

# IN THE LOOP

THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL



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# FROM THE MANAGING DIRECTOR'S DESK

Jenny Coetzee

Dear Parents and Guardians The end of the term is upon us and our examinations have also ended. The students have worked well, and I am pleased with the individual progress which I have noticed whilst looking at the exam scripts. Our Year 11 students and teachers celebrated the end of the IGCSE examinations and reaching this milestone in students' lives at a dinner held at the Jacaranda Hotel on Saturday evening. What a wonderful celebration it was.

Our AS level students have also completed their exams and after a short break returned to their studies this week as they commence their A level year. We look forward to the outcome of the results for these international examinations on the 13 August and the Year 11 Graduation and Year 12 Prizegiving on Saturday 4 September 2021.

We are still awaiting the Checkpoint results for year 6 and 9 which were written in April and once we receive them, we will notify parents. The release of these results should be imminent.

I will be holding various meetings with parents during these two last weeks where we will need to address academic issues and subject choices.

## **Academic Meeting with Current Year 3-8 parents and students**

For the last three years we have trimesterised certain subjects in year 4-6 to allow students opportunity to experience various options. We will be changing this approach, and this will be discussed at a meeting planned for Saturday 26 June at 10:00. Parents will have an opportunity to raise any questions and queries. The year 3-8 parents are asked to attend this meeting to fully understand why these changes are being introduced in the 2021-2022 Academic Year.

Please use this link to attend the meeting <https://bit.ly/3d65AgG>

## **Academic Meeting Current Year 9 parents and students**

Whilst looking at the Year 9 exam results and working with the timetable for 2021-2022 I am concerned that some students who are currently not achieving as well as they could, have chosen more than the required 8 subjects. In some cases, students who are not achieving well in the Mathematics and Science areas have chosen subjects with a strong mathematical bias. I would again like to speak to parents and students about subject choices and about the rigors of the IGCSE in Year 10 and Year 11. It is therefore important that parents and students join this open discussion on Saturday 26 June at 11:15 Please use this link to attend the meeting <https://bit.ly/2TYUyTz>

## **End of year Graduations and Prizegivings KG-Year 10**

We are currently completing the year end reports and preparing for the various Graduation and Prizegiving Ceremonies. Due to Covid restrictions on schools and spaces within confined areas we have been forced to hold some of the ceremony's online and others in person. The Graduation Ceremonies will be held in person and we look forward to sharing these special moments with our parents. Please take note of the various timings and links to those ceremonies:



## CONTINUED...

Activity	Day	Date	Time	Format	School closes for holidays
Prizegiving for year 1-3	Tuesday	29 June	18:00-19:30	Online <a href="https://bit.ly/3iWPSSz">https://bit.ly/3iWPSSz</a>	Thursday 1 July at 15:30
Prizegiving for year 4,5	Wednesday	30 June	Year 4 18:00-19:00 Year 5 19:00-20:00	Online <a href="https://bit.ly/3cXH4hl">https://bit.ly/3cXH4hl</a> <a href="https://bit.ly/3glUJvr">https://bit.ly/3glUJvr</a>	Thursday 1 July at 15:30
KG 1-2 Prizegiving and Kindergarten 3 Graduation	Thursday	1 July	9:00 -10:30	In Person	Thursday 1 July. Students may leave after the ceremony with their parents at 10:30. Children of parents who are unable to attend in person may collect their children at the normal closing time of 15:30.
Prizegiving for years 7,8,10	Thursday	1 July	Year 7 18:00 – 19:00 Year 8 19:00 – 20:00 Year 10 20:00 – 21:00	Online <a href="https://bit.ly/3cWDBQG">https://bit.ly/3cWDBQG</a> <a href="https://bit.ly/3wKVzgM">https://bit.ly/3wKVzgM</a> <a href="https://bit.ly/3cXdAk4">https://bit.ly/3cXdAk4</a>	Thursday 1 July at 15:30
Graduation Year 6 Year 9	Friday	2 July	9:00-10:00 10:30-11:30	In Person	Friday 2 July. Students may leave after the ceremony with their parents. Year 6 at 10:30 Year 9 at 11:30

There will be special demarcated areas for the in-person attendance, and we make a polite request to parents to follow the instructions given by the Management and teachers on that day and please exercise patience. Each event during Covid must be carefully planned and it is a new learning experience for everyone.

