



Editorial

'Tis the season to be jolly and to spread the Christmas cheer. I'm looking forward to Christmas(as I always do every year, it's my favourite holiday). Dropping hints to everyone I know as to what I want this year(you too, feel free to send in presents as well! Anything artistic or musical!). I've already started listening to Jim Reeves's Christmas album and randomly find myself bursting out in carols, which is usually the case around this time of the year.

Much as we are looking forward to getting presents, possibly going out to party or out of town, maybe visiting family, let's not forget what this season is truly about.

For those of us who follow in the Christian faith, we know that it is the time when Jesus Christ was born. God gave His only son to the world to relieve us of our sins. Something we tend to overlook or forget. Even then, it has been known to be a season of giving, and so, during this season of giving, let us remember those in our society, in our environment, in our world who may not have what we are privileged to have everyday. Let us give a little to those around us. Let us appreciate what we have, as small as it is, by sharing it. Because the value of the feeling that comes with giving is all the more better than receiving.

With this said, I hope you enjoy the Christmas Special issue of Espresso and may you all have a Merry Christmas and Happy Holidays!!! For our Muslim parents and students, Eid-UI-Hajj.

BEVERLY OCHIENG [GRADE 13]



WE AT THE EDITORIAL TEAM WOULD LIKE TO WISH EVERYONE A MERRY CHRISTMAS AND A HAPPY AND PROSPEROUS NEW YEAR!!!!!!!!!!!!!!!!!!!!

n.i.s announcements:

MUN

On the 7th of November, our EAMUN delegates attended a mock debate at Braeside. For new delegates, it was an eye opening experience as they got a rough idea of what goes on in the United Nations and what to expect as they attend the conference at Gigiri in February. They learnt how to use their privilege points (a point called out to cater for the rights and comforts of delegates - e.g. if the atmosphere is warm a delegate may call out "Point of Privilege, it's too hot" and then a vote may be called as to whether the air conditioning should be turned on or not, true story) and how to ask questions pertaining to resolutions. Although none of our own resolutions were debated, we got a few ideas on what most countries will be writing about to avoid having to merge resolutions when we get there. Altogether, we all had a good time.

BEVERLY OCHIENG [GRADE 13]



"It's a simple enough question.
White, rye or whole wheat?"

VIDEO CONFERENCING AT THE AMERICAN EMBASSY

Six students from Grade 13 were invited to go to the American Embassy for a video conference with American students in Paris and a talk with the people who deal with giving students Visa's.

The conference started off with pastries, coffee and tea being given to the students while waiting for the connection to get through. As the video conferencing began we were introduced to 3 students in Paris who were part of the student exchange program and had a minor in French. Each of the students had an area in which they were speaking about such as the difference between Majors and Minors, Campus Life, Internships and such. Although the connection was not that strong, we were still able to gain a lot of information from them.

However, the most helpful thing we learnt at the conference was the process of getting visas. We were given a talk by Brian Denver who talked to us about how two things are extremely important when trying to get a visa: Financial proof and Credibility.

We were also given advice on writing a personal essay by an admissions director where we learnt that other than grades being good, a person's personality and back story counts too.

All in all, it was a very good experience for us and we would like to encourage you all to carry out proper research before you make a proper decision on your future.

SANAA JABEEN [GRADE 13]

ECONOMICS - BUSINESS STUDENTS TRIP

The trip was all the way to the busy industrial area to learn about the the process of bread production. We finally arrived a little before midday and proceeded to the first baking room. We saw the process from flour to dough to bread and finally packaging. A peculiar thing was the silence, which is actually a policy with the company who demand absolute concentration why? Because if any of the produce weighs as little as 3grams off, it could cost the company fines of a minimum of 50,000 shillings. We were then shown the second baking room which was basically the same thing only difference being was alteration in quality of the inputs in order to make it cheaper and accessible to low income earner, how considerate of them maybe business men aren't as heartless as we thought.

Naturally during all this the entire group was plagued by hunger and after the tour we were generously provided with bread and milk, and later the teachers allowed a quick stop at Steers. The slightly strenuous trip was educational and I was ecstatic to find that no one steps on the dough during manufacture as so often rumoured.

