours each day. It brought together 54,000 people from around the world where reflections and comments were shared. I'll just touch on some aspects of this webinar.

Mindfulness starts with YOU! It's an emotional inventory where one looks to oneself finding CALM, BALANCE and RESILIENCE. Unless one is calm oneself, the reaction from the other person or persons might emulate your present mood/attitude/tolerance. Is this good or bad? Depends on YOU!

So the next step was, 'How can I teach kids to be mindful' when there is a room full of different buzzing bodies. Reaching a level of calmness involves various ways of breathing IN and OUT. Start by paying attention to your body first. Ground yourself. Then give space during lessons to the students, particularly at the start of the lesson: set the tone. A couple of minutes breathing in and out, listening to relaxing music, looking at some

beautiful pictures of nature or art. Teach the students 'Bunny breaths' or 'Spiderman breaths' - create your own. Discuss how one is feeling NOW? Then start the lesson.

The webinar included ideas of reading stories encompassing empathy, compassion, reflection. For example, *The Hungry Caterpillar* as it later reflected on its actions inside the cocoon before evolving into the beautiful butterfly. We could all become beautiful butterflies by transforming ourselves (our behaviours). There was also an idea on the Butterfly Body Scan: lightly touching the nose, ear, shoulder, etc. Be aware. All this involves being in the HERE and NOW. It's the focus on the moment.

Another talk by Rick Hanson was "Expand the Circle of Us" - dealing with and relating to compassion:

Like me, you feel pain

Like me, you eat healthily

Like me, you enjoy art

Like me, you love sports

Like me, you want to live another day



Expand it to outside the classroom, the school, the city, the country, etc. How we behave affects everyone around us. Bad behaviour is contagious - we can't think clearly! So can we rather have a conversation with another person and discuss. Good behaviour is also contagious! Let's co-regulate! Can we listen to one another? Can we cooperate and be a mindful team? Politely agree to disagree.

The parting message I took: Develop the bandwidth to transform ourselves and have the ripple effect on others.

I love this picture (*Photograph from the Mindful Education Summit Survey*) because this is how we together could 'spray' everyone with mindfulness.

Thank you, Teresa Araújo, for the link to this summit

Genie Albrecht
Primary Art Teacher

**Primary Conferences:
No Afterschool Activities for Primary on 12, 13, 14 November**

SECONDARY PRINCIPAL

Success - achievement - it's not all about the grades

How do we measure success? When do we feel we have achieved something? It cannot be only when we get good grades in school.

As parents, how do you support your child to be happy in school? When you get your child's report, what do you focus on? The grades only? The challenging aspects of it? Or do you use this information as an opportunity to engage your child in conversation about what he/she learns in school and how he/she learns?

When you receive your child's report in the next weeks, you will notice that it has quite a different format to the reports we previously sent to parents and students. Especially the reports in Grades 6 - 9 will be informing you about the different levels of achievement in the 4 criteria in each subject. It will be a "number" out of 8 for each criterion and there will be an Overall Interim Achievement Level that is between 7 and 1.



Through the semester, your child's assessments have been posted on Edmodo (Grades 6 - 10) and on Managebac (Grades 11 & 12). This will have given you an opportunity to be informed through the four months on how your child is doing in the different criteria that she/he has been assessed in and informative as well as summative assessments. The transcript that is sent in November now should therefore not come as a surprise. It should, however, be an opportunity for parents and children to discuss and reflect. Discuss the progress and reflect on possible areas of strength and improvement. I urge you to make use of this opportunity to engage with each other and have open conversations about the way teaching and learning happens here at school.

In Grades 10 - 12, there will still be achievement grades and a comment to inform the students of their current progress. Again, it is a good opportunity to talk about areas of strength and improvement and be able to reflect and think of ways to work on areas of improvement.

We further comment through ATL indicators how your child (in Grade 6 - 9) is progressing in ACT, ATL and ATLi.

On the **29th of November** we will have conferences for Secondary School through the day where we will invite some parents to discuss their child's progress, but where parents or students also have the opportunity to sign up to meet with the respective teachers.



