

OCTOBER 23, 2021 ISSUE .22

# IN THE LOOP



THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL



ISSUE 22

# OCTOBER 2021

IN THE LOOP

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# MESSAGE FROM THE MANAGING DIRECTOR

BY JENNY COETZEE

Dear Parents and Guardians

It is almost inconceivable that we have closed for midterm. The first few weeks of this new year have flown past. Our school has settled into the new academic year, and you should have received the various weekly cycle tests which are being sent home for signing.

Our clubs and sports programs are well underway, and it is great to see the students out in the open again. Covid 19 protocols are still in place although there is a little leeway with regards sporting activities. Students are constantly being reminded of the protocols and we request that parents support us by re-enforcing these protocols at home.

I have recently been pondering why parents might choose an international school in which to educate their children. With the development of technology and speed of globalization our children need to be prepared for the wider world. They would need to behave in a global manner showing empathy and respect for all people no matter what their circumstances or station in life. A positive work ethic which displays determination, resilience, adaptability, and accountability will be paramount for success in an international environment.

The ability to be an independent thinker will be one of the best assets in a child's toolkit. Not to be a follower but a leader or collaborator – able to discern between a good or bad decision. Drawing on past experiences and having a strong value system will be an invaluable skill. Developing these skills will take time but should start from a young age by holding children accountable for their actions, communicating constantly with them – allowing them to develop their own opinions but keeping the communication flowing, engaging, and spending quality time with them. A helpful tip is not to live your life through your children. They have different dreams and aspirations for themselves. You have made your choices, allow them to make theirs.

Boundaries are important for children as they do make them feel safe however, as children grow into their teens these boundaries may need to be negotiated allowing for more independence. Our teens should also be working towards their own independence by building a trust relationship with their parents, teachers as well as peers. As each one is developing their own individuality, they need to realize that they are not operating in a vacuum where only their own and their peers' opinions and needs matter. They need to be aware of their contributions in the development of their community as well as themselves.

International schools are exciting places and if children allow themselves to become enthusiastic about their learning, they will succeed and enjoy their schooling. Students should be taught to be wary of peer pressure. So often a child stands in from of me and uses peer pressure as an excuse. It is important for them to realize their own individual power to make the correct choices for themselves, their health, and their safety. Many of our children are doing well in this area. They are making wise choices and will reap the benefits of making those choices. Thank you to those parents who engage with their children at this level and coach and mentor them daily in developing them as individuals.

*After being in physical attendance this term, we have decided that we will offer hybrid teaching for the first week of the term. This means that students who may need to stay online may do so. However, those students who can attend school in person from the 26 October may do so. There will be no compulsory online attendance after the midterm break. I believe that we are managing the Covid protocols well and as many more people become vaccinated the risk lowers for infection. We also prefer having the students physically at school.*

Friday 15 October 2021 was a very special day at school. The students arrived in a most festive manner – each on dressed as a book character. A special program was organized for the day from Teddy Bears' picnic, a wall mural being painted outside the art room, a Bakeathon where cakes were decorated in designer themes, teambuilding, puppet shows and storytelling. The students engaged in so many activities. Thank you for the many book donations the school received. It was wonderful to hear the children's laughter and see the smiling faces. It was a very special day – thank you for making it happen by providing the super costumes the children wore and growing our library with favorite books. The school pulsated with enthusiasm and joy. It was so good to hear the children just enjoying the day.

*The administration office will be closed on 25 October 2021 to allow for staff training. Please note that both administration and staff will be trained of the many capabilities which our school management system STASY has.*

*We wish you all a wonderful midterm holiday.*

# THE SCHOOL OF CHAMPIONS



Crawford International School towered high in the regional swimming competition held at Regis School Runda, during the Kiambu Invitational Swimming Championships, organized by Kenya Swimming Federation, Kiambu Branch.

Crawford dominated in various swimming categories including backstroke and U9100M Individual Medley.

Among the swimmers who performed well in the Kenya Swimming Federation recognized event is Alma Ngaruiya of Crawford International School who clocked 1:45.55 to win the Girls U9 100m Individual Medley (IM).

And Faith Mugweru from Crawford International School who won the 50 meters' backstroke swimming championship, for girls aged between 10 – 11 years.

Over 200 swimmers qualified for the forthcoming Nairobi Level 1 and 2 championships at the two-day Kiambu Invitational Swimming Championships.

Congratulations to Mr. Malik the swimming coach, and our outstanding swimming team.

Bravo Crawford!



