



ESPRESSO



MARCH 2013

JUNIOR SCHOOL



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

Our Friday assemblies are something to look forward to both by parents and students. The Prep students shared with us very interesting facts that they had been learning during lessons in different subject areas like facts of Numeracy, global warming, corruption and some interesting Historical stories. This was presented very effectively through their drama skills. They also entertained everyone with their very vibrant songs and dances.

We look forward to KG presentations in the 3rd term.

Certificates were given out weekly to all those students who made an effort to improve their performance in different subject areas.



Clubs and Activities went well this term. Students were involved in various activities like Roller skating, Karate, Taekwondo, Ballet, Lamda, Pottery, Tennis, Gymnastics, Cookery, Art & Craft, Music Club amongst others.



The Inter-House Illustrated Creative Writing Competition was the highlight with all students participating by entering their creative pieces of work in the competition. Our students displayed amazing creativity in their stories about the topics given, When I Grow Up, and If I Was the President for a Day. 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.



Our U-7,U-9 and U-11 Soccer and Hockey boys and girls teams played a number of matches against various schools like Aga Khan, Premier, St. Austin's, Jaffrey's Nairobi Academy and Rusinga Schools and displayed an excellent show of sportsmanship and teamwork by emerging as winners in a number of the matches. Well done to them!



Sports Day

The second Junior School Sports Day was held on Friday 1st March 2013. It was a very successful sports day that saw all the children in their various houses taking part at least in more than one event. The teachers and the parents also had a chance to compete and they won different prizes .

After the school band march past, Kindergarten events started at around 10:00 am which included flat races and various obstacle races like; pick a sock and run, bean bag races, sweeping races, dressing up relays among others.

The Prep school events followed without delay which included flat races (75m & 100m) and obstacle races which included three legged races, balloon bursting races, potato races, blind fold guiding race, 4X4 relays among others.

These were followed by Vision 21 demonstration which involved parents making teams with their children and competing. Finally the parents and the teachers had their races and the winners were rewarded.

Leonardo House came first with 249 points. The 1st Runners up was Donatello House up from position 4 last year. In the 3rd place was Michael Angelo and then Raphael House came 4th.

Raphael won the most cheering house trophy. The most well behaved house trophy was won by Michael Angelo. It was a very successful and competitive day. Everything went on as planned.

The teachers and other staff co-operation was very good as everything went on smoothly without any hitches (i.e there were no injuries). Packed lunch and break were served in good time to all the pupils and by 12:30 pm the Sports Day had ended. The Sports department was commended for good organization.



SENIOR SCHOOL

We have finally come to the end of Term 2 and it's been a pretty long gruelling one especially since the 1st "half" seemed to take forever! But it's been good . . . great in fact. Not too many activities (mainly because the final exams are approaching) but the few we had proved to be very involving in terms of numbers and preparation but, we pulled it off. The students and staff have really been very enthusiastic about everything and that has made life so much easier for everyone and as we close the term there is that great sense of achievement. Everyone deserves a pat on the back for their contribution! That's not to say that we can't do better. We are working at it and we are getting there. Anyway have a read and get an inside scoop on what we have been up to this term.



PREFECTS' LEADERSHIP WORKSHOP

This was the 1st activity of the term and was held on the 12/13th of January at the Junior School under the supervision of Peak Performance and Mr. Wangosho . Attendance was excellent and our prefects engaged in team building activities and attended talks on acquiring leadership skills. All in all they enjoyed it and many of them felt that it was worthwhile and even suggested that all students could benefit from such workshops.





HAPPY FEET

This took place on 23rd Feb from 6.30 – 8.30pm and was sponsored by SAMSUNG. The main aim of this event was to raise money for CATSI, and that we did to the tune of 200,000shs. We would like to thank all those who contributed to the success of this event including the dancers from all the categories and schools who spent a lot of time practicing and to the teachers who stood with them. It certainly was no walk in the park but was great fun all the same ! The students must be commended for their enthusiasm and dedication in making the event meaningful. The other schools that participated include Rusinga School, Oshwal High School and Brookhouse schools and they all did take home something. Prizes included laptops and printers donated by SAMSUNG! Yes ! Laptops ! How cool is that? All in all, it was time well spent for a worthy cause; we look forward to next year when we can make the event bigger n better.



