

MARCH 2020 ISSUE NO. 13

IN THE LOOP

THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL



SPECIAL ISSUE

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MESSAGE FROM THE MANAGING DIRECTOR

By Jenny Coetzee

Dear Parents and Guardians

The saying “Change is the only constant” holds true for this time where the world is trying to come to terms with the effects of the Covid 19 virus. Each time one engages with the media one is bombarded with news, good and bad. Every time I’ve had to cope with uncertainty, I have felt that the best thing to I can do is to try and keep what is familiar as constant as possible.

When President Uhuru Kenyatta made the announcement to close schools, our staff went into immediate refresher-training to deliver education digitally. The response over the last two weeks from many of our parents, students and teachers has been very positive. When there have been problems, the teachers and the IT group have tried their best to troubleshoot and find a resolution once alerted.

All students in Year 4-11 should have received a copy of their exam papers, of which they were asked to re-attempt and then mark according to the memo sent. This would give them a fair idea of having gone through the exam paper and correcting what they had gotten wrong. Thereafter classes (KG – Year 11) were taught digitally by either face to face contact through Microsoft Teams or alternate digital platforms.

School Holidays

The school officially closed for three weeks from 21 March 2020 and should reopen on 20 April 2020, 17:00 for boarders and on **21 April 2020 for commencement of lessons**. In some cases, teachers may be sending some holiday research tasks. However, I have not made this request compulsory for all classes as I believe that children and staff need to have a well-earned break after a very busy and stressful second term.

... cont'd message from the Managing Director

During the holidays there are also online resources which are free which can be accessed by students:

- Audible Stories is available for children who are temporarily unable to go to school around the world. Listen to all audiobooks for free, with content ranging from preschool to classic literature, no download of apps, no login required, no ads, with languages like English, German, French, Italian or Japanese - stories.audible.com/discovery
- Free [online virtual visit](#) to 17 museums in Europe
- In response to the epidemic, Cambridge Publishing, UK, is offering [700 online reading editions of their books](#). The free reading period is until the end of May, and includes some Christian and theological works.
- Online Broadway Musical, [7 Day FREE Trial](#)

Cancellation of May/June Cambridge Examination Series

We have also been informed by Cambridge that the exams for the May/June series for Checkpoint and IGCSE have been cancelled. Our students in Year 6 and 9 will write their Checkpoint exams during the October/November series. The fees paid for these exams will carry across to the later series of exams. We are still awaiting further instruction with regards the Year 11 IGCSE examinations. We should have more clarity regarding the decision on these exams on **31 March 2020**. Please see attached letter which has been sent by Cambridge to our parents.

Release of Reports

All the reports were released digitally on Friday through the parents' portal to those parents whose fees are up to date. In many cases the username and password to the Parents' Portal unfortunately went to Junk Mail. Please check in that section if you may not yet have received your access details. However, if you experience any further problems, please contact me through the two email addresses shown at the end of this message.

... cont'd message from the Managing Director

I am generally pleased with the results. However, I would encourage students to spend time reading during the holidays to improve their English skills. We are also currently in the process of purchasing the subscription of an online Mathematics program – Mathletics - which students will be able to access once the foundational work has been completed. Mathematics teachers will inform students once this program is available on how to use it to improve on their Mathematics skills. This will apply to students in Year 7-11.

Covid 19: The Way Forward

Due to the uncertainty of the situation regarding Covid 19, I will be communicating with parents during the holidays. Should Kenya go into a lockdown situation, as has happened in many countries, we will resume our remote teaching in earnest at the start of next term on 21 April 2020.

If you have queries you are most welcome to contact the school through the info@crawfordinternationalschool.com. or me personally at jecoetzee@crawfordinternationalschool.com.

Wishing you a wonderful holiday.

Please keep safe and take care.

