



NAIROBI INTERNATIONAL SCHOOL

ESPRESSO



Where Tomorrow Begins

December 2016

From the Director's Desk

Dear Parents

I have no words to describe the mercies we received this term and as always I am left in awe at the most gracious and miraculous ways in which the Almighty takes care of all of us , every single day..every single moment of our lives !

The term started and ended on positive vibes as students and staff embraced and implemented many new ideas and practices with complete faith...starting with the Quiet Time in the mornings to assemblies that upheld and celebrated VIRTUES; with the various fundraisers in aid of CATSI strewn in between, I can only pray and hope that the trend continues as we get more opportunities to feel HIS presence in our midst.

My heartfelt gratitude to all the parents and guardians for your continued support for all our events. Next term we have year group socials for parents and my request is that you attend these to get to know the staff better as we are raising our children together..We have also lined up a number of events such as Happy Feet and Cultural Day as well as a Pre Valentine Dinner Dance for you to take a walk down the memory lane..! My hope is that you will all be here to make it a huge success that we may end up making it a part of NIS traditions.

The various campuses have put together a synopsis of the activities that we had this term and I pray that you enjoy the read...here we go...

KINDERGARTEN

Orientation

We started our term with a successful orientation week. We thank parents who made an effort to be present, as it gives you an opportunity to understand our curriculum and work with us for the progress of the children.

Trips

This term Farm and Jungle class visited Karura forest. They went on a nature walk and learnt the names of a few plants and trees and were quite happy to spend the day in the forest.

Galaxy class went to the Nairobi National Museum. They were very excited and loved seeing the real life size stuffed animals. They even had an opportunity to see a snake shedding its skin at the snake park and were as amazed as the adults.



Christmas concert

This was held on the 25th of November 2016. Each class performed a different play in colorful costumes. The children worked hard and this definitely paid off judging from the quality of their presentations and their reactions.



Santa's Visit

The children were so thrilled to see "Santa" and receive presents from him and a good number wanted to go back to North Pole with him! It was wonderful seeing them having a great time during their class parties after which we called it a day.



PREP SCHOOL

Orientation Meetings:

These were held from Monday 5th to Friday 9th September. The turnout was quite encouraging for lower classes but it was disappointing to see that only around 10 parents attended the Year 5 / 6 meetings. It is our humble request to all the parents to attend so that they are aware of what is going on in school.

Friday Assembly Presentations:

This term each class took up a virtue of the week and presented their thoughts on the same. It was much appreciated by parents, students and teachers as all learnt something new every week.

Annual Sports Day:

This was held on 7th October and everyone from Yr. 2 to 6 participated. The day was a great success and it was nice to see the team spirit demonstrated by the different houses. There were chants, posters, banners, lots of fun games and races. This year we decided to create some new games and pupils found themselves taking part in races to test their spellings and hand eye co-ordination. We also had the traditional sports day races such as the egg and spoon and sack. All pupils gave their best and earned many points for their houses and received lots of medals. The house that took the Winner's Trophy this year was Raphael. In 2nd place was Donatello. Leonardo was awarded for the Best Cheering and Michael Angelo won Most Disciplined. Well done to all the students who took part and to all the parents who contributed towards making the day a success.



Inter-School Tournaments:

It has been a very busy term with extra training, fixtures, tournaments and a swimming gala and we appreciate the commitment shown by the students in all these activities. We played many fixtures against other international schools in both football and rounders for U7, U9 and U11. We also took part in a Boys and Girls Football tournament hosted by St Christopher's and both our teams came 5th overall. The swimming Gala which was hosted by Roslyn Academy, saw all swimmers give their best and overall we came 3rd bringing home 1 gold, 1 silver and 2 bronze individual medals.

NB.

Next term, we will be teaching Hockey therefore please ensure you child carries a hockey stick, shin pads and a mouth guard for their PE lessons.



Parent – Teacher Consultations:

This took place on 8th October 2016.

As usual, it was well attended by most parents and they were happy to know the progress of their children and map a way forward. At this juncture, we would like to request parents to keep the time for the appointment and inform the teacher in-case you cannot make it.

