

MAY 2020 ISSUE NO. 16

IN THE LOOP

THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL

LANGUAGES WEEK: DIVERSITY IN OUR EXPRESSIONS

MESSAGE FROM THE MANAGING DIRECTOR	1
HOW TO BE A GOOD ONLINE STUDENT	4
AND THE BEAT GOES ON... PRIVATE MUSIC LESSONS	5
LANGUAGES WEEK: DIVERSITY IN OUR EXPRESSIONS	8
THE POWER OF A MOTHER	15
POETRY COMPETITION WINNERS	16



MESSAGE FROM THE MANAGING DIRECTOR

By Jenny Coetzee

Dear Parents and Guardians

Crawford International School continues to be an exciting experience whether on-campus or online. Well done to all the families who participated in the Languages Week and were tempted to try out the various recipes. Thank you to those individuals who sent in photographs of their travel adventures and outfits depicting the various languages and cultures. I applaud the Languages department for the effort they put into making the week memorable.

This week we celebrate Shakespeare! I look forward to seeing what the children will create and present. It is wonderful to read about some of our children being celebrated in various publications. Congratulations to Wemma Oddimasi whose essay was published in the Daily Nation and has also been shortlisted in another essay competition. Faith Nissi's artistic talent was showcased in last Sunday's Daily Nation Youth Section. We miss our students and the normal school day and therefore these achievements are quite a celebration for Crawford Staff. Congratulations to both students for living out the Crawford value of valour and being courageous to showcase their skills. You have done yourself, your parents and our school proud!

As we travel on this journey of Covid 19, we are pleased that parents have taken the opportunity to book online meetings with their class and subject teachers to discuss their progress. By collaborating we can continue to support our children to be their very best. Your support and the encouragement shown to our teachers for their efforts and preparations for online lessons were most welcomed and uplifting.

Online learning is not for the faint-hearted. The teacher, parent and ...

... cont'd message from the Managing Director

student need to be engaged and resilient to work through the various challenges which may arise. Building resilience is paramount in the 21st Century where coping with uncertainty could prevail for lengths of time.

Resilience is commonly described as a person's ability to recover quickly from difficulties. Its twin brother is mental toughness. As difficult as it is at this moment of great uncertainty, we need to remain positive for the mental wellbeing of our children and display our own resilience and mental toughness. We build mental toughness by remaining optimistic, and not allowing ourselves to slip down a spiral of self-doubt and pessimism.

It is important that we, as parents and teachers, intentionally practice an optimistic mindset. We are encouraged to practice building, maintaining and tracking positive emotions. There is much anxiety due to the uncertainty and lack of control in our daily lives as a result of this pandemic, so staying connected and reaching out to friends and family daily is important. Positive social support can improve our resilience towards coping with stress.

There are also great benefits of practicing gratitude. People who regularly practice gratitude by taking time to notice and reflect upon things one is thankful for experience more positive emotions, feel more engaged and show a higher level of compassion and kindness. Think of starting a gratitude list for your family and ask the children to write down each day what they are thankful for. Research has shown that doing good increases production of serotonin, a neurotransmitter that regulates mood in the body. So, doing good makes one feel good.

Perhaps asking our children do something special for someone that they feel needs some extra support will also keep moods positive in our homes.

... cont'd message from the Managing Director

The bottom line is that hard and challenging times don't last. Tough people do, and most of us are tougher than we think. We miss our school and children.

But we all know that this too shall pass in time and soon we will all enjoy the wonderful environs of our school.

Please stay healthy and keep safe.

Yours sincerely

Jenny Coetzee
Managing Director





CRAWFORD INTERNATIONAL SCHOOL

HOW TO BE A GOOD ONLINE STUDENT

**IT'S A LOT EASIER THAN IT LOOKS! JUST
FOLLOW THESE TIPS EVERY DAY**



Come to class on time
Fill the attendance registration form
Remember your ABC - Always Be Courteous
Study and do your homework

YOU CAN TALK TO YOUR TEACHER ANY TIME ABOUT THESE!
READ THE COMPLETE OFFICIAL GUIDELINE BY [CLICKING HERE](#)





And The Beat Goes On...

