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IN THE LOOP



THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL



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Edited by Ezekiel Mureithi
Credited by Jenny Coetzee

IN THE LOOP OCTOBER EDITION/ 27 ISSUE

WE FEEL SAFE AT SCHOOL AND AT HOME!

Children come into contact with germs every day. Proper handwashing can help stop the spread of many illnesses – from the common cold to more serious illnesses. Handwashing is easy. This week, the Kindergarten 1 and 2 children had an opportunity to learn how to wash their hands (Personal, Social and Emotional development.)

The steps are as follows:



1. Wet your hands with clean, running water



2. Turn off the tap, and apply soap



3. Scrub your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end twice.

Scrub in between our fingers



4. Rub your palms together



5. Rinse your hands well under clean, running water.



It is important that a child feels safe in their environment. During Kindergarten's third assembly session the school celebrated all the children, especially the Kindergarten who had settled in well. Their teachers told amazing stories of how well the children embraced their new school life. The students were awarded lovely heart shapes and applauded by the rest of their early years. In the early years, we strive to build confidence and self-esteem in our children's day-to-day school life.

Kindergarten Bonding Tour

By Rose Mwangi

Last week, the kindergarten children had an opportunity to visit the Stedmak Gardens and Recreation Centre. The children were excited to see many animals and have fun in the recreational area.

Bonding tours give children a chance to experience cultures, respect differences, and develop new friendships with their peers and thus broaden their horizons and knowledge.

Tours are a strong way to consolidate learning. This is because the experience from a trip can be directly related to the real world. It is also a chance to have fun!



*Kindergarten Bonding Tour
Stedmak Gardens and Recreation
Centre*



WHY IS PLAY IMPORTANT

PRIMARY SCHOOL STUDENTS FUN ACTIVITIES

Play is an activity where children show their remarkable ability for exploration, imagination and decision making.

While play is often described as 'children's work', it is intensely enjoyable for them.

WHY IS PLAY IMPORTANT FOR CHILDREN?

Play builds imagination and creativity. During play, children stretch their imaginations.

PLAY FOSTERS COGNITIVE GROWTH

Play delivers emotional and behavioral benefits.

Play improves literacy.

Play encourages greater independence.

Play promotes physical fitness.



We don't stop playing
because we grow old...
we grow old because
we stop playing.

- George Bernard Shaw



Crawford students participating in fun games

BUILDING CHARACTER AND INTEGRITY AMONG STUDENTS

By Ms. Lucy Simiyu

Today's children and teenagers are inundated with messages on various platforms and a close look at the messaging has both parents and teachers worried about the effects on the young generation. What is considered child- or teen-friendly content is a far cry from what we would routinely want children exposed to. Of greatest concern are messages that present both children and teenagers skewed information about their identity, with emphasis on who they ought to be rather than celebrate who they are. In a world that boasts of being more self-aware than previous generations, it is unfortunate that we have increased cases of children and teenagers weighed down with issues of low self-esteem, poor self-perception and body image, and a loss of confidence in who they are as individuals.

It is in response to this sad reality that Crawford International School introduced the "I am enough" program for the Year 6 – Year 13 students. This is a character development and integrity program whose aim is to help students develop skills and aptitudes necessary to navigate adolescence in the twenty first century. The program has been created to meet the unique needs of girls and boys, with each age-group exploring topics that are relevant to them. The younger students, ages 11 to 14, have teachers within the school who serve as mentors and meet with them twice each month. On the other hand, the older students, aged 15 to 18, have sessions that are facilitated by external youth counselors, with whom they meet twice in a semester.

Openness among students is encouraged, with mentors using different approaches to share information. These approaches include power point presentations, videos, discussions and experience-sharing. Students are encouraged to ask questions or make comments about the various topics without fear of being judged. The program has, over time, created a safe space for most students, with a number seeking professional counseling services either at school or externally, to deal with issues affecting them. It is hoped that students will grow in their sense of personal value, worth and purpose as they go through the "I am enough" program.

Character development is a life long process that requires collaboration between the school and parents. Both parties have the moral responsibility to nurture children and teenagers into adults that will contribute meaningfully to society by exercising values such as respect, citizenship, and



responsibility for self and others. A healthy collaboration also means there is an agreement on messaging for students, both at home and in school. When children and teenagers are able to discern unity of voice and purpose between the home and school, they will be motivated to not only put into practice lessons drawn from the "I am enough" program, but also critically analyze messages they access on different platforms. As a result, we will have a generation of children, teenagers and young adults who are not afraid to question what they consider unhealthy rhetoric. The active engagement of students in defining who they are and giving them opportunity to participate in their own character development will go a long way in changing the current tide which, if left unchecked, promises to derail a generation that is uniquely talented and equipped for the twenty first century.