Regards

Jenny Coetzee
Managing Director

“COVID-19's forcing the whole world to transition - from 'becoming to being'! Isn't it amazing? Don't you see what's happening? The whole world has surrendered; it has been forced, in fact, to capitulate – to jump off the becoming treadmill, to being home, just being!”

— AVIS Viswanathan



#EachforEqual



Joining the Global Movement to Celebrate Women

by Ms Ruth Michoma



International Women's Day (IWD) has been in existence for over 100 years. This year, CIS joined the movement by celebrating the women staff on campus. The official day was Sunday, March 8 with the theme and hashtag "Each for Equal". We decided to celebrate it for the rest of the week to showcase women's empowerment and the need to advocate for more equal opportunities and treatment. The IWD website implores us to actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. "Collectively, each one of us can help create a gender equal world."

Below are some quotes by CIS female staff on being a woman in 2020:

I am willing to take the lead.

-Ms Amanda

I am resilient and bold.

-Ms Joy

I am dependable to my son.

-Ms Anne

2020 is the year for strong women.

-Ms Roselyne

I can multitask, strategize, positively influence, create, collaborate, but mostly be free to make choices and live out my values to the fullest!

- Ms Jenny

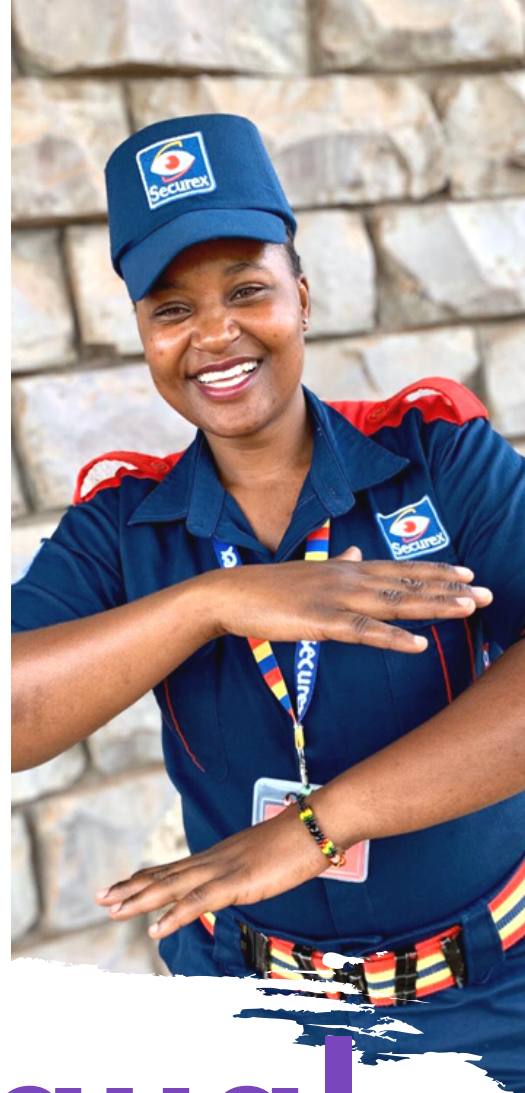
We are strong, beautiful and unique in our own way. Women spread unconditional love and affection in this world.

- Ms Kanupriya

Being a woman in this century means being strong, loving, fortitudinous and happy as God created us to be.

