



ESPRESSO

the issue of Firsts



Where Tomorrow Begins



our First graduating class of 2009

.SEE WHAT THEIR TEACHERS HAVE TO SAY ABOUT THEM

what else is inside:

- .ANTI - DRUGS DAY
- .PAINTBALL
- .COMING UP
- .FEATURE ARTICLES
- .PHOTO SPREAD (OUR USUAL GOOFY PICS =P)

our First prom

.SEE ALL THE SCOOP



editorial:

OUR FIRST YEAR AT N.I.S HAS FINALLY COME TO A CLOSE AND WE HAVE A LOT TO THANK GOD FOR. THE YEAR HAS SEEN THE GROWTH AND DEVELOPMENT OF OUR SCHOOL BY LEAPS AND BOUNDS IN TERMS OF STRUCTURAL AND TECHNOLOGICAL DEVELOPMENT AND OF COURSE STUDENT POPULATION. THE IMPLEMENTATION OF THE SCHOOL PORTAL HAS BEEN VERY SIGNIFICANT IN THE SENSE THAT IT HAS GIVEN US A FEEL OF THE E- LEARNING SYSTEM. WE ARE GETTING THE HANG OF IT AND LOVING EVERY MINUTE OF IT. COMMUNICATION IS MUCH EASIER, FASTER AND WHAT'S MORE WE CAN ACTUALLY TEACH AND LEARN FROM ANYWHERE AND ANY TIME! A STUDENT WHO MAY BE ABSENT FROM SCHOOL NEED NOT WORRY BECAUSE ALL THEY NEED TO DO IS LOG ONTO THE PORTAL AND BINGO THEY CAN ACCESS WHAT THEY MISSED OUT ! ONE OF OUR GREATEST ACHIEVEMENTS THIS TERM WAS THE COMPLETION AND EQUIPPING OF THE SCIENCE LABORATORIES BY SEPU AND TO CROWN IT ALL THEY WERE COMMISSIONED BY OFFICIALS FROM THE MINISTRY OF EDUCATION IN A HANDING OVER CEREMONY PRESIDED OVER BY THE DIRECTOR OF EDUCATION. SO OUR CANDIDATES ACTUALLY GOT TO USE THEM FOR THEIR PRACTICAL EXAMS. IT'S BEEN A LONG WAIT BUT WE GOT THERE ALL THE SAME. THANK YOU PARENTS AND STUDENTS FOR YOUR PATIENCE AND SUPPORT. THE STUDENT POPULATION HAS ALSO GROWN FROM ABOUT 40 STUDENTS TO 90. I AM REMINDED OF WHAT TWO GRADE 10 BOYS REMARKED DURING THE FIRST TERM, "WAIT AND SEE, WE'LL BE BURSTING AT THE SEAMS SOMEDAY SOON" THAT WAS A SELF FULFILLING PROPHECY! WE HAVE HAD TO SPLIT THE GRADE 10'S INTO TWO CLASSES TO ENHANCE EFFECTIVE TEACHING AND LEARNING ESPECIALLY IN THE COMPULSORY SUBJECTS LIKE MATH AND ENGLISH. WHAT WE CAN'T GET OVER IS THE AIR OF OPTIMISM AT N.I.S. WE ARE KEEPING THE FAITH.

THE GRADE 9'S GOT TO MAKE THEIR SUBJECT CHOICES IN THE RECENT PAST. THIS WAS DONE AFTER TWO OPTIONS MEETINGS HELD WITH PARENTS AND STUDENTS. THE VARIOUS DEPARTMENT HEADS GAVE A GENERAL OVERVIEW OF THE SUBJECTS OFFERED IN THEIR DEPARTMENT AND THIS WAS FOLLOWED BY THE SUBJECT TEACHER'S PRESENTATION ON THEIR SUBJECTS AND THE POSSIBLE CAREER CHOICES. I WOULD LIKE TO THANK THE PARENTS AND STUDENTS FOR TAKING KEEN INTEREST AND PARTICIPATING IN THIS VERY IMPORTANT EXERCISE.

OUR FIRST GROUP OF 'O' AND 'A' LEVEL ALSO SAT THEIR EXAMS. THE PROCESS WENT ON SMOOTHLY WITHOUT ANY HITCHES. THANK YOU TO THE STUDENTS WHO DID THEIR LEVEL BEST TO PROVIDE AN ATMOSPHERE CONDUCIVE FOR EXAMINATIONS, THE INVIGILATORS AND LAST BUT NOT LEAST THE EXAMINATIONS OFFICER. WE HOPE THAT THEIR RESULTS WILL DO US PROUD AND WE WISH THE 'A' LEVELS ALL THE BEST IN ALL THEIR FUTURE ENDEAVORS. WE WILL MISS THEM!

parents' corner:

PARENTS' WORKSHOP ON HOW TO HANDLE TEENAGERS

ON SATURDAY 13TH JUNE N.I.S HOSTED A WORKSHOP CONDUCTED BY CARMEN ONG-WENO AND MASTERMIND 'INTERNATIONAL' ON HOW TO HANDLE TEENAGERS. THE WORKSHOP WHICH KICKED OFF AT 3.00 PM WAS WELL ATTENDED BY N.I.S PARENTS AS WELL AS PARENTS FROM OTHER SCHOOLS. THAT'S HOW IMPORTANT IT WAS.

