



**PARENT INFORMATION PORTAL**  
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## Dates to Remember 2023

- **22 - 24 April**  
*Eid Al Fitr*
- **22 April**  
*Earth Day*
- **24 - 28 April**  
*Library Week*
- **26 April**  
*IGCSE Exams start*
- **28 April**  
*IBDP Exams start*
- **1 May**  
*Worker's Day*
- **4 May**  
*Cassinga Day*



# THE ORYX

*The weekly newsletter of Windhoek International School*

## FROM THE DIRECTOR

Dear Community,

Today we are celebrating the last day of school for our Grade 12 students! Their study leave will lead to IB Diploma examinations between 28th April and the 19th of May. We will confer the WIS High School Diploma for our Seniors at WIS Graduation on the 20th of May! On Wednesday, we also celebrated the last day of school for our Grade 10 students. We wish them all the best as they prepare for their IGCSE examinations!

Since time immemorial, humans have relied upon rites of passage to mark important stages in life's journey. In his 1949 book *The Hero with a Thousand Faces*, Joseph Campbell outlines the archetype of a hero's journey – these recurring and universal stories of departure, initiation, and return. Joseph Campbell defines a hero as *"someone who has given his or her life to something bigger than oneself"*.

As our learners prepare to go out into the world, it is sobering to think about the many personal, social, and environmental challenges they will face. But we know that our WIS students will go on to do many heroic things. WIS students graduate with the knowledge, skills, values, and dispositions to make a positive mark on our world, and much of what we do here at WIS is in preparation for embarking on this hero's journey of self-discovery.

We will have many guides to help us on our respective journeys, and sometimes wisdom can come from unexpected places. For example, Thursday's Coffee Morning featured an environmental protest by Grade 2. These articulate and mindful students marked Earth Day by reminding us of [THESE WAYS](#) we can sustainably reduce human impact on animal habitat. Each of our six [WIS Principles](#) have a series of questions we can use to help us identify right actions. On this year's Earth Day, we might use our WIS Sustainability Principle Questions to reflect on the impact of our actions:

- Is this action a sustainable use of our local and global community's resources?*
- Are the changes I am proposing able to be implemented and sustained?*
- Do my decisions reflect a commitment to the natural environment?*
- Do my decisions promote social and economic equity?*
- Do I avoid using wasteful packaging and do I clean up after myself?*
- Can I explain the impact of change on the systems I am learning about?*
- Are my actions making my campus and my community a better place?*

Have a great weekend, and study wisely Grade 10 and 12s! ([Some study tips and tricks are linked here](#)).

Sincerely,  
**Ethan Van Drunen**

# PRIMARY PRINCIPAL

Dear WIS Community,


My Oryx article this week is to keep all parents in the loop on some concerning trends in behaviour and language which we are seeing in grades 4 and 5. If you are a grade 4 or 5 parent, you will have received this communication already. However, I think it is important for the whole community to be in the know, so this can be the basis of a conversation at home. We kindly ask for your support in talking to your child about what it means to be a WIS student and looking at our [WIS principles](#). As they say, 'it takes a village to raise a child' and together, we can work to create a safe and respectful environment for all our students. I would also like to ask to consider how your child is engaging with media at home. I am linking [this useful page](#) about parental controls from Common Sense Media and also this sad but powerful [video](#) highlighting the effects of social media.

## Parenting, Media, and Everything in Between

Parental Controls ▾
All Ages ▾

### How to Block Pornography on Your Child's Devices

January 9, 2023  
Parents and caregivers can use these tools to limit adult videos and images on phones, tablets, and computers.




Cellphones and Devices   Online Safety   Parental Controls

Sex, Gender, and Body Image

### How to Set Parental Controls on the Xbox One

July 21, 2021  
Use these settings to help make gaming safer for kids.



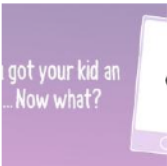
Gaming   Online Safety   Parental Controls

Screen Time

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### Step-by-Step Tips to Set Up Your Kid's iPhone


March 16, 2021  
Learn how to set up Family Sharing, Screen Time, and more.



Cellphones and Devices   Online Safety

### How to Set Parental Controls on the PlayStation 4

March 15, 2021  
Use these settings to help make gaming safer for kids.