We have managed to keep our staff and students safe by following strict social distancing protocols. We ask parents to co-operate and follow the restrictions which have been enforced. No parents will be allowed to visit classrooms or walk around the school. Each family is allowed two guests only so that we do not exceed the Covid 19 Hall capacity allowances.

We thank you in advance for working collaboratively with us to make these days successful.



*Managing Director  
Jenny Coetzee with South Africa High  
Commissioner to Kenya H.E Mninwa  
Johannes Mahlangu*

*During the official hand over ceremony of  
Crawford Road*

# CRAWFORD GETS UCAS REGISTRATION

Acting Assistant Deputy Principal  
William Mwangi

The academic year (2021/2022) is a monumental period for Crawford International School as we pioneer our A Levels (Year 13)

The school is pleased to announce that we are now a fully UCAS registered centre. UCAS stands for Universities and Colleges Admissions Service. It is the centralised service that students use to apply to university.

As a UCAS registered centre, we have free access to the Adviser Portal, which means:

- Our students can link their applications to our centre.
- We can monitor, advise, and check their UCAS Undergraduate applications for our students.
- We can attach references and predicted grades.
- We can submit applications to UCAS on behalf of our students.

Every student who wants to study for an undergraduate degree in the UK will have to apply through UCAS. The UK has been welcoming international students to its universities and colleges for many years.

UK universities offer respected and internationally recognised qualifications across a broad range of subjects. The UK higher education system is renowned for its academic excellence, where the quality and standard of undergraduate courses are guaranteed through the work of various official bodies.

Each year, more international students from over 180 different countries are choosing to pursue their higher education in a UK university or college.

## Reasons why the students decide to study here.

### 1. Excellent international reputation

The quality of UK education is internationally recognised by employers, universities, and governments, making it a popular choice for many international students. The UK is also renowned for the excellence of its research and teaching.

### 2. Good quality of education

The quality of a university's or college's teaching and its general facilities are assessed by the Quality Assurance Agency (QAA). Research standards are examined by the Research Assessment Exercise (RAE), which publishes its findings every five years.

### 3. International tradition

The UK has always welcomed students from all over the world. In 2017/2018, there were 458,490 international students in the UK at undergraduate and postgraduate levels. UK universities are used to looking after the welfare of non-UK students and have well-developed support services and social networks on campus.



# WHY UCAS REGISTRATION IS IMPORTANT

Continued...

## 4. Choice of courses

Higher education institutions in the UK offer a broad range of courses. Therefore, students are assured to find a university that caters to their interests and career goals. You can search over 50,000 courses on the UCAS website to find the right one for you.

## 5. Business language

Studying in the UK offers a great opportunity to improve your knowledge of the English language – speaking English fluently is a vital skill to have if you are considering entering the international business world. Studying here can give you valuable insight into how the European market operates.

## 6. Culture and people

The UK is full of many different cultures and people, another reason why international students are interested in coming to study here. With big cities, rural towns and villages, modern and historical architecture, the UK is a diverse and exciting place to explore.

## 7. Value for money

Undergraduate and postgraduate courses in the UK are generally much shorter than those abroad, which helps to reduce the amount of money you will end up paying in tuition fees and living costs. Most undergraduate courses take three years to complete, although in Scotland it would be typically four years. A postgraduate Masters course will normally only take 1 year, whereas a PhD will take 3 or 4 years.

UCAS operates under very stringent deadlines which MUST be adhered to. To enable the students, meet the deadlines, the careers team will always ensure that the students have completed the UCAS requirements a week earlier.



**BEST UK UNIVERSITIES  
TO STUDY PSYCHOLOGY IN 2020**



**The deadlines for getting your application to UCAS are as follows:**

15th October for Dentistry, Medicine, Veterinary Science, and Veterinary Medicine and all courses at the University of Oxford and the University of Cambridge.