Regards,
Maggie Reiff

27 NOVEMBER NO SCHOOL - PUBLIC HOLIDAY

Grade 11 Real Life connection

To what we are learning

Parents are cordially invited to join a talk on:

Thursday, 14 November 2019; 09:10 - 10:25 in the Auditorium

In their first unit this year, the Grade 11 students are working on '**Language, Culture and Identity**'. As outlined in the Unit Plan - *'students explore how language, culture and identity intersect. They will explore a number of non-literary texts about culture, language and identity. They will furthermore investigate how language, culture and identity are reflected in those texts. Specific topics include: learning a second language, dialect, sociolect, idiolect, bilingualism. Students will also learn to deconstruct a text and critically comment on the effects of language and language devices.'*

The English course looks at:

- *Is our identity fixed or is it context dependant, changing according to time, place, circumstances?*
- *Does our identity develop over time?*
- *How is language used to construct our identity? How do people use one or more languages in various contexts to express their identity?*

To connect this unit to a real life situation, we have invited Mr. Nixon Marcus to speak about his views on identity. Nixon Marcus is a Namibian who lived in Germany for a long time when he was a child (some of you will know about the "GDR kids" that were then repatriated in 1990).

- **GDR-Children of Namibia** is a colloquial term denoting black **Namibian** children that were raised in **East Germany**, also known as the German Democratic Republic (GDR). During the **South African Border War**, the children of hundreds of Namibian refugees and political exiles were resettled and educated in the GDR from 1979 onwards. They were repatriated to Namibia upon that country's formal independence in 1990.^[1] (Wikipedia).

Please join us on:

Saturday, 16 November 2019; 09:00 - 11:00 in the PLC

- We will: Present the overall conclusions reached during the Internal Reflection.
- Present key pieces of evidence that will be submitted with the Internal Reflection Report.
- Communicate the Major Learning Plans which will have the most significant future impact on learning.
- Complete the Internal Reflection process and celebrate the work that has been achieved.



This is an excellent opportunity for all stakeholders in the WIS community:

Parents - Students - Teachers - Administration - Board of Directors

- to engage in the conversation
- know what is happening at school
- understand the accreditation process
- celebrate our growth and progress.

Back to the 80s

Last Friday the 1st of November, WIS secondary school had a blast from the past!

The 80's themed dance was packed with lots of dancing and laughing, the night was filled with dozens of colourful lights and funky fashion. The music playlist had many classics that would get you on your feet and onto the dance floor in a flash. You could tell that everyone was having the time of their lives. We also had



a variety of snacks like popcorn, pizza, ice-cream, and even a welcoming Virgin Mojito!



Overall the dance was an amazing experience that one would not want to forget.

Peya Shimuafeni, Grade 8

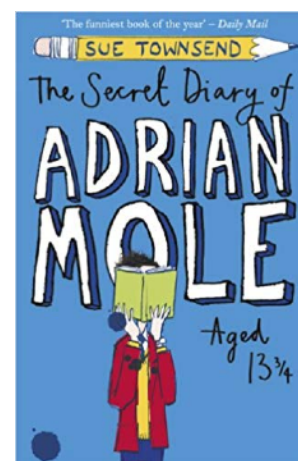
Grade 7: Adrian Mole

Sue Townsend, author of the Adrian Mole series has inspired our Gr. 7 learners to dig deeper into Adrian's character, this is what Ivy Andersen wrote:

Why is Adrian Mole Loved by so Many People?

Adrian Mole is a complete loser. He is far from being popular, looks like a total nerd, and doesn't really have friends. Adrian just writes his feelings into his diary as if the diary is his own personal therapist. The main question is, 'Why do people enjoy his diaries so much?'

