



Where Tomorrow Begins

NAIROBI INTERNATIONAL SCHOOL

ESPRESSO

4th April 2012



...HAPPY NEW YEAR...

Since this is the first time you are hearing from us in this New Year we can safely wish you a happy new year! A bit belated but it's the thought that counts right? And while we are at it, Happy belated Valentine's . . . and a Happy Easter. Anyway, we hope you had a refreshing Christmas break and that you are energized for the next phase of our learning together journey in 2012. As the year begins, many people begin to think about the changes they would like to make in their lives and new leaves they would like to turn over.

Though most people don't have a great track record for keeping these yearly commitments, we believe in them for two reasons. First, we are optimists and think that people should always strive to do more and be better each day, each month, and each year. Second, New Year's resolutions are the beginning of a plan. If we make a plan, there is a chance that something wonderful may happen. It might not, but it could. Without a plan, nothing will happen. We can guarantee that.

To the parents: This year, we would like to challenge you to look deeper into your resolutions and make some resolutions regarding your involvement in your child's education. Research suggests that parents who enroll their children in private schools are already somewhat involved in their child's education, but chances are, there is more room for involvement than your current level.

This involvement should be more than just talking about the educational process; there should be active involvement in your child's work and it should embrace school based activities and events. This year, resolve to be actively involved in your child's education process. Make it a point to check up on your child regularly. If research proves to be true, your child's academic achievement will benefit because of your active involvement.





ACADEMICS

‘AS’/I.G.C.S.E EXAMINATION RESULTS

The Oct/Nov results were released on 23rd of January and as is expected, they were a cocktail of grades- the good, the bad and the not so good. Hats off to Hiba Haris and Arnald Mutisya from Year 13 who each scored 3 straight A’s in their subjects. Clearly, their hard work paid off. Nothing comes easy.

The **MOCK EXAMINATIONS** ran from 6th to 16th of February and the ‘A’ Level ones from 14th to 23rd of March. These exams pretty much show the students where they are at and after that allows them time a little time for thorough revision. In the past we have experienced situations where students complete the MOCKS and start skipping school in the name of reading at home. Come to school people! The last few weeks to the finals are very crucial. So work hard, work smart.

Teacher -Consultations

These were held on the 24th of February, 1st and 6th of March for the Year 11, Senior School and Middle School respectively. The attendance was fair but as usual, those parents whom the teachers would have really loved to see did not show up to collect their children’s report forms and discuss their performance. As teachers, there is only so much we can do up to a certain point. However our doors are still open should any parent want to come and consult the teachers.

CAREERS

On the 21st of Jan, we held our Careers Fair and attendance by our students was a huge disappointment. The presentations by the speakers from different professions and university stands literally went to waste. Our students need to understand that these events are hosted for their good because they are exposed to what is available out there. We really want to avoid situations where students press the panic button and start running around seeking advice and writing applications at the 11th hour or when their results come out after having ignored and wasted all the opportunities we have provided them with. Students, you need to remember one thing: **‘failing to plan is planning to fail’**. It may sound cliché but it’s true.

NEW FACES ON THE BLOCK

The start of the year saw a significant increase in the number of students and a couple of new faces in the teaching staff. Jessica Murotto joined the Linguistics Department, Neha Shah joined the Art Department and Brian Waihiga joined the IT Department. We welcome them on board the teaching profession.



18TH ANNUAL MSMUN:

This year many of us from Year 8 to 10 attended the annual MSMUN conference, which is the 'Middle School Model United Nations'. We had a total of 6 resolutions and 5 of them successfully passed to be debated. At the UN we are all encouraged to debate openly on pressing situations from countries all over the world and I'm happy to say that all of us students engaged in lively debating sessions.

This year NIS MSMUN delegates represented: Afghanistan, Colombia, Sri Lanka, St. Vincent and Mali. And our resolutions were greatly supported by the other countries and students. This year's MSMUN was very successful and everyone had an important role to play but we could not have done it without our advisor Ms.Doritah!! Thank you!

By Ritual Khanna



30th ANNUAL EAMUN

The 30th Annual EAMUN conference opening ceremony started with a bang with a speech from the UNON's Director General Mrs. Zwede. It focused on encouraging the youth to use their innovative minds to create a sustainable future. She was however, not the last of the dignitaries that would address us. A very enthusiastic Ambassador Maina spoke of his journey of 25 years in the UN telling us if he could make, so can we. He emphasized on the importance of the role education plays in our future success as young leaders of the world.

During the course of the week other surprises lay in store for the delegates. For the first time in the conference's 30 year history a resolution would be presented in French and translated into English Paving the way for more future resolutions to be debated in the other UN official languages.

Amongst the various committee rooms that held debating sessions some were more vigorous than others namely the Ecology, Human Rights and Political committees.

