

MAY 2020 ISSUE NO. 17

# IN THE LOOP

THE OFFICIAL NEWSLETTER OF CRAWFORD INTERNATIONAL SCHOOL

## SHAKESPEARE WEEK MENTAL HEALTH AWARENESS WEEK

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# MESSAGE FROM THE MANAGING DIRECTOR

*By Jenny Coetzee*

Dear Parents and Guardians

Welcome back after the midterm break! It was wonderful to have an online assembly this week and then to see the various happy emojis on the chats as the students showed their excitement to be back at school. We have a few weeks of this term left and are currently in planning mode for 2020/2021 year. If all our students remain in school, we will see a further increase in enrollment next term, especially as we move into our last phase of the school namely A levels. Please be reminded to give the school notice by **15 June** at the latest if you are not planning to rejoin us in the new academic year.

Hopefully by September we will be physically back at school, if not we will continue with our digital learning. I am exceptionally proud of our Year 11 students who have completed all their IGCSE assessments and will soon be graduating. The IGCSE results will be released in August and will carry the full weight as if the students had sat for the examinations under controlled circumstances. To enter A Levels a student is expected to have achieved at least 5 C grade. Should a student wish to take Science or Mathematics at A level then at least a B grade needs to have been achieved in those subjects. For a student to study a subject at A level a minimum of a C in that subject must have been attained. Should a student want to improve the achieved result they will be allowed to enter the November examinations for a re-evaluation.

We also had a small cohort of Year 10 students who completed the requirements for IGCSE Swahili this year. Since the Swahili syllabus changes next year it was a wise decision for these students to finalize their course this year. We also had a Year 10 French student complete the

## **... cont'd message from the Managing Director**

French qualification. This allows these students to have more time to focus on their other subjects in Year 11.

To assist with our planning for staffing and procurement purposes it is imperative that all subject choice forms have been returned. Crawford has the added advantage in that students are not blocked into certain subject groupings. However, the building of the timetable is an arduous and time-consuming task and therefore it is important for our staff to start as early as possible. Should a student fail to hand in their subject choice form by the set deadlines they may have to change their subjects to fit into the timetable. Therefore, I appeal to parents to ensure that this task is given priority as it is in the best interests of the student.

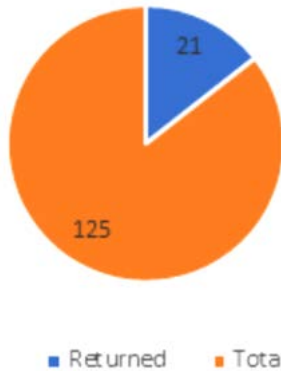
We have procured the Mathletics program which has been made available to Year 7-10 students. As we have experienced that some of our students have missed foundational elements of mathematics before joining Crawford, this program will allow them to strengthen their mathematical skills in their own time with the teachers and parents able to gauge their progress. It also allows for extension for those students who are mathematically talented. A letter will soon be sent to parents describing the intricacies of this program by the Mathematics department.

Since commencing with our online learning, we have twice asked parents to complete surveys. The first survey was to gauge the readiness of families for an online offering. From that survey sent on 17 March 2020 we confirmed that 89% of our parents were in the position to have their children engage with e-learning. After two weeks into this term we again asked parents to give feedback on the online learning program. That survey ran from 30 April – 4 May. Students in year 4-11 were also asked to comment. I have received these results and would like to share them with parents.

## ... cont'd message from the Managing Director

### Summary of Survey Results

KG-Year 3 parents  
6% parents returned survey



For a survey to be considered as valid and reliable at least a 30% return should be received. We experienced a very low rate of return in all three sample group. Nevertheless, we were able to extract some helpful information which has allowed us to improve on our online learning going forward.

The following issues were raised through the survey:

#### Fees

- The aspect of discounts has been addressed through letters sent to parents on the 6th and 8th of May.

#### Six-week lesson overviews

- Considered in some cases to be too complex;
- Need for simplification;
- They were a positive guidance for parents and appreciated.

#### Lesson plans

- Too much work was being set;
- Assignments were being posted in different places;
- Confusion regarding what the function of offline lessons were.

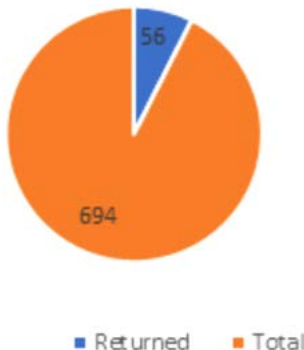
#### Administrative follow up when students missed lessons

- Minority of parents were irritated that this was happening;
- Majority of parents were grateful for the follow up and collaboration.

