



Where Tomorrow Begins

NAIROBI INTERNATIONAL SCHOOL

ESPRESSO



July 2016

From the Director's Desk

Dear Parents,

Yet another busy and long year has gone by at NIS. I thank God that "He" enabled us to bring the year to a close on the 1st of July without much ado!

We are indeed very grateful that the school has grown in strength; almost to its full capacity. Our promise to maintain the standards and quality in the education sector remains steadfast and unwavering as ever!

Last two years gave me the chance to have a bird's eye view of the schools, standing on the periphery and looking in; though I must admit that I was more in than out this last year. Being an observer allowed me to understand the gaps, follies as well as areas that require changes and improvement. It also made me realize that 'Change' is the only constant and that it is the only way to excel. My ultimate goal and vision for the school can only be achieved if I am strong enough to take bold and timely decisions. And so I did! I would like to take this opportunity to share with you the changes that we intend to bring about, with effect from this coming academic year.

I will be resuming my position as the School Director as Mr. Song'e has decided to move on. We thank him for his time and efforts as the Head of School these last two years and wish him the very best in all his future endeavours.

To assist me effectively we have now 2 Deputy Heads, promoted from within. Deputy Head in Charge of Curriculum Affairs will be Mr. Paul Gee and Ms. Mary Tuva takes over as the Deputy Head in Charge of Co-Curricular Affairs. They will be liaising with staff from across the three campuses in their particular areas to fill in the gaps and make us perform better all around.

Ms. Christa Ombeta is the new Section Head for "A" levels – a well-earned position, I believe.

There are also a number of changes in the teaching personnel – all for the best. At the Senior School they are as follows: Mr. Mwatsahu, our Director of Sports will no longer be with us from September 2016. He will be replaced in that position by Mr. David Maina and Mr. Brian Macbinji becomes the Head of Physical Education Department as we reintroduce Phys Ed as an examinable subject at both IGCSE and 'A' Levels.

Mr. Mmbogori, the French teacher will be replaced by Mr. Frank Nino who is resuming after a year away from NIS due to personal reasons.

Mrs. Indu Vishwanath retires this year after being in the profession for over 35 years. Her role as Head of Sciences will now be handled by Mrs. Keerthi Dios. However, Mrs. Vishwanath's Chemistry lessons will be taken over by Mr. Waweru who joined us last year from Brookhouse with a wealth of experience.

Mr. Melky Omondi who was teaching Business Studies will be ably replaced by Mr. Graham Nyaberi who will now become a full time member of staff.

The new additions to the Senior School staff are Ms. Lucy Gitonga who will be introducing Drama & Theatre studies and Ms. Ferzana Cockar who will now be on a permanent basis to teach English language and Literature. We are also in the process of interviewing for a full time school counsellor who will be on board before the new academic year begins.

At the Prep School also, there are a few changes as Ms. Ndibi and Mr. Kanyanga leave us for better prospects. They will be replaced by Mrs. Menon and Mr. Rukwaro.

At the Kindergarten, Ms. Christina Ricci replaces Mrs. Christine Achieng in the Galaxy B class.

Apart from these, there are no other changes. I am certain the new squad will take NIS to the next level as we gear towards getting accreditations from IAPS, COBIS and AISA in the near future.

Our Accounts office is also relocating to the Kindergarten premises to create more room for school administration at the Senior Campus.

The Senior School front office will be manned by Mrs. Shariff while Ms. Ammu will continue at the Prep School with Ms. Loise's assistance and Mrs. Jyothi Suresh will be at the KG. Mrs. Alibhai will continue as the Senior Administrator and Ms. Lisa as our school nurse/matron. Mrs. Menon will continue as another senior administrator (in charge of catering and uniforms) and will be assisted by Ms. Sharon. The office of the Head of Operations Mr. Makokha will remain at the Senior Campus.

