



NAIROBI INTERNATIONAL SCHOOL ESPRESSO

April 2015



From the Director's Desk

Dear Parents,

Once again another eventful term has come to a close by God's grace. Thanks to your unending faith and support, the school has not only grown in numbers but has also managed to excel in very many areas. The KG and Prep now have long waiting lists up to the year 2018. I give full credit for this to our committed and experienced staff with their loving and caring ways.

At the middle school, we now have full double streams for all three year groups with some very bright and active children whose parents have proved to be true pillars of strength for the school. We are truly grateful!

The Senior-school is bursting at the seams with children ever so enthusiastic about each and every single thing they get involved in. This positivity has certainly led to the success of many major events this term. The Book Week, Beats, Brush and Symphony, EAMUN, NA verse recital and Happy Feet to mention a few that made a big difference to all around. Big thank you goes out to our Arts, as well as Linguistics departments for organizing such brilliant events.

It is time for a change of guards... On behalf of the senior and middle school community, I would like to take this opportunity to thank the outgoing Head Girl Ritual Khanna and the Head Boy Kashan Hudda, their deputies Michelle Mukuru and Ngana Kaunda along with the Year13 and Year11 prefects for a job well done. I guess it is only right to welcome the incoming Head Girl Alessa Ilako and Head Boy Zack Onyango with their deputies Katha Okalobo and Tahir Alibhai.

There is one thing I want to reiterate here and that is the fact that NIS is built on values and that we will never ever waver from the commitment we made at the outset to uphold and bring back the essential and fundamental values that are quickly diminishing. Towards this end, we need the co-operation and support of you parents whether it is in the teaching of respect for elders and peers, giving back to the society or with their spiritual and physical growth.

Despite several counselling sessions and incessant chats when students fail to behave and conduct themselves in the accepted manner, we have no choice but to exclude them from our school community. This second term saw 4 such students being made to leave NIS. It is my hope and prayer that as parents you never stop correcting your child/ren's ways if you see them starting to stray and lose direction.

It is my belief that a strong partnership between the school and the parents will foster the upbringing of children who will make a positive difference in tomorrow's world.

As we reopen on the 21st of April, it is almost time for external exams and we wish all our candidates the very best. They must utilize their holidays well; revise and prepare for the exams. Also please note that candidates are expected to go through the examination rules and regulations, understand them and conduct accordingly, as there will be no compromise from the school's end in such matters.

On behalf of the staff and Management of NIS, I wish you all a very safe and happy Easter holidays. Looking forward to seeing you all on the 21st of April when we reopen.

God bless

Yours sincerely,

Radhika Lee.

KINDERGARTEN

Once again we have come to the end of another very successful and exciting term! While working on our academics, we have also had various events and activities that have kept us busy throughout the term. Here are some of the highlights of term 2:

Clubs

The children have participated in various club activities this term. They have learnt many skills in the art & craft club, roller skating club, Monkeynastix club, Karate and Taekwondo clubs, horse Riding, Pottery, Ballet and Dance clubs. All the children seemed to thoroughly enjoy their chosen club.

Sports Day:

We held our sports day at the end of the first half of this term. Each child got to participate in at least one flat race and one obstacle race. The races were very interesting like the superman race, shopping race, potato and spoon race, matching socks race, mama mboga race and many more stimulating races. The mums' and dads' races were equally exhilarating. The weather favoured us and it was an extremely successful event.



Field Trips

This term we took a trip to Karura Forest where the children went on a nature walk. They learned about various trees and flowers and got to experience what a real forest is like; much like the forests they've heard about in story books. The outing included various team games as well as a pot luck picnic which the children enjoyed immensely.



Fun day

Our 'Easter Eggstravaganza' was terrific! It was an enjoyable last day of school for the children; it included jumping castles, face painting, henna, artwork, Easter cup cake decorating, Easter egg hunt, horse riding and much more. Great fun!

We certainly have had an amazing term!