*Many of the students were happy to participate in regional competitions after Covid-19 disrupted the swimming schedule for almost two years.*

*According to Bianca Kinyanjui a student at Crawford International School, the competition was important to her because it was the first gala of the year after the post-Covid-19 pandemic.*

*Bianca looks forward to getting back to the sport and aims to qualify for continental events lined up this year.*

# CRAWFORD STUDENTS WINS KSH 100,000!!



*Natasha Elsie Position.1*



*Nadine Jingo Position.2*

## AfriCAN Code Challenge

Every year, the Africa Code Week organizes a challenge for African young people. This year the theme focused on using your superpowers to make a change in the world. Over 150 students participated in this challenge

**Position 1: Natasha Elsie Kuria(Won a Laptop)**

**Position 2: Nadine Jingo(Won a Tablet)**

Their projects will go to the next stage of competition in the African Context.

Each of the winners was awarded a laptop and a tablet respectively. The third position was taken by a student from a nearby school in Nairobi.

## 2nd Annual Rusinga Virtual Hackathon

Rusinga Schools for the second year organized a Virtual Hackathon where Crawford International School Students participated. The challenge called the learners to innovate using code around the following global challenges:

- Education: Create a project that improves the accessibility of information and resources to students especially during this Covid Season.
- Healthcare: Create a project that improves the quality, efficiency, or accessibility of healthcare.
- Cyberbullying: Create a project that uses technology to combat cyberbullying.
- Environmental Issues: Create a project that addresses environmental problems.
- Develop an app that helps users know where, what, and how to recycle.

- Food Security
- Finance: Build a project that addresses small-scale businesses' financial problems.

**Crawford International School managed to win the following categories.**

**Position 1: Joyce Wangu and Faith Nissi Keza**  
Their team managed to win KES 100, 000 and other gifts.

**Position 3: Wildan Omar and his Team(Other students from other schools)**  
His team won KES 40,000 and other gifts.

## Special categories

These special categories won KES 10,000.

Most Improved coder: Faith Nissi Keza

Best Coder: Isaac Njoroge

Upcoming coder: Joshua Muthomi



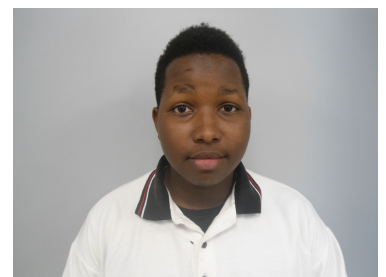
*Joyce Wangu  
Ksh 100,000 winner*



*Nissi Keza  
Ksh 100,000 winner*



*Joshua Muthomi  
Upcoming coder*



*Isaac Njoroge  
Best Coder*

# BRILLIANT MINDS



**Dr. Sammy Njehu ICT Teacher**  
**Played a key role in preparing the students**

Written by  
Joyce Wangu Year 8  
Nissi Faith Keza Year 12  
Alex Kiprotich



**Alex Kiprotich**



**Nissi Faith Keza**

For the 2nd Annual Rusinga Hackathon, our group, Group 17, created a project called Ke -Recycle. The SDG we were trying to tackle is SDG 13 Climate Action, Ke-Recycle is a project designed to help user identify plastic collection areas and earn points every time they participates in conserving the environment and also provides information to help people understand how their actions can make a difference.

We created a website which provides information about the project and certain facts on plastic pollution, it also gives our goals and statistics given when people take action in saving the environment. The website then has different location points of the recycling stations across Nairobi. Once the user is informed on the issue of plastic pollution what Ke-Recycle is all about, they can recycle by using Ke-Recycle app.

From this point, the user has collected their recyclable materials, which are listed on the website, and travelled to the recycling stations. Then the user downloads the app and creates an account with their details. Their materials are weighed at the stations and the user is handed a serial number to receive the points. The user types in or scans the serial number in the app to collect their points. The user then has the choice to either cash out the points or get vouchers and discounts in various supermarkets.



**Joyce Wangu**

We believe that this project will help Kenya with reducing the impact plastic pollution has on the country. The reward system would encourage many users to continue recycling which would help the environment greatly.



## MIE Experts Announcement

Each year, Microsoft selects Innovative Educator Experts to be part of this exclusive global community paving the way for their peers to share ideas, try new approaches, and learn from each other.

Microsoft Education was inspired by our educators' achievements in modeling future ready educational practices and promised to continue working with our teachers throughout the one-year engagement, and beyond.

Our teachers will be joining a group of some of the most amazing educators who are empowering the students of today to create the world of tomorrow. The common belief at Microsoft is that technology alone cannot build 21st century skills for students. It is an accelerator, but the power of change lies within educators. This is why this community of educators is crucial.