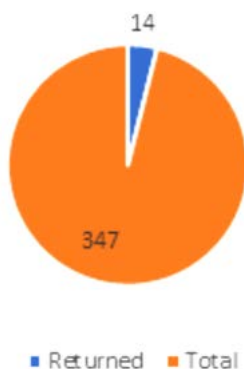
#### Technical problems experienced

- Some students muting other students' mics;
- Webcams not being on for all students;
- Network challenges and power outages due to heavy rainfall.

Year 4-11  
8% parents returned survey



Year 4-11 students  
7% students returned



## ... cont'd message from the Managing Director

### Teaching and learning concerns

- Connecting late due to overlapping of lessons;
- Cameras not being turned on;
- Students working exceptionally long hours;
- Feedback taking much longer for marked assignments;
- Whiteboard not being used;
- Teacher contact time with larger classes.

### Suggested improvements which have been workshopped with staff

#### • **Online vs offline lessons**

Learning happens when students personally engage with work. Although the initial teaching is done by a teacher, it is during the time that a student works with the material to understand it fully, that the student may need to ask for further assistance. Therefore, the online teaching lessons happen when the teacher is teaching the material and the offline lessons are when the teacher is available for questions by students for one-on-one assistance. Students generally leave a chat message for the teacher to engage or else the teacher is called by the student. Please note that students do understand how the offline lessons work and often engage with teachers even outside of the offline lesson time, after school hours and on weekends.

#### • **Posting of assignments**

Although students have been instructed how to do this during lessons an easy step by step guide has been provided for the students so that conformity is enforced with all submission of documents. Parents would also have received a copy of this information.

#### • **Revision of timetables**

1. A new timetable has been introduced after midterm to include a changeover time between lessons and a set time for lunch and break.
2. Crawford Connect has also been introduced. This is a 15-minute start at the beginning of the day which can allow for interaction with the students by the class teacher, the deputy or even an assembly.
3. Two of the Crawford Connect times also give the students a chance to socialize. It is good for the mental wellbeing of students to have this opportunity.

#### • **Online behavior**

It's important that students are reminded of the Online Code of Conduct. Each newsletter has a link to this document. We ask parents to again review this document with their children and reinforce the expected behaviour.



## ... cont'd message from the Managing Director

- **Assignment feedback**

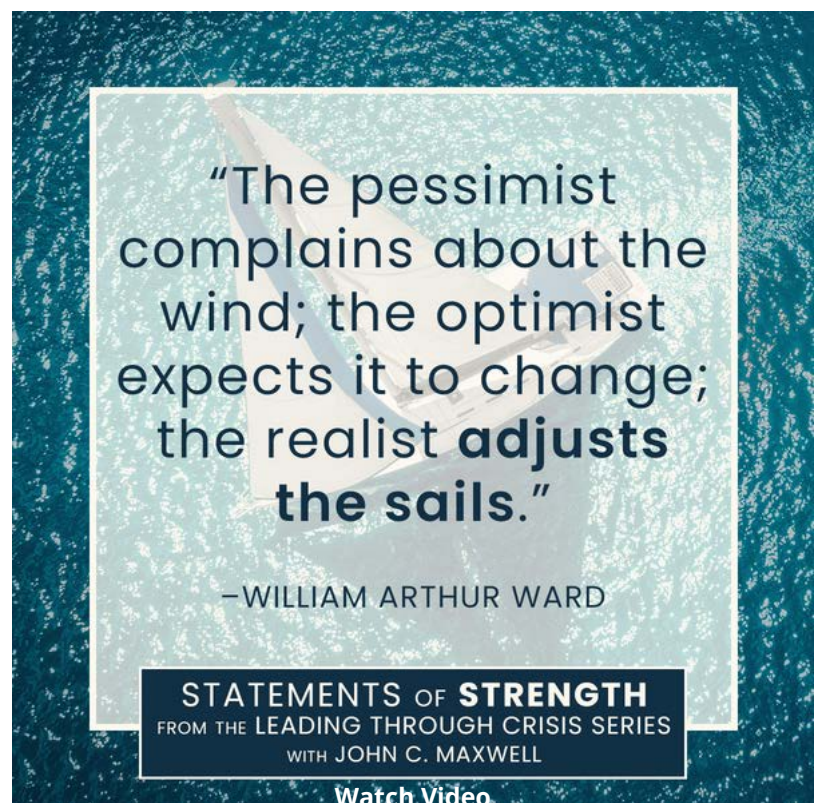
1. By using the proper channels for assignment posting teachers can give feedback to the parents individually.
2. There is usually a 48-hour turnaround for feedback on assignments. However, please understand that some assignments e.g. research projects take a much longer time to mark than tests or class exercises.