- Ms Elizabeth





#EachforEqual





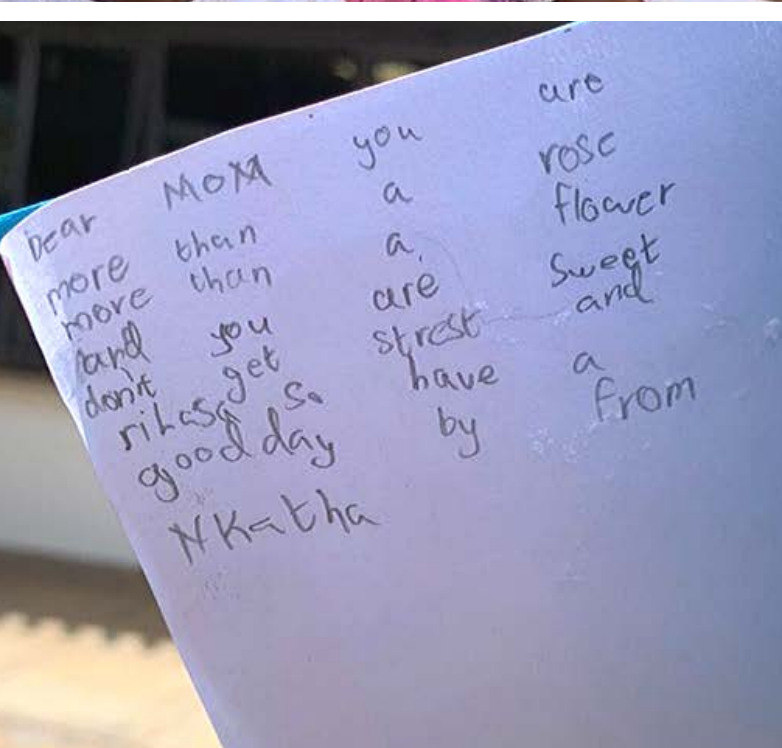
#EachforEqual

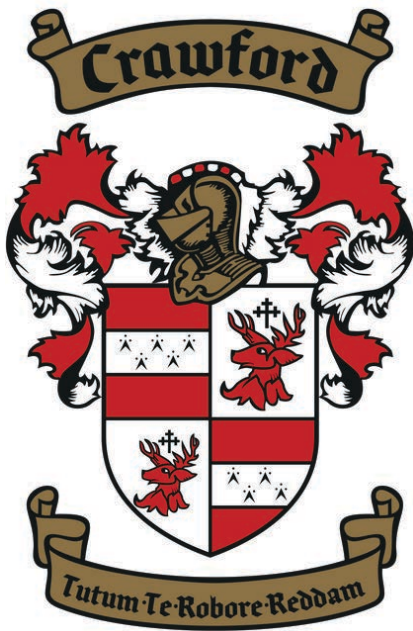




#EachforEqual







STUDENT STAY-AT-HOME CARE PACKAGE



Indoor Games and Activities

GO ON AN ALPHABET SCAVENGER HUNT

Make a poster with the alphabet and have your child search for items that begin with each letter.

PLAY HOPSCOTCH IN A HALLWAY

Use any paper you have on hand (or cardboard) to cut out shapes. Use double sided tape to place the shapes on the floor to begin your game of hopscotch.

CREATE A OBSTACLE COURSE

Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

PLAY THE FLOOR IS LAVA

Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

GO ON AN ANIMAL SAFARI

Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

PLAY I SPY CLEANUP

Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

PLAY A FLASHCARD HIDE AND SEEK

For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.

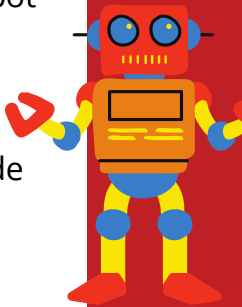
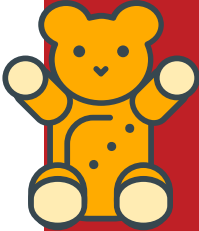
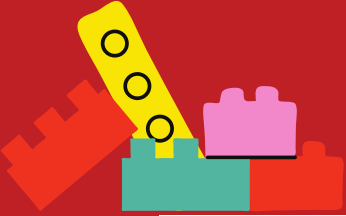
PLAY HIDE AND SEEK

One person counts and covers their eyes (no peeking!) for 20 seconds while everyone else finds a place to hide.

DANCE YOUR HEART OUT!

Have a group video call with friends and do a virtual dance party. Use tools like Skype or Zoom.