Thank you for your continued support and contributions across this term.

We wish you a restful and fun filled Easter break and look forward to seeing you in the next term.

PREP SCHOOL

This term the Year 2 class visited Dairyland ice cream factory on 5th February, 2015. It was an opportunity for them to see the process and steps involved in making ice cream from the natural material milk. They learnt about pasteurization, packing, labeling, the importance of hygiene and how chemicals are used for various purposes. They also sampled some of the ice creams made at the factory.



At the end there was an interactive session where the children were asked questions about what they saw at the factory and got gifts for answering correctly. As they were leaving the factory, Dairyland gave each child a complimentary t-shirt and swimming bag. What a fun-filled day!

On the 3rd of February the Year 3's went to visit Tropical Heat factory in Industrial Area. When we arrived NIS was taken to sit in a conference room where the children were taken through the workings of the company including the products they manufacture. The children were then given the opportunity to go around the factory and see how different food items which were made such as; crisps, peanuts and spices. After going around the factory, Tropical Heat was very generous sharing the delicious products with us and their newly arrived rice cakes accompanied with different flavours of juice. We will never forget the fun trip that we had and not forgetting our delicious goody bags that each of us were given. Thank you Tropical Heat for such a lovely experience!



The Year 4 trip to the early villages of Kenya successfully took place on 12th February 2015. The pupils were guided through the history of The Bomas of Kenya and the early villages of the people of Kenya including the Kuria, Luhya, Mijikenda, Luo and Maasai communities.



The history of each village was well explained by the guides and the pupils had a great experience by entering the houses and moving round each village. The pupils also had an opportunity to watch and take part in various traditional dances performed by the same communities.

It was a very successful and resourceful trip and experience for the year 4's.

The Year 5 trip to Brown's Cheese was quite an experience. They were welcomed with refreshments followed by a brief history of the Factory and a demonstration on cheese making. After this, the students were allowed to roll a ball of cheese and make pizzas. As the pizzas went into the oven, the students headed to the farm where they had a chance to see various plants grown organically in the beautiful vegetable garden, farm animals and birds. Next they went to the cow shed where they were allowed to milk a cow. What an experience that was! Many students managed to milk Tulia for a couple of seconds whereas others took off at the slightest flinch from Tulia. It was drama galore. Finally, they returned to the beautiful garden where they ate their pizzas with refreshing lemonade.



The Year 6 students had a wonderful educational trip to Tropical Heat factory on Tuesday, 17th February.

The students saw in practicality the making of some of their favorite snacks and the myriad of spices used by mums at home. The students were able to see their Geography at work when they were taken through the various ways waste, especially the affluence, is disposed off. They were also able to link the importance of advertising and link it to their persuasive writing in Literacy.

The students enjoyed sampling the numerous snacks produced by the company. We hope you too enjoyed the trip through the gift bags the students brought home.



INTER SCHOOL SPELLING BEE CHALLENGE

The annual Interschool spelling Bee Challenge was held at Oshwal Academy and ran from Wednesday 4th February, through Friday 6th February 2015. Our school had all classes represented from Year 1 to Year 6. The students were able to mingle with, and learn from students from other schools. Most of the spelling strategies learnt in class were put to good practice. It was a learning experience and certainly NIS will perform better in the next spelling Bee Challenge.



ILLUSTRATED CREATIVE WRITING COMPETITION

The competition drew entries from almost all the students. The theme for this year was **“How to make the world a better place”** in line with one of NIS’s tenets, Going Green. The judges, who were from our senior school, noted that most of the students had tried their best but encouraged them to follow the guidelines given more closely to produce better writing and creative illustrations.

Congratulations to the winners and all the participants.

1st Annual Swimming Gala

Our 1st Annual swimming gala was held on 6th March 2015, at Consolata School. No single word can best describe this year’s gala. It was our intention to tailor-make events that would best showcase the strides our children have made in developing their aquatic skills since the start of the academic year. Our main objective was to see all our students participate, in one way or another. This served up a cocktail of both challenges and opportunities for our young swimmers. Many of them had to muster a great deal of courage to be able to perform in a new environment in a competitive sport.