When it came down to our school's performance in the conference, success proved to be our middle name with the Saudi Arabian delegation resolution on reduction of carbon emissions in their country being passed. In the special summit room where the award for the best speaker of the entire conference is given (The Terry Howard Award), Costa Rica's Matthew Wakhungu did not win but got an honorable mention as one of the best out of the rest. There are other delegates that work outside the rooms doing different jobs as Junior Chairs, Secretaries, Senior chairs and so on. I was part of the group of Press Corp Journalists and I played a role as Co-Editor of the daily paper U-Nation and in NuMedia branch which taped videos of the conference soon to be put up on the EAMUN website. Congratulations to all and a huge thank you to our advisors Mrs.Ombeta, Mrs. Makini and Mr.Ashwin Lee who worked tirelessly to prepare us. We hope that next year we will be an even bigger success than we have been in the past.

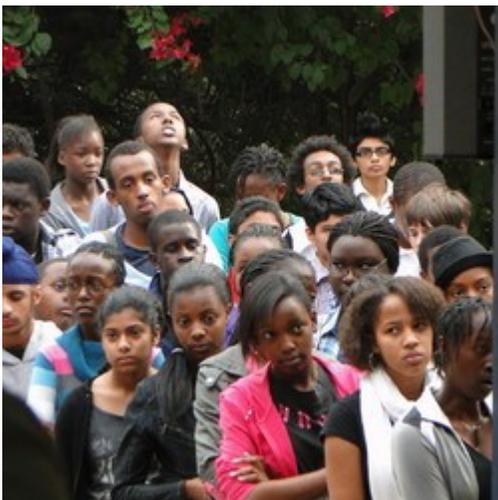
Fiona Nyangoma

BOOK WEEK

This year's Book Week was held from 16th to 20th January. The event was marked by a variety of activities including Creative Writing Competition. We were pleasantly surprised by a number of students who actually wrote some beautiful poetry on topical issues ranging from love to **Going Green**. Many of them discovered that they have potential in them that is waiting to be nurtured. And nurture it we will! The students were also engaged in making book marks and book covers and a number of them spent a lot of time making their work very colorful. We however need to pull up our socks in the area of growing the school library. Very few students donated books to the library but we would like to appreciate Claudia Deng' for donating 10 books. Well done! But she did not stop there. During the Mufti Day, Claudia gave 250/= instead of 50/= towards the renovation of the Children's Oncology Ward at the K.N.H. That is what we call a generous spirit.



On Friday afternoon the students were treated to music, dance and story telling the by the ZAMALEO trio. Their performance was punctuated by readings of some of the best original poetry. The students pretty much enjoyed themselves during this week because it was a break from the daily routine but still a learning experience. The important thing to remember here is that we have to cultivate a reading culture.



411! The school library has been upgraded with the donation of 20,000 books from Mrs. Lee!



MATH CONTEST

On February 24, five of our year 10 students and six of our year 11 students wrote the University of Waterloo Math Contests for the first time. These contests are written by some of the best Mathematics students all over the world, including students in Canada, the United States, China, and Singapore. Provisional results are in, while we are still waiting for how our students finished worldwide. Congratulations to Wanjiru Kinyua from Year 10, and Uroob Haris from Year 11 for achieving the highest marks in the school.

VERSE RECITAL COMPETITION

This was held on the 6th of February. Good performances were put up by Fiona Nyangoma in the U 18 Category, Douglas Oluoch in the Creative Category, Barbara Mukidza and Grace Akumu in the U 16 Category, Neeti Vyas in the U 14 and Juhi and Prya in the U12. The winning house was Michelangelo followed by Raphael, Leonardo and finally Donatello. Congratulations to the winners and all the participants.



COMMUNITY SERVICE

This is tailored to teach our children how to reach out to the wider community and to make a difference in other people's lives and we are doing well in this area. We have had all classes make trips to the K.N.H Oncology Wards during the term and we also had the Community Service Club members make a trip to Nyumbani Children's Home in Karen. The visits are an eye opener for many and just seeing children and people who don't have it all makes our students realize how fortunate they are. A big thank you to parents for sending your children with donations. God bless you all.



GOING GREEN

There are so many stresses on the environment that many scientists believe we are in the midst of one of the largest extinctions that has ever occurred on earth. Add to that the fact that many of our natural resources are finite, instilling a sense of awareness and care for the natural environment is incredibly important for today's youth. A generation without concern for the world's precious ecosystems and natural resources may be the final stressor that pushes the world into a dangerous imbalance that it won't be able to recover from. So, how is N.I.S being an eco friendly and caring steward of the beautiful environment we live in? We started off slow but we are now picking up and this is what we are doing:

Year 7- Re-using papers

Year 8 – Flower garden

Year 9- Waste paper management , re-use –reduce- recycle

Year 10A – Composting of food remains

Year 10B- Conserving electricity

Year 11A- Saving water

Year 12 – conserving fuel

Year 13A –Re-cycling newspapers

Year 13B - Solar panels



Let's go green; it's the only way to go. We owe it to ourselves because by divine design we are the custodians of the earth.