Trips:

All the year groups extended their learning to outside the school environment by visiting places within Nairobi as follows:

Year 2



On Wednesday 21st September, Year 2's visited Tropical Heat Industries located in Industrial Area. This is one of the largest manufacturers of snacks in Kenya. These include crisps, chevra, sticks, rice cakes, peanuts, corn puffs and food spices. The children got a good opportunity to visit the factory to see how snacks are made, sampled some of the snacks made there and took home goody bags. They indeed learnt a lot and had lots of fun!



Year 3

On Wednesday 14th September 2016, the Year 3 class visited a greenhouse situated in Kitisuru. While here, the students experienced the humidity in the greenhouse and learnt why crops grow so fast there. They saw cucumber, lettuce and sweetcorn growing and had a chance of learning how seeds are first planted in a seed-bed, then seed net and later moved to the greenhouse.

This experience helped them appreciate the role of farmers in the society it was indeed a trip worth going for.



Year 4

This class went for a field trip on Wednesday 9th November to Planet Media and Arboretum. At Planet Media (Prestige Plaza – Ngong Road), the children watched a 3D animated movie titled “Trolls.” They had a lot of fun and learnt some morals such as: finding happiness from within, determination at all times, caring & sharing and cooperation/teamwork. Later, in the afternoon they visited Nairobi Arboretum Forest Station where, through fun activities, they learnt the importance of trees in the environment.

Year 5

This group visited the Karen Blixen museum on the 2nd of November 2016. They were very happy to learn about Karen Blixen, her life and her contribution to society. They also got to understand the difference between an autobiography and a biography and spent the morning visiting Karen’s home and learning the history behind the artefacts displayed in her home.

After lunch we made a short visit to Nakumatt Karen and we were all very excited to do some shopping. And shopped we did. Some went as far as buying gifts for their families!

In short it was a day filled with fun and learning!

Year 6

The Year 6 students had an educational fun trip. They visited the Nairobi Safari Walk where they learnt more about the environment, habitats and the eco-system. Shopping was done at the Galleria Mall, Ngong Road where the students exercised the mathematical skills and concepts learnt-carrying out mental addition, subtraction and giving change.

We hope the students brought back home the expected change.

Community Service:

This term we had Mufti Day, Bake Sale & Christmas Shoe Box Appeal as our community service activities. The response from children and parents was overwhelming for all three events. For Mufti Day and Bake Sale, we were able to raise a whopping 77,000/= in total.

As the Christmas period approached, NIS Prep section got into the Christmas spirit of giving. As a school we decided to celebrate Christmas with those who are less fortunate and we managed to raise over 200 shoeboxes. Each year group visited a children’s home, every child armed with a beautifully wrapped shoebox filled with all kinds of goodies; such as new clothes, toys, school materials and toiletry. Altogether, four different children’s homes namely: Huruma Children’s Home in Ngong, Dada Rescue Centre in Ngara, House Of Charity and Kabete Children’s Home benefitted and all of them were extremely grateful for our donations. We would like to thank all children and parents because without you, such a gesture would not have been possible on such a huge scale.



SENIOR SCHOOL

We have come to the end of a very busy Term One which was punctuated by a variety of events and activities. We began the new academic year by welcoming the Yr. 7's and Yr. 12's into the NIS community and quite a number of other new students right across the board, and we are glad to say they have all settled down very well.

The 1st important occasion we held was the **Prayer Day** and this was on 2/9. The mass, which was conducted by Father Michael of St Austin's Parish, saw us commit the institution and N.I.S community as a whole into the hands of the Almighty that He may guard and direct our steps. This was followed closely by our **New Parents Cocktail** on 9/9 at the Senior School and the occasion was well attended giving the parents an opportunity to meet and greet the staff. The **N.I.S Anniversary Day**, 15th September, was marked with a cake cutting ceremony in all the 3 campuses to mark our 8th birthday.



Prize Giving Day was held on 1/10 and saw the outstanding and most improved students recognized and awarded for their hard work and effort. Don Bosire graced the occasion as Guest of Honor.

Matters Environmental . . . on 2/10, a group of 25 students accompanied by 2 teachers participated in a clean-up exercise of Mpaka Rd in Westlands and this was done in an effort to spread awareness on taking care of the environment. This was followed by a similar exercise involving all the Senior School students on 7/10. They swept the roads and picked litter in N.I.S Senior and its environs. Well done to all of them.