The performance overall from all swimmers was beyond reproach as many of them put in a strong performance for their respective houses, parents and most of all themselves. We thank God that the weather was good and the children had a great time. We extend our gratitude to the parents for turning up in large numbers to celebrate the children and to the entire NIS staff for their invaluable support.



HAPPY FEET

Happy was successfully held on 21st March 2015. The Prep- School made three entries towards this event; Junior Hip-Hop, African Contemporary and Indian Contemporary. Ms. Eunice, Ms. Nureen, Miss. Grace and Mr. Ojuang did their best in training and choreographing the dances.

All the three entries won 1st place in their respective categories. Parents were very happy as many children got a chance to participate. Each group had more than 15 children who were eager and excited to perform.



PREP SCHOOL ANNUAL MUSICAL

The Prep-School Musical was once again performed very well at the Oshwal Centre Auditorium on 26th March, 2015. All the children had a unique chance to participate in the overall production either as actors, singers, narrators, dancers or in the Music band. The Years 2 and 3 performed a hilarious adaptation of **The Emperor's New Clothes** and The Years 4, 5 & 6 staged **Pinocchio in the Puppets' Freedom**. These were performed very well and the audience was well entertained.

This was commendable as many children had a chance to perform in an auditorium for the first time; many thanks to our director for availing the auditorium.

The teacher's effort in preparing the children for their roles was commendable and the Band Team from the Music Department did a very good job too.

The children exhibited their talents effectively and we will keep on nurturing them.



NIS BACK TO SCHOOL SPORTS AND LIFESKILLS CAMP

We will be running a Sports and Life Skills Camp at the Senior School during the last week of the Holidays (**13th to 17th April**) for children aged between **6 -13 years**. Our very own PE teachers will run the camp that is designed to incorporate sports skills and life skills in fun activity-filled sessions.

Daily Activities

The basic sports for the program are

Futsal - Variation of football that sharpens skill and creativity

Hi5s Netball - A more dynamic fast paced netball variation

Swimming – A recovery and skill development activity

The core topics of the week will be:

Obedience & Authority

Responsibility

Hygiene & Etiquette

Safety of Self and My Family

Life skills topics will be incorporated in the sports sessions, with an additional debriefing session for a recap of the same each day.

Sample Daily Schedule

9.45am:	Registration
10.00am:	Sports Session 1 – Skill Session (1on1 and Group)
11.00am:	Sports Session 2 – Small sided Match
11.30am:	Snack Break
11.45am:	Life Skill Session (Small Groups, Presentation and Debrief)
12.00am:	Sports Session 3 - Swimming
1.00am:	Departure

Other Info

Children will need to bring their own snacks and drink for the day.

If it looks like it may rain please could children bring a spare set of clothes. Also allow them to bring their costumes as the weather may change suddenly.

You will be required to organize for transport for your child to and from school each day.

Charges

Each day at the camp will cost

- 1 Child: Ksh. 600**
- 2 Children from same family on the same day: Ksh. 1100**
- 3 Children from the same family on the same day: Ksh . 2100**

*There will be an **Early Bird 10% Discount** for children who pay for the entire week on or before the first day of registration.*

SENIOR SCHOOL

We have finally come to the end of Term 2 and 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.

CAREERS' DAY

Our Annual Careers Day was held on the 24th of January. We hosted a couple of Universities both local and international. We had the European University, Edu-link University College, Middlesex University, University of Nairobi, Jomo Kenyatta University of Agriculture and Technology and Strathmore University among others. We also had local agencies that represent various international universities from Canada, UK, Malaysia Russia Australia and New Zealand. The Canadian high commission was also in attendance to help students get information on visa requirements and life in Canada as a whole. This day is held to give our senior students and their parents a chance to get information on the opportunities available out there after completion of high school. The day went well but we expected a better turn out from our senior students.



