

OCTOBER 2019 ISSUE NO. 5

# IN THE LOOP

THE OFFICIAL NEWSLETTER OF  
CRAWFORD INTERNATIONAL SCHOOL

## IN THIS ISSUE

MESSAGE FROM THE MANAGING DIRECTOR	1
YEAR 4-6 WILDLIFE CLUB TRIP	4
KINDERGARTEN TO YEAR 3 SCIENCE FAIR	6
STAFF HIGHLIGHTS	7
YOUNG JOURNALISTS	11
CRYPTOCURRENCY COURSE INVITATION	14





# MESSAGE FROM THE MANAGING DIRECTOR

*By Jenny Coetzee*

Dear parents

As another week begins and we move closer to meeting all the deadlines to gather marks for our Term 1 assessments, our students may feel the pressure if their time management is lacking. Please connect with them and get an update on how they are coping. You may find they need some support and assistance in this area.

Last week we celebrated Random Acts of Kindness Day in place of halloween. Originally this idea to show kindness came from one of our junior student, Ava Muthee, I was most impressed by her planning and creative ideas. Some of which we were not able to implement on that day due to time constraints as we were having a special farewell assembly for Miss Sandra. Unfortunately Mr Albertus was not able to join us due to his previous commitments. We will however, use Ava's ideas in future.

On Random Acts of Kindness Day, everyone received a positive affirmation from an anonymous person. Affirmations are positive assertions that can help you contest and overcome self-limiting and negative thoughts. When repeated frequently, with belief, you're setting up a platform for positive change. According to research, spending just a few minutes thinking about your best qualities before a meeting or a performance review can calm your nerves, increase your confidence, and improve your chances of a successful outcome. Self-affirmations may also help diminish the effects of anxiety or stress. They can also stimulate the areas in our brains that make us more likely to bring positive changes. Affirmations can be used when you want to:

- Gain more confidence in any area of life
- Control negative emotions such as anger, frustration or anxiety
- Work on elevating your self-esteem
- Complete daunting tasks
- Achieve big goals
- Overcome negative habits and build new positive ones

Affirmations are particularly useful when setting your personal and professional goals. Some examples of affirmations are:

1. I am perfectly willing and able to achieve all my goals
2. I am happy and healthy
3. I am filled with abundance in all areas of my life
4. I am confident in that I have all it takes to achieve my chief aim in life



Encourage positive affirmations at home with your children and watch them thrive.

On a separate note, has been unfortunate that some schools have cancelled sports fixtures. Sports Director, Milla Martin has organized a couple of tournaments at Crawford next term to ensure that our children are given the opportunity to play competitively.

We are exceptionally proud to have Princess Kimani participate in the World Scholars World Competition in Yale next week. We wish her and Miss Joyce all the best whilst at Yale.

Until next week.... I wish you all the best!

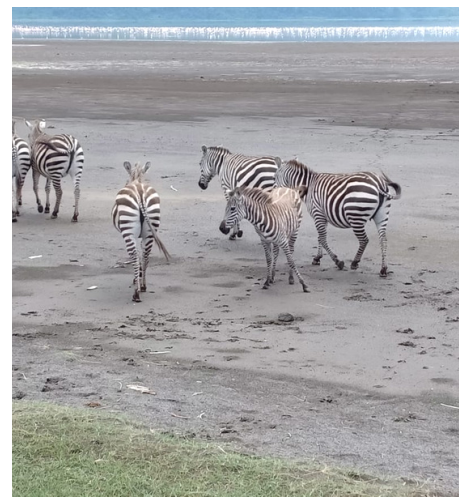
Regards

Jenny Coetzee





# THIS ISSUE'S HIGHLIGHTS







## Year 4-6 Wildlife Club Trip

by Ms Yvonne Mugo

The Year 4-6 Wildlife Club went on a trip to Mbweha Camp in Nakuru on Friday, October 25 and returned on Sunday, October 27. The students, chaperoned by Ms Yvonne, Ms Anjili and Mr Bill Clinton, left the school at 9 AM and arrived at the camp at 2:30 PM where they were received by a welcoming and friendly staff. The accommodations at Mbweha camp were cozy and comfortable and the meals were delicious.

The group went on a nature walk where they saw giraffes and zebras. They went on night game drives where they were lucky to see 6 Lions, rhinos, wildebeest, buffalos, and other wildlife. The group also visited the lake and went on camel rides, among a myriad of other fun and educational activities. The students are looking forward to going back!