[Watch I am enough
video here](#)

Crawford International School - Kenya is a Microsoft Showcase School for the fourth year in row



The Showcase Schools status means that the Crawford community of students, educators, and parents has sustained a forward-thinking approach to reimagining the classroom and transforming education. Crawford has been on a digital and learning transformation journey for the last four years, which seeks to create student-centered, immersive, and inclusive experiences that inspire lifelong learning, stimulating the development of essential future-ready skills so students are empowered to achieve more.

The school has demonstrated a sustained growth mindset and thought leadership in building an overarching school-wide vision supported by the school leadership and management. The Principal and the Managing Director, Ms. Jenny Coetzee states that “For every child to remain a masterpiece, we must create an intentional culture of innovation and learning where every school program and learning tool adopted is geared at impacting every learner according to their learning ability and style. This is what changes lives.”

The school has invested in school programs that ensure student success not just in academics but in all spheres of influence. The Innovation Lab, the Go Lab for example serves as an incubation center for ideas and is equipped with cutting edge 21st Century technologies and teaching approaches that empower learners to be global citizens and collaborators, creative thinkers and problem solvers.

The Global Goals for Sustainable Development (SDGs) provide a framework for problem identification, the Human Centered Design, popularly known as design thinking serves as the thinking process and students utilize 21st-century technologies and approaches like laser cutting, 3D printing, robotics, gaming, Art and design, coding and AI and entrepreneurship for problem-solving. Crawford International School has invested in a Sustainability, Service and Social Impact(SSSI) program that empowers learners with a sustainability mindset for the environment while developing empathy for the community they live in.

In terms, of educator professional development, Crawford International School staff members are all members of the Microsoft Learn for Educators who access professional courses that empower them for 21st-century teaching and learning. Among these educators, 11 are MIE Experts with 3 others certified as 21st Century Learning Designers (Microsoft Certified Educator). This continuous professional development is built around the school's vision and school leaders drive personalized learning to meet learners' individual academic, emotional, and social needs and help them realize their full potential. Inclusion and accessibility are integral to policies and classroom practice.

After every assessment, Crawford Educators and school leaders use the data insights collected to monitor student progress and align accordingly in supporting learners. These data insights provide guidance for education improvements and visibility into the progress towards the digital and learning transformation vision.

With this transformation journey, Microsoft has recognized Crawford International School Kenya 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 school we take pride in knowing that Microsoft recognizes our impact on the future of education.

As part of the pioneers in education, Crawford will therefore continue to be part 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.

By Felix Malombe
EdTech and Innovation Lead

STUDENT REPRESENTATIVE COUNCIL – CLASS REPRESENTATIVES

BY KIZITO OKUMU

On Wednesday 14th September 2022, students from Year 4 to 13 voted in their new class representatives after lesson 2. Students were guided on how to write and present their manifestos on days leading to the elections.

A short period of campaigning was allowed and thereafter, the ballot papers were issued for the students to vote. The ballot papers were then tallied in the presence of 2 witnesses and the name of the winner emailed to Mr. Kizito. The winners were presented to the entire school on the assembly by the Deputy Principal, Ms. Amanda on Wednesday 21st September 2022.

Both Class Representatives and House captains signed a pledge before the whole school as a sign of commitment to their servant leadership in the school.

The student leaders went for their Go-Dream leadership training course at Tafaria Castle. This course prepared and equipped new student leaders with the leadership skills that are necessary for a servant leader.



Deputy Principal, Ms. Amanda, with student representatives

YEAR 13 BIOLOGY FIELD STUDY



YEAR 13 BIOLOGY FIELD STUDY By Maurice Nzioka

This week, our A-Level Biology students have been studying Biodiversity and ways to conserve the environment which is facing a great threat due to climate change.

In class, the learners looked at how climate and human activities have threatened the organisms in their habitats. To enhance their study, the students carried out a study on the land next to our school and analyzed the biodiversity and the effect of climate change and human activities that have affected species richness.

They carried out random sampling using Frame quadrats as well as systematic sampling (Line and Belt transect), a skill they learn in class.

The students had fun as they practiced the skills they theoretically learned in class.



WORLD SCHOLARS CUP PREAMBLE

By Elizabeth Asaala

World Scholars Cup (WSC), while academic at its core is an inclusive, encouraging, inter-disciplinary, team-oriented, and whimsical activity whose goal is to motivate students of all backgrounds to discover new strengths, develop and sharpen existing skills, practice new skills, and to inspire a global community of future scholars and leaders.

It has a vibrant atmosphere of fun and friendly competition packed into a span of 2-5 days, from the Regional Round in Nairobi to a highly diverse Global Round and finally a snagging coveted spot in the Tournament of Champions (ToC) at Yale University. While at the ToC, students get an opportunity to tour the prestigious academic institutions in the world i.e. Harvard University and the Massachusetts Institute of Technology.

