

# IN THE LOOP

THE OFFICIAL NEWSLETTER OF  
CRAWFORD INTERNATIONAL SCHOOL

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# MESSAGE FROM THE MANAGING DIRECTOR

*By Jenny Coetzee*

The Day of the Book was a wonderful adventure as each child arrived dressed in exciting outfits depicting a character from their favorite book. We had the entire group from the Wizard of Oz, Rapunzel, Snow White, fairy princesses and many superheroes too. The students enjoyed the day being treated to story tellers, puppet shows, games and making their mark on the memory wall in the school courtyard.

My sincere thanks for all the books which were donated by the school community. Our library stock has grown, and it is interesting to read why the children enjoyed the book they were donating. The year 10 group won were the grade with the highest pile of books. Well done and thank you!

Further congratulations are also awarded to our sports teams who competed last week. The senior girls' rounders team performed exceptionally well to walk away with silver medals in the tournament at Oshwal. The swimming team again proved to be one of the strongest teams at the gala to be placed first out of 21 schools and our soccer teams performed exceptionally well against Samaj. Thank you to our parents and staff who have spent many hours supporting, coaching and encouraging our teams. Your enthusiasm and support are infectious. Your participation was most appreciated at the Interhouse Cross Country on Friday. It was great to see our children taking up the challenge of the course being inspired by their parents. Well done!

I would like to appeal to parents to take time out of busy schedules to speak to their children about self-discipline and self-management – with specific reference to the older children in the school. It is very unfortunate when children allow themselves to be influenced by their peers, just to end up in trouble and having to bear serious consequences as a result of their bad decisions which go against all ethical behavior. Being complicit unfortunately also has consequences. The Code of Conduct of the school clearly states what is acceptable behavior at school, on the school bus and when visiting other institutions. Crawford is preparing children for the global arena; good behavior, high morals and genteel manners are paramount. It has been disappointing to discipline senior students this past week, who should be setting the example for the younger children.

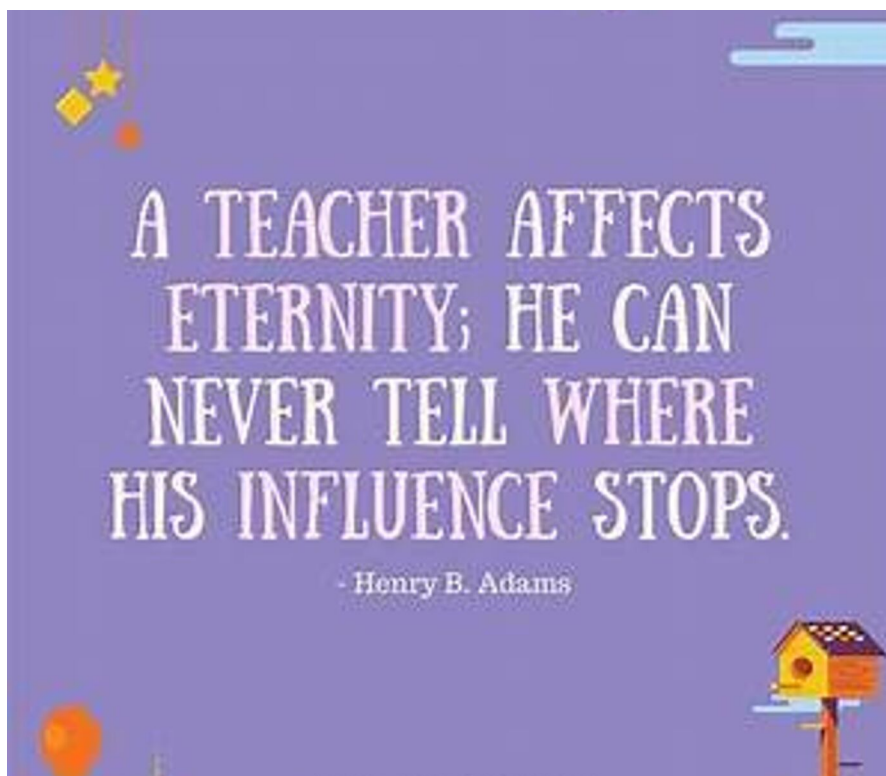
Saturday celebrated World Teachers' Day. Teaching is a calling and at Crawford we are

most privileged to have dedicated teachers who are willing to make a change in a student's life, not just to educate. I thank them for their effort in reaching out to our students each day.