Our educators were chosen because they demonstrated that they are self-driven, passionate about their work, have true collaborative spirit, and strive to inspire students with outside-the-box thinking on technology in education. We appreciate their resourcefulness and entrepreneurial spirit. As agents of change, they have achieved excellence in education, using technology and social media.

Crawford International School educators were among the 40 Kenyan educators who were awarded in the fete. Among the MIE Expert from our school include:

1. Fridah Moli
2. Susan Watati
3. Joyce Ombisi
4. Carolyn Kimenya
5. Kanupriya Pawar
6. Cristina Ricci
7. Melvin Akinyi
8. Jeridah Pwapiwai
9. Tobias Okech
10. William Mwangi
11. Anthony Mwangi
12. Kizito Okumu
13. Evah Njauini

14. Joseph Okapes
15. Maurice Nzioka
16. Christopher Karani
17. Arthur Maira
18. Sammy Njehu
19. Felix Malombe

Of the 40 educators awarded this fete, 19 educators come from Crawford International School

### Crawford International School-Microsoft Showcase School

Congratulations! Microsoft has recognized Crawford International School as a Showcase School, an elite group of schools that exemplify the best of teaching and learning in the world today. Only a few institutions earn this designation, and as a school you can take pride in knowing that Microsoft recognizes your impact on the future of education.

Microsoft Showcase Schools are pioneers in education. Our school is a member of an exclusive global community, recognized and celebrated for educational transformation that includes vision and innovation in teaching, learning, and preparing students for the future.



## Crawford International School selected as a 2021-2022 Microsoft Showcase School

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Statement From Felix Malombe,  
Technology Integration Specialist,  
Crawford International School

“

Being selected as a Microsoft Showcase School is an amazing honor and recognition of the passion our teachers and staff have for creating the best learning environments possible,” said Jenny Coetzee Managing Director at Crawford International School.

”

Crawford International School recognized as a global leader in successful integration of technology with teaching and learning. The school was selected by Microsoft as a 2021-2022. Microsoft Showcase School for their excellence in demonstrated student outcomes resulting from its commitment to educational transformation, driven effectively by its Technology Integration Specialist, Felix Malombe and Managing Director and Principal Jenny Coetzee. Crawford International School provides both inspiration and an opportunity for all community members to see and experience the future of digital transformation in education.

Crawford International School joins an exclusive community from around the world, recognized and celebrated for their educational transformation which includes vision and innovation in teaching, learning and assessment, computational and critical thinking, creativity and collaboration and a willingness to promote a growth mindset among educators and students.

As a future ready school, Crawford International School demonstrated a culture of learning and growth mindset as evidenced by their commitment to creating sustainable change in teaching and learning practices through continuous and job-embedded professional development strategies.

Educators demonstrated effectiveness through intensive focus on meaningful and continuous professional learning. Through the support of the 19 Microsoft Innovative Educator Experts (MIEE), the teachers have an international culture of mentoring, coaching, and collaboration with each other. The school leadership has accommodated a dedicated technology integration lead and also empowers teachers to make their own decisions, taking risks to meet the needs of every student. During the Global Connection program using Teams and Flipgrid, the teachers connect with other leaders and educators locally and globally to share best practice.

“Being selected as a Microsoft Showcase School is an amazing honor and recognition of the passion our teachers and staff have for creating the best learning environments possible,” said Jenny Coetzee at Crawford International School. “We look forward to sharing our experiences with other schools in our community and the world to continue finding innovative ways to equip our students with the proper tools needed for success inside and outside of the classroom.”

As a Showcase School, Crawford International School will work closely with Microsoft to lead innovation in education transformation and communicate an education transformation vision, enabled by technology, through our commitment to host and mentor other schools in the local community and around the globe.

“Microsoft Showcase Schools are shining examples of those applying purpose-driven innovation in a variety of ways to build connection, motivate students and to create community in and out of school,” said Anthony Salcito, Vice president, Worldwide Education, Microsoft. “These schools are truly transforming learning and providing more personalized education to students, empowering them to achieve more.”

Showcase Schools will realize many benefits including the ability to communicate directly with one another, participation in an exclusive online global community, and the opportunity to host and attend both online and in person educational thought leader events.

# STAFF DAY OUT

Crawford International School teachers and staff participated in a team-building trip at Rapids Camp Sagana.