15th January for all other courses.

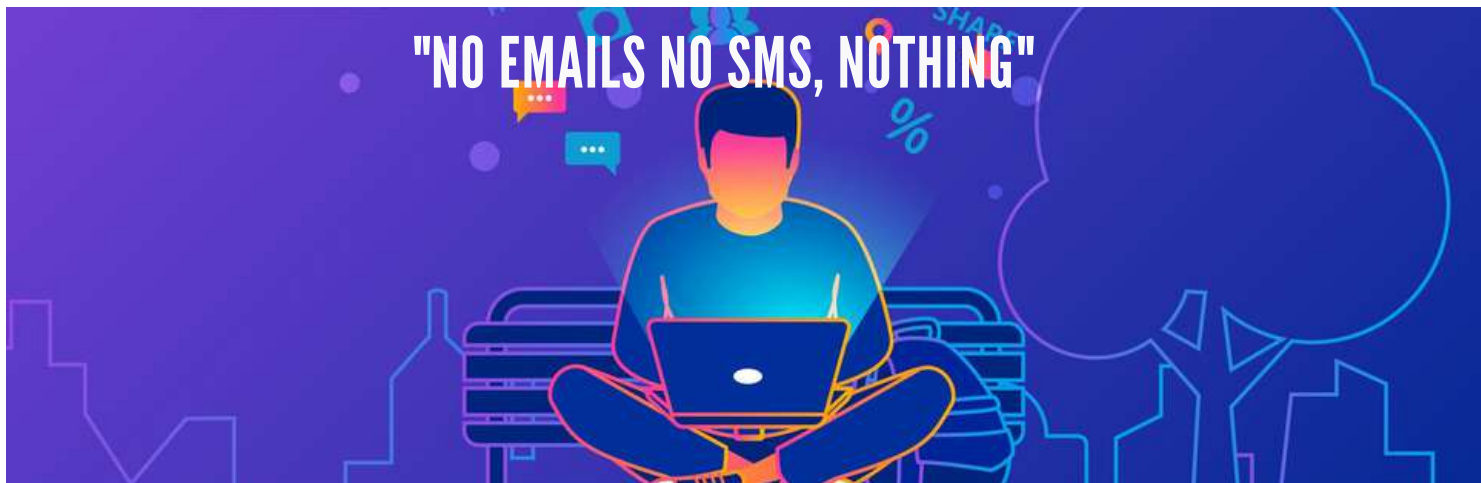
30th June - the final deadline. All applications received by this date are processed and sent to the universities and colleges.

Applications that UCAS receive after 30th June will not be sent to the universities and colleges in the usual way. Instead, they will be automatically entered into the clearing.

The CIS Careers Team will be working closely with all the students to assist them in the application process.

## The Careers Team

1. William Mwangi (Careers HOD & Acting Deputy Principal A Levels)
2. Lucy Simiyu (School Psychologist)
3. Marlene van der Wath (Curriculum Developer)
4. Evah Njauini (Phase Leader A Levels)



# WHY AM I NOT RECEIVING SCHOOL COMMUNICATION?

By Ezekiel Mureithi

In the last couple of weeks, the school has put extensive measures in place to streamline communication between the school and the parents.

A point of concern for a few parents has been they are not able to receive the school official communication through email or SMS.

## Here are a few reasons why:

### Email inbox is full.

Once a parent's email is full, the system will automatically block emails to be sent to that address.

Ensure your email has space for incoming emails.

In case you free up space from your mail box, please notify the school for the email to be updated.

### Company Emails

Several parents' use company emails. Unfortunately, some companies have a firewall that automatically blocks emails that are sent from an automated system.

Please confirm that the company firewall isn't blocking auto emails or register with a personal email.

### Change of Email.

Whenever a parent changes the email address the school has to be notified to update the STASY system with the new mail provided.

### Spam or Unread Email.

Some emails will automatically be labeled as spam. Therefore any time the school sends an SMS that an email has been sent, kindly check the spam folder.

### Lost Mail

Some parents receive volumes of mails, one school email might get lost in the volume. We appeal to the parents to search STASY on the mailbox and confirm.