Parents, thank you for your support of the online lessons. This is a new phenomenon which teachers across the world has had to come to terms with as a result for Covid-19. Each day we can only get better and stronger by working together. I am also grateful that there are parents who encourage their children to get involved with the various activities which we have offered. During this time having our children experience as much normalcy as possible provides security for their personal wellbeing.

Wishing everyone a good second half of the term. Please keep safe and stay well.

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



**World  
Oceans  
Day**

# ART FOR CHANGE

**AN ART COMPETITION TO RAISE AWARENESS ON  
MARINE LIFE SO WE CAN BETTER #PROTECT OUR HOME**

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**USE RECYCLED OR  
ENVIRONMENT-FRIENDLY  
MATERIAL**

**SUBMISSION DEADLINE IS JUNE 25, 2020**

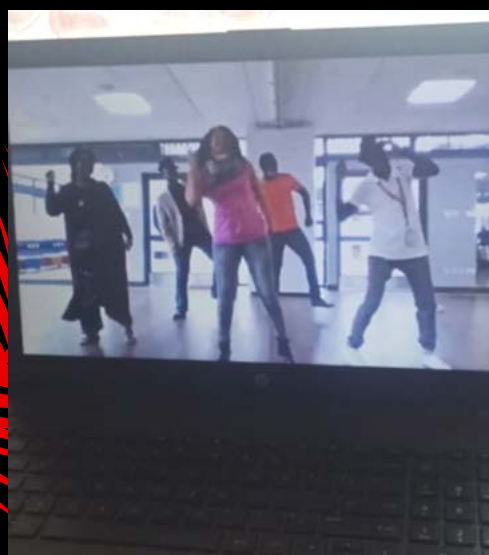
**EMAIL SUBMISSIONS TO MS. KANUPRIYA AT  
KPAWAR@CRAWFORDINTERNATIONALSCHOOL.COM**



CRAWFORD INTERNATIONAL SCHOOL

# DIGITAL PARTY: THE RECAP

May 22, 9 AM - 11 AM







# The Importance of Shakespeare

by Ms Elizabeth Asaala

Shakespeare is relevant today and has stood the test of time. Readers resonate with the universal message passed through his work. His plays and poems are a good source of Literature that one cannot claim to understand without understanding Shakespeare.

He is the foundation of Literature and thus would be unwise to banish him for students' studies. Too many children grow up thinking Shakespeare is boring- or that they are ignorant for not enjoying his plays.

The teaching of Shakespeare in schools has become far livelier than it was in earlier days.

At Crawford International School, we unveil and teach Shakespeare through whimsical activities whose goal is to motivate students and guide them in appreciating his literary works. Learning Minister for School Standards, Nick Gibb said, "Being able to read the works of Shakespeare is a passport to a world of discovery and imagination."



# Shakespeare Week

MAY 18-22





# Shakespeare Week

MAY 18-22





# Shakespeare Week

MAY 18-22





# Shakespeare Week

MAY 18-22





# Shakespeare Week

MAY 18-22



# A Renewed World Amidst Crisis

*by Abigail Omuko, Year 7*

As the world battles COVID-19, mother earth has been unexpectedly healing herself. Polluted cities around the world are now renewed with clean air due to strict lockdowns in most places that have left human beings confined to their homes, slowing down activities that cause pollution. No smoke, no dirty water. Primarily, the world is regenerating.

The India Gate in New Delhi on October 28, 2019 (Before) and on April 20, 2020 (After) is evidence of our planet's healing. If you look at the two, you'll see a complete difference between them; one full of smog, the other full of clean air.