The team building which took place on the 27th of August, two days to the re-opening of the school was aimed to give teachers time to refresh and gear up to receive the students for their first academic team of the Year 2021-2022. The day was not without its share of fun and drama as teachers engaged in extreme sports activities such as the plunge from a 40 feet high cliff to the waterfall, and the waterfall challenge which involves going through a raging waterfall to the tunnels.

Mr. Boaz the mathematics teacher was a star as he held tight to the tunnel walls after their boat capsized because of the intensity of waterfall currents. Mr. Boaz was safely retrieved by his team members. These are the words of Mr. Boaz

"When I saw my team members come towards me, I thought I saw angels sent to save me"

Teachers participated in various competitive activities that brought out the unique spirit of teamwork and unity within the Crawford International School staff fraternity.

A memorable experience to all the staff involved



*Mr. George flying down the cliff his eyes tightly shut his wish was if only he could turn back time"*



*Staff compete in balancing water bottle challenge*



*"Mr. Boaz in water being rescued by his team members"*

# KINDERGARTEN TRIP TO MLANGO FARM -LIMURU

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The kindergarten children had an exciting adventure when they visited Mlango Farm located in Ngecha village in Limuru on 15 September 2021.

The trip gave the children an opportunity to bond and enhance awareness of their surroundings, enrich their vocabulary about fruits, vegetables, and farm animals. The children got an opportunity to harvest vegetables and fruits, feed the animals, and take a nature walk around the farm. And most importantly had a chance to enjoy themselves away from home and school.

The children brought home a farmer's basket, a sticker from the Mlango Farm Foundation, and some sunflower seeds for planting.



**Kindergarten students  
exploring Mlango farm.**

**The children got a chance to  
interact with animals such as  
horses, rabbits, tortoise, goats,  
cows and ducks**

# NOT ALLOWED AT SCHOOL



Energy drinks are not allowed at school

Cakes are not allowed at school.

Any types of snacks that are to be shared amongst students are not allowed at school.

Students carrying their food and drinks are not expected to share with other students.

Mobile phones are not allowed in classrooms.

For birthday celebrations the parents will have to make arrangements outside of the school setting.

The school will conduct random checks without warning to ensure no prohibited materials are brought to the school premises.



## MESSAGE FROM THE NURSE

### HEALTH TALK- ENERGY DRINKS

The main ingredients in your energy drink are caffeine, sugar amongst others.



## FACTS

1 teaspoon of coffee= 2mg of caffeine

1 teaspoon of instant coffee=57 mg of caffeine

1 bottle of Energy drink= **240mg** of caffeine



"A 21-year-old experienced heart failure after drinking four energy drinks a day for two years in Toronto"

Let's keep health and safety a top priority. Make a healthy choice

### CAFFEINE IS A STIMULANT THAT WORKS BY STIMULATING THE CENTRAL NERVOUS SYSTEM

Caffeine lasts in our systems anywhere from 4 to 6 hours on average, and it has a half-life of about 5 hours.

### SIDE EFFECTS/MAIN EFFECTS

- Restlessness, anxiety
- Reduced concentration, fidgety
- Insomnia and disturbed sleeping habits.
- Dehydration, Digestive problems, gastritis, Gastrointestinal upset.
- Acute and chronic daily headaches
- An increase in heart rate and arterial blood pressure

### Adverse effects

- Risky behaviour
- Heart attack
- Chronic insomnia
- Osteoporosis
- Type 2 Diabetes

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## AUTHENTIC LEADERSHIP CONVERSATION

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**By Mr. Anthony Mwangi**  
**Leadership Mentor,**

Crawford hosted Dr. Githinji Gitahi to an online leadership talk on Tuesday 21 September. Dr. Githinji Gitahi, who is the Global CEO of AMREF Health Africa, engaged the students in an "Authentic Leadership Conversation" that was moderated by two students Ethan Tumaini Magolo and Stacey Njeri Makau of year 13. The basis of the talk was a reflection on Dr. Githinji's leadership quote 'Life is like a game of chess; aim not to lose your critical pieces too early in the game.' This quote was taken from the book '50 Years 50 Lessons', a collection of 50 quotes that Dr. Githinji has compiled.

Dr. Githinji emphasized on the need to have realistic goals and expectations, pointing out that the biggest cause of unhappiness is not poverty or lack but when our expectations exceed our reality. It is therefore possible to find children playing happily in the slums as they leap over garbage and trash cans because their expectations and realities are closely intertwined. He clarified that whereas our expectations were beyond our control, achieving our goals was dependent on us. He advised that we should set realistic goals progressively in every stage of life and work steadily towards achieving each goal. One should therefore set goals in concert with their reality.