New Programs for 2016-2017

NIS continues in the position of being a leader and so once again intends to pioneer by introducing another novel idea. We are starting "Transcendental Meditation" in all three campuses. 'TM' has proved to increase the concentration span in students and to have a calming effect on people in general. Our teachers are being trained to implement this effectively in the new academic year.

Another program we are embarking on this New Year is entitled 'Weekly Virtues' where we, as an institution, will try and uphold as well as live by a "Virtue" every week. This virtue will be the theme for everyone and everything that happens in the school and in each campus one person (it could be a student or a member of staff) will be rewarded for portraying the week's virtue through his/her conduct and lifestyle throughout the week. I am certain by the time the academic year ends we would have had time to learn and live a few, if not all the virtues that will be upheld.

This is the beginning of a new chapter in the history of NIS and I am certain that with the Almighty's grace, we are one step closer to my dream school 'Where tomorrow begins'. Parents please feel free to share your thoughts in all that I have discussed with you here.

Wishing you all a safe and blessed holiday, wherever you may be...

Mrs. Lee

Now a quick flash back on the third and final term of 2015-2016...

KINDERGARTEN

This was the last term of a successful academic year in our kindergarten campus. It was a fabulous term full of excitement and fun times while enhancing the children's academic and general knowledge; learning new things and facing new challenges with confidence.

Below are some of the other highlights for this term:

Field Trips

Farm class visited the Animal Orphanage in Langata. The children got to see and learn about different animals. The children enjoyed the entire trip from the exciting bus ride, the picnic at the KWS gardens and all the animals. They found it interesting to observe the animals in their habitats and had a lot to share when they got back to school.

Jungle and Galaxy classes went for an exciting and very informative trip to Ocean Sole, the flip-flop recycling company in Karen. The children were able to learn about recycling, its importance and benefits to the environment. They got to know the history of how the project came to life and also see and learn the process of how the old rubber slippers are gathered, cleaned and turned into beautiful artefacts for sale. One of the highlights was when all the children got the opportunity to create their own personal hanging ornaments using the recycled rubber slippers to take home. After the fun filled activity the children had a well –deserved picnic under the trees. It was certainly a great trip!



Poetry/Song Recital, Prize Giving Day and Graduation Ceremony

On Thursday 30th of June we had a delightful event. Each child received a deserving prize for the subject/ area they are best at. Rainbow class children were adorable singing at the top of their voices. Farm and Jungle classes also did a great job preparing songs and poems. Galaxy class prepared wonderful performances, showing off their talent. It was their last presentation in the Kindergarten as they have graduated successfully and are well prepared, confident children, all set to experience the Prep School. We will miss them dearly!



Extra- Curricular Activities

The children have participated in various club activities this term. They have learnt many skills in the various clubs that were on offer such as Art & Craft, Roller skating, Monkeynastix, Karate, Horse riding, Pottery, Contemporary/Ballet and Modern Dance. All the children seemed to thoroughly enjoy their chosen club.



Party Day

On the last day of school we had a splendid party day. The children came in their fancy party clothes ready to dance through the day, play fun games indoors and outdoors and eat fun food. It was an enjoyable last day to end an amazing year.

Rahima Sunderji
Head of Kindergarten.

PREP SCHOOL

We have reached the end of year and we have lots of memories to cherish. The year had ups and downs and we are proud to say we embraced both with same brave hearts. It was time to learn and unlearn many things to make ourselves better with time.

The final term went as follows;

Friday Assemblies

For this term, every Friday, one of our parents came up with a presentation to help our children grow physically, emotionally and psychologically. We cannot thank all the parents enough who made it a huge success.

Book Week

The Annual Book Week's main aim was to inculcate in the students a reading culture. This year's book week was successful as it got students all wrapped in books of different genres. Every class had a different theme as follows:

- Year 2: Fairy tales
- Year 3: Myths
- Year 4: Comics
- Year 5: Sports
- Year 6: Classics

Each class also had projects relating to their chosen themes. The projects comprised making of book marks, book jackets, book boxes, comics and writing book summaries.