UNI-FAIRS

On the 6th of February our Year 13 students attended the Canadian Universities and Colleges Fair that was held at the Serena. Here, once again, our students were able to interact with the various representatives while others were confirming the offers they had received.

Our students, some of whom were accompanied by their parents were able to attend the various Uni-Fairs which were held in the city such as the UK and Australian UNI-FAIRs at Sarit Centre and the Southern Sun respectively.



BOOK WEEK

It was "A Novel Idea", when we ventured into yet another Book Week at NIS, from the 26th to the 30th of January, 2015. Book week is an annual event we hold, to celebrate reading for pleasure. This event has been run across the globe for the last 80 years.

In collaboration with the school library, and various members of staff, this event had a lot for the students to look forward to, and the aim of these activities was to encourage students to view reading as a source of pleasure, explore libraries and bookshops, and even write themselves.

Dedicating a whole week to book related activities helped students see reading as pleasurable and fun, stimulating them to discover new books, extend their reading choices and to discuss and share books.

Books can take one to lands one has never been to, and give you experiences beyond your wildest imagination

Here's a small selection of some of the activities we indulged in:

- Round Table with Jeff Koinange – an insight on, and signing of, his autobiography, “Through My African Eyes”
- Interactive Session with Jackson Biko – Writer of the Business Daily, Saturday Nation & True Love Magazine
- Behind the scenes with Reena Abraham visiting from Abu Dhabi – Editor/ Writer and owner of a company called “Unlimited Words”
- Don't Judge a Book By its Cover – Helped the Librarian restore old books with new alternative covers
- A Twist in the Tale – Recreation of stories from a favorite short book/ fairy tale
- Book Donation – Giving back to the society.



To sum it all up, we had a successful week in striving to achieve our aim, while we had fun! A big thank you to all students, and staff who made very generous book, and stationary donations.

“There is no friend, as loyal as a book” – Ernest Hemingway

NAIROBI ACADEMY VERSE RECITAL COMPETITION

On Saturday 7th February 2015, our talented “poets” of NIS, participated in the annual, Nairobi Academy Verse Recital. The competition was tough, to say the least, however our contestants successfully presented their respective poems, enhancing the understanding, and enjoyment of their pieces of work.

NIS came away victorious with Luca Berardi winning in 1st place, in the Under 14 Talent Category, with a poem he composed himself. Ivy Omboga got a special mention from the judge, and won the 2nd position in the Under 16 Category and Zack Okong'o also finished in 2nd place, in the Under 18 Category. A word of recognition must go out for Lisa Mumbi, who composed her own spoken word, and was applauded with appreciation.

Well done to all participants, and we look forward to nurturing this talent, and being part of the victorious team, again next year.

MSMUN

MUN simulates the activities of the real United Nations Organization and aims to build up the confidence and enhance the debate skills of all the participants. 2015 MSMUN conference was held in January on the 21st to 24th at the UNON headquarters, Gigiri. The students were pretty enthusiastic and ready to face the annual challenge.

This year we were represented by a group of very enthusiastic delegates. We had five delegations. The capable ambassadors were very committed to their duties and they made sure their delegations felt at home and prepared for the conference. Many thanks to the 2015 ambassadors, the likes of: Molly Carvanille, Alice Karogo, Saruni Mores, Judd Wasuna and Wamboi Kahende. At the conference, new terms were learnt, new knowledge gained and new friends made, all this is the spirit of diplomacy and internationalism. Well done all and keep up the debate spirit!!!



EAMUN

We had our senior students also attending the EAMUN Conference held at the United Nations Offices, Gigiri from the 16th to the 20th of February. Once again our student did extremely well. Ritual Khanna, Year 13, and Benson Njoroge, Year 12 emerged best speakers during the Conference. The peak moment of the week was the dance held on the last day at Hillcrest School, which was definitely enjoyed.



