



NAIROBI INTERNATIONAL SCHOOL

ESPRESSO



April 2014

From the Director's Desk

My apologies for the delay in sending this termly newsletter....but you know the saying..” better late than never” and so here we go with a sum up of the 2nd term at NIS. I would like to take this opportunity to express my appreciation on how fortunate I am to head a school with teachers who are passionate and committed to helping our students learn and grow. Of course we are also very fortunate to have so many focused and gifted students supported by parents who see the value in quality education. This is clearly a winning combination. Thank you for your support and please continue to partner with us to help our students thrive.

JUNIOR SCHOOL

Term 2 has been a very busy one with many activities and events taking place. A number of new students joined in different year groups and settled in well.

The **Friday Assemblies** are something to look forward to both by parents and students. This term it was the Kindergarten presentations.

Rainbow class gave a presentation which comprised of various nursery rhymes, poems and musical songs/ dramatized songs. In addition to catchy action songs, nursery rhymes and poems, **Farm class** had a lovely time playing different musical instruments in front of their mums & dads during their class assembly.

For their class assembly Jungle and Sea class presented the following:-

- Poems on colours – food – safety – animals
- Songs on keeping the school clean and one action song from West Africa.



Year 1K - presented poems & songs with the theme of farm animals. Each child performed their part with confidence & enjoyed the assembly. One of the songs they performed was in French which the children managed perfectly. It was a successful and fun assembly.

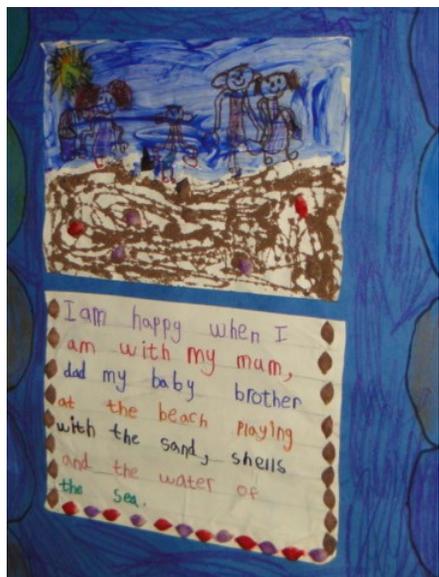


Year 1S -The assembly theme was an African safari where the children recited wild animal poems and sang Kiswahili songs connected to the geographic topic of the term. The children performed very well and with confidence.



The Inter-House Illustrated Creative Writing Competition

was the highlight with all students participating by entering their creative stories in the competition. The display of entries was very impressive with beautiful artwork and three dimensional creations which clearly justified the topics given,” I am happy when....”for the KGs and “If I had a superpower” for the Prep students. A large number of parents and other visitors who came to view were really impressed with the creativity and unique ideas that the children came up with. CONGRATULATIONS TO ALL THE WINNERS and Well done to the participants.



Class Trips



The Year 6 students visited Brown's Cheese Farm in Limuru, where they had the opportunity to sample various types of cheese, made their own pizzas, and actually milked a cow! It was a fun trip for them indeed!

Trip to the Post Office

The Year 6 class also had a surprise request from Anastasia Behrens. She is a Year 6 student from Denver Montclair International School. Anastasia wanted to win points for her house and in order to get more points; she was to receive postcards from fellow year 6 students in an international school. She emailed NIS and our year 6 students were subsequently informed about the correspondence. The year 6 class students bought various postcards depicting the beautiful landscape and wildlife that Kenya has. The students went to our local post office in Lavington Green where the students proceeded to buy stamps, stick them on to the postcards and mail them without assistance. It was a first time experience to go to the post office for most of the students and they enjoyed themselves immensely!



The Year 2's have been learning about different kinds of materials during Science and had the opportunity to visit **Kazuri Beads**. This is a factory located in Karen that specializes in making hand-made ceramic beads and pottery. The factory has different work stations and each child assisted the mothers in making clay beads, painting beads, stringing and designing bracelets, earrings and necklaces. They also saw raw clay tanks and kilns. This gave the children a good understanding about the natural material clay and how it changes when molded and when heat is added. At the end they visited the Kazuri store where they saw what the end products looked like and how they are sold to the customer.