Finally, we wish all our students the very best for their Checkpoint Exams this week. To all our families have a wonderful midterm break. School will close at **12:00 PM** on Wednesday. Please ensure that arrangements are made for the timely collection of children. Boarders will return on Tuesday, 22 October at 4:00 PM. The school opens officially for all students on **Wednesday, 23 October 2019**.

Kind regards

Jenny Coetzee



# THIS ISSUE'S HIGHLIGHTS







## Day of the Book

*by Ms Ruth Michoma*

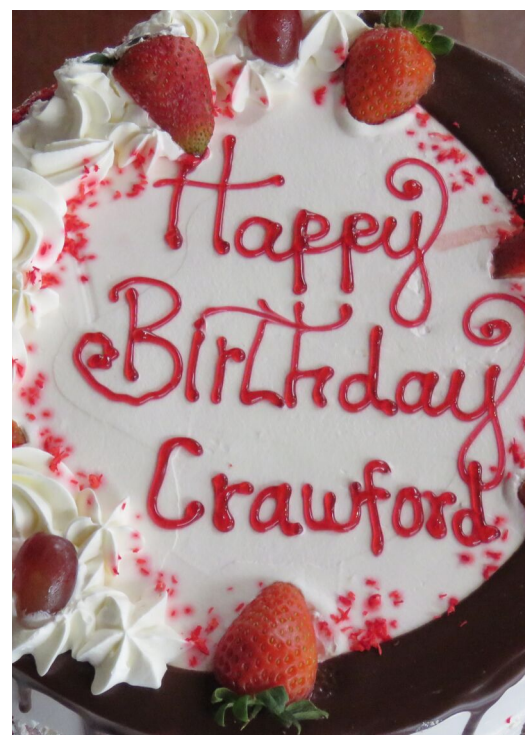
Crawford hosted its 2nd Annual Day of the Book on Thursday, September 26. The day started with everyone arriving in their creative and fantastical book-character outfits, each reveling at the other's choice of outfit and talking excitedly about the day's planned activities. The school met at the hall by 8 am. Judges took their seats to decide on the best dressed characters by grade groups.

The managing director, Jenny Coetzee, gave a heartwarming and impassioned speech about the importance of books based on her experience living close to a library. She said that books transport us far and wide expanding our capacity to imagine what is possible and to do great things.

Students, faculty and staff then proceeded to donate their book to the library. Year 10 was the class that donated the most books - their representatives and teacher were presented with a trophy.

The school celebrated its first anniversary by blowing a large candle and sharing cake during tea break and staff meeting. The day was filled with fun activities broken up by year group. From storytelling, to magic and puppet shows, to an interactive "Make your Mark" activity to dance competitions, there was something for everyone's liking and enjoyment.















## Scouts Go Camping

by Mr George Njeru and  
the Crawford Scouts

The Scouts went on a camping trip on September 25-27 at Oloiden Camp Site in Naivasha. They managed to get several badges in various categories. They also got an experience of swimming at the geothermal hot spa. We asked these budding explorers to give us their personal account of this amazing experience. Here is what some of them had to say:

*My favorite part was the hot spa with the shiny egg thing on the floor. I didn't sleep too well because it was so cold so we had to go to the campfire at 2:00 AM but I still liked it and I hope we have more.*

Aaryan Patel



“

*This trip was a fun expedition. It was cool but a little scary. I got to dance, act, eat and so much more. I got to swim in underground water which was very sticky. I was scared by monkeys and loved sleeping in a tent.*

Mona Wainaina

*My adventure was fun because I learnt how to make a fire. I also did fun and new things like swimming in a pool that smells like rotten eggs. I had fun cooking and learning how to have teamwork and making friends. What I loved most was learning how leadership and friendship are important.*

Victoria Ogutu





## BBC Visits Crawford

by Mr Anthony Mwangi

A team from the BBC visited our school on Friday September 27. They presented a talk titled "Beyond Fake News" to years 10 and 11. The presentation was aimed at sensitizing the students on fake news: how to identify it, reasons why individuals develop fake news and how to flag down fake news.