Contact CIS Music Teachers for Private Lessons



Mr. Eric

Drums and Piano
0727041450
omarierick0@gmail.com



Ms. Jacque

Voice Coach
0725468002
talentomanosi@gmail.com



Mr. Jeremiah

Violin and Piano
0719679649
jeremiahnyangena@gmail.com



Ms. Tunu

Guitar
0704189081
tunuziro@gmail.com



Mr. Azariah

Piano
0716041323
azachkip@gmail.com



CRAWFORD INTERNATIONAL SCHOOL

Shakespeare Week

May 18-22, 2020

Make Shakesperean costumes | Learn famous lines from his plays |
Be immersed in the theatrical world of William Shakespeare





ABOUT SHAKESPEARE WEEK

Shakespeare created some of the most admired plays in Literature, and transformed English theatre. He expanded expectations about what could be accomplished through plot and language.

Shakespeare's huge strides to bridge medieval and classical literature are what created to the modern literature, as we know it today.

At Crawford International School, our students are exposed to Shakespeare's work, from Year 6, which has extra ordinary storylines and powerful characters. We can leverage Shakespeares power in the literary world to disc

This week, we will look forward to our learners celebrating the development of theatre, dressing up in creative Shakespearean attire and delivering Shakespeare's monologues. We are looking forward to fun and captivating moments with our learners!



LANGUAGES WEEK

MAY 10-15, 2020

THEME: DIVERSITY IN OUR EXPRESSIONS

We have been celebrating diversity of Languages at Crawford International School for the past five days. In a multilingual society, it is important that students be exposed to other languages. There is a need for inculcating a sense of pride and importance for the second and third languages students study as part of their curriculum.

We have had several activities ranging from recipe sharing, singing, dressing up, dancing, and sharing of pictures of our past travels. I would like to appreciate the CIS community for actively engaging and staying connected throughout the week. Our differences in language and culture make us unique, and acknowledging such promotes international mindedness and a more peaceful world.

The richness of the languages and the pleasure of listening to them spoken so eloquently by our students left us all with a feeling of joy and pride.

Ms. Elizabeth Asala

LANGUAGES WEEK

MAY 11

| ENGLISH DAY



LANGUAGES WEEK

MAY 12 | SWAHILI DAY



LANGUAGES WEEK

MAY 12 | FRENCH DAY



LANGUAGES WEEK

MAY 12  THROWBACK THURSDAY



LANGUAGES WEEK

MAY 12

| MANDARIN DAY



LANGUAGES WEEK

THE WEEK'S MASHUP

These were too good not to share!



SCONES MADE BY FAITH, YR 5



MS. EVAH IN ABU DHABI, UAE



MS. MARLENE AT MARRAKESH, MOROCCO



HELLEN, YR 7 AT BOSTON, MA, USA



PILAU MADE BY SAYARI, YR 5



MAHAMRI & COFFEE MADE BY HELLEN, YR 7



MS. ELIZABETH AT A SHRINE IN BANGKOK, THAILAND



MR. MARCEL & MS. JENNY AT THE RIFT VALLEY, KENYA



MR. MALIK AT INCHEON CITY, SOUTH KOREA



STAFF POSE FOR SWAHILI DAY

The Power of a Mother

By Ethan Tumaini Magolo, Year 11



‘Oh, mama liked the roses. But most of all she cared, about the way we learned to live and if we said our prayers.’ These are the words of legendary Phenom Elvis Presley.

This past week, at CIS, we celebrate the backbone of our society - the mother; our mothers. These are the strong unwavering ladies who carried us for nine months in their bellies; the valiant brave maidens who bore the excruciating pain of childbirth for our sake; so that we may live.

They are the intelligent cunning and resourceful women who, for centuries, endured the predicament of segregation, the quandary of sexism and were able to rise up and take hold of their own fates,

free from the domination of archaic old laws. It was barely a hundred years ago, that women and mothers around the world, began to work in place of men who went to fight in wars.

They became the breadwinners and child bearers at a time when the world regarded the bodice of a woman as frailty. These women and mothers helped the same men, who oppressed them, gain peace of mind after their minds were haunted by the ghosts of war.

Fast track to the 21st century, mothers establish companies, lead nations, make music all while taking care of us. The ferocity of mind, the power of will, the Samson-like strength our mothers possess is unlike anything in this world; It is superhuman.