They had lots of interesting information to share with us after the trip!



Sports Activities

Term 2 was another very successful term in sports. The pupils had all the opportunity to participate in various sporting activities, games and swimming.

It was a Hockey Term for both boys and girls. We did well in most of the fixtures against schools like

St. Austin's, Cavina School, Oshwal academy, Premier Academy, Aga Khan Academy and many others.

Our Under 7 Soccer Team participated in a football tournament at Aga Khan Academy and they emerged position 4 out of 12 schools. This was very encouraging especially being their first time to attend a Soccer Tournament with many matches.

We also managed to hold our very first Swimming Gala in the school. It was quite challenging without a spacious pool for the different age groups and enough space to invite the parents. However, the pupils had an opportunity to take part in at least one or more races each- free style, backstroke, breast stroke, butterfly or I.M Relay.



Prep Musical

Our Annual Musical was the highlight of the term. The Prep school successfully staged two plays:

Robin hood - Prince of the Poor by Years 2 and 3 students

The Pied Piper of Hamelin by Years 4, 5 and 6's

Both the plays were quite hilarious and were supported by a number of songs and dances. The costumes and backdrops were vibrant and colorful and the children performed to a full house! Well done to all the performers and teachers for the endless hours that they put in the rehearsals.

Towards the end of term, our students were busy preparing for their end of term assessments. End of term reports were emailed to the parents.

The term ended on a high note with **Class Parties** where children dressed up and shared goodies with their friends. The **Music Club** made an excellent presentation on the last day during the final assembly.



SENIOR SCHOOL

Like the junior school, the senior school has been quite busy with a variety of activities this term but with our attention focused mainly on academics especially since it is a **MOCK** term for the Yr. 11's and the A Levels. The exams went on smoothly, thanks to Mr. Gee and the exam department. We hope that the candidates will use the Easter break to revise intensively seeing that the exams begin on 6th of May which is 2 weeks after re-opening. In line with that we also held our **Parent – Teacher Consultation** meetings and the response from our Middle School parents was quite good. However, the Senior School parents are encouraged to attend these meetings more frequently to keep them updated on their children's progress.

Sometimes, actually many times, parents need help in dealing with their children and the school being fully aware of that, organized a **Parents Workshop** to provide a forum for parents to interact and share their experiences. It was actually quite interesting and consoling for the parents because in their interactions they realized that their teens are normal and that as parents they are not alone in trying to figure out their kids. The workshop was quite well attended and at the end of the day, we all left having learnt a thing or two about how to handle our teens.

Annual Book Week

This year the Book Week was one with a difference as we saw many students (many of whom we had no idea could speak in public!) come out of their shells to make brilliant presentations. There was a lot of spoken word, poems, stories, fancy dress parade, orations and some amazing spoken word skits which were a 1st. The participation by the students right across the board was overwhelming and all who participated were awarded certificates. Special mention goes out to Lisa Mumbi, Tamba Kemoh, Savannah Wanjiku and Mariam Malik for their outstanding performance. We also had an inter-class book illustration competition and Yr. 8 came out at the top with their Round the world in 80 Days detailed illustrations. Clearly they put in a lot of work. The Yr. 7's also did a good job with a variety of book illustrations. In 3rd place was the Yr. 12 Literature class plus Debra Onzere with their illustration of Half of a Yellow Sun.

It has been our tradition to use the book week to reach out to the wider community and this year was no exception. The students donated novels, text books and all kinds of stationery and these materials were given to Muthangari primary school which is a few hundred yards down the road. Michelle Chan broke the generosity record by contributing 54 text books done! Mrs. Vishwanath, a dear member of staff, donated 200 exercise books! Well done! Thanks to all those who had the heart to give. Hats off to Ketaki Renade who was declared the book worm of the year and to everyone who made the week a success. We hope to see the same enthusiasm next year.