In World Scholars, students bond through team events; collaborative writing, thought-provoking debates, scholars' challenges, an exam where it is impossible to score 0%, and the scholars' bowl tested by multiple choice questions. The topics are selected from a range of subject areas namely History, Special areas, Art and Music, Science, Literature, and Social Studies. Scholars also engage in community events, debate showcase, scholars bowl, scholars' cultural show, and scholars' scavenge.

The event is organized in a way that everyone learns something without feeling pressurized. Every year, World Scholars Cup sets a global theme that guides the study and research of scholars throughout the three rounds of the competition. This year, the scholars are guided by the theme 'A World Re-Renewed. It gives an opportunity for students to challenge their knowledge through 6 diverse fields: Special Area – Mistakes & Recoveries, Science & Technology – To Edit a Planet. History – The History of Succession. Social Studies- Out with the old. Art & Music- Second Chances, Second Glances. Literature & Media- Sequels, Reboots and Reconsiderations.

Crawford International School students participated in the World Scholars Competition this year. They started with the Nairobi Round where all 53 students qualified for the Global Round in Dubai, and now for the Tournament of Champions in the U.S.A. Yale University.



YOU'RE SAFE

By Lucy Simiyu, School Psychologist

A walk around the school campus reveals posters with the words, "You're Safe." This is the theme for our annual campaign to create awareness on mental health, a topic that is often considered taboo, a no-go zone. The theme is meant to inspire and spread hope among members of the school community.

On Friday September 16, students and staff members wore yellow ribbons as an emblem to create awareness on mental health issues that are almost always invisible. Students and staff were engaged in conversations that aimed at sharing experiences, inspiring hope and offering support for those among us who are struggling with mental health challenges.

In addition, a parents' session was held on Saturday September 17, and the topic of discussion was "Children and Depression." The purpose of the session was to build capacity among parents by sharing information as well as provide them with resources that would help them play a more active role in the mental health of their children. There were presentations by Mr. Moffat Kago, an accredited mental health professional with specialty in marital and family therapy, and Ms. Muthoni Wangai, a counseling psychologist.

When we have honest conversations about mental health, in a safe space, we give ourselves the permission to be vulnerable with ourselves and our children. As a result, our children are drawn more to us, as they see a genuineness about our own fears, anxieties, 'not-knowing yet willing-to-know' and our weaknesses. Our vulnerability creates in them a sense of hope and belief that we will hear them and provide them with the much-needed safe space to be who they truly are.

As a school, we are committed to continue having these conversations among students, staff and parents, however difficult they may be. The theme "You're Safe" continues to be the impetus upon which we will build a sense of belonging for those among us struggling with their mental health.



FROM THE SENIOR SCHOOL

By William Mwangi

We have just completed a busy week 2. The senior students have settled well in their classes, clubs, and sports. They now have a grip on their subjects and venues. As one student quipped "time flies-we are already headed to week three". The new students who joined us this academic year were assigned class buddies to walk with them as they navigate through the Campus. This has helped them adjust quite fast and get acquainted with the Crawford Culture.

The Careers Department started on Monday, 12th September in the afternoon by having a compressed in-depth training activities for the for Year 12 and Year 13 students on how to write a personal statement. Any student applying to any university must have a Personal Statement that details who they are, what they have achieved and what they want to do and why. Writing is a daunting task! Uni Abroad Reps were in CIS to give the students a head-start on what it takes to write a good Personal Statement. Each student has been allocated a teacher from the English Department who they are to work with in ensuring that the Personal Statement meets the requirements. Students have a rubric and notes on the same. We implore the students to expediate this as we begin the university application process. The process has a strict time line.

On Wednesday 14th September, all Career Teachers in CIS had a virtual training on how to use BridgeU. BridgeU is a university application guidance platform. As a guidance platform, BridgeU is first and foremost an interactive database designed to support our students throughout the entire university application process, from initial to research right up until confirmation and enrolment. By compiling university data from across the world, BridgeU streamlines university research for both students and counsellors:

- Students just starting out can explore university options worldwide to compare courses, cost, and career pathways for different countries and subjects.
- Students ready to narrow their options can build their profile to unlock personalised, data-driven university matches.
- Students who know where they'd like to apply can search for specific degrees and institutions and keep track of deadlines and requirements with ease.

On Friday 16th September, the Year 13 students attended a Uni-Fair at the Oshwal center where about 40 UK universities showcased their courses. It was a good experience for students as we start the university application process. We want our students to make informed choices and be prepared for the journey into the tertiary environment.