World Scholars Cup

This was the most exciting event this season, it being our first time to participate. This year the global theme was, *The World Unbound*. The East African round was held on 25th and 26th of February 2015. There were selected topics in art, music, literature, history, science, and social studies ranging from Liberating Technologies to Heroes and Superheroes.

Our school was represented by 4 teams, consisting of 3 students in a team; all were from the junior division. They all took part in the Scholars bowl, Team debates and Collaborative writing. Though we had a very short time to prepare, the students were brilliant. Astoundingly all the teams qualified for the Global round to be held at Kuala Lumpur, Malaysia from the 21st -27th of July 2015. I was truly awestruck by the skill and confidence demonstrated by these young boys and girls. Thank you all for an incredible presentation. Kudos all the participants. You made us proud!



Inter-house activities

This was a busy term for our House activities. In January we had the **Book Week quiz** which was won by Raphael, whose general knowledge put them far ahead of the competition. February saw the **inter-house dance competition** in which students displayed their talents in Urban, Traditional and Contemporary dance. Donatello won three out of the six categories, with the other three houses taking one victory each, leaving Donatello the undisputed overall winners.

We closed the term with the **boys' basketball tournament**, the winner of which was decided in a match between Leonardo and Michelangelo, with the latter taking the title. Michelangelo also took the top spot in the termly **Merits competition**. So the gap has been narrowed but Raphael and Leonardo are still fighting it out at the top:

1. Raphael (1300)
2. Leonardo (1250)
3. Donatello (1000) & Michelangelo (1000)



YEAR 9 TRIP

The Year 9 class went for a bonding trip to Nakuru National Park. On 7th February 2015, the eager students arrived in school by 8 am and we embarked on our trip. We arrived at the park by 1 pm and checked in to Sarova Lion Hill Hotel. The students had a sumptuous lunch after which some rested while others went for a swim. At around 4 pm, we went for a game drive and enjoyed ourselves. We got back to the hotel at around 6pm. Later, we were entertained by some cultural dancers and it was really nice to see the students and teachers join in the dances. Afterwards the students had dinner and later played some team building games then retired to bed. The next morning we had scheduled to go for an early game drive but could not due to some unavoidable circumstances instead the students enjoyed swimming. At around 10 am we checked out and headed to Delamere for a quick lunch then headed for school. We got in school at around 2 pm.

LONGONOT TREE PLANTING

Our journey began on Saturday morning, 21st February 2015 at 11.30 am. Our destination was Longonot Primary school where we were to go and plant 1000 seedlings. In total we were about 35 of us which included students from Year 7 all the way up to Year 12.

It was a 2 hour drive and we got to enjoy the scenery on our journey. Everyone was filled with excitement and anticipation. Some people had planted trees before and shared their experiences. Something we all had in common was the desire to give back and help the school by planting trees. We knew 1000 seedlings would not be an easy task but we all believed that if we pulled together we could accomplish anything . . . The view of Mt. Longonot was incredible as we felt like we were just at the foot of the mountain. We were all curious as to where we would sleep and the answer was . . . in the classrooms. There were mixed reactions but it was not yet time to worry about that.

The planting then began. People were working in teams systematically taking the seedlings out of the bus and planting them. We did as much as we could, then left the rest to do the next day . . . We were up early because we still had a great deal of planting to do. We were promised that the person who planted the most seedlings would get a prize which was an even bigger motivator to plant. By mid-day, we were done planting. We could not believe it, 1000 seedlings. Those who had really participated were beyond exhausted. We left Longonot primary school at around 1.00 pm after cleaning up and we were back in school by 3.00 pm.

It was a good experience where people got to bond with fellow students and have a break from everyday life. It taught us survival skills and the importance of giving back to the community.

I hope we will go back to see how well our trees are doing

Beats, Brush and Symphony

Friday 27th February 2015, transformed the NIS Senior School Campus, into an amazing arena, for gifted artists and musicians.