PA Training Expedition to Kwetu Children's Home and Paradise Lost.

On Saturday 1st March 2014, 17 members of the President's Award Club left Nairobi International School at 9.30 am, and went to Kwetu Children's Home (Kwetu is a rescue center for street children)in Nairobi West .They were scheduled to do some community service as part of their Pre Bronze/ Silver training. The students were accompanied by Ms. Gladys Mbuvi and Mr. Josh M'Mbogori.

We got to Kwetu Children's Home at 10.30 and were received by an Administrator at the home, Ben Ashiundu. During our introductions, we learnt that the children are rescued off the street from bus stops, shopping centers, alleys or anywhere they are found. The children are aged between 5-17 years and all children enrolled at the centre must attend school for the 6 months that they will be resident at the centre. The centre attempts to rehabilitate the children and release them back to normal life.

For our community service, we helped the children with their house-keeping chores, which included, sweeping their dormitories, washing the floors, dusting, making their beds, helping in their kitchen and in their bakery. After we finished the work, we played football with them and we all enjoyed some juice and cookies before our departure to Paradise Lost.

We got to Paradise Lost just after 6.30 pm and immediately settled down to pitching our tents and preparing dinner. In most cases, the students struggled to come up with a decent meal but happily everyone got a bite of spaghetti, meat and some vegetables. Most people retired to their tents by 10.30 pm. The following morning, we woke up early , went for a brief run and did some stretches before making breakfast and thereafter initiated into PA practices of camp-craft, team work, orienteering, map-reading and the various responsibilities of every team-member.

We brought down the tents at about 3.30 pm and were back in school by 5.15 on Sunday 2nd March. Congratulations to all participants who now must begin preparations for the real expedition which is scheduled to be to the Aberdares.

J M'Mbogori

Community Service

The Community Service club had an active term focusing on our twin aims of cancer care and supporting local schools. The students began by learning about the status of cancer in Kenya and what our school CSR program CATSI (Cancer Awareness and Treatment Support Initiative) is doing to help. The students visited the Cancer Care unit of M. P. Shah hospital where they learnt more about the disease and saw the facilities available for cancer patients. Treatment for each cancer patient in Kenya can cost anywhere between Ksh.50,000 and Ksh.200,000 per month, making treatment unattainable for many. CATSI has supported patients with cancer every year since its inception in 2009. Unfortunately in the last year two of our patients lost their battles yet we remain committed to helping wherever possible, whatever the odds.

Following a successful book collection during our annual Book Week in February, the students were pleased to visit nearby Muthangari Primary school and donate a mixture of school textbooks, fiction and non-fiction library books. We were also able to look around the school and appreciate some of the difficulties that they are currently facing due to a shortage of teachers and resources.

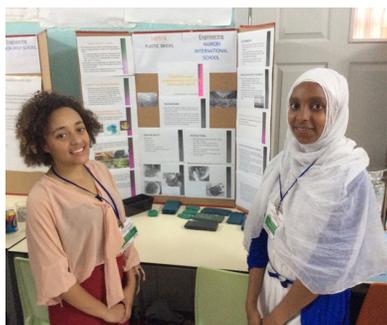
We hope to continue supporting both initiatives during the coming months through raising awareness and fundraising activities.