## Some parents receive multiple emails for these reasons,

When an email is registered under the fee payer contact and as the guardian contact, the system will automatically send two emails. This is because the system recognizes the fee payer and the parent as two different individuals. Failure to send an email to each category will result in some parents missing the email communication. Kindly note that not all parents are registered as fee payers and vice-versa

Secondly, some parents have two or more children enrolled in the school, when sending communication STASY will send an email to each student, therefore if a parent has three children he/she is likely to multiple emails.

## Not receiving SMS

Over the last few weeks, I have corrected and updated the phone numbers of parents who have not been receiving the school SMS alert. In case you change your phone number, it is important to let the school know for us to make the required changes.

My appeal is for parents to closely work with the school in enhancing communication between the school and the parents. For any parent having an issue with communication kindly reach me directly on phone +254 0207651053

## Social Media

A big thank you to the CIS family to heeding to the call of engaging with our social media profiles. In the last couple of weeks our online presence has doubled.



# When a student makes a difference!

By Lucy Simiyu  
School Psychologist

Every so often the counseling office is privileged to work with students who think differently and are committed to making a difference in the lives of other students.

This term, Fredrick Kirumba Kanja (Year 7C), approached the counseling office and volunteered to carry out an anti-bullying project by assembling anti-bullying posters for the school. He was inspired by two anti-bullying shields he saw along the school's main corridor and felt the messaging was not enough.

Fredrick shared posters with the counseling office. The posters have been placed in various spots in the school. His message is clear: "CIS is a NO-BULLYING zone!"



*"Anti-bullying posters displayed around the campus and in some classrooms created by Fredrick Kirumba Kanja"*

*Hero of the week.  
Fredrick Kirumba Kanja  
Year 7*

*Champion of anti-bullying campaign*

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# SPORTS IN TRIMESTER 3

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by Kizito Okumu  
Acting Deputy Sports

At CIS, we teach our students life lessons both in classrooms and in the fields. When students play together, they not only have fun and enjoy the sport but also learn crucial lessons in life such as: -

- teamwork,
- accountability,
- self-confidence,
- responsibility, and
- self-discipline.

We therefore would say that Sports help students to face the challenges ahead. They enhance physical and mental abilities of students and help them achieve the goals of their life.



*M.D Jenny Coetzee awarding a student during fun day*



*Students playing various games during the fun day*





## Continued...



### *Students practicing non-physical rugby*

Being allowed to run internal sporting activities by the Ministry of Education was a big relief to our students who had been online the better part of the year 2020.

The fields were officially handed over to the school by the contractors this term and our students have been training on the well-manicured fields. The operations manager Mr Marcel and his team have done a commendable job to ensure that the fields are marked, and the netball, football and rugby posts put up on the fields.

The PE lessons and the 2:15pm sports program are running seamlessly, thanks to our coaches and teachers who have been assisting in training various teams.

Training has had to be done differently at this time; only skills are being taught with the players positioned at a social distance. As a school, we follow the protocols given by the government strictly to keep our students safe from any Covid-19 risks.

The Sports Department planned and carried out a very fun filled Sports Fun Day on 21st May 2021. Students moved from station to station with their homeroom teachers as they took part in the fun activities. These included activities like slippery water balloon race, hoop and pull race, river/land, sack race, dodge ball, hot lava race, just to name but a few.

In the Year 4 to 10 category, the students who excelled in most challenges won some prizes whereas in the KG 1 to Year 3 category, everyone was a winner!

We are grateful to the teachers who manned the various stations as you made every activity fun! The Fun Day was an amazing way to start the half term as the program ended at midday and students were free to go home.

Many thanks to the entire CIS community for supporting our programs in school.