Gaming   Online Safety   Parental Controls

Screen Time

We have seen that some students have begun using inappropriate language that does not align with our school principles. This language is sometimes racist, sexist, and misogynistic. We know these are scary words to use, but it is our view that students are "trying them out" to test boundaries, and we want to be sure that school and home are working closely together on this so that we have the same messaging to students.

Curiosity about growing up and relationships is normal and testing out what children see and hear around them is also a perfectly normal stage of development. However, the impact of social media on what children say and do is significant, and we want to take action with an appropriate and trusted adult response. We think this starts with students understanding the impact of their actions and words.

Starting from the 24th of April, students will be involved in a series of lessons that will help them understand the issues that have been surfacing. The Grade 4 and 5 teams, Ms. Sharon, and I will engage students in what it means to be a WIS student (using our WIS Principles), unpacking terms like racism, sexism, misogyny, and objectification, and screen time in general. Please see the initial schedule below, so that you can follow up with a conversation at home:

- \* Grade 5      24th - 28th April
- \* Grade 4      8th May - 12th May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>“Red Line Activity” where students step to a line if they hold something in common. These are tiered questions which help students reflect on their experience and help them realise that they have lots in common with one another. Tiered questions range from “who here has ever had a puppy?” all the way up to more serious questions like “who has seen something on the internet that they wish they hadn’t seen?” and “who has written something to someone that they later wish they hadn’t sent?”</p> <p>Digital Citizenship Lesson <i>My Media Choices</i> with Ms Jeannette</p>	<p>Reading of <i>The Boy, The Mole, the Fox and the Horse</i> to connect with children’s emotions, strengths and vulnerabilities. Small groups with Ms Sharon in the Health room and with Ms Marcelle.</p> <p>Students will write down hurtful things that have been said to them or about themselves, and put them in the ‘Hurtful things said’ anonymous collection box. This allows the school to know what is happening anonymously, and it allows students to process these experiences.</p>	<p>Unpacking our WIS Principles- what does it mean to be a WIS student?</p> <p>Teaching of terms objectification, sexism, misogyny, and racism</p> <p>Questions that could be asked:                      What is the line between joking <i>with</i> someone and <i>making fun of</i> someone?                      Why is it bad to call someone gay as an insult?                      Why is it wrong to ‘rate’ people on the basis of their appearance or skin colour?                      What are stereotypes and why can they make people feel bad?</p>	<p>Survey about digital consumption/ screen time and reflections in small groups.</p> <p>We will share the results with parents.</p> <p>Digital Citizenship Lesson <i>Gender stereotypes and how they shape our experience</i> with Ms Jeannette</p>	<p>Reading of <i>The Recess Queen, My Secret Bully, and Stick and Stone</i></p> <p>Establishing/ revising agreements -</p> <p>Who do we want to be?</p> <p>What is our responsibility so that everyone feels valued, safe and respected at school?</p> <p>What do we do if we see someone being unkind?</p>

In addition to these provocations/lesson plans, we will also take other school-wide actions:

- Planned weekly discussion points during assembly teaching about kindness, inclusion, anti-bullying, social media and responsibility.
- Weekly ‘What’s on your mind’ sessions with Ms Seodhna to support and monitor issues that arise on the playground.
- Digital Safety and School Climate Parent Gathering with Digital Safety Expert (date TBC).
- Weekly in-class focus on Media Literacy using the [Common Sense Media Curriculum](#) (this will be shared in our weekly class newsletters so you can follow up at home).
- A focus during library instruction time on Digital Safety led by Ms Jeannette.

Thank you for your continued support and cooperation and have a wonderful weekend!

**Warm regards,  
 Marcelle van Leenen**

## SECONDARY PRINCIPAL

### Resilience - How to Recharge - Not How to Endure

One of the goals we have as educators is that our children learn to be resilient so that they are able to manage the challenges that come their way through their personal and academic journey.