IT GAVE PARENTS AN INSIGHT INTO THEIR TEENAGERS MINDS AND IT'S INTERESTING MAY BE EVEN ALARMING HOW DIFFERENTLY WE THINK! AS PARENTS WE TEND TO OPERATE LIKE WE WERE NEVER TEENAGERS' AND DON'T STOP TO EMPATHIZE WITH OUR CHILDREN. WHAT WE LABEL AS INDISCIPLINE OR DEFIANCE COULD ACTUALLY BE A CRY FOR HELP OR ATTENTION FROM YOUR CHILD. WE ARE TOO OFTEN BUSY RUNNING AROUND TRYING TO MAKE ENDS MEET FOR THE SAKE OF OUR CHILDREN. BUT HEY, SLOW DOWN! HOW MUCH TIME DO YOU SPEND IN A DAY JUST TALKING WITH (NOT TALKING AT) YOUR CHILDREN? DO YOU KNOW YOUR CHILDREN'S FRIENDS? THE KIND OF MOVIES THEY WATCH? THE KIND OF MUSIC THEY LISTEN TO? THE JOINTS THEY HANG OUT? IN OTHER WORDS, HOW WELL DO YOU KNOW YOUR CHILD?

THERE IS NO MANUAL FOR RAISING CHILDREN BECAUSE WHAT WORKS FOR ONE CHILD WILL

NOT WORK FOR ANOTHER. YOU ARE PROBABLY WONDERING SO WHAT NEXT? THE FIRST STEP IS TO INVEST IN YOUR CHILDREN. START SPENDING MORE TIME WITH THEM.

RECOGNIZE THEIR EXISTENCE, APPRECIATE THEM AND OF COURSE ATTEND MORE OF SUCH WORKSHOPS TO HEAR AND SHARE EXPERIENCES WITH OTHER PARENTS! IT WILL AMAZE YOU AT HOW LITTLE GESTURES WILL GREATLY IMPROVE YOUR RELATIONSHIP WITH YOUR CHILDREN.

BY MS ANNE AKATSA



reflections:

REFLECTION SESSIONS HAVE BEEN HELD EVERY THURSDAY AND HAVE BEEN A MUCH ENJOYED PART OF THE WEEK AS STUDENTS HAVE AN OPPORTUNITY TO EXPRESS THEMSELVES AND SHARE FREELY ON ISSUES AFFECTING THEM IN THEIR DAY TO DAY LIFE, BOTH IN SCHOOL AND SOCIAL SPHERES. THE BEAUTY OF THESE SESSIONS IS THAT PRACTICAL SOLUTIONS TO THESE ISSUES ARE SOUGHT BY THE STUDENTS THEMSELVES WITH GUIDANCE FROM THE TEACHERS MAKING IT AS PRAGMATIC AS CAN BE.

IT IS ALWAYS A JOY TO SEE THE STUDENTS COME UP WITH SOLUTIONS TO SOME OF THE VITAL ISSUES AFFECTING THEM BECAUSE IN THAT WAY, GUIDING THEM BECOMES A LOT EASIER BECAUSE WE WORK WITH SUGGESTIONS FROM THEM.

THESE SESSIONS ON THE OTHER HAND HELP STRENGTHEN THE BOND IN THE NIS COMMUNITY, KNOW OUR STUDENTS BETTER AND BUILD TRUST WHICH IS VERY ESSENTIAL IN DEALING WITH OUR YOUTH AND GETTING FEEDBACK.

AMONG THE MANY TOPICS ADDRESSED INCLUDE: SELF ESTEEM, GOAL SETTING, THE POWER OF PRAYER, DEVIANCY AND HEALTHY RELATIONSHIPS.

BY MS DORITAH.

news From the gymnasium:

IT HAS BEEN A BIT OF AN ANTI-CLIMAX AFTER THE BASKET BALL SEASON IN THE SPORTING FORTUNES OF NIS. THIS TERM THE GAMES WERE SOCCER FOR BOYS AND NET BALL FOR GIRLS.

THE FIXTURES STARTED WITH WINS IN BOTH BOYS AND GIRLS' UNDER 15 CATEGORIES, WHICH WAS VERY ENCOURAGING. THE BOYS POSTED A WIN AGAINST ST CHRISTOPHER IN THE UNDER 15 CATEGORY AND THE GIRLS COMPLIMENTING THEM WITH A WIN AGAINST RUSINGA AFTER TRAILING 12 - 2 AT THE BREAK OF THEIR ENCOUNTER TO WIN 15 - 12 AT FULL TIME. AFTER THESE ENCOUNTERS, THE TEAMS PERFORMANCES HEADED SOUTH AGAINST OSHWAL AND PREMIER THUS SHUTTING US OUT OF THE KNOCK OUT STAGES. THIS BEING OUR MAIDEN APPEARANCE, OUR PERFORMANCE THOUGH NOTHING TO "WRITE ABOUT" CAN ONLY IMPROVE WITH THE PARTICIPANTS REALIZING THERE IS WORK TO BE DONE TO BRING OUR DISCIPLINES TO THE QUALITY LEVEL OF BASKETBALL.