### Students competing in fun day activities

# CRAWFORD INTERNATIONAL SCHOOL SWIMMING PROGRAM 2021



**By Mr. Malik**  
**Swimming Coach**

Crawford International School's swimming program is one of the best in the country. Before Covid -19 the team had achieved a lot within a short period. The swim team had won several swimming championships in the region (Nairobi and Kiambu counties)

- KSF Kiambu Age Group Swimming Championships
- KSF Kiambu Invitational Swimming Championships
- PIPPSA Inter – School/Club Swimming Championships
- KSF Nairobi Level 1 Swimming gala

## Swimming Lessons

We have swimming lessons from KG 1-3, Year 1-3, Year 4-6, and Year 7 to year 9. (Year 10 – 13) do not have swimming lessons but they have club swimming and are invited to join the swimming team. Swim team training sessions start as early as 5:30 am from Monday to Friday:

### Swim Team Schedule

Monday to Friday (5:30 – 7:00 am)  
Senior team – Year 7 - 13

Tuesday, Wednesday and Thursday (6:45 – 7:45 am)  
Junior team – Year 4 -6

Tuesday, Wednesday, and Thursday (1:20 – 2:10 pm)  
KGs and Year 1 -3

The growth of this team has been attributed to dedication and commitment from students, and parents. The overwhelming support from school management led by the Managing Director Ms. Jenny has been a strong foundation for the growth of the swim team. The team is looking forward to conquering Kenya and East Africa on aquatic sports and related activities in the next year.

## Swimming During COVID 19

The sports order was disrupted due to the emergence of the Covid-19 pandemic, sports activities especially swimming were to a great extent affected. The school had to adapt very fast to the new normal and embraced virtual teaching. Swimming online has been happening smoothly. The school is yet to resume swimming practically, but we do stroke-related workouts and general fitness. We also do swimming theory, nutrition, and psychology with our students as part of the Physical Education curriculum.

Students and parents have enjoyed our lessons and we are looking forward to the new academic year.



**Mr Malik during a training session**



Crawford International School Rugby Fields

# RUGBY AND FOOTBALL

*By Coach Maxwell Wakhungu*

## RUGBY

This trimester Crawford International School introduced rugby to boys because it is the major sport played in trimester three.

The sessions were well conducted and well received by the students. However the school couldn't participate in contact rugby due to the pandemic. We couldn't play matches amongst ourselves or go for fixtures out of the school for the same reasons.

Going forward we hope the situation will change so our students can enjoy playing matches involving contact when it comes to this sport.

## FOOTBALL

Football is a popular sport offered in the school all through the trimesters to all age groups.

This trimester was no exception. However, this term the time arrangement was different. The sport was offered to children after normal school hours 3.45 pm- 4.45 pm.

I want to pass my regards to the parents who allowed their children to attend and pick them late in the day. The children enjoyed the sessions and benefitted by learning the basic skills such as passing the ball accurately, controlling and stopping the ball, space awareness, and so forth.

Going ahead I will encourage parents to support their children to attend the additional afternoon sessions.





# WHAT WAS NEW THIS TERM



## WHICH NEW ACTIVITY WERE INTRODUCED THIS TERM?

*Sylvia & Dianah*

### ZUMBA

This trimester we managed to introduce a Zumba Club to the students. Zumba is a fitness program that combine dance moves and music.

Zumba is a great way of exercising while still having fun. The students were amazed to have this programme because many love exercising and dancing. During the Zumba session, the students were positive and cooperative. This exciting session was certainly great fun for the children and staff at large and it was well appreciated during the Fun Day because it acted as a whole school introduction to the sports day

## WHAT MADE THIS FUN DAY SPECIAL?

The fun day was a good opportunity to break the monotony of day to day learning. It not only acted as a sports day for physical activities but as the name has it, a day full of fun.

The students had a wide range of activities to choose from and well manned stations to help in the execution of the activities.

All Covid 19 rules were observed ensuring the students maintained a social distance and they sanitized before and after an activity.

What a day!

Diana



## Why Zumba



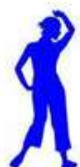
### A HEALTHY HEART

Zumba moves your whole body, helping to raise your cardio endurance and improve blood circulation.



### SOCIAL INTERACTION

Zumba classes function as a group, introducing you to new people and giving you a healthy activity to do with friends you already have.



### BRAIN PERKS

Increased blood flow adds up to more oxygen-rich blood reaching the brain. And that helps enhance attention and concentration skills.