It was a highly interactive discussion; four ardent participants were selected to represent the school in the recording of the television



program titled *What's New*. The upcoming program will feature the BBC Director General, Tony Hall, who will be on a short visit to the country. The program will broadcast across the BBC World channel as well as the local KTN channel.

A few lucky students were given a recorded interview after BBC's presentation. This recording will be a segment in the upcoming program with Director Hall.

The students were given a hands-on experience of the journalism profession. It was a great privilege to be able to interact with professionals hailing from the prestigious media institution.



## Moot Court

by Mr William Mwangi

All rise, court in session. On Friday, 27th September 2019, four senior students, Ethan, Michael, Stacy and Angel participated in a Law Mooting Competition at the prestigious Villa Rosa Kempinsky Hotel in Westlands. The event that attracted ten international schools in Kenya was organised by the University of Dundee (UK) that is highly ranked in offering the LLB degree.

The Judges led by Prof Peter were keenly following the proceedings of the case between the Jamesons and Edward Ardborg. The Jamesons had accused Edward Ardborg of conducting religious activities at night, being a nuisance and disrupting their sleep. Previously, the Judges had ruled in favour of Ardborg. The onus was now on the students who played the role of the advocates to appeal on this ruling. The team put up a spirited fight as they submitted their pleas.

The eloquence of Ethan, the humility of Angel, the passion of Stacey and the witty Michael captured the audience as they battled it out with Potterhouse and later Braeside School. The Judges would interject once in a while to ask for clarification on the dates of the cases, jurisdiction and whether the rulings were binding or not. The proceedings were a close reflection of what happens in court from the regalia to the legalese language.

This was a grand opportunity for the students to have a hands-on experience of what actually transpires in a real court. The students were excited to interact with other 'learned friends', judges and to enjoy the seriousness of court proceedings. The sponsors of the moot court promised to hold the event annually. As such, the students will be looking forward to have yet another go at the mooting competition.



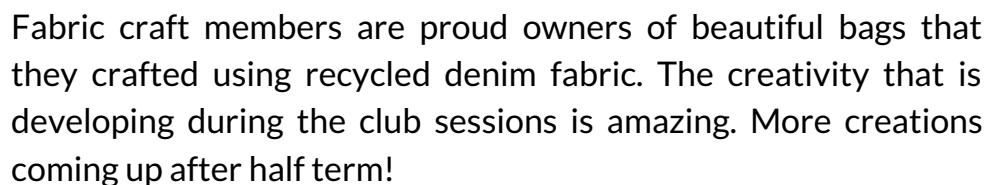
Prior to the competition, the University of Dundee Representatives from the Economics and law departments had visited Crawford and interacted with the year 11 students (see left).

They highlighted the importance of doing law as a degree and the benefits of pursuing a degree in economics.

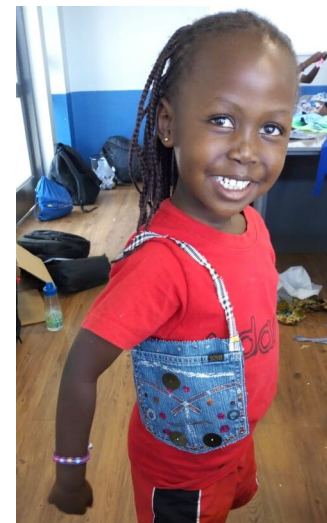
The students were exposed to a real life trading activity where they exchanged items through a regional and international barter trade. The careers department endeavors to expose the students to various careers and professions.