An interesting feature of the week was “**DEAR**” where everyone in the school, teachers and ancillary staff included- were expected to **Drop Everything And Read** for 10 minutes. Ms. Anne Matalanga, the English Coordinator, also had thirty minutes each morning with each year group and discussed all matters pertaining to books and the genres chosen.

The Book Week culminated in a presentation where each class shared with the rest of the school on their theme and what they had learnt.

Parent-Teacher Consultations

As usual, this day was used as a forum to discuss the progress and weakness of each child where parents and teachers agreed on a way forward to help children in the best possible manner.

Field Trips

Taking one of the NIS principles “Giving back to the society” into account, Prep school identified various homes within Nairobi and visited them with goodies as the individual reports state below:

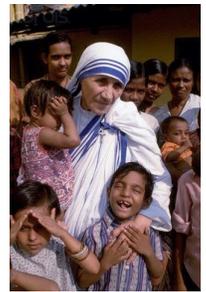
◆ **Year 2 Trip to Grace Children's Home**

The Year 2 class Visited Grace Children's Home on Wednesday 8th June 2016. The trip gave the children an opportunity to interact with less fortunate members of the society, understand their lifestyle as well as practice the art of sharing and caring. Every child donated dry goods to the home which was received with extreme joy and gratitude. The Year 2 children also entertained them by singing songs, reciting poems, stories and jokes. They also took a tour around the facility to see where they sleep, learn, eat and worship. The day ended with the children playing competitive games in the field which really created good bonding moments. It was indeed a very fruitful experience.



◆ **Year 3 Trip to Mother Teresa Home**

On Wednesday 25th May 2016, the Year 3 class visited Mother Teresa Children's home. This home is located in Huruma area of Nairobi. The pupils, together with their teachers had time to display the spirit of charity and to 'be your brother's keeper', as they donated items to take to the home. This included toilet rolls, pampers, and wipes, sanitary towels among others. Once there, the Year 3 pupils learnt a lot of things. They witnessed true love that is given to the children by the nuns (sisters) who fall under the congregation of 'missionaries of charity', whose founder is none other than the late Mother Teresa of Kolkata from who the home bears its name. The Year 3 class pupils were brave enough to feed some of the children in the home. They learnt that peace begins with a smile. They learnt to appreciate who they are and never take what they have for granted. By the time they left the children's home, they were 'counting their blessings'.



◆ **Year 4 Trip to Happy Life Children's Home**

Year 4 students went to Happy Life Children's Home in Juja on Wednesday, 4th May 2016. The trip was to allow the students to have a chance to share and spend time with the less fortunate children in the society. All the students carried a Gift Bucket having non-perishable items in it to share with them. It was a different experience altogether as our children clearly understood how fortunate they are.



◆ Year 5 Trip to Nyumbani Children's Home

This term the year 5s visited Nyumbani Children's Home on the 27th of April 2016. Unlike other trips they made earlier, this was a different experience that they will remember for ever.

This trip gave them an opportunity to socialize with the less fortunate children of our society and to realize the fact that there is a big difference between **A Home** and **A House**.

They spent the morning playing with orphaned children and they actually could take care of the younger ones very well. They shared the little toys they had and in short shared happiness!

We had also carried some food and other items to donate. Children practically experienced the joy of charity and they actually realized that caring and sharing is a quality every human should possess.

By lunch time we got back to school with an important message.... **Count our blessings always!!!!**

◆ Year 6 Mombasa Trip

The Year students had an amazing trip to Mombasa over the mid-term break. The trip was fun-filled, educational and a bonding experience. The three night stay at the Voyager Beach Resort on an all-inclusive board enabled the students to enjoy excellent facilities and a programme of activities that were child-friendly and fun.

The students were able to have a tour of the Old town, visit Haller Park and Mamba Village and have a scenic drive along the famed Mama Ngina Drive. All these afforded the students a wonderful experience of reinforcing what had been learnt in class.