Courtesy of biglifejournal.com





Indoor Games and Activities

PLAY MUSICAL CHAIRS

Place a couple of chairs back to back and turn on some fun music. Players move around the chairs and when the music stops, the last one not sitting in a chair is out.

PLAY FOLLOW THE LEADER

Have your family take turns being the leader. The leader gets in front of the line with everyone else behind them mimicking the leader's actions. Get creative with your movements! Wiggle your arms while walking, march, bunny hop, etc.

WRITE THE ROOM!

Hide sight words (letters, numbers, spelling words, etc.) around the room or house and have children find and record them using clipboards.

PLAY SIMON SAYS

A person named Simon is the leader and gives out commands. For example, "Simon Says run in place! Simon Says crawl like a bear." If Simon doesn't start the command with "Simon Says," the players to follow the command are out.

CREATE A SAFE PHYSICAL ACTIVITY SPACE

If you have an open space like a basement, take an old mattress and place it on the floor for gymnastics or wrestling.

PLAY RED LIGHT, GREEN LIGHT!

Choose a start and finish line. Have everyone line up against a wall. Red light means stop, and green light means go! One person will yell out either command as everyone races to the finish line.

DO A "DECK OF CARDS" WORKOUT!

Assign each shape a different exercise. For example, Hearts = running in place, Diamond = jumping jacks, Spades = push-ups, Clubs = sit-ups. Take turns flipping the cards and doing that number of the exercise.

PLAY CHARADES

On pieces of cut-up paper, write down phrases or words to act out. Take turns pulling a single paper out of a container and have fun acting out the description.

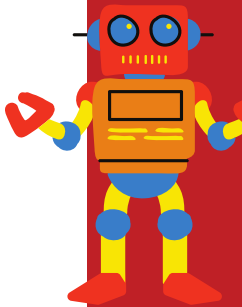
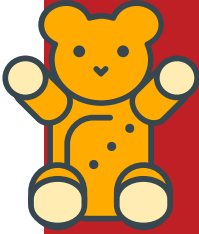
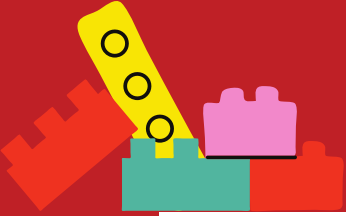
PLAY FREEZE DANCE

One person is the DJ and in control of the music. When the music starts, start dancing but watch out! As soon as the music is paused, freeze!



Boredom Busters

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play hide and seek
- Have a figure skating competition in your kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for your family
- Play school
- Read to each other
- Use socks as puppets and have your own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make your own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game





Indoor Activities for Teens

- Learn a new skill (coding, origami, animation, instrument, etc.)
- Learn a new language
- Learn magic tricks
- Replicate famous art
- Paint or draw a self-portrait
- Draw cartoons or comic strips
- Publish a newspaper or magazine
- Write or draw a letter or an email to a penpal or relative
- Video chat with a friend
- Make friendship bracelets
- Do a puzzle
- Solve a crossword or Sudoku puzzle
- Play Solitaire
- Journal
- Write and illustrate a short story
- Write a play
- Write and direct a short film
- Write a song or a poem
- Make a music video
- Fix something that's broken
- Clean out my closet and put together a bag of items to donate
- Redecorate or organize my bedroom
- Host a fashion show in my room
- Research my family tree
- Look through photo albums
- Create a video using family videos and photos
- Put together a time capsule
- Make tissue flower bouquets
- Make paper beads from magazines
- Create dough art
- Make pressed flower cards
- Crochet or cross stitch
- Create a collage
- Collect quotes that inspire me
- Cook a new recipe
- Bake a treat
- Start a blog
- Start an Instagram page for my pet