Moving on to **Charity** - thanks to your generous donations, we collected 546 rolls of tissue and 272 packs of sanitary towels. These were taken to Children's Garden Home and School on 12/10 by a small group of Yr. 12 students. The beneficiaries were very happy to receive the items and we promised them that we would soon make a return visit.



Sports Day – was held on 14/10 at the Nairobi Jaffery’s Sports Club. It was a fun-filled day as spectators from different houses madly cheered their teams on.



Quiet Time – Students have embraced these quiet moments before the start of the lessons with much appreciation. They are actually learning how to be still and focus on their inner being. Observation of **Weekly Virtues** is also coming up very well and so far we have reflected on the virtues of Acceptance, Respect, Forgiveness, Compassion, Humility and Cooperation. Every Monday, the students and even staff who have best portrayed these virtues are awarded certificates.

Academics -We are laying a lot of emphasis on this and are doing all we can to ensure that the students are on track and are working towards an improved performance. However, I would like to request all parents to monitor their children’s progress by talking with them about their school work and even checking their books and test papers. It is a lot easier now for you to keep track through Google Class but you can only access it once your child has accepted the invite because you also get an automatic invitation.



Beats, Brush and Symphony.

The third edition of Beats, Brush and Symphony at N.I.S was held on the 4th of November 2016. This year saw participation of students from 8 schools. Greensteds, St. Georges Girls, Nairobi Academy, Oshwal Senior high, Braeburn Gitanga, Nairobi school, Peponi and the hosts, N.I.S.

Drama was a new addition to the Arts festival and the evening concert was a combination of interesting Monologues, Duologues and well-coordinated musical pieces by members from different schools.

The Art exhibition had pieces created during the workshops, using a variety of media including photography.

Patrick Mukabi a renowned Kenyan Artist led a very exciting workshop.



Year 11 Mombasa Trip

On the 15th to 18th October 2016 a group of year 11s and their teachers went for an educational trip to Mombasa. The students were accompanied by Ms. Loise, Mr. T. Omondi and Mr. P.Odeka. The group was accommodated at Sarova Whitesands and on arrival the excited students eagerly headed to the beach and spent a better part of the afternoon swimming in the ocean.

Some of the places visited later include; Marine Park where students enjoyed a ride on an engine propelled glass bottom boat. At the Marine Park they spent time watching different fish species.

Other places visited include Haller Park, where students saw the Ecosystem within the park, different animals and nature trail. At the hotel they were given access to the computer server room, culinary department and last but not least the Mama Ngina Drive.



Year 13 Mombasa Trip:

On 15th October, the Yr. 13s went on a 4 day trip to Mombasa to relax after the Mid-Term exams. They stayed at Sarova White sands and had loads of fun. They visited Malindi Town where they went shopping and lunched on the beach. The next day, they went to the Natural Aquarium where they had fun exploring the marine life. They walked through corals and swam with the fishes. They even took part in White Sands karaoke night where they sang their hearts out under the Mombasa stars. All in all, they had a wonderful experience and got to bond well with each other.

SPORTS REPORT:

As usual the first term has been a demanding term with an un-ending string of fixtures, friendlies, galas and tournaments. There was an opportunity for every student to participate in some form of activity.

Activities included: Swimming, rounders, basketball and the ever so popular football which had under 19's and the under 15's who did us proud in the Martin Bentley Invitational Tournament at Greensteds International School.

Swimming Galas:

This academic year the swimming program kicked off in earnest in the second week of the term with all swimmers being encouraged to take part in the extra swimming sessions offered with a view of streamlining and perfecting their stroke techniques, increasing their speeds and ultimately participating in competitive galas where one can gauge their progress in relation to swimmers in other quarters.

Rosslyn Gala: This was an inter – school swimming gala held in the month of October. We managed our own set of victories with **Juhi Dawoodia, Sahil Dawoodia and Eesha Dawoodia, Corallina Causa, Reuben Chomba** recording some firsts in **Freestyle, Butterfly, Backstroke and Breaststroke** in their age categories and second and third positions with notably good speeds in longer distances such as 200m. A special mention goes to **Juhi Dawoodia, Sahil Dawoodia and Eesha Dawoodia** who won at least a **medal** in all their events.

Others who though not qualifying for medals, impressed with their courage and good seeding times include Joel Baraka, Ethan Nyauma, Shaffiq Ahmed, Phreya Acharya, Misbah Chaudhry, Tehreem Daruwalla and Anusha Daruwalla.