BOOKWEEK

This was a whole week of showcasing for mainly young writers and even those who do random writing and it entailed a wide variety of activities including poetry recitals, spoken word, shairis, skits, rap songs and individual expressions from students on what has inspired their love for reading and the value that reading has added to their lives. I am glad to say that participation was from right across the board and included the staff as well. It was indeed an interesting week during which we would start off the day with a 15 minute assembly and this provided a platform for the students to express themselves. For all those who participated, well done. Next year we will take things to the next level.



COMMUNITY SERVICE

This involved classes from years 7 to 13 and has been ongoing. This term we reverted back to our KNH visits, Pediatric Oncology Ward. Students were very cooperative and showed up loaded with donations such as snacks, books, toiletry and even story books. A big thank you goes out to all parents for the donations and for encouraging these children to make a difference in the wider community.

MSMUN

This has been the best year for MSMUN with our students having 3 of their resolutions passed, two of which emerged as best resolutions. The 3 delegations were led by Alessa Ilako, Alaa and Neeti. Congratulations to Neeti and Alessa for getting the best resolutions. Generally, the students were a good lot and they put in a lot of effort. To Quote Ms. Dorita, **“they conducted themselves like real diplomats”**. Well done!



31st ANNUAL EAMUN

The East Africa Model United Nations, an organization that seeks to develop the delegates and diplomats of the future, held its annual conference at UNON from the 25th of Feb to the 1st of March. N.I.S was represented at the conference by three countries: Bulgaria, Cote D'Ivoire and the Maldives . The delegates got the opportunity to experience life as professional emissaries do on a daily basis, attending General Assembly committees such as Economics, Political, Human Rights, Ecology and Special Summit. Debates were fiery, new allies were made, knowledge was translated and at the end of the week it was clear that everyone had had a great time. On Friday, our in-house band, Feel Good Inc. performed a string of songs at the EAMUN sponsored Peace Concert.

By Eric Cauri 12A



EAMUN SPECIAL SUMMIT STORY

My first reaction to being selected as a Special Summit speaker was, "Oh no! Not AGAIN!" I'll tell you why, because everyone who's done the EAMUN (East African Model United Nations) in our school knows the kind of pressure it takes for anyone to be the '**chosen one**'. In fact, in order to avoid the inevitable, I dropped out of MUN and joined the Film Production Club. Guess what? I was dragged back in on short notice due to 'unavoidable circumstances'. EAMUN was haunting me like the ghost of Christmas past. Also, the fact that I'm in year 13 prompted the burden of work to dawn on me. . . three months to exams yet I'd do a week of EAMUN. A WHOLE WEEK! I remember talking to fellow delegates at the conference, each of us asking if MUN would pass our exams for us!

All in all, Special summit in a way was alluring to me and with some prodding from Mrs. Lee, Ashwin Lee and Mrs. Ombeta I was determined to go for it.

People always think I'm this overtly confident person, making speeches here and there, but I'm not! I am 100.03% terrified of speaking in public. Heck, even to ordinary people on anything. From the moment I walked into the doors of my conference room, I was dumbfounded. Everyone there was so intelligent. Most people there have already been accepted to Ivy League universities or are going to great schools abroad on scholarship for A levels. Not only were they smart, but had some excellent speakers and debaters too. I literally didn't know how I was going to survive or make my mark. But I remembered all I'd seen in my 5 years of doing EAMUN. That room is all about how you network and your oratory skills.

From day one I gave rousing speeches that garnered applause and admiration from my fellow delegates in my room. Even, Advisors admitting in a very matter of fact way, "You're good!" with the usual nod or smile hoping not to give too much away. Somehow, my side of the debates always won.