PRE- VALENTINE'S DINNER DANCE

This year, we decided to celebrate Valentine's Day a bit earlier and differently. It was not the usual passing around of sentimental cliché messages, indulging or rather over indulgence in chocolate treats and the like. No. This time we focused our attention on raising funds to assist in the renovation of the Children's Oncology Ward at Kenyatta National Hospital. So on 11th of February we hosted a grand dinner dance. The basketball courts were magically transformed into a beautiful outdoor dinner cum dance 'hall'. The place was beautifully lit up with like a million fairy lights, the décor was superb and the five course dinner was sumptuous. If you missed this event then you missed the best of Simply Tomas, Calabash, Mojo and Murphy's Flaw. There was something for everyone no matter the age. In attendance were officials from the KNH- Mr. Ithai, the Corporate Affairs Manager and Professor Monda, the overall in charge of the Pediatric Oncology Ward and they were truly grateful. It was all for a worthy cause and we would like to thank all those parents and friends of N.I.S who attended this event, not forgetting those who could not attend but sent their donations. Thank you and God bless you for making a difference in other people's lives.



We are pleased to announce that we raised about Kshs 500,000/- . we are yet to decide what we start with as far as renovations at the KNH oncology ward is concerned. We will definitely keep you posted !



SPORTS

It has indeed been a busy term for the department with the under **15 girls hockey** debuting this season, under **19 girls football**, under **19 boys basketball**, the Nairobi secondary schools sports association (NSSSA) basketball league and also representing at the NASA swimming galas all running concurrently.

Under 15 girls' hockey.

Our U/15 girls have played stalwarts, St Andrews Turi, Greensteds, Hillcrest and Nairobi Academy and accounted well for themselves despite the losses. They also participated in the U/17 hockey tournament at RVA and managed two draws even though they were playing above their age bracket. There definitely is hope if they continue in the same spirit.

Under 19 girls' football.

This was a bit of a mixed kettle of results having managed one draw, one win and two losses, the consolation being the young developing players who will undoubtedly improve with time. This notwithstanding, the younger lasses have really made an effort to hone their skills and confidence, putting in their valuable time to attend practice. We all look forward to a very strong side in the future hoping that the girls will continue to train.

Under 19 boys' basketball.

This has definitely been the flagship in the department with the team absolutely blazing the opposition into submission.

With the AISK league and NSSSA league running concurrently our team has managed to win all their matches with the fly in the ointment being RVA. However, it felt great to watch the boys clinch the title, second year in a row, at the finals held at Rosslyn after a nail biting game that ran into 3 overtimes. Kudos to the boys and their coach Ashwin lee..All that screaming and paid off in the end!

Open Basketball

After taking a year's break, the open basketball team played in the NSSSA league once again and reached the finals that was held at St Mary's on the 31st of March. Unfortunately, the opponents were too good for us and we succumbed to a 84 – 76 defeat after having lead just minutes before the game ended. Well, it was just not meant to be. I guess. Better luck next time kiddos.

Swimming.

Our swimmers continue flying the flag as was evidenced in the “double A” and “triple A” events held at the Agakhan swimming pool. Our 17 and over team went on to win the boys relay title.

Edward Ilako, Alesa Ilako and Warui Nganga will represent the province in the forthcoming finals in Kisumu. We are certain that they will bring home glory!!!



Edward Ilako



JUNIOR SCHOOL NEWS

It has been another busy yet exciting second term with a number of activities taking place.

Our **Friday assemblies** are something to look forward to for both parents and students. The years 4, 5 & 6 students shared their dreams for the future with us and how they would work towards achieving these dreams. It was a very special and emotional experience listening to them, through the power-point presentations.

The Years 2 & 3 students entertained everyone with their very vibrant dances.

From the Kindergarten, the Rainbow, Farm and Jungle classes enthralled everyone with their poems and dances, especially the “freeze dance” which showed a lot of co-ordination and discipline from our little ones.

Certificates are being given out weekly to all those students who make an effort to improve their performance in different subject areas.



The Inter-House Illustrated Creative Writing Competition was the highlight with all students participating by entering their creative pieces of work in the competition. The display of entries was something not to be missed. 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.

Mufti Day was full of excitement and fun with all the students dressed up in Valentine colors which were the theme of the day.





Our U-7,U-9 and U-11 **Soccer boys and girls** teams played a number of matches against various schools like Aga Khan,Premier,St.Austin’s,Jaffrey’s and Rusinga and displayed an excellent show of sportsmanship and teamwork by winning in most of the matches. Well done!