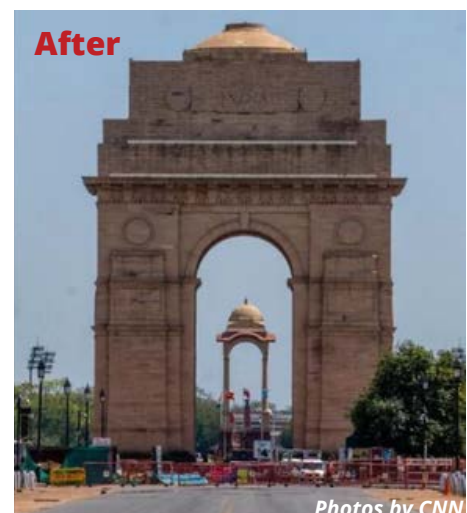
Before COVID-19, factories, cars, buses and other vehicles that cause carbon emissions were commonly used in

India. As a result, smog occupied the area. As the country went into lockdown, factories were closed and less vehicles were on the road. This led to an environmental cleansing.

Mother earth was really injured, and if she didn't heal herself, we would be at huge risk. As we fight the Coronavirus, let us not forget the lessons we have learnt. Let us stop air pollution, we can all see its effects.

Like our national anthem states: "Let one and all arise, With hearts both strong and true. Service be our earnest endeavor, And our homeland of Kenya, Heritage of splendor, Firm may we stand to defend."

Let us all fight this pandemic together! We will not let it get the best of us! We can all make it through these times! We will not let Coronavirus destroy us; we will destroy the virus! And while we're at it, let us make the world a better, more beautiful place.





Mental Health Awareness Week

# SOMEBODY CARES



Organized by Crawford International School's Peer Mentors

**MAY 25-29, 2020**

**Sharing positive messages, art therapy, mindfulness and uplifting music**



Watch Iruga's  
Mental Health Message



Watch Wema's  
Uplifting Performance



# A MENTAL HEALTH AWARENESS POSTER

- I have designed this poster for people mainly who have mental health issues.

- Here are some tips to make your minds healthy.

1. Regular strength training.

2. Healthy Diet.

3. Meditate.

4. Read books.

5. Sleep enough.



Do not be afraid of who u are.

**(NB:)** We're all different. Accept and be proud of who you are rather than wishing you were ~~not~~ more like someone else.

Thank you.



Mental Health Awareness Week  
**SOMEBODY CARES** Sunshine by Mark Kinuthia, Year 9



Mental Health Awareness Week  
**SOMEBODY CARES** Greatness by Mark Kinuthia, Year 9

Posters designed by Peer Mentors:  
Top by Nabila Issa, right by Matthew Kanjama, both in Year 8, and above by Mark Kinuthia in Year 9.  
Great job!

## Keep your mind healthy!



GOOD MENTAL HEALTH IS GOOD MENTAL WEALTH!

TO HAVE GOOD MENTAL HEALTH YOU SHOULD:

Talk to someone you trust about what you are feeling.

Join a club in your school.

Partake in an activity or a sport.

Get ample time to sleep.

Do not be idle.

Go to see a therapist.

# Living with Depression

*by a student living with depression*



I would like to share with you my story, my life with depression. There are days when I feel so sad that I begin to cry for no reason. Today is one of those days. I feel scared and exhausted too because this is a feeling that I cannot seem to control. As the day goes on, I get used to the sadness.

On some days I do not feel anything. I feel empty and sad and wonder how the day will turn out. The empty feeling keeps growing and I start to think how I am not important to anyone. Not even to my family and close friends. I smile at everyone I meet but why do I feel so sad?

On most days though, I am happy, chilled out, enjoying school and my friends. I wish it could be like this every day. I love it when I am happy. I enjoy looking at my parents' faces when I am happy because I can see their love for me. I have a little brother who is 8 years old and when I am happy I hug him tightly and tell him how much I love him. I also have a little dog that I love very much.



Sometimes when I am sad I hang out with my dog in our home compound and sometimes I feel as if he understands me. His name is Fluffy and my parents bought him for me on my birthday. They said he would make me happy and I believe them now. At first I did not want a pet but now I enjoy playing with Fluffy or taking care of him.



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You can see how sometimes I am sad and other times I am happy. That has been my journey for the last three years and it has not been easy. In spite of my sometimes lonely and painful journey, I am blessed to have a wonderful family that loves me so much, a doctor who always speaks to me positively, and friends who care a lot about me.

The month of May is the Mental Health Awareness Month and I was asked to share my story. That is my story and I am glad to know that the theme has been "Somebody Cares."

Thinking about it, there is a good number of people in my school who care about me, how I feel, and they always ask how they can be of help. I would like to say, "Thank you" to everyone who always reminds me that "Somebody Cares."