OUR OPEN SOCCER TEAM DID HOWEVER DO FAIRLY WELL, BY BEATING ST AUSTIN'S, AGA KHAN ACADEMY AND ST CHRISTOPHER TO QUALIFY FOR THE SEMIS OF THE OPEN CATEGORY IN THEIR POOL. THEY, UNFORTUNATELY, LOST TO ST CHRISTOPHER IN A PENALTY SHOOT OUT.

THIS TERM ALSO SAW NIS'S FIRST EVER REPRESENTATION IN ONE OF THE NATIONAL TEAM WITH PAVAN MEHTA (GD 12) GOING TO KUWAIT TO PLAY WATERPOLO IN THE 2ND FINA WORLD MENS WATERPOLO DEVELOPMENT TROPHY. THIS WAS HIS 2ND TIME AS HE HAD ALSO REPRESENTED KENYA IN THE 1ST EDITION OF THE TOURNAMENT.



THE BASKETBALL TEAM ALSO WENT FURTHER AND DID US PROUD BY WINNING THE LAST TOURNAMENT OF THE SEASON HOSTED BY HOPE CENTRE. WE HOPE THEY CONTINUE TO EXCEL AND MAKE US PROUD.



THE BASKETBALL TEAM WAS ALSO PAID A VISIT BY PERVIZ ELLISON AN NBA PLAYER WHO TRAINED WITH THE TEAM AND SHOWED THEM SOME TRICKS OF THE TRADE.

WITH OUR FIELD UNDER CONSTRUCTION, WE LOOK FORWARD TO NEXT TERM AND THE FUTURE WHERE BUDDING TALENT WILL BE WELL TAPPED AND IMPROVED.

THE SILVER LINING AGAIN, WAS THE HOPE CENTER BASKET BALL TOURNAMENT WHERE OUR TEAM WON THE OVERALL TROPHY. NEXT TERMS GAMES:

.BEGINNING OF SWIMMING SEASON
.GIRLS: BASKETBALL AND ROUNDER'S
.BOYS: CRICKET
BY P.E DEPARTMENT



paintball For seniors:

WITH ADRENALINE RUSHING, HEARTS RACING, SWEATY PALMS, AND BULLETS WHIZZING PAST, GRADE 12S SET FORTH TO CONQUER GRADE 13S IN THE ULTIMATE TEST OF STRENGTH, WIT AND TACTICS, PAINTBALL. FACED WITH A WAR LIKE SITUATION WHERE BEING SHOT WOULD RISK GIVING THE ADVANTAGE TO THE OTHER TEAM, SURVIVAL INSTINCTS KICKED IN AND EVERYONE WAS POISED READY TO ATTACK ONCE THE WHISTLE HAD GONE.

WHAT BEGAN AS A BUS FULL OF FRIENDS, JOKING AND TEASING EACH OTHER AS THEY MADE THEIR WAY TO THE KITENGELA POLO CLUB, SITUATED AT THE EDGE OF A BEAUTIFUL AND PICTURESQUE GORGE AROUND THE NAIROBI NATIONAL PARK, SOON TURNED INTO A FEUD AS EACH TEAM TRIED TO OUTWIT AND OUTPLAY EACH OTHER.

PAINTBALL IS A STRATEGIC GAME LIKE ANY OTHER; ONLY NOW EVERYONE IS ARMED WITH A FIREARM THAT UNLEASHES SMALL RUBBER BALLS FILLED WITH PAINT. AS WE ALL KNOW, BEING SHOT IS A PAINFUL EXPERIENCE AND PAINTBALL BEING NO EXCEPTION. THE GAME CAN BE PLAYED IN TWO WAYS: CAPTURE THE FLAG OR MASSACRE. CAPTURE THE FLAG, IS WHERE EITHER TEAM HAS TO GET THE FLAG AND SUCCESSFULLY PLACE IT IN THEIR OPPONENTS HOME BASE AND SHOULD THE PERSON CARRYING THE FLAG GET SHOT, THEY MUST DROP THE FLAG AND LEAVE THE FIELD OF PLAY FOR ONE MINUTE. MASSACRE IS QUITE SIMPLER, WHERE TEAMS SIMPLY HAVE TO AVOID BEING SHOT, AND THE TEAM THAT HAS BEEN LEAST WINS. ALTHOUGH LESS STRATEGIC AND MORE PAINFUL, MASSACRE SEEMS TO BE MORE FUN, BUT FOR OUR OWN SAFETY WE DECIDED TO PLAY CAPTURE THE FLAG.

AFTER WHAT SEEMED LIKE AN ETERNITY OF DUCKING AND SHOOTING, GRADE 12'S EMERGED VICTORIOUS. BUT THE VICTORY WAS SHORT LIVED AS THE INVITING AROMA OF SUMPTUOUS FOOD BECKONED OUR GROANING STOMACHS BACK TO THE HOTEL FOR LUNCH. THE LUNCH WAS A WELL-COOKED MEAL AND EVERYONE ENJOYED BUT WHAT WAS MORE ENJOYABLE WAS THE RELAXING AMBIENCE OF THE HOTEL.