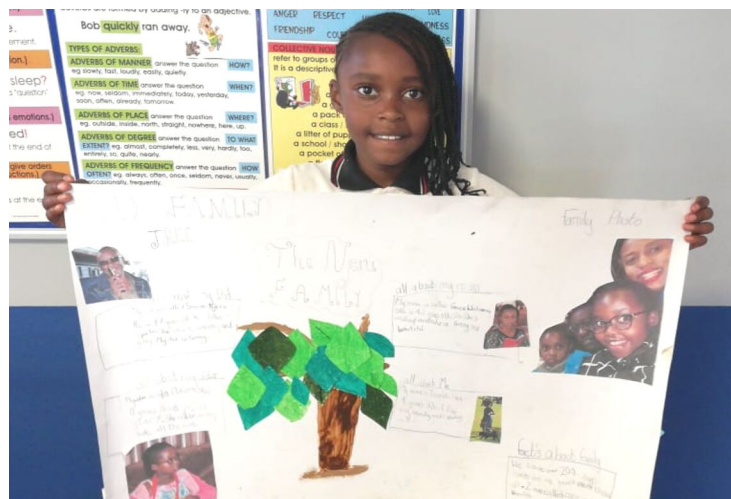


**by Ms Beatrice Wanjiku and  
Ms Marlene Van Der Wath**



Year 5 students made presentations on their family trees.

**by Ms Shelly James**





# COUNSELOR'S CORNER

By Sandra Githaiga

What lies behind us and what lies before us are tiny matters compared to what lies within us  
-Ralph Waldo Emerson

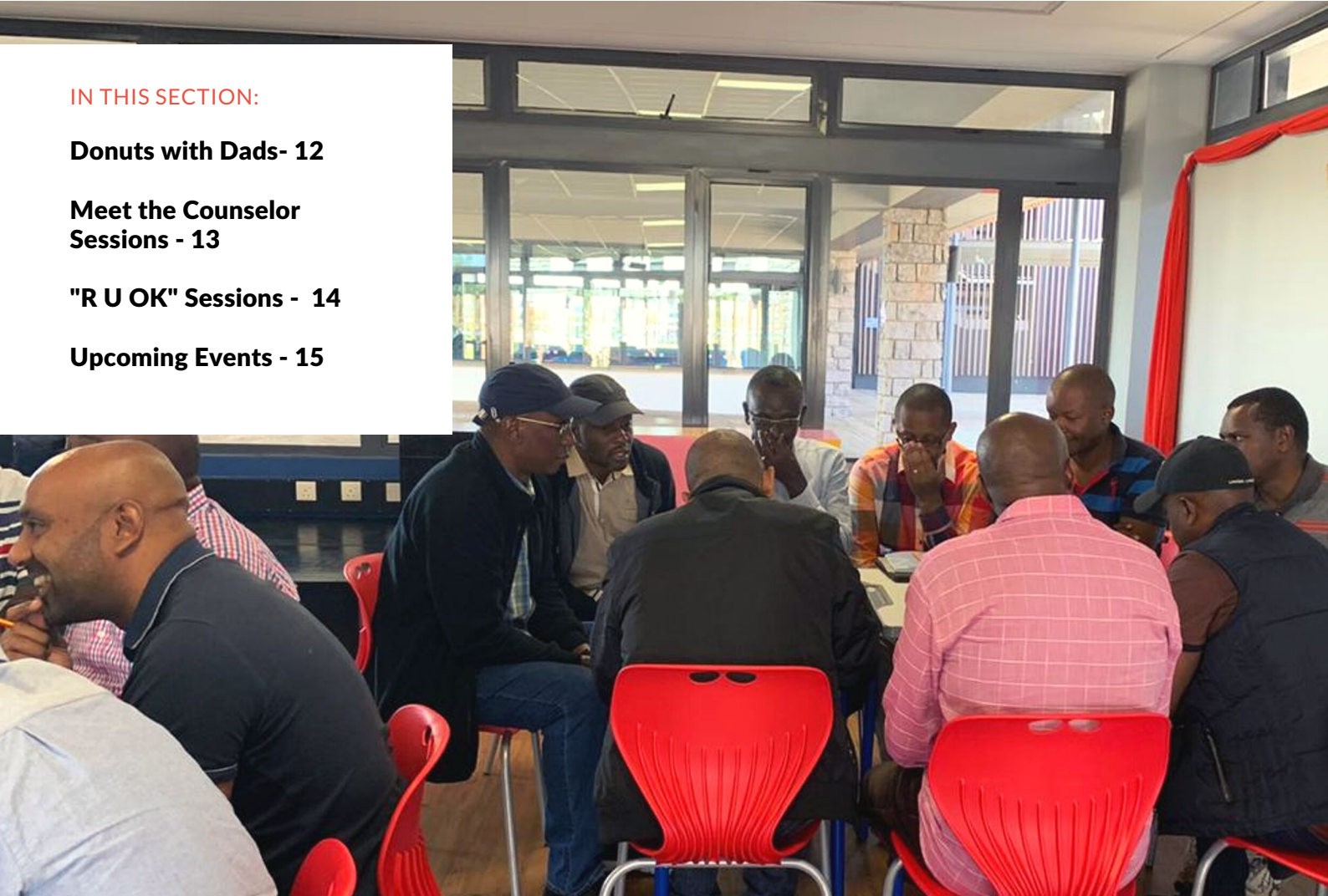
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## Donuts with Dads