Trip to Barcelona, Spain

Increased activity on phone calls, messages and WhatsApp chat. Two groups were congregating in different locations. One at the NIS Prep school and another at the Jomo Kenyatta International Airport in Embakassi. At the prep school, it was all joy and smiles as the children shared their excitement. Parents on the other hand tried as much as they could to hold back their tears and suppress their anxiety, and justifiably so. After all, it was the first time they were going to let their precious gems, aged between 7 and 14, for a trip outside of the continent (let alone the country) for a total of 9 days!

The date is 27th June, 2016 and the curtains had been drawn on the much awaited football and cultural trip to Barcelona, Spain.

After the ritualistic selfies, hugs and photos, we were all set to meet the rest of the crew at the airport. We got there, and within no time, we were all past the check-in and immigration routines waiting to board the plane. The group of excited children would not allow us any shut eye, as we had to constantly monitor them, often doubling up as teacher, dad, mom, coach, tour guide among other roles.

Nairobi, Dubai then Barcelona. After sleeping through most of the flight (save for the meal times) there we were finally in the *City of Dreams*. Here is where the adventure would start for us. A bus ride to the hotel and quickly through the check-in process. You would imagine two days, two large airports and a total of 10 hours of flight would be enough to make these guys go straight to bed. Well guess again. They all hit the road running as they quickly made friends with the hotel swimming pool.



Getting them to sleep was another uphill task. Some couldn't fathom how it could be 9:30 PM yet the sun was still up. The only incentive to have them comply was, the scheduled trip to the Barcelona stadium. The Camp Nou is home to these guys' football heroes. Neymar, Messi, Suarez, ter Stegen etc. The excitement as we all treaded the same walkways these icons do, was uncontainable. The press box, the conference room, the stands, the tunnel, the museum and a final gathering at the official club store was somewhat of a dream for us.

The next couple of days would be filled with football activity. Buoyed by the excitement of visiting one of the world's most historic football arenas, the kids could not wait to step onto the pitch and enjoy what they did most - play football. Aware of the opportunity they had to be in Spain, nothing was going to stand in their way of living that and every moment to the fullest.

No day was complete without a splash in The Hotel Jaime I pool in Salou. Intermittently punctuated by shopping outings and the occasional hang out at the beach, each day though 15 hours long, was not long enough.

Just when the adrenaline was stabilizing, in came the Port Aventura Theme Park. Roller coasters came in all shapes and twists, and just when you thought you had seen it all, there came the *Tutuki Splash*, the Ice Age® Experience, the Sesame Street Show and all of these over again. The only tears shed at this adrenaline-junkie paradise were from laughter as we saw snapshots of each other's facial expressions during the rides.

The 9 days felt like 9 minutes and the trip home started on the 4th of July. It was just like the way to Barcelona in reverse, except this time with tons of happy memories, new friendships and lots of positive experiences to bring back home.

It has been difficult selecting what to write about as I have truly left out a whole lot more. I guess the best way to have you feel what we did, is to extend this invite to the next international trip next summer.



Prep School Prize Giving / Graduation Day

On 30th June 2016, we had a successful Prize Giving /Graduation Day where we celebrated the achievement of 127 students and had 23 Year 6 students graduating from Preparatory to Middle School level at our Senior School grounds.

The entertainment items kept the audience to their seats and to cap it all, our Guest of Honor Mr. Oluoch had an inspiring story for children who thoroughly enjoyed his talk.



Final word to my children

As I wish you all a very happy and restful summer break, I would like a promise from you all to read a book for every movie you watch or every hour you spend on gadgets. Do remember, goodbyes are not forever, goodbyes are not 'the end.' They simply mean "I will miss you" till we meet again.

Mrs. Neeta Mehta
Head of Prep School.