Indoor Activities for Teens

- Create a vision or dream board
- Make a bucket list
- Design my dream house
- Plan my dream trip
- Research a country I'd like to travel to
- Take virtual museum tours
- Take an online class
- Watch a documentary
- Learn about constellations and locate them at night
- Research and create a video about a person I admire
- Design a board game
- Make a list of my business ideas
- Start a business
- Build a website
- Learn to dance following a Youtube video
- Take an online exercise class
- Do yoga

THINGS TO DO WITH A SIBLING

- Play a board game
- Cook or bake together
- Read to each other
- Hold an art show
- Make up a play to perform for our family
- Journal together
- Take silly selfies
- Paint pictures or affirmations on rocks
- Go on an indoor scavenger hunt
- Build a volcano out of paper mâché
- Create a board game
- Play balloon volleyball
- Have a Jenga tournament
- Sing karaoke
- Make a movie
- Make a music video
- Write and direct a short film
- Play a card game or learn a new one
- Play charades
- Exercise
- Cook a new meal
- Have a spa day
- Design a board game
- Do a science experiment



Weekly Activity Tracker

Name: _____

Age: _____

Week No: _____

DAY	ACTIVITY	COMPLETE
Monday		<input type="checkbox"/>
Tuesday		<input type="checkbox"/>
Wednesday		<input type="checkbox"/>
Thursday		<input type="checkbox"/>
Friday		<input type="checkbox"/>

Parent/Guardian Reward:

COLORING PAGES







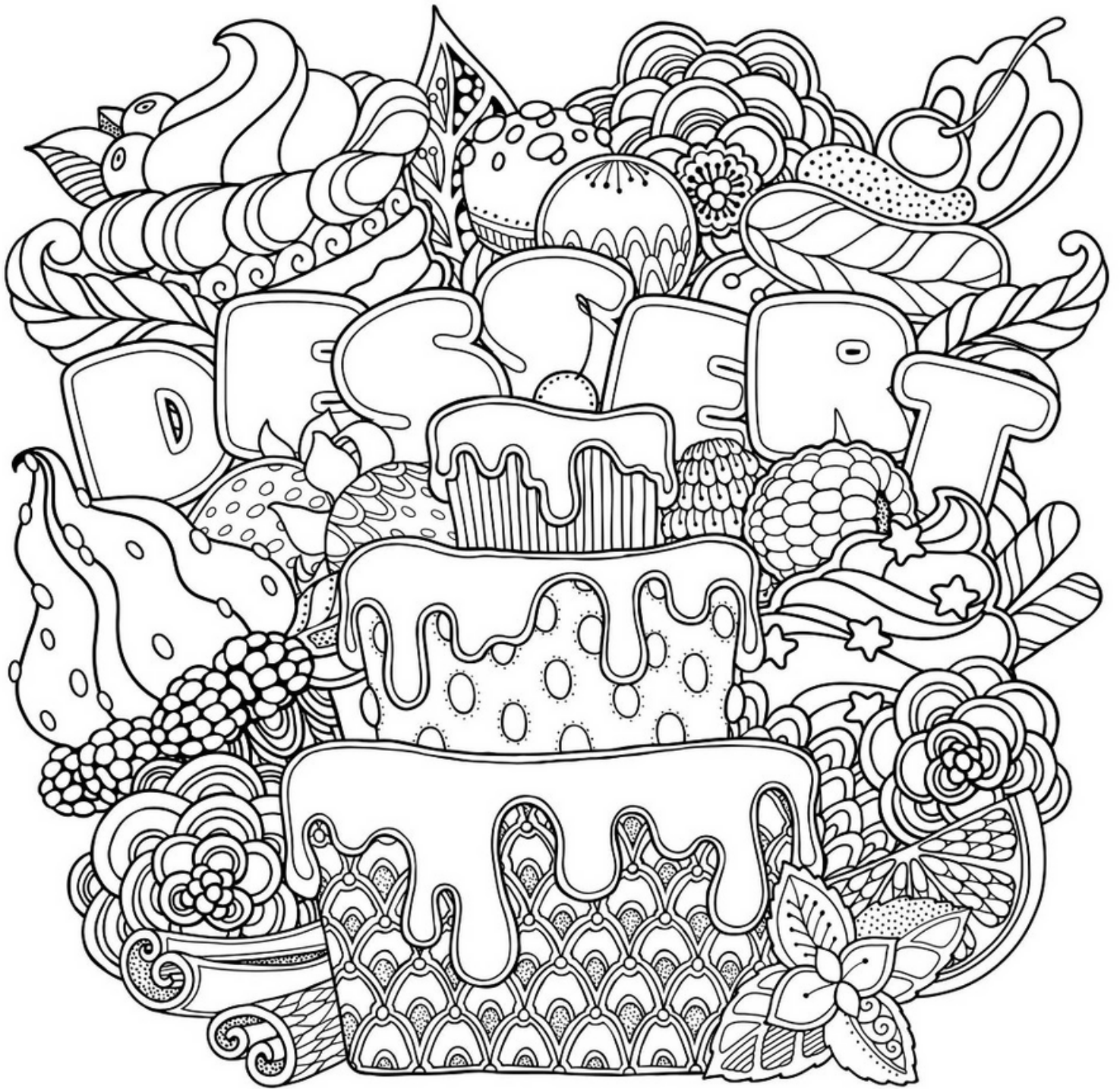
COOL2BKIDS.COM

Tangled

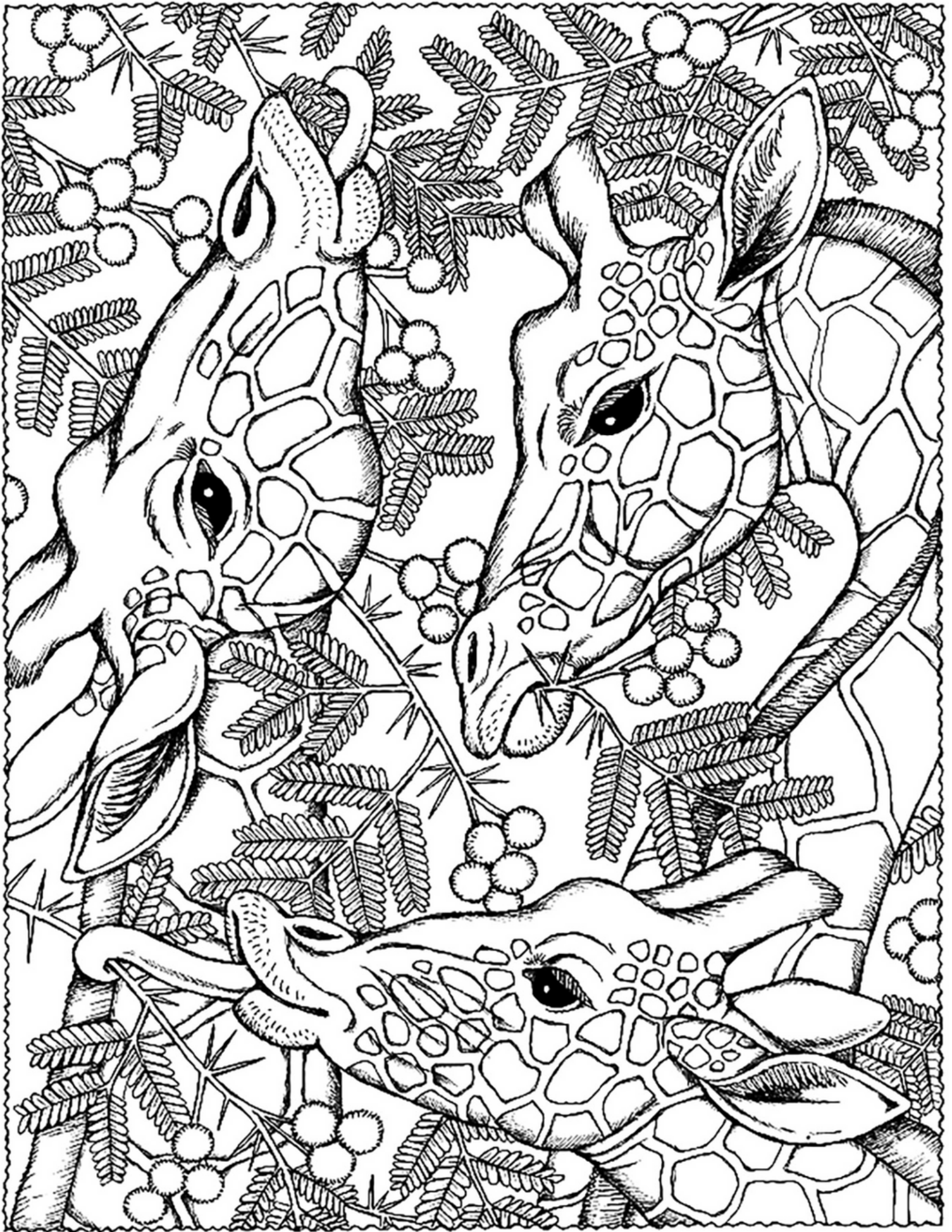








Just Color



The first page from Alexander Barclay's The
Boke of Codrus and Mynalcas, printed in
London in 1521





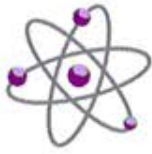


Sudoku

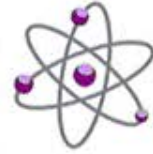
		2					4	
1	3							
				2				7
8			1					
2							5	9
					9			4
		4			1		9	
3	2							
7			5		4			3

	8			6				
		3	8			5	7	9
			5					
2		9					3	
			6				1	
				4	7	6		
	1	8		7				
			4			8		
							2	6

Word Search



Find the 40 Most Common Elements
In the Earth's Crust



The words can be vertically, horizontally or diagonally placed. They can be backwards or forwards. Good luck!



ALUMINUM
BARIUM
CALCIUM
CARBON
CERium
CHLORINE
CHROMIUM
COBALT
COPPER
FLUORINE

GALLIUM
HYDROGEN
IRON
LANTHANUM
LEAD
LITHIUM
MAGNESIUM
MANGANESE
NEODYMIUM
NICKEL

NIOBIUM
NITROGEN
OXYGEN
PHOSPHORUS
POTASSIUM
PRASEODYMIUM
RUBIDIUM
SAMARIUM
SCANDIUM
SILICON

SODIUM
STRONTIUM
SULFUR
THORIUM
TITANIUM
TUNGSTEN
VANADIUM
YTTRIUM
ZINC
ZIRCONIUM

Free Online Resources

Printable Coloring Pages

1. <https://www.crayola.com/featured/free-coloring-pages/>
2. <https://www.justcolor.net/kids/>
3. <http://library.nyam.org/colorourcollections/bibliotheques-universitaires-de-luniversite-de-haute-alsace-coloring-book/>
4. <http://library.nyam.org/colorourcollections/university-of-florida-department-of-entomology-and-nematology-coloring-book/>
5. <https://www.cool2bkids.com/>

Sudoku

1. Online: <https://games.puzzles.ca/games/sudoku>
2. Printable: <https://www.puzzles.ca/sudoku/>

Word Search:

1. <http://www.free-for-kids.com/printable-word-search-puzzles.shtml>
2. <https://www.puzzles-to-print.com/word-searches-for-kids/>
3. <https://www.puzzles-to-print.com/printable-word-search/PDFs/zoo-animals-word-search.pdf>

And...

<https://biglifejournal.com/> has a treasure trove of kits and free resources.