Mr. James O'Brien

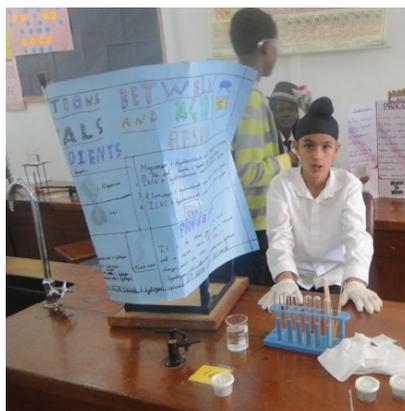
Golden Climate



In February three students travelled to Mombasa to represent NIS in the Golden Climate Environmental Project Olympiad. Ketaki Ranade (Yr. 10) entered in the Agriculture category with her project about fruit tree afforestation and Ethar Sirelkhatim & Donna Welch (both Yr. 13) entered in the Engineering category to showcase their idea for turning waste plastic carrier bags into recycled plastic bricks. Donna even got a chance to explain her project to the Education Secretary, who was the Guest of Honor. Both projects were presented to a panel of judges who put the girls on the spot and asked them difficult questions, forcing them to think on their feet. All three of them performed extremely well. Ethar and Donna were awarded a bronze medal and, with that, entrance to the international final of the competition.



The international final was held at KICC on April 30th and was attended by the top students in Kenya together with 25 other countries from across Africa, Asia, Europe, USA and South America. It was inspiring to see so many young people all working towards the goal of improving our environment. Ethar and Donna did themselves proud again, delivering a confident presentation to the judges. They were awarded a second bronze medal, together with some prize money. Our congratulations go out to both of them. Now that they have set the standard we hope that more students from NIS will feel inspired to enter the competition next year.



SCIENCE FAIR- 2014

The Science Fair was held on the 13th of February 2014. There was a lot of enthusiasm and competitive spirit amongst the participants. They spent several hours in preparation and polishing up their presentations throughout the week.

There were a total of 35 projects in Biology, Chemistry, Physics and Food studies on topics ranging from the making of a robotic car to cooking of low calorie, nutritious food.



The participants presented their projects with confidence and a sound knowledge of the underlying scientific principles. Some of the prize-winning projects were:

Year 7- Vertical and horizontal motion by Romi and Guena

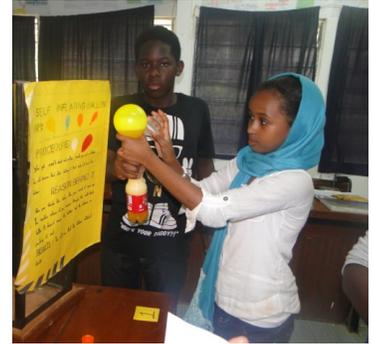
Year 8- Wind mills by Nathan and Miguel

Year 9- Coloured flames by Juhi and Tania

Year 10 to Year 13- "Robotic car", by Soumedh and Jonathan and "An alternative to commercial chocolate", by Elizabeth.

Ms. Akatsa, Ms.Ombeta and Mr.Mbogori did a wonderful job of judging all the projects and gave some invaluable advice to the participants. Our thanks to all of them.

Mrs. Indu Vishwanath



Media Challenge

On February 28th 2014, the Media Communication and Production class went to Greensteds School for a Media Challenge. Students from both NIS and Greensteds came together to showcase their skills and knowledge in the Media field.

There was a debate on whether the media should be given absolute freedom of press and Greensteds won the debate. However, N.I.S had a chance to show what kind of stuff they are made of during the 4 challenges (Radio, T.V News, Photography and Advertising), all of which we won because of our outstanding presentation skills, teamwork and creativity. In all challenges, small prizes were won and this excited the students and psyched them up. All in all, the students had fun! They had a chance to interact with other students who share the same passion and exchange ideas. A big up to the Yr. 12 Media class Lilly, Wanjira, Debra, Nyarow, Ali, Claudia, Alya and Michelle for their excellent performance. According to one of them: "The trip was an amazing experience. Hope to have it again and again."

Jessica Muroto

MSMUN

Year in year out, our Middle school model United Nations club seems to be growing in strength. This year, the 20th Annual MSMUN conference was held from the 21st to the 24th of January and we had a full delegation of six countries. They were led by an able group of ambassadors who did a sterling job. They were: Aman Degon, Sumeya Yunis, Travis Githinji, Molly Cavenaille, Tania Kaur and Emmanuel Yatta. Diplomacy, self-respect, respect for others and confidence are some of the qualities students acquire through participating in these conferences. As has always been the case, the event was marked by a variety of activities including lobbying and debating - another chance to see students indulge in debates with all the passion and enthusiasm required. Many of our delegates were having a first time experience and I must commend their interest and input. Several of them discovered that they have potential in them that is waiting to be nurtured - and nurture it we will!