SENIOR SCHOOL

We have finally come to the end of the 2015-2016 academic year after a short but intense term with a number of activities. It being an exam term for the candidates meant that we had to create an atmosphere conducive for the candidates. The examinations ran smoothly thanks to the Exam Department which is led by Mr. Paul Gee. It is our sincere hope that the results will be rewarding and a true reflection of the hard work put in by the students and teachers and of course supported by the parents. At this juncture it is very important to mention that we scored a first when the Yr. 8's for the first time in the history of N.I.S sat the **Common Entrance Exams** and they posted impressive results in comparison to the other international schools which have been offering this exam for years. Congratulations to the students, teachers and thank you to the parents for encouraging the children and for your never ending support.

This term we held one **Parent –Teachers Consultation** for the Yrs. 7-10 .The meeting were quite well attended but we can do better. Somehow it is always the same parents who turn up all the time. To the parents –your child is your investment . . . please create time to attend these meetings. They happen only once a term!

We also held two **Year 9 Subject Options Meetings** during which the various subject teachers gave a general overview of their subjects and the possible career choices. We would like to thank the parents and students for taking keen interest and for participating in this very important exercise whose aim is to give them guidance as they make baby steps onto their career paths. Feedback from the parents indicates that it was a very informative and useful forum which clarified very many issues for both the students and parents. We would like to thank the parents and students for taking keen interest and participating in this very important exercise.

On to other co-curricular activities;



Art Exhibition

The Junction Mall main foyer was a very busy and colorful place on Saturday 30th of April 2016. Mr. Adrian Nduma, a renowned Artist, officially opened the Exhibition. Students of N.I.S. kept the viewers entertained with live music throughout the session and carried on through the other two days the exhibition was up.

This was the first time all three campuses, Kindergarten, Preparatory and the Senior school had a joined exhibition, so it was interesting to see the progression through the different ages.

There was a wide range of skills on display which included Glass painting, Pottery, Knitting and Crochet from the Clubs.



Science Fair – 2016

The Annual NIS Science Fair was held on 19th May 2016. There was a lot of enthusiasm as the students put up a variety of projects, ranging from recycling of materials to the use of student-friendly mobile apps. The fair gave the students an opportunity to showcase their knowledge and understanding of scientific principles and also to gain confidence in public –speaking. The faculty of the Science Department congratulate the winners on a job well-done and hope to see many more good projects in 2017.

The winners of the Junior category were:

1st prize- Nikhil Halai and Simani Sangale (Year 8)

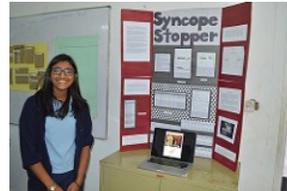
2nd prize- Gopika Vats and Lenah Kamyeki (Year 8)

3rd prize- Misbah Chaudhry and Phreya Acharya (Year 8)

The winners of the Senior category were:

1st prize- Wangechi Mwaura and Ethan Murenga (Year 10)

2nd prize – Zara Tayebjee (Year 10)



Graduation 2016 and Careers

On the 29th of June we held our 8th Annual Graduation ceremony for our final year students, the Year 13s. The Guest of Honor for the occasion was Mrs. Mary Okello, Director and Founder of Makini group of schools. In her speech she gave a brief background on how she rose up her career path and she encouraged and advised our students to always stay focused in pursuit of their dreams. We also had another guest speaker, Mr. Muriithi, who gave the students a very interesting, entertaining but informative motivational speech. I dare say that everybody benefitted from his speech.

As our Year 13s were graduating, some of them had confirmed offers and scholarships to various Universities. Just to mention a few:

Darryl Ursin has an offer to London School of Economics on a full scholarship.

Zack Okong'o confirmed offer to Gannon University on partial scholarship.

Taheer Alibhai confirmed offer to Purdue.

Soumedh Trivedi confirmed offer to Embry University on partial scholarship.

Joy Njoroge confirmed offer to Ningbo University China.

Francis Cavenaile confirmed offer University of Prague.

Tugi Waiyaki has a 50% scholarship to Keele University.