### STRONGER MUSCLES AND BONES

Dance workouts involve moves that work multiple muscle groups and increase bone density.

# LET'S GET SPORTY

## SPORTS FUN DAY

Edna Otieno (Netball Coach)

*"It has been a short yet fun-filled sporty term for us. Amidst the not-so-friendly weather, we partook in practical netball after a long wait!! This was done in both class and training sessions. Fascinating skills and tactics were displayed from the junior under 9s to the seniors under15s. Mini competitions in respect to the school and covid regulations were held to spice up the sport and my oh my....it was heartwarming to see the field come alive with happy kids enjoying the sport they love most."*



## IN THE SPOTLIGHT





# ***THE NEW FACE OF SPORTS***

CIS has taken sports a notch higher with more sporting activities scheduled to begin this coming year.

The fields have been full of activities with various sport structures and equipment being set up.

**In the pictures:**

Football posts,  
Junior football posts,  
Netball posts,  
Gym equipment,  
Gaming equipment,  
Bikes,  
Basketball pitch,

## SPORTING STRUCTURES





# HEALTH, FITNESS, SPORTS

## GYM EQUIPMENTS BEING SET

The students are excited, and for a good reason. Soon, the school will launch a state-of-the-art gym.

According to Mr. Kizito, Deputy Sports, the gym is undergoing final touches before it can be open to the students.

Some of the groups that stand to gain most from the gym include rugby players and the swim team that require additional exercises to build muscles and increase body strength



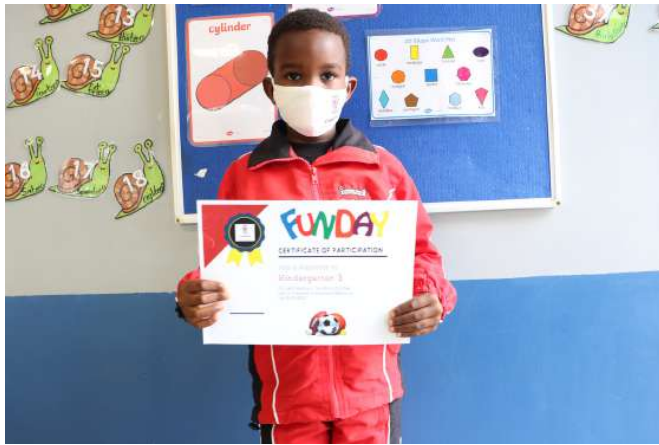
# ***FUN DAY***

STUDENTS SPOTTED





# Kindergarten 3





# COMING UP

## *Events*



### CRAWFORD ROAD HANDOVER

*We are honored to report that on 22nd June 2021, the road heading to Crawford International School was officially commissioned by the South Africa High Commissioner to Kenya and handed over to the school. The road will be henceforth called Crawford Road.*

*Currently, the road is being beautified with, grass, flowers, and trees.*

### YEAR 11 DINNER

*As we usher the year 11- class of 2021 into the AS level, the school organized a dinner for the students at Jacaranda Hotel on the 19th of June 2021.*

*More details will be shared in the next edition of the newsletter.*



### KG3 GRADUATION

*The reception class KG3 class will have their graduation on July 1, 2021.*

*Venue Multi-Purpose Hall*

*Theme: Under The Sea*

*Time: 9:00 am.*

*Attendance will be by invitation only.*

# COMING UP

## *Events*



### FATHER'S DAY

*The school held an online assembly in honor of our Fathers on Monday 21st June 2021.*

*All parents were invited to attend this brief ceremony. More details coming up in the next edition.*

### GRADUATION YEAR 6-9

*The Year 6 and 9 class of 2021 will hold their graduations on 2nd July 2021*

*Year 6 graduation time 9:00- 10:00 am.  
Year 9 graduation time 10:30 -11:30 pm.*



### CLOSING DATE

*The school will close officially on 2nd July 2021 at 15:30 pm.*

A graphic with the text "SCHOOL HOLIDAYS" in a stylized, blocky font. The letters are white with black outlines and are set against a light gray background.