They hold our hands when we’re scared, they cheer at the top of their lungs when we achieve something, they hold us, cradle us when we are unhappy, they mentor us and guide us when we do wrong, and we do wrong so many times.

So, next time you want to shout at your mother when she gives you direction; next time you want to ignore her when she calls for your help; next time, remember the power of a mother.



Poetry Competition

Celebrating our Mums, Dads and Guardians through prose.

And the winners are...

Early Years Foundation Stage:

1. Hope Maira -Kindergarten 2
2. Oliver Maina – Kindergarten 1
3. Hannah Gikebe- Kindergarten 2

Key Stage 1:

1. Ethan Musyoka - Year 2
2. Cindy Bett - Year 3
3. Kaiyl Patel -Year 1

Key Stage 2:

1. Pari Shah - Year 5
2. Colleen Githere - Year 5
3. Wildan Abok - Year 4

Key Stage 3:

1. Wema Marandu - Year 9
2. Daniella Onyona- Year 8
3. Adrian Musebe - Year 8

Key Stage 4:

1. Ethan Magolo - Year 11
2. Stacey Makau - Year 11



See their poems in the following pages.

Thank you to all the students who made their submissions.

You are all stars!

KEYSTAGE
EYFS
**FIRST
PLACE**



Hope Maira

KG 2

KEYSTAGE
EYFS
**SECOND
PLACE**



Oliver Maina

KG 1



Hannah Gikebe

KG 2

My Mother is the Best, She Helps Me with the Rest

by Ethan Musyoka, Year 2

My mother is the best she helps me with the rest

My mother is nice she gives me a dice

My mother is fun she makes me a bun

My mother is clean she lends me beans

My mother can cook she helps me with a hook

My mother is cool she lets me go to the pool

My mother is reading she helps me with beading

My mother lives on a beach she helps me with a peach

My mother eats cabbage she writes on a page

My mother is still she helps me with the bill

My mother is on a call she helps me in a hall

My mother is fast but came last

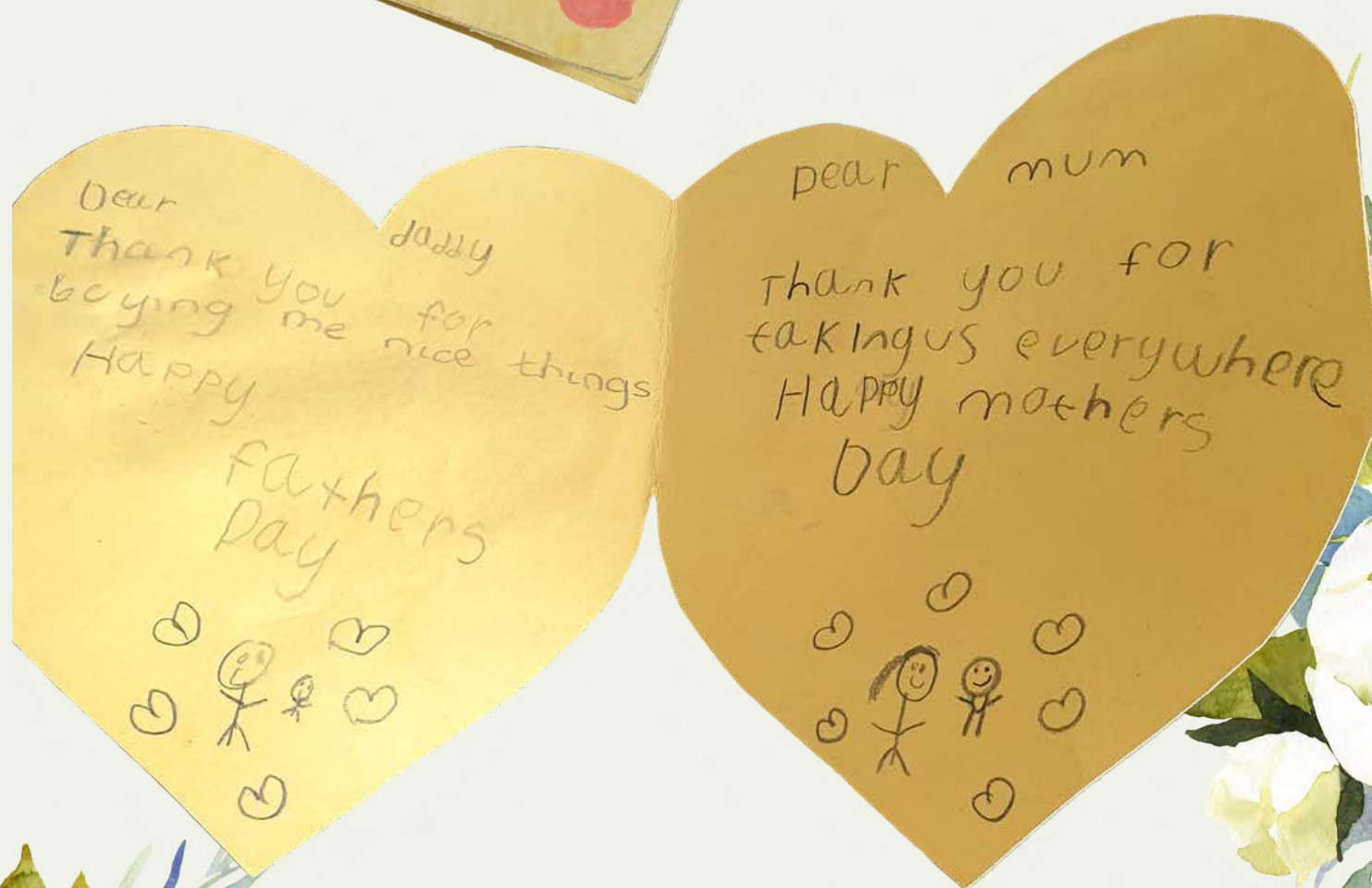
My mother is great she lets me taste

A poem to mum and dad
Oh mum and dad,
How I love you so.
You have taken great care of me
Since I was young and toothless.
Make no mistake, I am still young
and energetic, only now I have grown so
smart and can write this poem for you.
Thank you for always giving me the best in
life. I sure hope to return this favour
Some day.
Happy mother's and father's day in advance.

A poem by Cindy Bett

Cindy Bett

Year 3



Kaiyl Patel

Year 1

Happy Mother's Day

by Pari Shah, Year 5

Dear mum you have been the best mom in the world
You have taught me many things,
I especially love your soft lovely voice,
Especially when you hum or sing,
I love your homemade food shak and rotli