#### What is resilience?

Often we are made to believe that it is "to toughen up and get through it". Recent research and understanding does not necessarily support that approach. According to [Andreas von der Heydt](#) in a conversation on the topic: *"Unlocking the Power of Resilience"*

*Resilience is the ability to adapt, recover, and thrive in the face of adversity, challenges, or setbacks, characterised by vitality, positivity, engagement, meaning, and strong relationships to achieve personal and professional goals.*

*Resilience is important because it enables individuals to navigate and overcome obstacles and challenges, maintaining their vitality and well-being, and fostering a positive mindset even in difficult situations.*

*Resilience helps individuals to stay engaged and proactive, finding meaning and purpose in their lives and work, and building and maintaining strong relationships that provide support and connection. Resilience also drives individuals to strive for achievement, setting and pursuing goals despite setbacks, and bouncing back from failures."*

In the [Harvard Business Review](#) article "[Resilience is About How You Recharge, not How You Endure](#)," by Shawn Acher and Michelle Gielan, we learn the true value of recovery periods - and the true cost of skipping them.

*"The key to resilience is trying really hard, then stopping, recovering, and then trying again. This conclusion is based on biology. [Homeostasis](#) is a fundamental biological concept describing the ability of the brain to continuously restore and sustain well-being. Positive neuroscientist [Brent Furl](#) from Texas A&M University coined the term "homeostatic value" to describe the value that certain actions have for creating equilibrium, and thus wellbeing, in the body. When the body is out of alignment from overworking, we waste a vast amount of mental and physical resources trying to return to balance before we can move forward.*

*As [Jim Loehr and Tony Schwartz have written](#), if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout. Mustering your resources to "try hard" requires burning energy in order to overcome your currently low arousal level. This is called up-regulation. It also exacerbates exhaustion. Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a recovery period rises in proportion to the amount of work required of us.*

*So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, that your brain will naturally recover, such that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times where you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing. Stopping does not equal recovering.*

*If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 [paper](#): "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the workday or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e.g. in the free time between the workdays, and during weekends, holidays or vacations." If after work you lie around on your bed and get riled up by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.*

*If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. In her upcoming book *The Future of Happiness*, based on her work at Yale Business School, [Amy Blankson](#) describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. The average person turns on their phone 150 times every day. If every distraction took only 1 minute (which would be seriously optimistic), that would account for 2.5 hours of every day.*



We wish our Grade 10 and 12 students who are starting their final journey in the IGCSE as well as IBDP courses that their goals for their future are guided by an understanding of a resilient approach to challenges and future aspirations.

**Regards,  
Maggie Reiff**

## Smiley's National Charity House



Smiley is a lady I met just before lockdown. She is a remarkable lady who runs a kindergarten in the 7 de Laan area of Windhoek. It is obvious to all who meet her why she attained the nickname Smiley - she is full of energy and positivity and her smile is contagious.

When the covid pandemic hit, Smiley realised that the children at her kindergarten wouldn't be eating since they were no longer attending school. Hence she started up a soup kitchen for her local community.

WIS recently donated our lost property to Smiley for use by her kindergarten children and the wider community whom she supports. They are very grateful.

Smiley has achieved registered charity status in the name of "Smiley's National Charity House" and has now acquired a piece of land in the North. She is planning to develop this land to serve the local communities and to include a respite holiday home for the elderly, who are a sector of the community who often get left out. You can read her full proposal [linked here](#).

If you wish to support Smiley in any way for this project, she is always happy to receive donations, however big or small, from building materials to monetary donations. You can contribute directly using the information in the proposal or else feel free to contact me, Ms. Lian Cohen, in room 63 at WIS for further information or to channel your donations directly to Smiley.

## From the Health Room

### A Covid update

Dear Parents and Guardians,

Season change is in the air - the mornings and evenings are noticeably cooler. Though colds and flu infections are not confined to the colder months, respiratory illnesses are more prevalent.

Until we hear differently from the Ministries of Health and Education, we will treat reported cases of Covid 19 infections on campus as we would a seasonal flu. We ask that you monitor your children for signs of colds and flu symptoms and keep them at home to prevent the spread, whether they have tested positive for Covid specifically or not. Please don't send a sick child to school. At school we will be vigilant too. A child who is unwell and has a temperature will be sent home immediately.

If you know for certain your child has Covid please inform the school in order for us to take precautions. We still have masks available at school which provide additional protection in known instances of possible exposure to the virus.

After numerous phone calls today I was unable to confirm whether one can get a Covid booster shot from your private doctor. It would appear not. It also does not seem possible to buy Covid home test kits at your local pharmacy. Please correct me if I am wrong and there is updated information. Some pharmacies who have a nurse on site might offer Covid testing facilities. They also offer seasonal flu shots.