Many of the other students have conditional offers to universities in the UK; Australia; China.

We would like to wish our Year 13 graduates all the best as they begin a new chapter in their lives. Congratulations Class of 2016!



Senior Prom Night

The most important dance night of the Senior School students was held on Friday 1st July, 2016. The Annual Prom Night was held at the Royal Orchid Hotel. The venue was transformed into a Red Carpet Night with this year's theme as "The Wild West". This was a well-attended event with Students from Years 11 upwards and Staff of the NIS Faculty.

With the glamour and glitter, the sparkle and the splendor, the dance and the music, this was a night to be remembered.

Year 13 graduates **Nkatha Okolobo** and **Francis Cavenaile** were respectively crowned Prom Queen and King. They looked really dashing and deserved to win. Fast forward . . . after much dancing, chatting, laughing, eating and drinking; when midnight struck, everyone got onto their "horses" and rode off into the night, carrying away with them mixed emotions of nostalgia and blissful memories.



Careers Desk

During the summer break we have our senior students (Year 10-13) going to various organization for a 2 week work experience program.

This is a program organized by the Careers' Department to give our students exposure to the various fields.

This year we have our students going to a number of companies and organizations e.g. M.P. Shah and Nairobi Hospitals, Villa Rosa Kempinski, PKF, WPP Scan Group, Lancet Labs, Zote Telkom, DusitD2, KSPCA, Arthur Ingutya and Advocates, Mboya, Wangong'u & Waiyaki Advocates among others.

We would like to say a big thank you to the parents who organized to have our students work in their organizations and those that connected us to other organizations. Special mention Dr. A. Kalebi, Ms. Winnie Wangoru, Mr. P. Waiyaki; Mr. A. Ingutya, Mrs. Mandeep Degon, Mr. K.B. Rai and Mr. Asif Chaudhry.

World Scholars' Cup

The World Scholars cup competition features four exciting memorable events for the participants namely: Team debates, Scholars bowl, Collaborative writing and Scholars challenge. The experience completely transforms the students' views, perceptions as well as attitudes and every participant never comes back the same.

This year, the Global Round took place in Thailand-Bangkok. We had 5 teams participating and their performance was exceptional!

For the senior category, Zara Tayebjee, Wangechi Mwaura and Ethan Kiama brought home the trophy for being the second team in Africa and in addition, together with Stephanie Ally and Caroline Talwar, they won many, many more gold medals for different categories like writing, science, special areas among others.

For the junior category, Meer Solanki, Claire Bett and Kimberly Karuwe prequalified for the Year end Tournament of champions at Yale University-USA. In all, three of our teams will be taking part in the Tournament of champions. It was exhilarating seeing all the teams do their very best in the competitions. Well done all! You are astounding!!



CATSI Report

This being an examination term and most of the CATSI Ambassadors were busy preparing and subsequently sitting for their examinations. There were several CATSI meetings whose aim was a recruitment drive to get new energetic and committed members from the junior classes. This was well achieved.

However, after the completion of most of the examinations, CATSI organized the first Fun Walk as well as a Fun afternoon whose aim was to raise money for the CATSI kitty. Every student was to contribute Kshs. 200 towards the Fun Walk. The response from the student body was very positive.

The climax of the Fun Walk was when the CATSI Ambassadors proceeded to Muthangari Primary School where the CATSI Ambassadors donated sanitary towels for the Girls from Class six to eight as well as some exercise books, pencils, erasers, sharpeners and chocolates to the Pre – Unit and Class one students.

This Fun walk was a great success. Well done CATSI Ambassadors for working relentlessly and ensuring that this was a success!!!

After the successful walk, the CATSI Initiative is planning to hold one major walk in the next academic year.



IMPORTANT:

The CATSI Initiative wishes to congratulate and give a special thanks to the Graduating Class of 2016 which had very committed and dedicated members. They will be greatly missed and they will remain to be alumnae members of CATSI.