We also had **Parent-Teacher Consultations** towards the end of term and that too went very well with almost all the parents turning up. Thank you.

The **Easter Displays** were up by then and it was another splendid exhibition from our li’l ones.

We held our very first **Sports Day** at the Jaffery’s sports club on the 22nd of March, right before we closed school. It was an extremely entertaining morning for all present and “**Michael Angelo**” went away with the trophy for being the best house. Parents ran all the races meant for them...we even had to have heats in some events...especially since they knew the prizes were all dinner vouchers from **Mediterraneo , Art Café and Mr. Wok.**

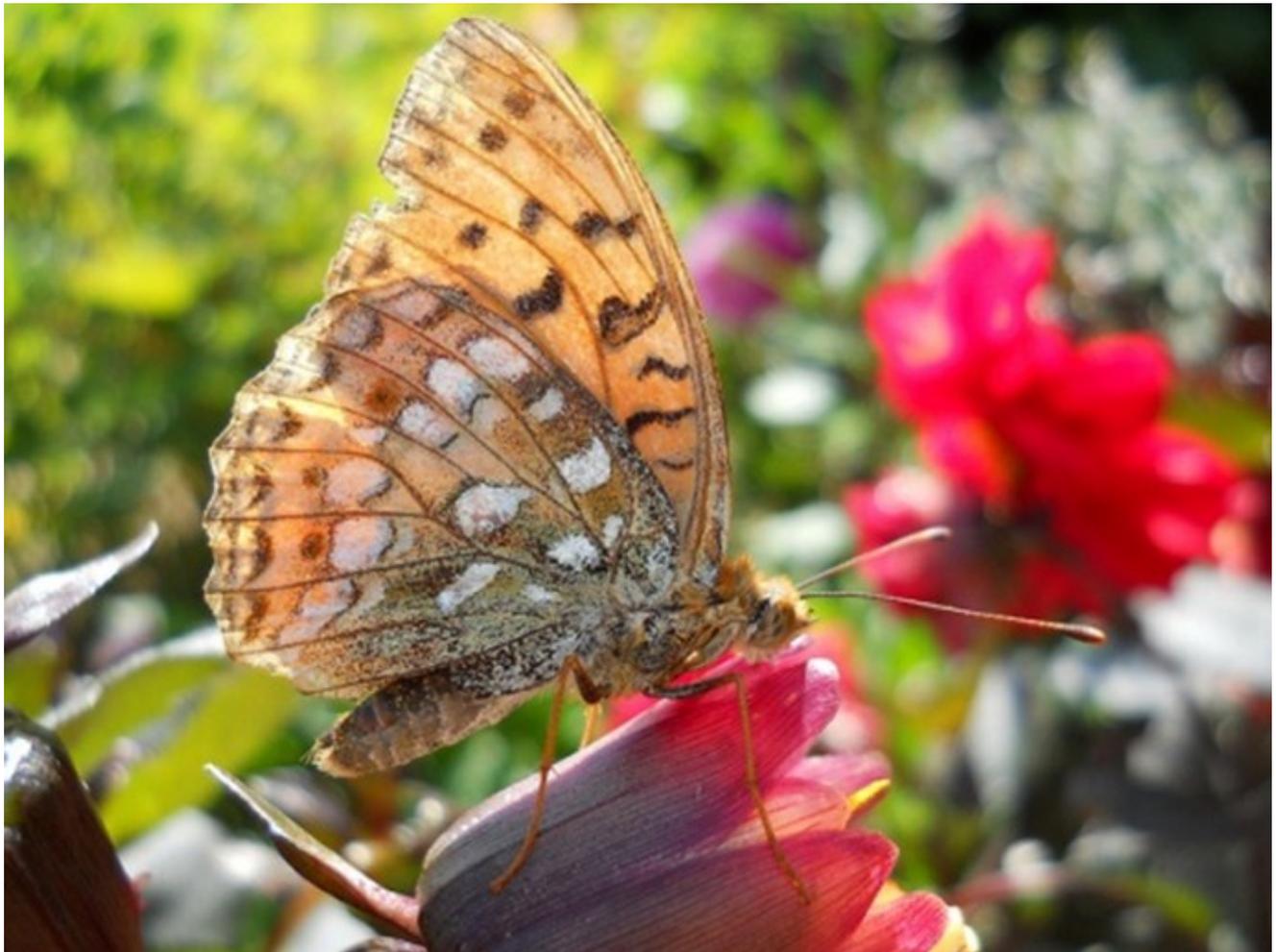
Well done...both students and staff..for yet another wonderful term..!!! Keep up the spirit..!



Reflections on Hope – Don't Quit On Your Life...

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.” [Thich Nhat Hanh](#)

HAPPY EASTER EVERY BODY!



Check out the website for [pics](#) and [videos](#) of events!
www.nis.ac.ke