To get to that point wasn't easy. All the waking up at 3am to do research on my topics, not to mention, waking up my mother in the process to discuss International Law. Hah! I even took a matatu to school extra early to speak to Mr. Wangosho about economics, matters I knew nothing of. But you know what?! I did it! In the end, 17 advisors had voted for me including, the two Senior Chairs of my room. **I won Outstanding Speaker of Special Summit for the, Annual 31st EAMUN.** I accepted the award in tears . . .

To whoever is going to take my place next year, you can do it. We can do this for next 30 years. The most important thing is to **BELIEVE IN YOURSELF**. You never know what you can do if you don't try . . .

Fiona Nyangoma.



MIDDLE SCHOOL CAREER TALKS

The main aim of these career talks is to enlighten the Yr. 7 to 9 students early enough on the different professions and on the minimal requirements. This will enable them to go through middle school in a more focused way more especially for those who are in Yr. 9 and will be making their subject choices next term. Such forums will help them make informed decisions. We had 3 parents making their presentations and this included Mrs. Kagure (Banking), Mr. Raphael Bosire (Engineering) and a 3rd speaker presented something on the ever popular Aviation. Thanks to our presenters and we hope that next year we will have more participation from the parents.

SENIOR SCHOOL CAREERS/ UNI FAIR

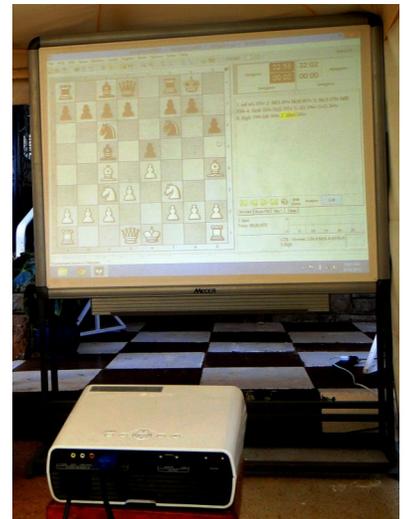
This took place on the 26th of Jan and targeted Yr. 10 to 13 Students. The student turnout was on the low side. Parents, you are encouraged along with your children to attend such fairs as these equip them with very important information useful for charting out career paths.

We had Strathmore, Middlesex, London School of Business & Finance, Canadian and Swiss School of Hotel & Management in attendance. The A Level students also attended other career fairs during the course of the term – U.K Universities at Brook house and Australian Universities at Oshwal Centre.

CHESS TOURNAMENT

On February 16 and 17, NIS hosted the Nairobi International School - Westlands Chess Club Under-20 Teams Challenge. This was the first school-based Chess tournament held in Nairobi in almost two years, and featured 12 teams from schools, universities, private clubs, and children's homes. The NIS team of Rajeev Karnam, Avi Mathur, Darshan Das, Dimitri Macridis, and Guled Yusuf tied for third, but came in fourth on tie-breaks. Rajeev and Avi also earned third place awards for their individual performances. This was a very strong performance in a field featuring some very experienced players who have represented Kenya internationally. Congratulations to our players, and many thanks to those who volunteered to make the weekend a success.

Mr. Warren Pollock.





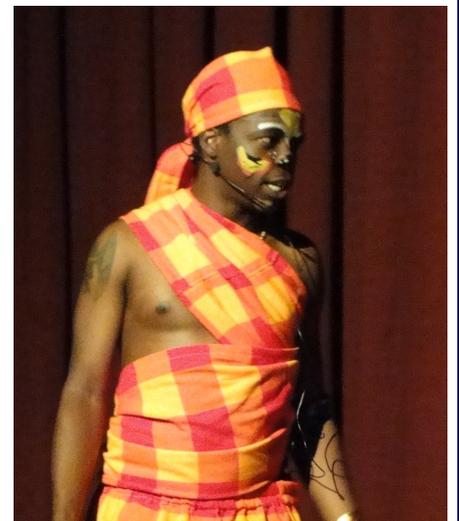
LION KING

The first time I heard we were doing, "Lion King" everyone laughed. Then they seriously thought about it . . . how on earth were we going to pull this off? A cartoon being adapted into a play? But I knew it was a possibility. The musical has been staged for years and most recently made popular by a British Drama house, Lyceum Theatre (whose shows have been consistently selling out for several years now).