"IT HAS THEREFORE ONCE AGAIN BECOME IMPORTANT TO NOT ONLY START TALKING ABOUT THE MENTAL HEALTH OF YOUNG PEOPLE, BUT ALSO TO RECOGNISE SYMPTOMS"

DR MOSTERT

## MOOD DISORDERS

KNOW THE SIGNS & WAYS TO HELP YOUR CHILD

*Dr Jacques Mostert Academic Manager of ADvTECH's Niche School Brands SA.*

One in eight young people between the ages of 5 and 19 are at risk of developing a mental disorder, of which Mood and Anxiety Disorders are the most prevalent. Emphasis on the mental health of young people recently increased as a result of the disruption caused by Covid -19 and lockdowns which exacerbated challenges that existed before the pandemic. It has therefore once again become important to not only start talking about the mental health of young people, but also to recognise symptoms and know where to look for help, an education and mental health expert says.

"The prevalence of mood difficulties among young people is increasingly becoming a concern internationally," says Dr Jacques Mostert, Brand Academic Manager at ADvTECH, SA's leading private education provider. Dr Mostert holds a PhD in Psychology of Education and is globally renowned in his field, having conducted experiential research in education in Denmark, the UK, South Africa and The Netherlands.





# Continued...

Dr Mostert notes that an estimated 24% of teens between the ages of 11 to 19 suffer from depression caused by the home environment, 25% are subject to cyber-bullying and loneliness, and 80% of teens between the ages of 11 to 19 report a sense of isolation that causes them to feel depressed.

"It is very important to understand the signs of depression, so that action can be taken timeously should concerns about the mental wellbeing of a child arise," says Dr Mostert.

"Teachers and parents can recognise the onset of depression when a sudden change in behaviour becomes apparent and continues for at least 3 weeks or longer. These include an atypical lack of energy, becoming increasingly irritable and agitated without a rational explanation, and a sense of being down in the dumps for no reason."

Some adolescents may withdraw from friends and family over a sustained period of time, he notes, adding that this is especially concerning if this is atypical of the normal interactions of the teen.

"Another red flag is the inability to concentrate in class where ADHD or other non-neurotypical difficulties are not present, as well as regularly failing to complete classroom and homework assignments in time or often being late to class because of feeling overwhelmed.

"This, coupled with unusually defiant behaviour towards teachers and other school staff, especially if this is non-typical behaviour, may indicate that the teen is experiencing difficulties with mood and affect."

In the same way as with anxiety difficulties and disorder, the student often asks to go home because of feeling ill with no discernable symptoms. The teen often has days off from class time due to doctor's appointments, hospitalisation, or inability to attend classes.

Changes in sleep patterns, a significant weight loss or gain in a short period of time and disinterest in hobbies or areas where the teen previously showed interest also raise concerns about the mental wellbeing of the teenager. Finally, a loss of future-mindedness, or talk about death or suicide, engaging in risky or self-destructive behaviour (drinking alcohol, taking drugs, or cutting, for example) are clear signs of the teen suffering from mood difficulties or a possible mood disorder.