PERFECTLY DESIGNED WITH A LOT OF AFRICAN INFLUENCE, THE HOTEL HAD A SERENE AND PEACEFUL ENVIRONMENT AND WAS SURPRISINGLY HIGH - TECH WITH ITS OWN IPOD DOCKING STATION AND SELECTION OF VERY GOOD MUSIC. WE SPENT THE REST OF THE AFTERNOON REVELING IN THE PERFECT WEATHER AND TRANQUIL MILIEU OF KITENGELA POLO CLUB.

BY PAVAN MEHTA (GD 12)



graduating class of 2009:

THEY WERE A SMALL CLASS, BUT THEY DID MAKE A BIG IMPACT ON THE WHOLE SCHOOL AND CONTRIBUTED SIGNIFICANTLY TO THE SCHOOL COMMUNITY. THEY WERE ALL HARD-WORKING, CO-OPERATIVE, SOCIABLE, FUN, ENERGETIC - ESPECIALLY THE GIRLS! WE WILL MISS THEM ALL DEARLY. THEY WERE A UNIQUE CLASS. NO CLIQUES. NO CONFLICTS. SOMETHING VERY RARE TO FIND, AND THEY WERE TOGETHER THROUGH EVERYTHING. HOPEFULLY THE NEXT YEAR AND YEARS WILL FOLLOW IN THEIR FOOTSTEPS!

TEACHERS' THOUGHTS ON THEIR STUDENTS:

"IT'S BEEN FUN, THEY HAVE BEEN THE BEST CLASS POSSIBLE WE'VE HAD OUR DISAGREEMENTS BUT WE'VE ALWAYS REACHED A COMPROMISE. THEY ARE THE BEST CLASS TO HAVE AND I'M GONNA MISS THEM. ALL THE BEST!" - MS OMBETA

"THERE'S SO MUCH TO SAY ABOUT [MY LITERATURE STUDENTS], MANAAL, JOSEPH, LENOUS AND AUSTIN. MAYBE I CAN DESCRIBE THEM IN FOUR SENTENCES. I'LL START WITH THE LADY, MANAAL. I'D DESCRIBE [HER] AS A CHEEKY GIRL BUT VERY PLEASANT AND VERY INTELLIGENT WHEN SHE DECIDES TO BE (LAUGHING) AND, I'VE SEEN HER GROW. WHEN SHE NEEDS TO BE SERIOUS SHE CAN DO A REALLY GOOD JOB AND I KNOW SHE'S GOING TO DO REALLY WELL IN THOSE EXAMS. I MOVE TO JOSEPH [HE] IS A CLAM, QUIET AND POLITE BOY. HE IS THE KIND OF GUY WHO EVEN IF HE MAKES A MISTAKE YOU WON'T WANT TO YELL AT HIM BECAUSE HE'S SO CALM OTHERWISE, HE IS ALSO VERY INTELLIGENT, HAS GOT BRILLIANT IDEAS, LOOKS AT MATTERS AT

"I'VE SEEN LENOUS GROW. WHEN I LOOK BACK TO THE FIRST TIME I TAUGHT HIM, THERE'S A BIG DIFFERENCE. HE'S MORE OUTGOING, HE HAS IMPROVED ALL ROUND AUSTIN HAS BEEN WONDERFUL, INTELLIGENT AND FUNNY AND WILL SURELY PERFORM WELL. MY FINAL MESSAGE IS, I WISH YOU ALL THE BEST, I PRAY THAT YOU GET ALL THE DESIRES OF YOUR HEART PUT GOD FIRST..THE SKY IS THE LIMIT THERE'S A LOT IN THE WORLD OUT THERE SO BE WISE IN YOUR CHOICES" - MS AKATSA

"HEY COLLINS, HEY MANAAL! WISHING YOU ALL THE BEST BECAUSE THIS IS IT. ALL READY TO STEP INTO THE BIG BLUE MARBLE KEEP YOUR HEADS UP IT'S BEEN GOOD HAVING YOU COLLINS ! MANAAL, KEEP SMILING. I DO HOPE YOU END UP PLAYING FOR BARCELONA, I KNOW HOW MUCH YOU LOVE SOCCER." - MR. MWATSAHU

"SUSAN, JOSEPH, KARTHIK, ROBIN, ARNOLD, JILNA ALL WORKED HARD THEY DID THEIR

EXAMS WELL. ONE INTERESTING THING ABOUT KARTHIK IS, HE DIDN'T GIVE HIS TEXTBOOK TO HIS PUPPY TO EAT I HOPE FOR THEM A BRIGHT FUTURE AHEAD." - MR. GEE

"I STARTED WITH KARTHIK THIS YEAR, IT HAS BEEN GOOD. HE IS DETERMINED AND HE IS CAPABLE OF MAKING IT AT THE END CONSIDERING HOW MUCH WORK HE'D PUT IN, IN HIS STUDIES. ARNOLD CAME ALMOST TOWARDS THE END, AND I REALLY APPRECIATED HIS EFFORTS AND HE IS ENTHUSIASTIC ABOUT HIS WORK. THEY ARE ABLE TO MEET THEIR GOALS POSITIVELY AND I WISH THEM THE BEST." - MR. ODEKA