We would like to appreciate all our swimmers for a good start this term, their commitment to practice sessions and their relentless effort to keep improving their skills. We look forward to an exciting swimming term next year.

Swim Team Members: Juhi Dawoodia, Sahil Dawoodia and Eesha Dawoodia, Corallina Causa, Reuben Chomba, Joel Baraka, Ethan Nyauma, Shaffiq Ahmed, Phreya Acharya, Misbah Chaudhry, Tehreem Daruwalla and Anusha Daruwalla.

WELL DONE TO THE SWIM TEAM!

Girls Basketball U'15/ U'19:

The season started off on a high note with training being conducted on Mondays and Wednesdays. It was also the first time we had a U'15 team playing in the league.

U15 started well although they didn't win their first 2 games but unfortunately we had to pull out of league when we lost 2 of the players with injuries. It was not going to be easy to play a full game with no subs. It was not easy to convince the remaining players that we could not play any more matches.

The U19 started on a low note but picked up towards the end of the league and lost the last 2 games narrowly. It's advisable that they start preparing early for next season.

Despite the results the moral of the players was high till the last game.



Boys Football U'19/ U'15:

The Football team started training from early September 2016. The training sessions were conducted on Mondays and Wednesdays after school (3:45 pm to 5:15 pm).

The U'19 football team played in the K.A.I.I.S.S.O League and also played in some tournaments. In preparation to play in the tough league, the football team played a friendly game against R.V.A losing narrowly to R.V.A.

Our pool had 7 teams and the N.I.S team won 4, drew once and lost 2 games.

The first game was against Rusinga School where N.I.S won by 5 goals to nil. Daniel Vasili had 4 goals and Curtis Njenga grabbed the 5th goal.

Game 2: N.I.S v Oshwal won by 2 goals to 1. Scorer Daniel Vasili two goals

Game 3: N.I.S v Nairobi Academy drew goalless draw.

Game 4: N.I.S v Braeburn Garden Estate won by 2 goals to 1. Scorers Arsene Kouadio, Chapus Thor

Game 5: N.I.S v West Nairobi School won by 3 goals to 1. Scorers Andrew Maina, Chapus Thor

Game 6: N.I.S v Brookhouse lost narrowly by 3 goals to 2. Scorers Vincent Mutua, Chapus Thor

Game 7: N.I.S v Hillcrest lost narrowly by 2 goals to 1. Scorer Chapus Thor

Having that fantastic run, the team qualified for the semifinals to face Brookhouse. It was a tough match and the team really improved. The game ended in a goalless draw and Brookhouse eventually won on the spot kicks.

Team squad: Cleopas Moe, Brian Oyoo, Lefteri Vasili, Guennadi Sikalov, Sam Omollo, Arsene Kouadio, Ian Ochieng, Andrew Maina (Captain), Curtis Njenga, Simon Mbugua (Assistant Captain), Daniel Vasili, Chapus Thor Guet, Neal Kaida, Joshua Aoko, Vincent Mutua, Nathaniel Macharia, Meer Solanki, Edward Biwott, Billy Kimanthi, Bruce Oyugi

Player of the season: Arsene Kouadio

Most improved player: Guennadi Sikalov

Team Manager: Michelle Wambui

TOURNAMENTS:

Martin Bentley Memorial Football Tournament:

The Highlight of the season was when the U'15 and U'19 football teams graced the annual Martin Bentley Memorial Tournament at Greensteds International School.

The U'19 team won a total of 5 games, drew one and scored over fifteen goals. With such a fantastic run, the team qualified for the finals. On their way to the finals, the team beat Melvins Jones Academy by 6 goals to nil, Peponi by three goals to nil and drawing with Hillcrest. In the quarter finals, the team beat GEMS Cambridge by 2 goals to one. In the semi – finals winning 3 goals to 2 against Peponi in post-match penalties. This was the third time the team played in the finals. Unfortunately they lost by a solitary goal against Braeside.

On the other side the U'15 team also had such a fantastic run in their games. The team won a total of 4 games and losing in the semi – finals narrowly. The team scored over 12 goals in the whole tournament.

Special mention goes to **Edward Biwott** and **Curtis Njenga** who won the golden boots award in their respective category in the tournament.