JESSICA MITEI [GRADE 13]

school news:

FILM WORKSHOP

Between the 7th and 19th of December, there will be a film workshop in Nairobi International School by Igiza Kenya. The workshop is going to focus on training interested individuals on Stage and Screen writing, directing, camera work as well as acting. Charges are Ksh. 14,000 for the whole period. All interested parties can contact the school office for details.

SPORTS

On the 30th of October, NIS hosted the first girls basketball tournament. Various schools came in and played each other. The NIS team played against Oshwal - winning 16-11, as well as tying against Rusinga 8-8 then lost to St. Austins. Our own student, Hawa of Grade 10 was voted Most Valuable Player. Although she dislocated her shoulder, the sports department assures that she is recovering well and will be completely fine in due time.

As for the boys basketball team, the school had two tryout sessions to make additions to the Warriors team. Decisions over who made it are still pending and will be known by the start of the new term. However, the boys did play against German School, winning 74-17. Congratulations to both teams for their performance. Training for all teams will be ongoing.

NYAHURURU TRIP

On the 2nd October, A Level Geography and Environmental Management students went on a trip to Nyahururu to cover field work study for the topics in Hydrology, Lithosphere and Biosphere. Along the way, the student stopped at the view point to view the Rift Valley Escarpment and the Cumulonimbus clouds. They reached Nyahururu to view the 14 falls and passed the Equator(which is obviously a big deal for any Geographer or Earth Science student). Students had the opportunity of playing at the base of the falls but it proved difficult climbing back up from the cliff.

**REPORTING BY SANAA JABEEN [GRADE 13]
WRITTEN BY BEVERLY OCHIENG [GRADE 13]**





CATSI is the acronym for CANCER AWARENESS AND TREATMENT SUPPORT INITIATIVE launched by Nairobi International School this year as the main project of our CSR programme, which is based on the belief of 'GIVING BACK'-one of the seven guiding principles on which the school is founded.

CATSI'S OBJECTIVES:

- TO CREATE AWARENESS AMONGST THE MULTITUDE IN KENYA ABOUT THIS FATAL DISEASE.**
- TO CREATE SUPPORT FOR THE PROVISION AND MAINTENANCE OF RADIATION THERAPY MACHINES IN ALL PROVINCES IN KENYA.**

The fact is that about 5million people die of CANCER each year in developing countries. A staggering 600 new cases of CANCER is reported each year in a single hospital in Kenya.

In developing countries, health services are struggling with population increases, underfunding, and the H.I.V pandemic and natural diseases. Hence health care for the dying have low priority compared to preventive and curative services. Poverty stricken patients find it difficult to raise the funds required for medication and fees needed for CANCER interventions, particularly CHEMOTHERAPY, RADIOTHERAPY and SURGERY.

Survey shows we have only 3 RADIATION machines in this country for a population of 30 million. Ironically at this juncture, one of these machines is broken down and is in dire need of maintenance.

We have planned a series of events for the academic year considering the fact that we need to raise huge amounts of money to purchase "linear particle accelerators" (Radiation Therapy Machines) to cater for all provinces in Kenya.

We hope to officially launch the first initiative with a musical concert "Soul For Soul" on the 11th of December at NIS grounds featuring "Sauti Sol, Elani and Patricia", who have all come on board as they believe in this worthy cause and have agreed to be CATSI's ambassadors for the same.

SOULS SOULS

a musical charity benefit featuring

sauti sol | elani | patricia (TPF)

Where: Nairobi International School (opposite Strathmore school, Lavington)

When: Friday | 11th December 2009 from 6pm to 11pm

Tickets: VIP: KES: 1000/- | General: KES 500/- | Student: KES 300/-

ALL PROCEEDS GO TO AIDING THE FIGHT AGAINST CANCER IN KENYA

We are hoping that you will join hands with NIS in making a difference for the multitude of Kenyans who are suffering from this deadly disease and numbering their days in silent despair. Contrary to the common belief 'CHARITY IS A RICHMAN'S PREROGATIVE', you and I can also make a difference in the lives of many despondent souls out there...

SANAA JABEEN [GRADE 13]