"MANAAL, JILNA AND COLLINS, YOU WERE A LOT I LIKED TEACHING AND I ENJOYED THE TIMES THAT WE SHARED. ALL I CAN SAY TO YOU IS GO OUT AND DREAM AND ACHIEVE WHAT YOU DREAM. IT WAS INTERESTING TEACHING KARTHIK [ECONOMICS] REMEMBER WHAT WE SAID, GO OUT THERE AND ACHIEVE YOUR DREAMS. I WISH YOU ALL THE BEST, ALL OF YOU AND GOD BLESS YOU." - MR. WANGOSHO

"THIS WAS A FANTASTIC LITTLE CLASS, I ENJOYED MY TIME WITH YOU LENOUS BRINGING OUT HIS SENSE OF HUMOUR. I'M GOING TO MISS THEM BUT AS YOU LEAVE, I'M WISHING YOU ALL THE BEST AND REMEMBER CONFIDENCE, AS I'VE ALWAYS SAID, IS IMPORTANT AND MANDATORY IN YOUR INTERACTIONS WITH OTHER PEOPLE. ALWAYS CONTINUE WITH THE HARD WORK." - MS. DORITA

"I JUST WANT TO GIVE A BIG, BIG, BIG ASANTE TO JILNA FOR ALL THE TREMENDOUS EFFORT SHE PUT IN HER WORK, HER DEDICATION TO IT CLOCKING OUT THE HOURS FROM SEVEN ON THE MORNING RIGHT UP TO SEVEN IN THE EVENING, INCLUDING SUNDAYS WHICH IS NOT VERY EASY. I'M VERY HAPPY THAT SHE MANAGED AND I'M GLAD THAT I GOT TO TEACH A STUDENT OF JILNA'S CALIBRE. SHE IS VERY FRIENDLY, CHEERFUL AND I WANT TO WISH HER THE BEST IN ALL HER FUTURE ENDEAVOURS. KEEP SMILING." - MR. BANSAL

BY BEVERLY.M.OCHIENG (GD 12)



prom night...a night of nights...

ON THE 27TH OF JUNE, NIS HELD ITS FIRST PROM AT NAIROBI SAFARI CLUB, LILIAN TOWERS AND IT WAS A NIGHT THAT IS UNLIKELY TO BE FORGOTTEN! AFTER MANY WEEKS OF PLANNING AND HARD WORK, THE DAY FINALLY ARRIVED AND THE PROM COMMITTEES WORK WAS DEFINITELY NOT IN VAIN!!!



THE NIGHT STARTED OFF WITH THE ARRIVAL OF THE MANY GUESTS AND THAT IS ONE OF THE BEST PARTS OF PROM!! WATCHING PEOPLE ARRIVE AND ANALYZING WHAT THEY ARE WEARING IS A LONG OLD TRADITION OF PROMS AND WE AT NIS DID NOT DISAPPOINT. EVERYONE ESPECIALLY THE LADIES BROUGHT THE HOUSE DOWN!!! AND WE'RE NOT ONLY TALKING ABOUT STUDENTS!!! THE LADY TEACHERS WERE DRESSED BEAUTIFULLY AND THE GENTS LOOKED DASHING IN THEIR SUITS. STUDENTS SUCH AS SUSAN (YR 13) AND RAABIA (YR 12) ALSO LOOKED AMAZING!!

AND OF COURSE WHAT'S A FAREWELL PARTY WITHOUT A FEW SPEECHES AND TEARS? MRS. LEE GAVE A SPEECH ABOUT THE YR 13'S AND EACH RECEIVED A TOKEN FROM HER. IT GOT VERY EMOTIONAL . . . MRS. LEE WAS IN TEARS AND I'M PRETTY SURE THE YR 13'S WERE TOO.

MRS. LEE WASN'T THE ONLY ONE WHO GAVE A SPEECH, ROBIN NJENGA FROM THE GRADUATING CLASS OF YR 13 ALSO GAVE A TOUCHING VOTE OF THANKS. HER WORDS TOUCHED EVERYONE'S HEARTS AND WE'RE SURELY GOING TO MISS HER, ALONG WITH THE REST. OTHER THAN EMOTIONAL TIME, THE NIGHT WAS ALSO FILLED WITH GOOD FOOD, GOOD MUSIC AND GOOD COMPANY!!! TEACHERS LET THEIR HAIR DOWN AND EVERYONE THAT BELONGS TO THE NIS FAMILY ALL GOT TOGETHER TO HAVE AN AWESOME NIGHT!!!

THE NIGHT WAS ALSO FILLED WITH EXCITEMENT OVER WHO WOULD WIN THE RAFFLE, COUPLE OF THE NIGHT, PROM KING AND PROM QUEEN!!!

THE RAFFLE HAD 3 GRAND PRIZES AND OUR OWN KINGSLEY WON A DINNER AT NUPPU'S SIZZLERS RESTAURANT AND THE OTHER RAFFLE PRIZES (DINNER AT NORFOLK HOTEL AND 2 NIGHTS AT ONE OF THE SAROVA HOTELS IN MOMBASA) WENT TO TWO WINNERS OUTSIDE NIS!!!