Doughnuts with Dads session was held 28 September with 55 dads in attendance. In the Muffins with Mums session two weeks ago, mothers discussed and came up with various things they can do to help their children succeed emotionally, academically and socially in the academic year.

The dads went a step further and broke down these aspects by bringing the dad perspective. Furthermore they were presented with research findings on the role of the fathers impact on children's learning and achievement.



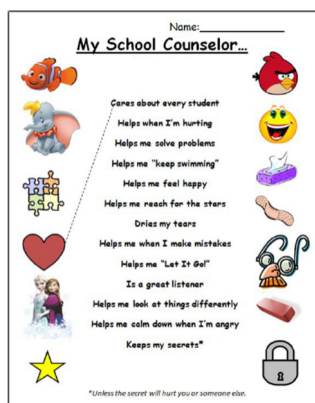
# MEET THE COUNSELOR SESSIONS

In the month of September, students were taken through meetup sessions. Here's the recap:



## Kindergarten to Year 3

The students were read the story book Rainbow Fish by Marcus Pfister in which the Rainbow fish was sad and went to see the wise octopus who helped him. If you hear them talk about Miss Octopus at home, that would be me.



## Years 4 to 6

The students were shown different pictures and asked to guess what each picture represents with regard to the role of the school Counselor. They were then provided a handout to match the image to the role.



## Years 7-9

A student volunteered to hold a number of rocks with their hand and then answer questions. We later debriefed the exercise.

Rocks represent issues a student may be having which may prevent them to excel academics. There were small, medium and large rocks which represented various issues. They were also provided an opportunity to ask me questions.



## Year 10

I met with the new students and explained my role to them.



# "R U OK?" SESSIONS

Suicide is the second to road accidents as leading cause of death among young people aged 15-29 years. Among teenagers aged 15-19 years, suicide was the second leading cause of death among girls (after maternal conditions) and the third leading cause of death in boys after road accidents and interpersonal violence (World Health Organisation, 2019). World Suicide Prevention Day, is commemorated to raise awareness and to emphasize the role that each of us can play to help prevent it.

I engaged with students in years year 4 through 9 in sessions of "R U OK?" As an icebreaker, students were asked how they felt when someone asked them, "Are you ok?". Students experienced several emotions like feeling cared for, loved, like they belonged, and embarrassed, to mention a few.



## Years 4 to 6

Students were shown a short video on how to be a good friends and ask R U Ok. Thereafter, they filled a worksheet with placemat thoughts where they recorded as a group different ways to ask are you ok. They were then provided an 'I'm not ok' worksheet where they identified how they would help a friend who was not OK.