Children from age 11-16, adults, even elders seem to laugh and enjoy reading this diary of a boy who has recently entered his adolescent life. He thinks that he is an intellectual, when he is a complete loser. I personally think that many people enjoy reading this book as they feel like the book is describing them, or themselves during their adolescent life, not only does he get mood-swings as if his life is in a movie, but he experiences love. Something that everybody felt, and everybody relates to. Adrian specifically falls in love with a girl named Pandora. Pandora is the hottest, prettiest, most loveable girl that would never notice somebody as geeky looking as Adrian! Adrian writes and explains his hope by saying; 'Pandora! I adore ya. I implore ye. Don't ignore me.'



Many could also relate to Adrian and his horrifying pimples! The big spot on his chin won't go away. He begs, and feels like he had done everything, but the big nasty spot won't go away. He would always write at the end of his paragraphs that 'the spots still isn't gone.' The readers at their adolescent age may be annoyed with this, or may be intrigued that somebody FINALLY understands them. Older people may laugh and enjoy this part thinking 'I had those moments before.'

Adrian Mole is the perfect boy to be stereotyped as a teenager, and who wouldn't love this relatable devil? The problems we face/faced as a teenager is always something fun to talk and read about. This is why Adrian Mole is adored and loved by many readers around the world.

Spelling List # 5 Story

The Gr. 7s have to write a story using their spelling list every two weeks. The learners have to memorise the ten words and write a creative story using the vocabulary in context which develops the learners creative thinking and writing. This week the learners had to write a comedy story using the list, and this is what Mathew Vaghese wrote:



Batman vs. his hunger

I am vengeance. I am the night. I am Batman. I am delirious. I am hungry. It does not matter though.

Hunger will not defeat me. I am a strict and brooding creature of the night motivated by a compulsive need for vengeance. I am always angry. Not to mention that I am extremely frigid due to the lack of food.

I'm also hungry a lot because I'm always exercising. I hang upside down from stone gargoyles. That is a huge abs workout. I swing from rooftops, I am a martial artist ALL THE TIME, I burn calories just from clenching my jaw SO SUPER HARD.

However, I'm always working so I don't have a lot of time to snack. It is not like I can be seen eating in public. I need to strike fear and terror into the hearts of criminals. I can't emerge from the shadows sucking on a Steri Stumpe, I have an image to maintain and it should not seem that I am unqualified.

It's not fair. Other heroes can eat all the time. Superman can fly over the White House stuffing his face with hotdogs and everyone just shouts "Whoop! 'Superman!'" Aquaman can telepathically boss fish around. He can tell shrimp to swim into his face. No one cares. What happens in the ocean, stays in the ocean. So you see what I mean?! Thinking about it, there should be a petition or epitome for the " Food and Wellbeing of Batman. " Yet, how can I dream about food, when the world is being terrorised. "

There's a new psychotic villain in Gotham obsessed with Mexican fast food restaurants. He was disfigured when he fell into an industrial sized vat of pearl white milk. It turned his whole body bright red. He dresses up as an angry cow and shoots people with milk guns. He calls himself DEATH COW. Very hard to take him seriously having such an absurd villain name.

BUT word on the street says he's knocking over the Taco Bell on 4th street tonight. An epiphany comes over me, I know what to eat, Mexican food!

I'm hanging upside down from a stone gargoyle outside this surprisingly gothic Taco Bell. There he is now. The DEATH COW. Waving his milk guns around like an idiot! My soul growls for justice and my stomach growls for Mexican food.

I swing through the glass window, shattering the ad for the Cool Ranch Doritos Taco Loco. I quickly take out DEATH COW's low-rent goons. A jab to a kidney. An elbow to a nose. A roundhouse kick to a clavicle. I

Michela, Zahra - We are planning on painting a **mural at WIS with children from lower grades.**

Noam and Christian - Work with Namib Trees to **plant trees and indigenous plants around the school** to prevent soil erosion.

Lené, Maria, Victor and Bernard: **Volunteer at the Katutura state-owned cancer unit of the Public Hospital for Children.**



Rick Fitzpatrick, CAS Coordinator

W.O.R.D.
Guess who is also reading during our scheduled reading lessons.



Grade 12 students' CAS Project

Secondary School Futsal Tournament (during lunch hour!)