THE COUPLE OF THE NIGHT WAS ROBIN AND HER DATE SIMON, WHILST THE PROM KING WAS ARNOLD OPINDI FROM YR 13 AND THE PROM QUEEN WAS SUSAN MAKENA ALSO FROM YR 13!!!

IT WAS A GREAT NIGHT AND WE THANK EVERYONE WHO MADE IT HAPPEN!!! HOPEFULLY THIS WILL BE A TRADITION THAT WILL ALWAYS LIVE ON IN NIS!!!!
BY SANAA JABEEN (GD 12)



voices and words:

CRASH

WHIRLING AND SPINNING.
SHE'S WATCHING HER WORLD TILT.
COLORS SWIM TOGETHER,
EYES GLAZE OVER,
HER HEART POUNDS.
EACH PULSE MORE RAPID THAN BEFORE.
SHE'S NEVER CONTENT.
NEVER REALLY FINISHED.
THIS GIRL JUST CAN'T GET ENOUGH.
SHE USES,
ABUSES.
KEEP GOING UNTIL YOU'VE HIT THE
FLOOR.
"I'M FALLING! I'M FALLING!" SHE SCREAMS.
ON TOP OF THE WORLD,
AT LEAST FOR TONIGHT.
HER REALITY HAS BEEN BENT.
STUMBLING AND SLURRING.
SHE'S REACHED HER PRECIOUS HIGH.
GONE FROM HER BODY,
ABOVE ALL,
WATCHING THIS SCENE UNFOLD.
SLOW MOTION,
FRAME BY FRAME.
THE GIRL CAN BARELY BREATHE,
HER BODY LAYING MOTIONLESS ON THE
GROUND.
SMILING AND LAUGHING.
AS PEOPLE, HER "FRIENDS", STEP OVER
HER LIKE TRASH.
TO THEM SHE'S JUST ANOTHER SCORE,
A CHEAP HIT.
NEXT TO NOTHING.
ONE MORE DRINK WILL BANISH THE INSE-
CURITIES.
ONE MORE SMOKE WILL HELP HER GO ON.
THESE CRASHES ARE ALL THE SAME.
FILLED WITH THE ALL TOO FAMILIAR,
"ONE MORE".
SO SHE DOES IT,
FILLS HER WITHERED BODY WITH THE
POISON.
AND SUDDENLY EVERYTHING STOPS,
FADES TO BLACK AND DISAPPEARS.
THE GIRL'S HAD HER FINAL HIT,
HER FINAL HIGH,
SHE'S CRASHED.
FINALLY FINISHED.
FOREVER.

BY AMINA (GD 10)



MY SUPERWOMAN

SHE MAKES ME LOOK AT LIFE FROM A POS-
ITIVE ANGLE,
HER HUGS ALWAYS GIVE ME THAT ASSURING
TINGLE,
SHE'S FROZEN ME AT TIMES BY SAYING
"NO!"
I'D GET MAD, CAUSE A SCENE THEN SHE'D
EVENTUALLY ALLOW ME TO GO.
WHEN I'M DOWN SHE DRIES MY TEARS,
LIFTS UP MY SPIRITS SO THAT I LOOK FOR-
WARD TO THE COMING YEARS.
NOW I'M GROWING UP GETTING READY FOR
THE WORLD,
BUT I'M STILL HER LITTLE GIRL, SHE STILL
COVERS ME UP WHEN IT'S COLD
I'VE ALWAYS BEEN A HARD HEADED KID
DOING THIS AND THAT, BUT TO HER I ONLY
DO GOOD DEEDS
WHEN I SEE HER I SEE A BEAUTIFUL DOVE
ALL SHE'S DONE FOR ME IS ALL OUT OF
LOVE
SHE WANTS THE BEST FOR ME SO THAT I
DON'T END UP A PAUPER
BUT WHAT SHE DOESN'T KNOW IS THAT I
WANT TO BE JUST LIKE HER
SHE'S MY BEST FRIEND, MY ELDER SISTER,
MY SUPERWOMAN, MY MOTHER.

BY NICOLE
MALOBA (GD 10)



the green page

THE WATER CRISIS

97% OF THE EARTH'S SURFACE IS COVERED BY WATER, AND OF THIS PERCENTAGE, LESS THAN 1% IS FIT FOR HUMAN CONSUMPTION AND UTILIZATION. A SIGNIFICANTLY LOW AMOUNT, IN A WORLD EXPERIENCING AN EXPONENTIAL RISE IN ITS TOTAL POPULATION, ESPECIALLY IN THE DEVELOPING NATIONS THUS INCREASING THE NEED FOR AVAILABILITY OF WATER. YET, DAY IN DAY OUT, WE CONTINUE TO POLLUTE AND INAPPROPRIATELY USE THE MINIMUM SOURCES OF WATER FORGETTING THAT, WATER IS THE MOST IMPORTANT RESOURCE FOR EVERY LIVING THING ON THIS PLANET. WE, AS HUMANS, ARE MADE OF 70% WATER, A LARGE FIGURE INDEED. AND EVERY ONE OF US REQUIRES THIS AMOUNT, IN ORDER TO LIVE.