### Placemat thoughts

Appendix G
**RUOK? at school**

### "I'm not OK" worksheet

Circle what you would do if your friend was not OK.

 <small>Make fun of them</small>	 <small>Ask them to play games with you</small>
 <small>Run away</small>	 <small>Tell a teacher</small>
 <small>Listen to them</small>	 <small>Ask them to sit with you</small>
 <small>Tell a parent</small>	 <small>Tell them you care about them</small>
 <small>Use your quiet voice</small>	 <small>Talk to them somewhere really noisy</small>

Appendix H
**RUOK? at school**



## Years 7 to 9

Students were taken through an activity where they were asked to place characteristics on the continuum which would help identify if a friend was not OK. The characteristics included shy, sitting alone during breaks, sleepy, not completing school work, angry, split family, life of the party, bloodshot eyes, missing from school, poor hygiene, intoxicated, social media addict, single, and popular.

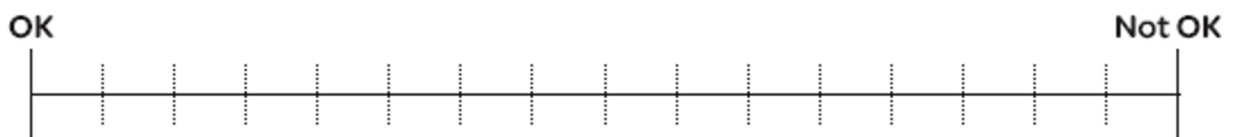
We explored the various characteristics and they were provided a factsheet to take home.

RUOK? at School  
Yr 7-8 Lesson plan 1:  
Worksheet A

### Continuum Worksheet

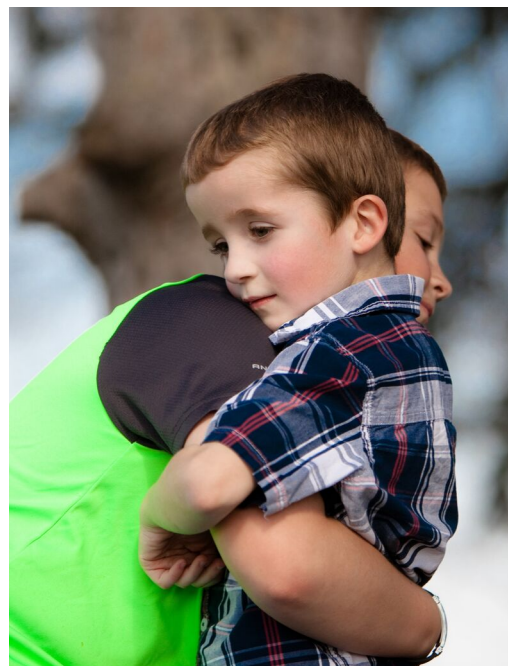
RUOK?

After you have placed the characteristics along the continuum as a class, complete your own continuum.



## UPCOMING EVENTS

October is Bullying Prevention Month. Here at Crawford, we believe that every child should be kept safe from bullying. For the months of October and November students will be taught the concept of empathy. Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference; the capacity to place oneself in another's position. By teaching students empathy we will be empowering them to build a sense of security, have stronger relationships with other children and educators and encourage tolerance and acceptance of others.





# YOUNG JOURNALISTS

Articles by Members of the Crawford International School Journalism Club



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## Crawford's House Student Leaders

by Isaac Njoroge, Year

Six students were voted as their respective Captain and Vice Captains. The election results was announced during assembly on Day of the Book, September 26. These burgeoning leaders (pictured above) already have big plans for their houses. This is what each of them had to say:

“

***I will be the change in Adams you want to see***

- Adams Captain Ariana Ludwick

***I will strive to lead our house to victory***

- Adams Vice Captain Jeseke Kagwimi

***Because you made me be your choice, I will be your voice***

- Johnson Captain Abby Mukora

***If you believe it you can do it***

- Johnson Vice Captain Dhilan Shah

***I will do my best to make my team the best***

- Taylor Captain Melvyn Mutahi

***I will keep the Taylor winning streak***

- Taylor Vice Captain Charles Bahati



## Crawford's Chess Champion

by Mackenzie Mukami  
Muriithi and Crensencia  
Ndinda


Jyotkanwal Bhambra from Year 9R took part at a chess event at Village Market on Saturday, 28th September. The event took place from 9 AM to 4 PM and featured chess matches lasting an average of 30 minutes.