The members leaving are:

Zack Okong'o, Alesa Ilako, Taheer Alibhai, Katha Okolobo, Darryl Ursin, Mariam Hiba, Tugi Waiyaki and Sonnie Munene.

Thank you once again for the service that you gave CATSI for your time in N.I.S you will be greatly missed!!! All the best in all your future endeavors.

Sports Desk

Indeed this has not been such a busy term in the department since most of the senior students were sitting for their exams. However, the various teams on board played in the Leagues as well as some invitational tournaments over the weekends. Therefore from the senior school we had only U'15 teams. From the junior school we had U'13, U'11 and U'9 netball as well as rugby teams. The teams from the senior school included:

U'15 Boys Rugby team (A – League)

U'15 Girls Netball team (A – League)

U'15 Boys Rugby League:

Rugby is one of the most liked games amongst students especially in term three. This was the first time the N.I.S team was playing in the Rugby A – League. The boys gave a good account of themselves in the league by beating Nairobi Academy and playing some fantastic games against Strathmore, I.S.K and St. Christopher's. It was an encouraging performance since most of the players in the team came from Grade 9. The senior members of the team were Jeff Muchira, Ryan Gathithu, Victor Magese, Cleopas Moe, Reuben Chomba and Saruni Mores. Hopefully we will have a solid team next season.

he player of the season was Trevor Shadrack who had a really fantastic season despite it being the first time he was playing rugby.

U'15 Netball team:

This was an eventful term for the netball team. The team travelled to various schools in and out of town. It was definitely a great opportunity to test the skills level and preparedness in this sport every time they faced off with another team.

At least the team got the experience and learnt from other players and teams they encountered. It was good to note that after a couple of matches there was a remarkable improvement in every aspect of the team and the individual players.

There were very tough games and the girls were brave enough to face each one.

The team was under the leadership of Achol Madhieu, Nia Okoh, Tamasha Mang'ula.

Most improved: Nimo Wairimu, Brenda Metto, Claire Muthoni, Nia Okoh, Warung'o Katee, Audrey Okello and Shani Faya

Hoops 4 Books Basketball Open Tournament:

The U'19 Basketball team also ended the academic year on a high note. It was the first time they were participating in the Hoops 4 Books Basketball tournament and won it in style.

There were 8 teams in the tournament and the N.I.S team (Warriors) won all their games with a huge margin.

The most valuable player in the tournament was Daniel Vasili.

Well done Warriors!!!

U'19 Football Tournament at St. Austin's:

The season ended on a high note with the U'19 Boys Football team winning the Annual St. Austin's Tournament despite having only three training seasons in the whole term.

The team won it in style by going to the finals unbeaten and without conceding any goal. Enroute to the finals, the team beat Light Academy and Makini before beating St. Austin's in the semis. In the finals the team beat GEMS Cambridge in post-match penalties.

There was a good sending off to senior and dedicated members of the team like Cordinay Kiarie, Bulisa Masiga and George Ragui.

IMPORTANT:

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.

SPORT	EQUIPMENT
FOOTBALL	BOOTS, SHIN PADS
BASKETBALL	SNEAKERS, HEADBANDS (FOR LONG HAIR)
SWIMMING	GOGGLES, SWIM CAPS(LONG HAIR) SWIMMING COSTUMES (NOT SHORTS OR TWO PIECE)
CRICKET	BATTING PADS/ BAT/ GLOVES/ HELMET.
ROUNDERS	SNEAKERS, HEADBANDS (FOR LONG HAIR)

Training days for the middle and senior school will remain Monday and Wednesday. I hope all the players will have a fun filled and eventful season. Also, please note that this is the term for Cricket and Rounders. We will be using our P.E lessons to teach our students skills in these two disciplines.

Conclusion; We would like to wish all the students a happy, restful and well balanced holiday and also wish the parents an enjoyable and blessed time with the children.

GOD BLESS YOU ALL !