WITH THE INCREASE IN POPULATION LEVELS AND THE ONGOING GLOBAL CLIMATIC CHANGE, OUR SOURCES OF WATER ARE QUICKLY DEPLETING. PRECIPITATION LEVELS ARE FALLING. WATER BODIES ARE DISAPPEARING. GOOD EXAMPLES THAT HAVE BEEN NOTED IN THE RECENT YEARS INCLUDE LAKE CHAD AND THE ARAL SEA. THERE HAS BEEN SIGNIFICANT RISES IN SEA LEVELS BUT IT HAS DONE HARM AND NO GOOD.

SO WHAT DO WE DO? FOR STARTERS, USE WATER IN SMALL QUANTITIES. RECYCLING OF WATER IS A PRACTICE THAT CAN BE TAKEN UP. FOR INSTANCE YOU'VE WASHED YOUR CLOTHES, THE SAME WATER CAN BE STORED AWAY AND USED TO WASH YOUR HOUSE OR THE CAR! SHORTENING THE SHOWER HEAD ALSO CONSERVES WATER BECAUSE IT REDUCES THE AMOUNT OF WATER HAVING TO COME DOWN FROM THE SHOWER HEAD TO THE BODY. REDUCING THE SIZE OF THE TANK THAT HOLD THE WATER FOR FLUSHING THE TOILET AND INCREASING PRESSURE WILL EFFICIENTLY REDUCE THE WATER USED. WE NEVER REALIZE JUST HOW MUCH CLEAN WATER IS WASTED WHEN WE FLUSH THE TOILET. ABOUT 20 LITRES GOES DOWN EVERY FLUSH AND ON AVERAGE, WE USE THE TOILET ABOUT THREE TIMES A DAY. THAT IS 60 LITRES OF WATER GONE. A WHOLE WORLD POPULATION THAT DOES THIS EVERY SINGLE DAY!

OVER THREE MILLION PEOPLE IN THE SUB-SAHARAN REGION OF AFRICA LACK THIS BASIC NEED. WOMEN HAVE TO TRAVEL HUNDREDS OF KILOMETRES IN SEARCH OF THIS PRECIOUS COMMODITY WHILE THOSE OF US WHO HAVE THE PRIVILEGE OF HAVING IT, MISUSE IT. SO NEXT TIME, CLOSE THE TAP IF YOU'RE NOT USING IT. CLOSE THE SHOWER IF YOU'RE NOT USING IT. COLLECT EVERY DROP RECYCLE. ANYTHING. USE ONLY WHAT YOU NEED. IT MAY NOT DO MUCH FOR THOSE WHO DO NOT HAVE, BUT FOR HEAVEN'S SAKE, DO NOT WASTE WHAT IT IS YOU HAVE.

BY TREE HUGGER (GD ??)



F.y.i - For your information:

EATING OUT:

DEAR READERS I WOULD LIKE TO START BY EMPHASIZING THAT THE INFORMATION I AM ABOUT TO PROVIDE YOU WITH IS OF GRAVE IMPORTANCE FOR THE WELL BEING OF YOUR BELOVED TASTE BUDS! ALL THOSE WHO LIVE TO EAT OR ARE SENSITIVE WHEN IT COMES TO FLAVOURS OR JUST WANT VALUE FOR THEIR MONEY WILL KNOW WHAT I AM TALKING ABOUT!

IT ALL STARTED ON A SATURDAY WHEN A REGULAR GROUP OF FRIENDS AFTER A LONG MORNING OF HARD WORK AT JUNCTION DECIDED TO TAKE A BREAK AND HAVE LUNCH! THEY ALL DECIDE ON WIMPY AS THEY WERE BROKE AND THOUGHT JAVA TO BE TOO EXPENSIVE (THE MOST RETARDED DECISION THEY COULD HAVE MADE!). THEY ALL ORDERED THE BURGER COMBOS AND WERE LOOKING FORWARD TO A DELICIOUS JUICY BURGER WITH A PERFECTLY COOKED MEAT PATTY SITTING ON AN ADEQUATE SHEET OF CHEESE AND TOMATOES RESTING ON A SOFT- DRY BUN, THE TYPE THAT WOULD CAUSE A WHIRLPOOL OF FLAVOURS IN YOUR MOUTH (THE PRICE CERTAINLY SUGGESTED THAT IS WHAT THE BURGER WOULD BE LIKE)! TO COMPLETE THE MEAL, GOLDEN FRIES THAT ARE CRISPY ENOUGH WITH CREAMY COLESLOW BUT DID THEY GET IT? NO! WHEN THE FOOD ARRIVED THE BURGERS SEEMED ANOREXIC WITH THE BOTTOM BUNS SOAKED WET AND WELL THE CHIPS WERE WORSE THAN ANOREXIC THEY WERE BONES WITH NO FLESHY MEAT ON THEM AND THE COLESLOW SEEMED TO HAVE BEEN THE CAUSE OF THE WET BUNS AS IT WAS NOT CREAMY ENOUGH! THE BURGERS GENERALLY DID NOT HAVE THE "DOOMP" THAT IS REQUIRED TO SATISFY THE TASTE BUDS!