“Beats, Brush and Symphony”, was very well attended by participants from Braeburn - Garden Estate, Braeburn - Gitanga Road, Braeside, St. Mary’s, Rusinga and Nairobi School.

The young talent spent the day displaying their skills in art and music workshops. The art workshops were coordinated by independent facilitators, “Room for Giants.”

The art students let their hair down with an array of interactive exercises ranging from screen printing, drawing, painting/ photography, to, using recycled plastic bottles to create decorative items. It was a true pleasure for the students involved, who significantly displayed their passion for art.



The musicians played joint pieces that were rehearsed separately over a month. They then put these pieces together, on the day. These were Mark Ronson’s - “Uptown Funk”, Nina Simone’s - “Feeling good,” and, Dirty Loops’ - “Hit me”. A host of other items were produced by music candidates, who featured their coursework pieces, as well as various groups from the participating schools. As always, we had memorable performances by Luca Berardi; and, a stunning show of vocals, by Benadate Samhika, Last but not least, there was definitely a slick finale from all the attending schools.’

At the end of a fun filled day, all the visitors who graced us with their presence, were able to see the exhibits of upcoming art students, and witness the musical flair, with a memorable concert.



HAPPY FEET

Happy Feet, an Inter School Dance Festival was held at the Middle/ Senior School Campus on Saturday 21st March, 2015.

The evening turned out to be a fun filled with exquisite dance performances. Schools that participated included Nairobi Academy, Rusinga, Braeburn, Charmaine Smith Dance Studio, The Kerala Association in Kenya, and of course NIS Prep, Middle and Senior School. We also had media coverage from KBC, The People Daily, Asian Weekly, and a representative from “The Churchill Show”.

This was yet another charity event to raise funds for our main CSR program CATSI (Cancer Awareness and Treatment Support Initiative), This initiative has made a great difference to many cancer patients in the last seven years and has not only sensitized our youngsters to the plight of the needy but also provided them with an opportunity to mingle with each other, and show case their talents.

A huge thank you goes out to the Judges of the event, who were: Dr. Hema Govindraj ,Jenny Muigai and Shem Agungai .



PRAYERS FOR CANDIDATES

On 25th of March we held prayers for candidates and this occasion was presided over by Father Anthony. It was a beautiful service which saw the entire student body and the staff come together to humble themselves before God giving thanks and praying for guidance and peace. We hope and pray that the results will reflect all the effort put in by the staff, students and parents.



6th Form Week

This happened during the last week of school after the stress of the exams was over and was a new and brilliant idea hatched up by the prefect body. We know that we are not quite done with school but we figured that this would be the best time to get together as leavers and bond, may be for the last time. The week was celebrated with a trip to Paradise Lost in Kiambu accompanied by Ms. Ombeta and Mr. Mwatsahu. It was a rainy day but that did not dampen our spirits. We really enjoyed ourselves and at the end of the day reluctantly came back to school. For the whole week we had lunch together at tables reserved for us and it was a lot of fun sitting together with our beloved class teachers, Ms. Ombeta and Mr. Odeka. Big up to them both. They have been wonderful to us throughout this year and we miss them already. The highlight of this week was the Fashion Show /Open Mic event and this happened on closing day. The event was a huge success and we would like to thank all the models, the designers and artistes who were brave enough to get onto the cat walk and strut their stuff. We hope that 6th Form Week can now become part of N.I.S tradition.



SPORTS REPORT

It has indeed been a busy term in the department with activities ranging from swimming to basketball and the regular weekend tournaments in between. To create an opportunity for each student, the activities were well distributed to cater for all abilities, as follows:

- U/11 hockey girls (prep school)
- U/11 hockey boys (prep school)
- U/15 hockey girls (merit league)
- U/15 hockey boys (merit league)
- U/19 football girls A' league
- U/19 basketball boys A' league



U/19 boys basketball league

Basketball was the most followed activity as always with Mr. Mainas boys doing us proud in both tournament and league games. The boys went on to win the coveted AISK U/19 league beating RVA in a closely contested final at the Rosslyn indoor court. To get there they faced; Strathmore, Nairobi Academy, Brookhouse, St Andrews Turi, Isk, Rosslyn and West Nairobi school.