Whatever it may be as long as I have the most
sweetest most caring mum in the world I really thank god for
giving me the world's best mom and I hope we can make the
most of mother's day at home even though the gift I had made
for you was left in Nairobi
I really love you and I hope you will be with me forever.

Lot's of love

Dear Mother

by Colleen Githere, Year 5

You are loving, caring, and much more
You can make the sun shine on any given day,
Make flowers bloom on any farm

When I am sick you make me feel better,
When I am scared you stay by my side,
When I am sad you motivate me to be happy

You opened the door to the world for me,
You made me who I am today,
You took care of me,
You loved me,
You told me what was good and what was bad

When you get aged I promise to protect you,
Love you and motivate you
When you are going through a hard time

I love you to the moon and back

Happy Mother's Day

by Wildan Abok, Year 4

Happy mother's day
For all the things I didn't say
About how I felt along the way
For the love you gave
and the work you've done
Here's appreciation
from your son

Mum is such a special word
The loveliest word I've ever heard
Mum you're so special
you are simply the best
I love you more than
anything you know

Sending this to wish you a wonderful day
You always care for me no matter what
For all the things I've done bad
You still love me and nothing can replace our love
Today is your day
The most specialist day of the year

Happy Mother's Day!

Mum's Poem- Time in Love

by Wema Marandu, Year 9

Time has passed, no one has even noticed
Because when it does, so much has happened
The relationship you and I have today
Is definitely result of time passing by

On August 20th, 2006, AD
You brought me into this world
Thirteen and a half years ago
Time has definitely gone by
You heard me say my first word

You held me during my first attempts to walk
Held my hand as you took me on my first day of kindergarten
How? The result of time passing without us knowing
Taught me to play Scrabble to help my spelling
And when the time, came you enrolled me into primary school

You watched me fall of my bicycle and picked me up,
Time has gone, just like that
Always full of hope for my future
You natured me to become the person I am today
By God's grace you're still here
Time has flown really fast

I hope in all this you may see
That it is not the gifts and the places that you've taken me
But the fact that you have always been there for me.
Time has really done a lot for us
Which makes me want to say, how much I love you

Happy Mother's Day!