Greensteds Rounders Tourney:

The U'15 had a tournament in Greensteds and did quite well given it was their first time to attend by emerging 4th in their league and 7th overall out of 11 schools. This outcome was as a result of the team work especially the leadership of the captain **Nia Okoh** and the skill and talent of **Corallina Causa** and **Phoebe Ajak** who were very strong additions to the team especially in scoring rounders.



IMPORTANT:

There will be an international sports trip during the summer holidays. The trip will involve all the major sports for both boys and girls.

For the safety and comfort of the students I kindly urge you to ensure that each child has the appropriate equipment and gear for P.E, training and when attending fixtures i.e.

Next term's sports are as follows:

- Boys U'17 / U'19 Basketball.
- Girls U'19 Football
- Boys and Girls U'15 Hockey

Swimming

Training days for ball games in the middle and senior school will remain Monday and Wednesday.

Training days for swimming will be on Tuesday and Thursdays.

I hope all the players will have a fun filled and eventful season.

| SPORT | EQUIPMENT |
|--------------|--------------------------------|
| FOOTBALL | BOOTS, LONG SOCKS, SHIN PADS |
| BASKETBALL | SNEAKERS, HEADBANDS (FOR LONG |
| HOCKEY | HOCKEY STICKS, SHIN PADS, |
| SWIMMING | GOGGLES, SWIM CAPS(LONG HAIR) |

Houses

This term there was a rise in house spirit and this was felt from the youngest to the oldest. The first event of the term was an inter-house Math contest, in which students solved problems in record timings.

Our annual Sports Day saw Donatello house break their losing streak and gain first position.

The end of the term was marked by house presentations on Mental Health Awareness, in which each house presented on the different types of illnesses and how to recognize and help anybody suffering from them. It is our hope that this rise in team spirit continues next term as we face the inter-house verse recital and swimming gala.



Annual Production

“A View from the Bridge” a play by renowned playwright, Arthur Miller, was magnificent to watch as the students, ranging from Yr. 10 to 13 got into their characters and portray the intrigue, joy and the tragedy in this play. Through strenuous after school recitals, warnings and pressure, the students put up a fantastic show. Many thanks go to Ms. Mary Tuva and her team for the excellent stage and props design, Mrs. Damaris Omondi for costumes and her assistant Stacey Ingutya, Mr. William Ohot and his mini orchestra for music and Mrs. Lucy Maina for assisting in directing. Many thanks to Mrs. Mwendwa and Ms. Assuvaz for their help in backstage as well as to all the teachers who gave their time to allow their students to practice. The biggest thanks of all, goes to Ms. Jessica and of course the students themselves, without whom this play would not have been a success! Well done.



VERY IMPORTANT REMINDERS:

1. We request all parents to ensure that their children attend school dressed correctly and to take advantage of our uniform store to purchase the necessary items.
2. We expect to see all students in proper school uniform at the start of next term.
3. **Please note that the color of the school shirt is off white and not white.**
4. Skirts should be knee length and no shorter than that.
5. **Kindly note that girls are not allowed to wear tights as part of their P.E kit. The proper kit is available in the uniform store and all must be properly and decently dressed.**
6. The shoes must be leather and not canvas.
7. Braids should be small / medium size and either brown or black.
8. No colored braids or exaggerated hairstyles allowed.
9. No wigs please.
10. Boys' hair must always be trimmed and neatly combed.

In Conclusion . . .

It's that time of the year again, when we break off for the festive season marking the end of the year and we relish the thought of the New Year ahead, because we all naturally hope for new and better things. It's a time when most of us reflect on every aspect of lives and ask if we have striven to do our best. If you have fallen short, (which we all must have in one way or another) you don't need to wait for 2017 to start on a clean slate. You can start **now** because each new day presents us with an opportunity to improve on what we did not do well yesterday. Forge ahead. As you engage in the season's festivities, remember the less privileged members of our society. Remember that the quality of our lives is not determined by our material possessions but by how much we touch other people's lives. There is no greater joy than that which comes from giving.

HAPPY HOLIDAYS AND A BLESSED NEW YEAR! WE LOOK FORWARD TO SEEING THE STUDENTS BACK ON 4/1/2017.

Thankyou and Godbless!

**Mrs. Radhika Lee
Director.**