A comment by one of our teachers that the students who attended MUN have come back more confident than ever before made me realize that indeed there is so much of value that the students gain through this program. We are pleased to report that Emmanuel Yatta who was the ambassador for the Gabon delegation won the best speaker award in the Human rights committee. Kudos Emmanuel, you made us proud!

Mrs. Doritah Abura



EAMUN

Our senior students went for the EAMUN Conference held from the 17th -21st of February at the United Nations Organization office in Gigiri. Our students once again did very well during the conference. Ritual Khanna Yr. 12, who was the Ambassador of Argentina and Michelle Wangari Yr. 13 the Ambassador of Kiribati, won the Best Resolution Award in the Economic and Human Rights Committees respectively. The highlight of the conference which also marked the end of the conference was the dance held at Hillcrest on Friday evening.

Ms. Christa Ombeta

Careers

On the 1st of February we held our Annual Careers Day at the school. We had various universities both local and international e.g. University of Nairobi, Strathmore, Riara, Daystar, Middlesex , Middle East Technical University from Turkey, London School of Business and Finance among others and agencies representing various international universities from all over the world attending the fair. The Careers Day was well attended by both our students and parents. This was an opportunity for both to get information on what is available for them out there in terms of further education. On the same weekend there was the Canadian Universities and Colleges fair held at Intercontinental Hotel which was also attended by our students and their parents.

On Monday the 3rd of February we had a couple of Canadian universities visiting our school to talk to our Yr. 13 students who were applying to their universities. These included University of British Columbia, Wilfred Laurier, Cape Breton; Kings University; Mt. St. Vincent University; Vancouver Island University; St. Mary's University and Trinity College School. This was a great day for the students who had firsthand information of what it means to study in Canada.

All in all, our students have attended several Uni Fairs with the aim of helping them chart out their career paths and I am glad to say that several of them have successfully applied for enrollment in reputable universities abroad and gotten full and partial scholarships.

Ms. Christa Ombeta

Nairobi Academy Annual Talent Competition.

"Limelight", Nairobi Academy's annual talent competition happened on Friday 28th February. It featured performances in music, dance and stand-up comedy by secondary school students from NIS, Braeburn, Braeside, Brookhouse and the hosts. Our duo Michelle Gichuki and Michelle Mukuru known in action as "Michelle 'n Michelle" sang their rendition of the hit song "Can't remember to forget you" and were highly placed among twenty acts. The impressive and inspiring display of talent made the event a great experience for all. We hope to perform even better next year.

Julius Watatua

Nairobi Academy Verse Recital Competition.

N.I.S was very well represented in this event by, Travis Githinji (U14), Mariam Malik (U 16), Barbara Mukidza (U18) and Guled Yusuf and Lisa Mumbi for the Talent Category. The students all did very well and Guled Yusuf won 2nd place in his category and despite Lisa Mumbi not winning anything, she is the only one who got a standing ovation after her performance and that spoke volumes. N.I.S does have talent and we are nurturing our students into fully exploiting it.

Sports

From the goal mouth;

With Ritual Khanna at the helm, our girls accounted well for themselves in the highly competitive AISK U/19 soccer league winning games against well-established opponents but succumbing to our perennial rivals and eventual league winners RVA.



En route the girls drubbed Hillcrest 5-0 in the league opener with Jazmin Mzera (year 10) and Ayen Vasili(year 10) terrorizing the Hillcrest defense. Michelle Gichuki assisted by Fatma Barrow, Cynthia Feldman and Donna Welch did a great job of keeping the Hillcrest slate clean. With this promising start the lasses went on to meet Brookhouse whom they deservedly beat 3-1 in a hotly contested game.

Other events worth mentioning are the John Garrord memorial where the team won in the plate category to bag the medals.