We've had plenty of practice in keeping ourselves safe by implementing measures we know only too well. In other words, we should be well prepared for the coming winter colds and flu season.



Sharon Gorelick, Nurse & Counsellor

# UPCOMING PARENT WORKSHOP

✓ **27 APRIL 2023**

The Science of Reading - *What you need to know as a parent.*  
08:00 - 09:00 (WIS Staffroom)



ALIYA JIVANI  
MAEDOT ABEJE  
SALOMÉ REY  
SHAMISO MAWIRE  
TRISTAN OCKHUIZEN

**FRIDAY 21st to FRIDAY 28th April 2023**

WIZART GALLERY on campus

# Visual Arts

## GRADE 10

### PERSONAL PROJECT EXHIBITION

*In fact, recreational art involves the simple act of individuals playing and having fun, in as much that, with the help of more participatory arts, it allows them to recreate new possibilities for the liberation of traditional ideologies and to turn to the search for other deeper, more intense and true development goals that are in harmony with the true human nature, not forgetting the individual, social and cultural being, that they should be.'*

Maria José dos Santos Cunha  
Universidade de Trás-os-Montes e Alto Douro/CITAR, Portugal



**WINDHOEK INTERNATIONAL SCHOOL**  
Venue

**Join in on the fun!**

**Tournament Details**  
Date: May 13, 2023  
Time: 9:00-16:00

Teams: Minimum 6 players per team  
Match: 6 a side  
4 subs

**Christopher Aiff Cup**  
N\$1000 cash prize  
Entry fee  
N\$50 per player  
Group & Knockout format  
20 min halves

Submission deadline: May 1st

Please contact  
081 7800 868 or Bvissier@wis.edu.na For entry





# LIBRARY Week

**MONDAY, APRIL 24, 2023**  
Game On! | 1:40pm to 3:00pm  
Place: Secondary Library  
**ALL AGES ARE WELCOME TO PARTICIPATE**

**TUESDAY, APRIL 25, 2023**  
Book to Movie | 1:50pm to 3:30pm  
Place: PLC (Auditorium)  
**ALL AGES ARE WELCOME TO PARTICIPATE**

**WEDNESDAY, APRIL 26, 2023**  
Book Fair | 11:00am to 2:00pm  
**ALL AGES ARE WELCOME TO PARTICIPATE**

**THURSDAY, APRIL 27, 2023**  
Science of Reading Workshop | 08:00am to 09:00am  
Place: WIS Staffroom  
**ALL PARENTS/GUARDIANS AND CAREGIVERS ARE WELCOME TO PARTICIPATE**

**FRIDAY, APRIL 28, 2023**  
Books & Characters Day | ALL DAY  
**ALL AGES ARE WELCOME TO PARTICIPATE**



# GREEN MARKET WINDHOEK

EVERY SATURDAY 07:30 TO 12:15  
3 DR KENNETH DAVID KAUNDA STR

ORGANIC & LOCAL PRODUCE FOOD ART  
& CRAFT GARDENING HOME & HANDMADE  
DELI MEAT AND MORE

A SILENT FILM CONCERT BY:



# KAROL BEFFA



**FRI, 21 APRIL | 8PM**

A CLASSICAL SOLO PIANO PERFORMANCE ON THE MOVIE:  
**"THE LADIES' DELIGHT"**

**VENUE:** NATIONAL THEATRE OF NAMIBIA (NTN)

**TICKET:** N\$250 VIA  AVAILABLE AT 

**ENQUIRIES:** +264 83 338 7330 | [culturalofficer@fncc.org.na](mailto:culturalofficer@fncc.org.na)

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# INTERNATIONAL FOOD & CRAFT BAZAAR

IN SUPPORT OF GBV PREVENTION AND RESPONSE IN NAMIBIA



**VENUE**

**WINDHOEK COUNTRY CLUB RESORT**

**DATE**

**SATURDAY, 13 MAY 2023**

**TIME**

**10H00 - 14H00**

**FREE ENTRY**

**LOCAL ARTISTS & CUISINE**  
**BIG RAFFLE PRIZES TO WIN**

**More than 22 embassies participating, with performances from India, China, Mexico, Japan, Russia, Indonesia and more**

**ENTERTAINMENT FOR KIDS, FACE PAINTING, TRAMPOLINE, AND MANY MORE!**



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