## KG- Year 3 Science Fair

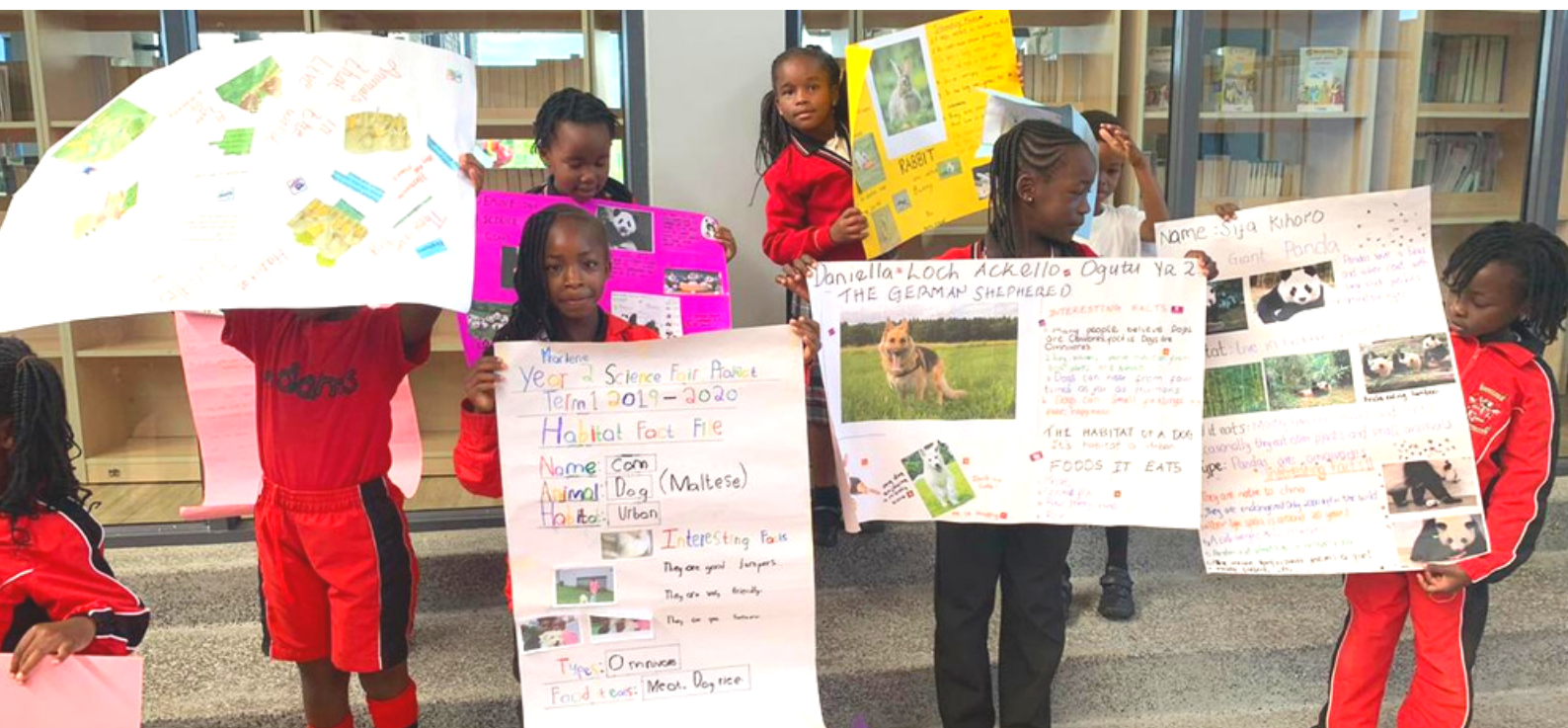
by Ms Ruth Michoma

On Friday, November 1, Crawford held a science Fair for Kindergarten to Year 3 students. There was a robust group of parents in attendance. Ms Fridah did an excellent job as the emcee, directing parents and students to move around the various stands in distinct groups.

First, students showcased their projects to parents and senior student judges. The kindergarteners built robots out of found objects and some utilized foil paper as cladding. The rest of the students had presentations on large manilla paper on the topic of animals and their scientific classifications. Others utilized small plastic models of the animals in carefully constructed cardboard environments. The year 2 and 3 students will receive first to third place awards for their presentations during assembly next Friday.

Then came the science experiments where teachers showed the different marvels of science using everyday materials like baking soda, food color, milk, vinegar and soda. Ms Jenny concluded the fair with a small assembly where she thanked the parents for their attendance and commended the students for their listening skills during assembly the previous day where they had to follow strict instructions due to a minor incident with bees outside. The young students were sad to see their parents leave but glad that they got to share a part of their school life with them that morning.

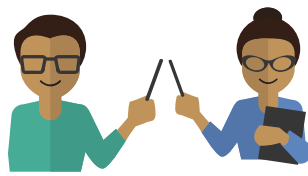












# STAFF HIGHLIGHTS



On Saturday October 26, staff members attended Microsoft EduDay at Strathmore University. They were given a walk-through of the latest learning trends that can transform schools and prepare our students to become the creators of tomorrow. They were also introduced to Microsoft's new education programs and initiatives, as well as the launching of the MEA Education Exchange Competition 2020 where teachers will have the chance to visit Sydney.



Mr Anthony Mwangi, Ms Beatrice Wanjiku, and Mr Felix Malombe are Crawford's first Microsoft Certified Educators. They earned their certification during Microsoft's EduDay on October 26. We couldn't be prouder!