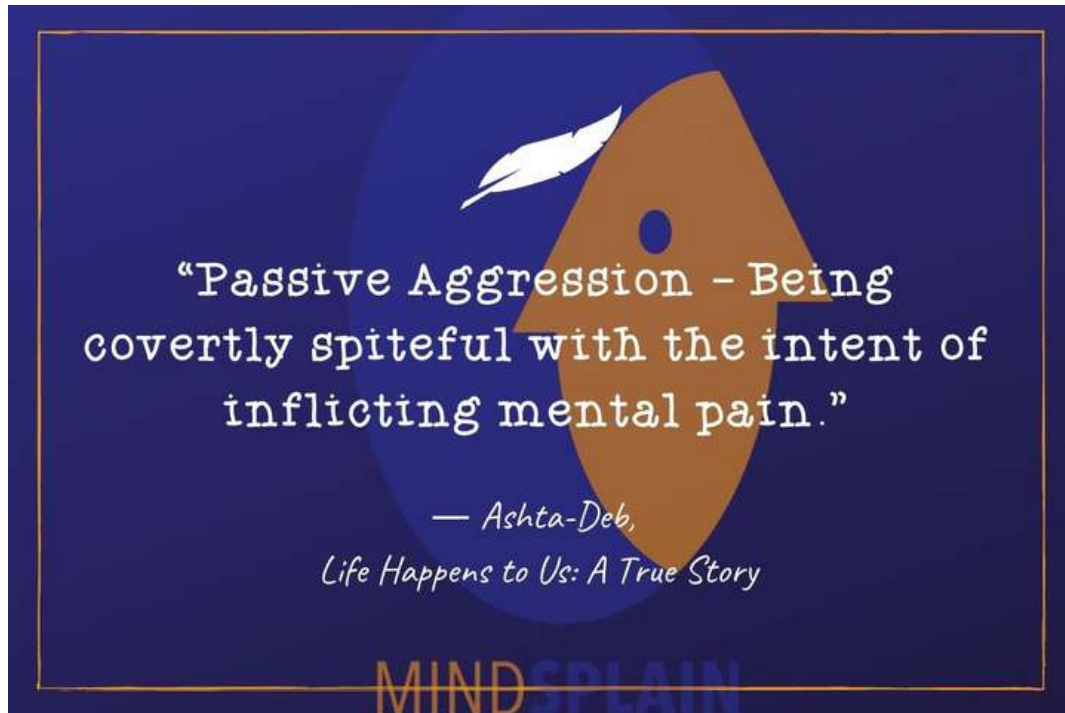
"Not all of the above need to be present, but if there is a discernable and drastic change in a young person's behaviour which continues for a period of several weeks or longer, intervention is necessary," Dr Mostert says.

He says first steps teachers and parents can take to help their child deal with depression at home and in the classroom include:

## **DEVELOPING COLLABORATIVE RELATIONSHIPS**

Parents of teenagers should develop the habit of listening with empathy and not give in to the easier way out of lecturing. However, it must also be said that parents should be gentle yet persistent when it comes to holding realistic expectations of their child.

# Continued...



## **AVOIDING NEGATIVE TECHNIQUE STRATEGIES**

Punishment, sarcasm, disparagement, and passive-aggression is a way of affirming the depressed teenager's belief of not being worthy or a valued member of the family or society. Parents must be willing to be vulnerable and acknowledge their own and their teenager's feelings, especially at a time of disruption such as the Covid – 19 pandemic.

## **NOT LOWERING EXPECTATIONS OR GIVING UNEARNED REWARDS**

Realistic and earned rewards is one of the most important tools in a parent's approach to supporting their depressed child. The sense of having earned a reward, and receiving acknowledgement for an aspect of their life they find significant affirms a sense of value. However, the opposite is also true. Unearned praise leaves the teenager with a feeling of inauthenticity and affirms their already negative self-perception.

## **PLANNING FOR EARNED SUCCESS**

Activities that are of interest often fall by the wayside when teenagers are depressed. Often parents try to arrange and engage in these activities as a panacea to their teenager's depression. However, this may exacerbate the young person's feeling of worthlessness. Parents should find novel and interesting activities that may lead to earned success. This may include DIY activities around the house or asking for help with a specific app or technology in which, when success is achieved, due praise is earned.

[“Most importantly, parents should trust their gut,” Dr Mostert says.](#)

“If your teenager insists that nothing is wrong, despite a prolonged period of depressed mood or being diagnosed with major depressive disorder or bipolar disorder, parents should trust their instincts and seek help.

“Should the above techniques not bring about an improvement in the mental wellbeing, parents should seek advice from their medical practitioner or a psychiatrist.”





SCHOOLS



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### KIJANI RIDGE TATU CITY

Kijani Ridge offers prime 1/4- and 1/2-acre fully serviced plots in Tatu City, within walking distance of Crawford International. Families are already living at Kijani Ridge, more than 80 homes are under construction and 120 homeowners are completing the construction approval process. Crawford parents are cordially invited to contact Tatu City for more information on 0708 555 555 or [sales@tatucity.com](mailto:sales@tatucity.com).