### Who is Dr. Githinji Gitahi?

Dr. Githinji Gitahi joined Amref Health Africa as the Global Chief Executive Officer in June 2015. Amref Health Africa, is the largest Africa-led international organization, reaching more than 11 million people each year through 150 health-focused projects across 35 countries.

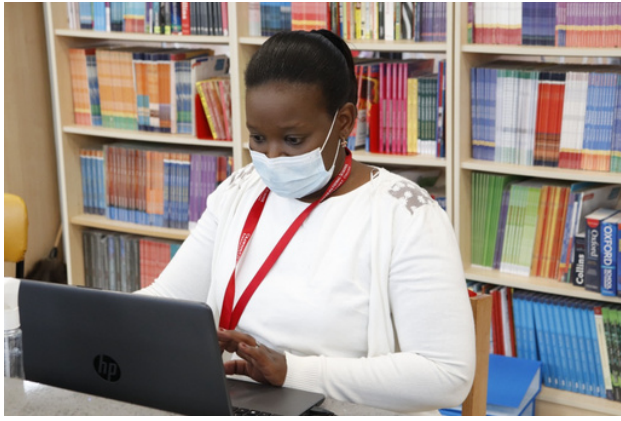
Citing his own life as an example, Dr. Githinji indicated that at each stage in his life, he set realistic goals and worked towards achieving them. For example, he set a high academic goal in medical school and emerged top in his cohort. He set high goals in high school and made it to study medicine. He set high goals in primary school and made it to a national school. He continues to set high goals in every position he has held.

Life is a journey and one ought to decide what to take with them and what not to carry. Some of the things that we carry tend to be burdensome hence slowing us down. It is extremely important to decide on what not to carry or what not to do. Like a game of chess, some moves will compromise your game hence it is important to know what move not to make. Two of the values that have been pillars in Dr. Githinji's life are Integrity and Reliability. These are the pieces on his chessboard that he protects with all that he has. Integrity does not mean that one is flawless because we all make mistakes from time to time. We need to own up to our mistakes and learn from them. In a practical sense, one way in which a student can avoid losing critical pieces too early in the game is by steering clear of all forms of drug abuse or by staying away from relationships that stifle academic progress.

Interestingly, Dr. Githinji revealed that his two daughters studied at **Crawford School in South Africa.**



**"Life is like a game of chess; aim not to lose your critical pieces too early in the game " Dr Githinji**



*Students and Staff dressed in white to celebrate the international day of peace*

## International Day of Peace.

Crawford International School joined the nations of the world by ringing the school bell, as a show of our commitment to peace. The staff and students dressed in white to symbolize love, peace, and unity among the Crawford community.

Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. The Peace Bell is a United Nations peace symbol and is rang to pray for world peace.

Our theme this year as a school is Strength in Peace. Over the past year, we have been inspired both as students and staff to think creatively and collectively about how to help one another build resilience in the face of the Covid-19 pandemic. The only way we can build resilience is by nurturing a peaceful environment in our schools and homes.

How can we nurture peace in our schools and homes? By standing up against acts of bullying both online and offline, and by spreading compassion, kindness, and hope.

May we proudly espouse our school values: dependability, integrity, valor, empathy, respect, service, and enthusiasm; only then, shall we find strength in peace.

## Suicide Prevention Day

Crawford International School joined the rest of the world to celebrate the international day of peace. Students and staff symbolized this day by wearing yellow and white which represent the vibrance of life, and the need to preserve it by looking after those living with a mental illness to ensure they don't result into committing suicide.

According to the world health organization, the overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

The school Psychologist held a virtual forum which many parents termed as insightful in matters related to mental health.



# IGCSE GRADUATION CEREMONY



## YEAR 11 GRADUATION CAPTIONS

On the 4th of September 2021, Crawford International School had its first IGCSE graduation on the school compound. The school was unable to hold physical graduation for the IGCSE class of 2020 because of Covid -19. However, this year was different as the school went all out to celebrate of IGCSE Class of 2021. The students received a world-class graduations treat as they walked through a red carpet, arch, and received numerous trophies and accolades for their outstanding performances.



Top student in the As level Ethan Tumaini receives the best performance Year 12 trophy, awarded by Makini Schools Director Horace Mpanza



Parents join their children to celebrate their top achievement in the IGCSE Exams. What a proud moment for them!



Top IGCSE Student Year 2021 Ruan Gudka is joined on the stage by his Dad Mr. Gudka and Managing Director Ms. Jenny to receive multiple trophies.

## Congratulations!!