There also was the occasional friendly against our neighbors down the road, Loretto Convent Musongari, who were gracious in defeat and in hosting.

U/19 Soccer Team:

Mitchelle Wambaire 10(GK), Fatma Barrow 4(back), Cynthia Feldman 15(back), Donna Welch 3(back), Muthoni 11(back) Nancy Naftal 17(defending mid), Nanette Kilele 5 (attacking mid), Jocelyn Montenegro 6(full back), Alesa Ilako 16(defensive mid), Debra Onzere 19(attacking mid), Marlaine 2 (defensive mid), Yaluris 12(striker), Mzera 4 (Very dangerous striker), Ciiru 9(Holding mid field), Kihato 18(attacking mid), Kettie 7 (striker), Nashilu 8(utility mid/back), Ritual Khanna aka captain incredible 14(Captain attacking mid).

Above the rim:

The U19 boys' basketball team played in 3 tournaments last term, with the first being the R.V.A invitational where they lost in the preliminaries. Something had to be done. Luckily the introduction of 2 new students beefed up the team; they managed to win the Mangu tournament and were runners up in the ISK and NIS tournaments going down in the finals to RVA and ISK respectively.

The Warriors played in the very competitive International Schools League (AISK) where they reached the finals, having improved tremendously from the first performance of the season.





After sailing through the preliminaries leaving in their wake, Peponi - 68 to 21, Aga Khan academy - 69 to 14, Braeburn garden estate - 63 to 18, ISK - 56 to 46, Brookhouse and a hard fighting Rosslyn - 45 to 44 They played in the finals. The finals saw the boys locking horns with their perennial rivals RVA in an entertaining Saturday morning encounter. As all good things come to a close so did the Warriors winning streak and the basketball season, going down valiantly to a well drilled RVA side.

Discipline was the key to the team's progress and it was encouraging to see that 3 of our players are currently in Year 10. The outgoing captain (Edward Ilako) who played his heart out will be sorely missed come next season.



U15 Girls Hockey

The under 15 girls' hockey team participated in the following matches during the second term, and these were their results.

- NIS friendly with Msongari we lost 3-1
- NIS friendly with RVA we lost 4-0
- NIS vs. Hillcrest match we won 1-0
- NIS vs. Nairobi Academy we won 1-0



NIS Swimming Team

NASA "A" Gala:

- Jensen Kukuriza won 1st place in his age group in the 50m Freestyle, 50m Butterfly, 50m Breaststroke and 100m Freestyle.
- Zuben Naik was a finalist in his age group in the 50m Breaststroke.

NASA "AAA" Gala:

Edward Ilako won 1st place in his age group in the 100m IM, 50m Freestyle. He also won 3rd place in the 800m Freestyle.

Nairobi County (KSSSA) Swimming Championships: The following swimmers qualified for the nationals,

- Alesa Ilako
- Juhi Dawoodia
- Charlene Adede

And Wanjira Karunditu was a finalist.



Term Three:

This terms activities are netball and rugby. We are all looking forward to an eventful stint.

South Indian Cultural Concert

Nairobi International School sponsored a music and dance program (Nritya Sangeet Sandhya Music) on the 2nd of February at the KICC hall. The school hosted highly eminent artists from South India. Featuring in the troupe that came down to perform was legendary singer, the nightingale of South India, K.S.Chitra, who has won 6 national film awards and 35 state awards. She was accompanied by classical dancers and actors Vineet Radhakrishnan, the ever graceful Laxmi Gopaldaswamy, William who played the keyboard, Nikhil on the flute and Hari played the table. The M.C for the event was the vivacious and beautiful Ranjini Haridas. K.S.chitra rendered some soul stirring numbers, and evergreen hits in different south Indian languages. The show lasted over 3 hours and the audience was completely enthralled and yearned for more. Many of them commented that they had never witnessed anything so amazing in their life and said that it was truly a memorable evening.

Mini Pradeep



ADIEUS

We wish you a Happy Easter we look forward to seeing you all next term.
God bless you.