Crawford International School hosted joint training with Makini School. Both schools' management and administrative staff engaged in deep-dive training sessions on how to provide a 6 Star Experience to parents and guardians. The talks were led by Sales Guru trainer Mark Keating. It was a pleasant opportunity to interact with our fellow ADvTECH school; everyone remarked on how beneficial the training was. Mr Keating awarded each attendee with a certificate at the end of the training.





## Staff Share Random Acts of Kindness

by Ms Ruth Michoma

On October 31, the whole school had a dress-down day and everyone participated in random acts of kindness (RAK). The staff randomly picked a colleague's name from a bowl then proceeded to get candy and write a heartfelt message of affirmation to the person whose name they drew. The staff tried to outdo one another with the bold outfits. Ms Fridah and Mr William won best outfits.

The day was inspired by year 5 student Ava Muthee who suggested we incorporate this practice in lieu of observing halloween. The response was a flood of positive energy from the staff and students. Indeed, RAK day will become a welcome mainstay for Crawford.



# YOUNG JOURNALISTS

Articles by Members of the Crawford International School Journalism Club



## IN THIS SECTION:

**A Day of Kindness - 11**

**Crawford Students to Elect  
Class Representatives - 12**

## A Day of Kindness

*by Kisha Mutisya - Year 8 ,  
Reyna Muchiri - Year 7  
and Creasencia Ndinda -  
Year 9*

October 31 was a very bright exciting and colorful; we named it Random Acts of Kindness Day. Everyone got to dress up in very colorful clothes representing different candies like skittles, m&ms, licorice, chocolates and many more. We also brought candies and gave them out with special messages to brighten each other's day. It was quite thrilling to both receive and give out the gifts. Many went to great lengths to get large gifts and creatively customize the written notes. Even though we still had lessons, we all enjoyed it.

The highlight of the day was in the afternoon, when we had a chance to celebrate Ms Sandra and bid her goodbye. She is going to Ethiopia to work with the refugees. During the assembly held in Ms Sandra's honor, Ms Jenny delivered a moving speech about Ms Sandra's big impact on the school. She also talked about all the good things Ms. Sandra has done.



Students came up on stage to pay tribute Ms Sandra talking about how she had made impact in their lives and presented her with gifts to take with her. Ms Jenny gave her a book of pictures of Kenyan youth to symbolize the lives she touches in her work. Ms Sandra was beaming with pride and was very touched.

In his speech, Ethan Tumaini of Year 11 said Ms Sandra had been 'a pillar of support' to him and all the students. The Year 4 to 6 students prayed for grace and blessings upon her life. It was a heartfelt and emotional assembly. After the assembly a majority of the students worked collaboratively on a big card, which they took turns signing and stuck candies on for decorations to make it colorful. Even though she's not with us anymore Ms Sandra will always be in our hearts.

## **Crawford Students to Elect Class Representatives**

*by Ethan Magolo,  
Year 11*

It's a hippping, hopping help of variety! For the first time ever, Crawford International School students will vote for their class representatives in their respective classes. How exciting!

On Monday, the 4th of November, students vying for the honorable positions will put up their manifestos in their classrooms. After which they will get the opportunity to formally address the electorate to make their case. The tenacity that has been exemplified through the maiden journey of the school runs deep in the veins of the students. So much so, that some have already began their campaigning, taking every chance to convince their peers of their eligibility as leaders.

The election will take place on Thursday, the 7th of November. One can only imagine the electrifying atmosphere on the day; from the anxiety of the prospective class representatives to the eagerness that would be heavy in the air as the various classes await their results.

The election would not be as riveting without these candidates. After interviewing a couple of aspirants from different classes, one can truly see their sense of purpose, will and drive. When asked why he wanted to be a class representative, Baraka Odenyo (Year 10) stated, "There are things I'd like to change for my class. I want things to be better." Alvin Omondi (Year 11) echoed Baraka's statement by saying, "I want to be the class representative because I want to be able to help others voice their opinions about the problems they have."

These students are selfless, passionate, and brave. Though the big question is, who will grace the seat of leadership in each class?



# SPORTS

Go Crawfordians!



## U13 Girls Rounders Tournament

*by Young Journalists  
Daniella Onyona and  
Maria Rebecca  
Kimani, Year 8*

On Saturday 26th of October the Year 8 and 9 rounders team went to St. Austin Academy School to play in an U13 rounders tournament against their peers from other schools. There were nine players in the Crawford team, namely: Eesha, Karen, Bianca, Janki, Robin, Elsie, Chloe, Makenzie and Wema.

Crawford was to play against Aga khan academy, Samaji, Oshwal, Nairobi Academy and Saint Austin. They all had some good batters but it's nothing that the Crawford team couldn't handle! The rainy weather made the ground extremely slippery. Most players said the weather was tremendously cold and made playing tough. Chloe Ahaoya and Bianca Kinyanjui said that we did very well despite many challenges.

The team's hard work earned it a position in the semi-finals ranking Crawford 4th position out of 8 teams. The team would like to appreciate the coaches for preparing us and their support to the team. Well done girls and great team work!