Lunch hour this week at WIS was full of super competition. Futsal is a 5v5 game of football played on a hard-court. The futsal tournament has been a tradition at WIS for many years and one that we intend to carry on. Connor and I planned, organised and ran the event.

As we all know, WIS has some excellent athletes! These athletes had their skills tested in our futsal tournament. Six teams were put into two groups and the winners of each group moved on to the finals. Dozens of Secondary students came and watched the action live at the



basketball court every day from 11:50 till 12:25. They didn't dilly-dally at the end and made sure they were back in class on time! We saw epic skill moves, jaw-dropping goals and hilarious nutmegs that all enjoyed. Unfortunately, there was only one winner. A majority of the funds raised will go to a worthy charity in Katutura and a portion will go to the winners.



Ilja Kraft

Drama experience

In Touch Windhoek with Drama Arts Productions and Annie Sutton

Recently, on the 1st of November, a couple of students got to have an amazing experience of attending a drama SDL session with a British theatre practitioner, Annie Sutton. A couple of students and I got to learn a few Lecoq theatre techniques, including movement and utilising our space effectively. We used speed, being movements, gestures and smaller movements to express different thoughts and emotions. I feel that I got to bond with the people performing alongside me and exchange ideas with them and learn from each other.

A specific moment that stood out to me is when we pretended to be warriors with plastic water bottles that we used as spears. With a battle cry, we ran across the stage in slow motion prepared to fight. It was great to really think about how they would act and how slow or fast I wanted to be in comparison to my peers.

I have to admit, to begin with I was apprehensive about the situation but as I was doing it I really enjoyed it a lot.



Natalie Segamwenge 8AJ

Grade 9 IGCSE Drama workshop with Annie Sutton

Last week the grade 9 drama class had the privilege to take part in a drama devising workshop. We attended five 2 hour sessions with, Annie, who has had much experience in theatre, specifically devising. A devised theatre piece is essentially a play that you make and write by yourself which with, Annie's help we got a head start on.



Annie showed us a lot of techniques and styles of acting to help us finalise a steady plot and script for our play. The first thing we did each class was practice getting in touch with our bodies and minds by doing stretches, learning more about each other, and working together as an ensemble. After that we did some fun and helpful exercises like learning to fill the space and breathe as an ensemble. These activities really helped us with our teamwork and acting skills. We all came out of drama class each day feeling more and more confident with our acting skills and learning new techniques to achieve our goals of becoming better writers and actors. So thank you Annie (and Ms. Kate) for helping guide us through creating our own thoughtful and creative piece.

Sahara Kamwanyah & Sophie Lindy

Teacher training day at WIS

As well as enriching our students, Annie Sutton spent some time with Drama teachers from WIS, Waldorf and Rosewood Academy. We had an excellent time exploring and experimenting with Lecoq (using brown paper puppets) and Steven Berkoff (focusing on the physical ensemble). Not only will we be able to implement what we learned in this intensive workshop in our classes, but WIS was also able to provide the opportunity for other Drama teachers to be inspired, growing ourselves and our extended community simultaneously. A huge thank you to Annie for reigniting our passion for theatre and showing us exciting ways to keep our students motivated, engaged and connected through the arts.



BOOK FAIR!!

Windhoek International School
@ PLC Foyer

Thursday, 28 November, 7:00 – 16:00

Friday, 29 November, 7:00 – 14:00

Speedpoint Available!!



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International Day Information

ALL YOU NEED TO KNOW ABOUT: International Day Saturday 9 November 2019, 10:00 - 14:00!

Dear WIS Community,

Thank you for all your support in preparing for this year's International Day. Only two days to go until the big event!

Please find below all the information you should need. If you have any questions, don't hesitate to email us at pta@wis.edu.na

Gazebo loans

Please bring your clearly labelled gazebos to the PTA centre from now, but at the latest, Friday morning (labelled with a name and contact number). They can be collected either at the end of the day (after 14:00) or on Monday morning.

Set up

You may set up your stalls and/or bring your food/cake donations from 08:00. PLEASE PROVIDE YOUR OWN RECEPTACLE covered FOR KEEPING WARM OR COLD AND SERVING UTENSILS ALL CLEARLY LABELLED WITH YOUR NAME AND CHILD'S GRADE.