Although the team did face some hairy moments, they did emerge victorious taking the game with a 10 point difference with Bob Onyango and Chris Oluk leading the fray. Rahim Ali, William Deng, Stephan Waigwa and Bulisa Masiga also made telling contributions with their three pointers and rebounding.

The lads also won two of the three prestigious tournaments they participated in, namely the ISK tournament and our own annual NIS open which had 14 teams in attendance. Well done boys.

The team consisted of:

Bob Onyango, Chris Oluk, Abdirahim Ali, William Deng, Stephan Gichuki Waigwa, Sam Vidinyu, Ngana Kaunda, Leslie Zani, Benson Njroge, Bulisa Masiga, Dennis Odhiambo, Filmon Kidanemariam, Zachary Okong'o, Michelle Waigwa (team manager) and Mr. David Maina (coach).



Girls Soccer

Despite their very best efforts, our girls didn't quite make the cut to play in the knock out stage of the league. The team, however gave a good account of themselves beating Hillcrest, West Nairobi and St Andrews Turi but losing narrowly to Brookhouse and Swedish school who were the eventual league winners. They also managed to reach the semifinals of the main cup in the John Garrard tournament. It was an encouraging performance as most of the team consisted of year 10 girls. Of the seniors, only Alesa Ilako, Nanette Kilele and Ritual Khanna who also captained the team remained. Hopefully we will have a solid team next season barring Ritual who will be missed.

The team consisted of:

Alesa Ilako, Nanette Kilele, Ritual Khanna (Captain), Naomi Griffiths, Jazmin Mzera, Ayen Yalouris, Aisha Khan, Rianna Khanna, Sophia Yaluris, Ruth Kinyanjui, Savannah Wanjiku, Safana Butt, Justine Ondogo and Najma Ali Noor.



Swimming

This activity has also picked with a promising lot from year 7 showing promising skills and eagerness. With one gala under their belt, Braeburn Thika invitational, their confidence has soared. I am looking forward to their future performances.

The team consisted of:

Girls: Janet Njubi, Eesha Dawoodia, Phreya Acharya, Anousha Daruwalla, Amani Kanyingi, Gopika Vats, Misbah Chaudhry, Jovana Denny and Wambui Muragori.

Boys: Guennadi Sikolov, Meer Solanki, Kabir Chana, Emmanuel Basset and Sahil Dawoodia from the prep school.

General

Hockey games are still being played at development levels which is referred to as merit league. Training has been ongoing every Monday and Wednesday under Mr Tom Omondi and Ms P. Munoru. The enthusiasm is encouraging. I hope it continues that way.

NIS annual Basketball tournament was a well-attended affair with all the big names in attendance. Our lads got a scare when they lost a game to Brookhouse in the pool stages but recovered to annihilate them in the finals.

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
RUGBY	BOOTS, GUM SHEILDS
HOCKEY	SNEAKERS/ BOOTS (OPTIONAL) GUM SHEILDS, SHIN PADS
SWIMMING	GOGGLES, SWIM CAPS(LONG HAIR) SWIMMING COSTUMES (NOT SHORTS OR TWO PIECE)
BASKETBALL/NETBALL	SNEAKERS, HEADBANDS (FOR LONG HAIR)

Next terms activities are as follows:

Boys' rugby: U/9, U/11, U/15

Girls Netball: U/9, U/11, U/13, U/15

Training days for the middle and senior school will remain Monday and Wednesday. I hope the guys will have a fun filled and eventful season.

PARTING SHOT

As we break for the Easter holidays, we would just like to wish you all a happy and restful time over the next 3 weeks. To our candidates, make the most of the time that is left and we look forward to seeing all the students back on 21/4/2015.