# Taking Care of Your Mental Health

*by Ms Lucy Simiyu*



As we come to the end of the month of May, it is important to stop and reflect on the importance of our mental health. May is the Mental Health Awareness Month and in as much as we did not have as many activities to create awareness, the peer mentors and a few students shared messages of hope with their peers. Our theme was, “Somebody Cares,” and this was to assure each member of the Crawford community that one does not need to go through any sad or negative feelings alone.

Observing the mental health awareness month is important since it calls our attention to the one aspect of our lives that we tend to ignore. Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. Mental health can affect daily living, relationships, and physical health.

COVID-19 has come with a lot of changes in every sphere of life: physical, financial, social and emotional. The new normal is quite overwhelming for everyone, both children and adults, and there is need for individuals to practise taking care of their mental health. An emotionally healthy adult is not only able to cope with the various challenges presented by COVID-19 at a personal level; but this individual is also in a better position to extend positive support and care for the child or children in his or her care.



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How can you take care of your mental health during this critical time in history? Below are a few guidelines to get you started:

- **Talk about your feelings with a family member or someone you trust.** As the pandemic stretches over a long period of time it is possible to begin to feel anxious, sad, fearful, angry, disappointed, etc. Talking about feelings is not a sign of weakness; in fact, it is the beginning of one taking charge of his or her emotional well-being. Bottled up feelings can result in both eruptive and disruptive behavior that will not only hurt an individual but also hurt one's loved ones.
- **Engaging in regular exercise** is helpful as it helps boost your self-esteem as well as improve your concentration, sleep and general mood. With the closure of gyms, home exercises have gained popularity. However, this is not the only way you can stay physically active. You can also take walks in your neighborhood as you observe the social distance and mask wearing guidelines. You could also take up activities such as gardening, cycling, or housework to help you stay active.

- **Eat healthy.** Healthy eating comprises of a balanced diet which includes: lots of different types of fruit and vegetables, wholegrain cereals or bread, nuts and seeds, dairy products and plenty of water. It is also important to try and eat at least three meals a day at regular times. High caffeine or sugary drinks are not a good way to take care of one's health. A healthy body also means your mental health is taken care of.



- **Having strong family ties and supportive friends** can help you deal with the stresses of life. Friends and family remind us that we are not alone, and they can cushion you from sinking into further stress. Some family and friends will help keep you grounded by offering different opinions over various matters and offering practical

## ...cont

solutions to some of the problems you may be grappling with. Since our human interaction has been limited in the past few months since the advent of COVID-19 it is important that we find creative ways of staying in touch with families and friends. Video calls, chats, phone calls, etc. are a good way for you to remain connected to your loved ones. You can also be the one that family and friends reach out to when they are going through an emotionally difficult time. It is important to keep communication channels open.



- **Take a break.** Most of us struggle with having “me-time” yet it is an important aspect of taking care of one’s mental health. A change of scene or a change of pace is good for your mental health. It could be a

five-minute pause from cleaning your kitchen, a half-hour lunch break outside in the garden as you unwind, or a long walk alone in your neighborhood. A few minutes are enough to de-stress. You can also create a secret, quiet spot in the house to “hide” for a few minutes while allowing yourself to breath in and out, or take a well-deserved nap, or listen to some soothing music.

- **Ask for professional help.** Where one is totally overwhelmed and seems unable to cope, then perhaps it is time to seek professional help. Seeking help is not a sign of weakness. Therapy is helpful in clarifying one’s thoughts and providing a way forward to issues that seem monumental. A professional counselor or psychologist is always at hand to help, with most having adapted to online therapy sessions.





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- **Show compassion and gratitude.**

These two attributes are important in cultivating a positive attitude within yourself since they will help you to look outward instead of inward. It is possible for you to be so consumed with “me, I and myself,” that you forget that there are many

who wish they could have the kind of life you have. Showing compassion and care for those who are less fortunate than you will open you up to the joy of sharing and the grace of giving. In addition, having an attitude of gratitude means that you will always count your blessings, naming them one by one, and it will surprise you just how much you are blessed! You could think of having a gratitude jar where you place a “thank you” statement per day or you could keep a gratitude journal. This way, you will find that you begin to have more peace of mind as you take notice of the many things that we take for granted e.g. waking up every morning, good health, your children, your parents/guardians, your siblings, the food you eat, the water you drink, etc

As I wrote this article, the following words by Henri Nouwen came to mind:

*“Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.”*

In taking care of our mental health, we need to share ourselves with others, in loving and peaceful ways. Only then shall we enjoy a deep sense of fulfillment that comes with knowing that others walking alongside us are in a better space because of a word, or a deed on my part.