But you see that was Broadway, those were trained actors - they did this for a living. To make things even more interesting, Scar wasn't going to be played by a boy, it would girl, in fact by two girls, Tugi Waiyaki and Fiona Nyangoma. What's more, most people who auditioned hadn't really acted on stage.

The one thing that I believed helped us a lot was the encouragement from Miss Lee, Mr.Mwatsahu and especially the teachers who had been training us all along, Miss Jessica, Mr. Watatua and Miss. Damaris. It didn't matter what happened on stage, all we heard was, "the show must go on". We performed in front of everyone under the sun. From the press to the little ones at the Junior School. It ended up being pretty darn amazing! The band was fantastic, the comical anecdotes here and there by Rafiki, a.k.a 'Mr. Kadogo' (Eugene Nyangoma) were excellent. People really did get into character; I could go on and on forever, but in the end 'Lion King' even with its hitches turned out to be a rather memorable play. The hours spent rehearsing did end up being worth it. The play, in the words of Rafiki, "Propelled itself in a forward motion". Well done to all those who made the play the success that it was.

Fiona Nyangoma



MATH CONTEST

On February 22, NIS participated for the second year in the University of Waterloo Mathematics Contests for years 9, 10, and 11. Seven of our students wrote these contests. Soumedh Trivedy in Year 10 won a medal for the best performance in the school, as well as a certificate for finishing in the top 25% of the 17,735 who wrote around the world. Darryl Ursin also won a medal and certificate for his performance in the Year 11 contest even though he is a Year 10 Math student, finishing in the top 25% of the 14,480 participants around the world. This is a prestigious contest run by one of the best Mathematics programs in the world, so a big congratulations to both our winners.

Mr. Warren Pollock

SPORTS REPORT

During the term there were enough activities to get everyone involved in one discipline or the other. With 4 teams participating in the AISK league. The girls participated in Football and Hockey in the U/19 and U/15 leagues respectively, while the boys participated in the U/19 basketball and U/15 hockey. Also worth mentioning are the swimmers who represented the school in every competition in the NASA double "A" and triple "A" circuit.



Girls U/19 Football:

Although not a spectacular season, due to the fact that the season coincided with the O' level mocks, thus depriving us of our strongest team during the games, the girls still had their high moments when they won the shield trophy during the John Garrord football tournament at Braeburn Garden Estate, winning 6 games on their way to the finals. However, the rest of the season was not as rosy, with a bag of mixed results. I believe the team understands the need to work harder to be at par with the "big guns". We do hope for better seasons in the future.

Hockey:

The U/15 boys and girls had several outings. They accounted well for themselves during the league putting in a good fight against more well established teams such as Peponi and Hillcrest. The sport is definitely gaining popularity within the lower and middle school which comprises the bulk of the team.



Basketball:

Although the NIS warriors retained the “**Season Opener**” trophy for the fifth year in a row, demonstrating unrivalled skills on their way to the finals and ultimately the trophy, they had a stroke of bad luck during the league. Also worth noting is that the Middle school team played in the NIS tournament, and though they did not reach the knock out stage, their performance was encouraging. The team played a total of 5 league matches of which they won 4 and lost 1. This loss denied them a chance to make it to the finals of the AISK league. This being a short term we did not have the semis which would have given us a chance to make it to the finals.

The team also played in 2 other tournaments of which they were 2nd and 4th in RVA and ISK respectively. The team will be losing 3 players who are doing "A" Level this year and we want to wish them well in their future



Swimming:

Juhi Dawoodia, Savannah Zawadi and Neeti Vyas left a blazing trail at the inaugural invitational gala at St Christopher’s, winning all their events without “breaking a sweat”. Juhi and Savannah were also selected to the team that has been invited to the level 2 swimming championships in South Africa.

Next terms Sports:

Third term sees the revival of our U/15 rugby for boys and U/15 netball for girls.



Have a Blessed
Easter