THE POOR FELLOWS CALLED THE WAITER AND ASKED HIM TO CHANGE THE LOWER BUNS AS IT WOULD BE PLAIN DISGUSTING TO HAVE TO EAT A BURGER THAT'S WET! IT ENDED UP IN AN ARGUMENT WHERE THE WAITER SEEMED TO BE ACCUSING THE COLESLOW OF MAKING THE BUNS MOIST! WELL IN THE END AT LEAST THEY

CHANGED THE BUNS ON SEEING THE CRAZY HIPPIE THAT HAD ALSO ORDERED A COMBO GETTING AGGRESSIVE!

GUESS WHAT THE GROUP OF FRIENDS FOUND OUT LATER AFTER THEIR TASTE BUDS HAD BEEN TRAUMATIZED THAT JAVA'S BURGERS ARE NOT ONLY SCRUMPTIOUS BUT APPROXIMATELY THE SAME PRICE AS THAT OF WIMPY! SO TAKE THIS WARNING SERIOUSLY FOR THE SAKE OF FOOD!

BY RAABIA BASHIR (GD 12)





photo spread!!!!!!!!!!!!!!



Coming up soon:

BARBEQUE DAY

WE INTEND TO WIND UP THE YEAR IN STYLE! YUP! YOU GUESSED RIGHT . . . A BARBEQUE LUNCH AFTER THE PARENT TEACHER CONSULTATION WHERE HOPEFULLY THE STUDENTS WILL NOT GET ROASTED!!! THAT WILL BE ON FRIDAY THE 3RD OF JULY. THERE WILL BE LOTS OF MEAT OF COURSE, MUSIC, DANCE AND A HOST OF OTHER ACTIVITIES. COME ONE, COME ALL!!!!

CAREERS

WORK EXPERIENCE

DURING THE VACATION OUR GRADE 10'S UPWARDS WILL BE EXPOSED TO A WORK EXPERIENCE PROGRAM THAT IS BEING ORGANIZED BY THE CAREERS DEPARTMENT. THIS IS A PROGRAM WHERE STUDENTS ARE PLACED TO WORK VOLUNTARILY IN DIFFERENT LABOUR MARKETS DEPENDING ON INTERESTS AND TALENTS. THIS GIVES THEM EXPOSURE AND A FEEL OF WHAT IS EXPECTED OF THEM IN DIFFERENT WORKING ENVIRONMENTS. THIS WILL BE A TWO WEEK PROGRAM WHICH WILL DEFINITELY ENRICH OUR STUDENTS AND GIVE THEM A FEEL OF THE WORLD OF WORK.

BY MS OMBETA

HOLIDAY CLASSES

THESE WILL BE FOR THE 'O' AND 'A' LEVEL CLASSES AND WILL RUN FOR THE FIRST COUPLE OF WEEKS. THIS WILL ENABLE THOSE STUDENTS SITTING THE OCT/NOV EXAMS TO COMPLETE THEIR SYLLABUSES AND EMBARK ON THOROUGH REVISION. PLEASE NOTE THAT ATTENDANCE IS COMPULSORY.

U.S TRIP

THE NEVER ENDING SUMMER HOLIDAYS LOOM ON THE BROW OF THE TERM AND EVERYBODY ASKING "SO, WHAT'S ON FOR THE HOLIDAYS?" INITIALLY, "CLEVELAND OHIO AND THE WORLD SCHOOL GAMES" WOULD HAVE BEEN THE NATURAL RETORT. HOWEVER, THE BEST LAID PLANS OF MICE AND MEN..DUE TO THE SWINE FLU THE ORGANIZERS HAD TO CANCEL AFTER A LOT OF PARTICIPANTS EXPRESSED THEIR CONCERNS ON THE SAFETY OF THE EVENT.

WITH ALL THE ENTHUSIASM AND PRIOR

ARRANGEMENTS THIS DEVELOPMENT HAS NOT GONE DOWN WELL AT ALL. HOWEVER, THE ITINERARY HAS BEEN READJUSTED AND THE SILVER LINING IS THAT WE ARE HOPING WE WILL HAVE AN OPPORTUNITY TO SPEND A FEW DAYS IN TURKEY (ISTANBUL) ON OUR WAY TO THE STATES AS BASKETBALL FIXTURES WITH MANHATTANVILLE AND MARYLAND ARE STILL ON. OUR SWIMMERS WILL ALSO HAVE AN OPPORTUNITY TO ENTER A SWIM MEET AND ATTEND COACHING SESSIONS WITH THE COLLEGE TEAMS (ARRANGEMENTS ARE UNDERWAY). TRAVEL DATES HAVE ALSO BEEN REVISED TO DEPART ON 2ND AUGUST AND RETURN ON 17TH OF THE SAME MONTH. ALL THOSE TRAVELLING WILL BE FURNISHED WITH FURTHER DETAILS WELL BEFORE THE DATE OF TRAVEL. I DO HOPE THE SWINE FLU WILL NOT KNOCK THE STUFFING OUT OF THE TRIP .
BY AMIR MWATSAKU

WE AT THE EDITORIAL TEAM WISH YOU A VERY HAPPY COLD SUMMER HOLIDAYS!!!!REMEMBER TO COME BACK TO SCHOOL!!!

tribute to michael joseph jackson!!!

1958 - 2009

the king of pop!!!!!!

we will

miss u



EDITORIAL TEAM