Mum

by Daniella Onyona, Year 8

Mum I truly love you
And think about you each and every day
Thank you for loving me unconditionally
When things weren't going my way

You always lift me up
When life lets me down
You always find my smile
I just love when you're around

You empower me to live my life
To be the best I can be
I really want to thank you
For always being there for me

Mum you are my ray of sunshine
That brightens each and every day
You are the rainbow in my life
That clears the grey clouds away

Today I want to tell you
Just how much you mean to me
To thank you for our friendship
And the love you've given me

Love you mum and have a happy mother's Day

Poem to My Mother

by Adrian Musebe, Year 8

A special bond
That spans the years
Through laughter, worry,
Smiles and tears

A sense of trust
That can't be broken
A sea of love
Sometimes unspoken

An eternal friendship
Built on sharing
Scaring and glaring
Warmth and caring

Mother and son
Their hearts as one
A link that can never
Be undone

Dost Kara Günde Belli Olur

(A friend is known in adversity - a Turkish proverb)

by Ethan Magolo, Year 11

MUM,
When I was down and out
When my mind was clouded with such doubt
When I believed, everything I did
Brought you such disgrace, You were there for me

MUM,
When trouble and chaos surrounded me
When his words fell like sledgehammers and battered me
When tears flowed down my face like rivulets
From the reservoir within me, You were there for me

MUM,
How can I explain it?
When my pitfalls became such a reality
When my failures seemed to pummel me
When I was distressed
Stressed by the world around me, You were there for me

MUM,
You saw what little life was left in me,
See, you gave me life
And understood no matter the amount of strife
I had to survive-
You cradled me when I was just a child
Fickle and plain Fragile,
With no purpose just yet You didn't fret,
You knew the sun wouldn't set,
On who I was going to be, On who I was supposed to be.

MUM,
Right here, right now
I want to say, I love you
I appreciate you even
When I act the fool
Knowing it's not cool, even
When I'm rude
Acting like a prude
Know I'm just in a mood.

MUM,
I fail to recognize the aura of beauty and grace
that radiates around you,
The strength and power that courses within you.
I'm sorry it took me this long to get clued up
But you're the shrewd one
So, Imma do better, MUM.

Mama

by Stacey Makau, Year 11

Mama, madre, 妈妈, mere; different ways to call my mother yet they all still radiate warmth.

In your womb I was formed, in your efforts I was born and through you nurturing love I was raised.

My first word was your name and still is the first name I utter whenever I'm in trouble.

In your arms you held me and through those same arms you fed me, working even when your head hurt and your feet failed you.

Your love is like a scent that follows me everywhere I go and turns into a sword to fight off lurking danger.

Oh, how your love smells the sweetest when you cook and it fills the walls of the house you made into a home.

So, mom, don't worry. The seeds of love you planted grew into blossoming flowers that spread pollen all over just like you.

Don't worry because I have your teachings engraved in my heart.

Don't worry because I feel for your trap, the one where you wear the warmest smile whenever I make you proud.

Now that smile is a part of my goals, right after my goal to always put myself first.

To always be fierce and chase my dreams because if I may quote, you said, 'Life is all about having that passion that brings you to tears and keeps your heart beating.'

Don't worry mom because I will remember to show gratitude through prayer. But can you be the first thing I thank God for?

Don't worry mom, I think you did a good job.

So I'll walk with my head held up high because I am your daughter.

I'll fight the boys back when they disturb me because I am your daughter.

I'll help those that need to help because I am your daughter.

I'll chase my dreams passionately because I am your daughter.

I'll continue smile like the heavens are always shining on me because I am your daughter.

Through these few acts I have all my fingers crossed, wishing that I will follow in your footsteps.

In being confident, loving, unapologetically passionate but outgoing, resilient, intimidating but a radiation of beauty and elegance.

Happy Mother's Day, mother.