A map of the locations of the stalls and activities, will be emailed later today. Your name will be in your designated area. You may wish to bring tablecloths and flags to decorate your tables and something to cover your food from insects.

Vehicles

You will be able to bring vehicles around the perimeter of the field if needed for set up, but all vehicles must have left the field no later than 09:45. No vehicles will be allowed back onto the field for packing up until after 14:00. This is to help ensure **health and safety** are paramount.

Electricity

Those that have pre-arranged the use of electricity on the field must provide their own extension leads, a minimum of 30 metres and any adaptors.

The big event

Timings for the various activities will be sent out later this week. However, please note that the day starts at 10:00 and ends at 14:00 so please come along and enjoy yourselves at our many activities, food and drinks stalls and cultural displays as well as enjoying a yoga session (**BRING A MAT**), Zumba class and live music.

Money

Please note that there will be charges for food, drinks and activities but giving change might be a challenge at times. Please, as much as possible, bring small notes and coins to assist. Those who have stalls, ensure you have enough change in your float.

Eco-Friendly

We will have plenty of recycling stations set up during the big event. You are welcome to bring your own food and drink **containers** rather than using disposable ones.

Bottle Tops

As you know we are collecting bottle tops to make a path. This will be a wonderful opportunity to collect lots so please look out for bottle top containers.

Flag Parade

If you or your child is representing their country in our flag parade please be at school and meet PROMPTLY at the PE hall, field-side at 9:30 am. Please dress in your cultural attire.

Sun protection

It will be hot so come prepared, plenty of sunscreen and hats. You might want to bring a change of clothes to change into after the parade. We already have lots of water in stock, so let's prepare to dance, eat and enjoy a wonderful day together.

A cool teacher once said 'Let's Internationalise.'

Warmly your WIS PTA

What's happening in Sports?

Sports Committee Leading WIS to Better Health

The inaugural Annual Fundraising Fun Walk/Run Ride 2019 organised by Windhoek International School Sports Committee will take place on the 30th of November with the starting line located at the Daan Viljoen Police checkpoint.

This will be a first-time collaboration between WIS and Windhoek City Runners Club (WCRC) on the first Annual Fun Walk/Run/Ride. This event is a movement to encourage better health in both the kids of WIS and the WIS Community of Parents, caregivers and teaching staff.

The theme will be **Walk/Run for Better Health.**

We all find our schedules are full and we end up neglecting our health so we are looking to get the WIS community active and outside to enjoy a beautiful Saturday and illustrate the benefits of regular exercise. The goal is to raise awareness for active living and to raise funds for the development of sports facilities and to subsidise travelling costs for sporting competitions. We cannot meet our goal without the help of the WIS community.

Come out and bring everyone along to participate in this fresh, fun-filled Saturday morning of walking, running, and cycling. The open road, cool morning and beautiful scenery will help clear your mind and unwind from a hard week of school and work.

Where: Daan Viljoen Police Checkpoint (Kindly carpool if possible, security will be provided)

When: 30th November 2019

Why: Better Living & FUN

Who: Everyone, even pets are welcome.

Our Admin bill with our partners Windhoek City Runners Club has gone up to N\$18,600. Any donations to offset our admin fees are welcome. Donations can be sent as EFTs to Yolanda or in cash.

There are a lot of exciting things happening on the day! Free water bottles for the first 100 pre-registrations. Find attached link <https://windhoekcityrunnersclub.com>

Lucky draw: 'Healthy Hamper' 50 Water Bottles. See the attached poster with all the different event starting times and what to expect!

Sponsors

"The Trophy Palace"

Absai Simon

www.thetrophypalace.com

"H2Glo"

Anthony Fick

amf@iway.na

A celebration of the diversity of cultures from around the world

ANNUAL INTERNATIONAL DAY FESTIVAL

@ Windhoek International School

10:00 - 14:00 | **NOV 9TH, 2019**

yummy food - great music -
fun games