CAREERS

By William Mwangi

The Careers Department, on Friday 16th September, held a meeting with Gertrude's Hospital Representatives on how Crawford can partner with the Hospital. The discussion revolved around quite a number of areas from having medical talks, First Aid training, Community Service, Job Shadowing, Internships and training in Nursing and Pharmacy, among others. The Crawford Careers Team is enthusiastic about exposing our students to various career options that will benefit them, especially those that wish to pursue careers in the medical field.

Year 13 students have been trained on how to apply to UK universities through UCAS. UCAS stands for Universities and Colleges Admission Services and is essentially an interface between students wanting to pursue a course of their choice in the UK and the various colleges and universities offering such courses. It is a central organization that deals with all admission related processes of the aspirants to study a course of their liking in the UK based higher educational institutes. The training was conducted by the Uniserve staff.

This month has been full of activities as students had talks from representatives of University of Manchester, and also training of the BridgeU application

The school hosted over 58 universities from UK, USA, Canada Europe and Australia where students had a chance to interact with the Universities' representatives.



*Senior students interacting
with representatives from global
universities*

BADMINTON COURAGEOUS CRAWFORDIANS!



By
Kizito Okumu/ Louis Birkentock

It has been an eventful start of this academic year at Crawford. Here is a short story of our two courageous Crawfordians! Neer Shah of Year 13 and Riya Hiten Shah of Year 11, over the long holidays took part in the Badminton competitions organized by the Nairobi Regional Secondary Schools Association Sports.

They produced excellent results and qualified to represent their school and county at the National Competitions that were held in Nakuru from 8th – 13th September 2022. In Nakuru, they did not disappoint their coach, Mr. Louis Birkenstock when they put up a spirited fight and outshined players from other schools.

Neer lost narrowly at the quarter final stage and fell out of the competitions. We congratulate him for his stellar performance. On the other hand, Riya went ahead to win in the finals in the girls' category and she is currently the "Kenya number one" in Badminton!

Riya traveled to Arusha, Tanzania where she is competed in the East Africa Secondary Schools Competitions which started on 15th September. Bravo, Riya, congratulations for this great achievement! We all wish her well as she bags more national accolades



CHAMPION

SWIMMING CHAMPIONS

By Ezekiel Mureithi,

Tic toc, tic toc!

On 24 and 25th September Crawford international students participated in the Level 1 KSF Kiambu swimming gala at Mpesa academy foundation Thika.

The students participated in more than 16 events which included IM, freestyle, backstroke, breaststroke, butterfly. Our swimmers emerged victorious in most of the events as they won individual trophies and gold medals.

Among the top swimmers who received the gold medals include:

Andre Kinyanjui -9 gold medals
Millia Christel DeHaas -5 gold medals
Faith Mugweru-6 gold medals
Jackie Chege-9 gold medals
Leon Kagwa-5 gold medals
Bahemuka Jasmine- 5 gold medals
Fredrick Kanja-8 gold medals
Vihaan Shah-5 gold medals
Njeru Tannia- 5 gold medals
Leeroy Gitahi- 5 gold medals

Crawford also dominated the gala as some of the students won individual awards and emerged as the overall best in Kiambu county in swimming in the following age group including :

Andre Kinyanjui yr4- 8-9 yrs
Faith Mugweru yr- 10- 11 yrs
Fredrick Kanja- 12- 13 yrs
Jackie Chege- 14 -15yrs
Leon Kagwa- 16 and over

A special acknowledgement to the team that has worked to ensure the success of these students,

The coach Malik Mwabondo
Coach Mathew Ngure
Coach Brian Macharia
Mr Felix Lumwachi
Mr Kizito Okumu
Mr Anthony Mwangi
Ms Eunice Akinyi
Ms. Ruth Apiyo

Crawford became the overall winner of the competition, and there was simultaneous jubilation as Crawford students sang the school anthem joined with parents and the teachers.



By Kizito Okumu,

On your marks, get set...read on!

Athletics is being taught during the PE lessons as well as swimming. In athletics, students are learning the track and field activities as they also prepare for interschool athletics competitions at Sabis International School and at Naisula School.

Other sports on offer this term include football, netball, table tennis, badminton and basketball. The netball coaches got a boost after Ms. Janine De Bruin, a parent and a former South African netball coach volunteered to help prepare our teams for the upcoming fixtures and tournaments. This netball season will be one busy season but our coaches, Sylvia, Edna, Newton and Annie are dedicated to honing the students' netball skills.

On 17th of September, Crawford hosted the U7, U9 and U11 boys' football tournament with more than 34 teams from 10 schools participating in this termly PIPSSA tournament.

This term, the Acakoro Football Academy continues to hold the afterschool training from 3:30pm – 4:30pm in the school fields. More students have registered for this program as compared to other terms. Starting this term, the Acakoro coaches, under the leadership of Coach Lukas Mott have also offered to help train our students at 2:15pm, during our normal sports and clubs time.

Let's work together to strengthen our Sports programs in the school!





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