Jyotkanwal, fondly referred to by friends as Jyote, started to play chess two years ago where he found a passion and interest for the game. The game gives him joy and helps him build his concentration skills as well as stimulate his mind.

In this past competition, he achieved sixth place with over 100 people participating as the Kenya Junior Champions.

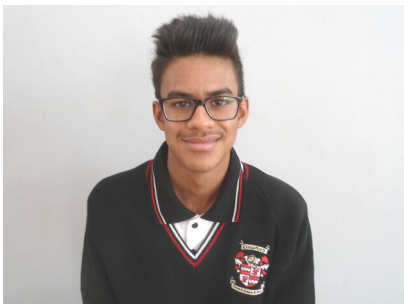
### The Lesson We Learn

This teaches us that any hobbies we pick up can lead us to amazing opportunities like prestigious competitions. We need to put in the time and effort, have the right attitude and be determined to achieve our best, just like Jyote.



## Student Spotlight Dhilan Shah

by Joy Mumo, Year 10



Swimming is one of the hardest competitive sports. Not only does it require intensive training, but also commitment and hard work. When Dhilan was six this commitment seemed close to impossible. Like many a six year old, Dhilan used to fake injuries and seek alternatives to escape swimming. Little did he know that this sport would open doors far beyond his imagination.

After numerous training sessions, Dhilan found interest in the sport and decided to go through with it. He began competitive swimming at age 11 and has competed in various swimming competitions ever since. His most recent competition and biggest achievement yet was competing in a gala in Manchester, England. He brought back several wins and did Crawford, his family and friends proud.

Dhilan plans on representing Kenya at international competitions and participating in the Olympics in 2024. Now that he is Year 10, he is focusing on his IGCSE exams while getting through 4 hours of training 5 days week.





## Ruan and Eesha, Drama Enthusiasts

*By Ethan Magolo,  
Year 11*

Two Crawford International School students, Ruan and Eesha Gudka, received merits after successfully sitting for the London Academy for Music and Dramatic Art (LAMDA) exams on Saturday, the 28th of September 2019. Ruan and Eesha, Year 10 and Year 8 students respectively, have been taking part in LAMDA since pre-school.

The examination included a book and a poem, which they had to study internalize and speak the content out loud before an examiner. Ruan was allocated the book, *Heroes of Olympus: The Son of Neptune* and the poem, *Serious*. Eesha on the other hands was allocated the book, *Charlie and the Chocolate Factory* and the poem, *Flight*. Both candidates took time out of their busy academic schedules to read and familiarize themselves with the materials for the exam.

The two, however, were not left to themselves in their preparations, 'A member of the LAMDA organization served as our counsellor, helping us with our preparation, confidence, voice projection and diction', said Ruan. He added that the preparation was not without challenges, "I sometimes felt like I didn't want to sit for the exam. Eesha and Ruan, who have currently reached Grade 5 and 6 respectively, in LAMDA, still have a few more exams to sit before they complete the course and reach Grade 8 - the highest accreditation in the course.



# SPORTS

Go Crawfordians!



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## Crawford Does It Again!

*By Coach Malik Mwabondo*

Once again the Crawford International School Swim Team triumphs and retains their title in style in the just concluded KSF Kiambu Invitational swimming championships held on 28th September at Braeburn Imani International School, Thika. The competition was well attended with a total of twenty one teams battling it out in the cold pool.

Crawford Swim had a total of 63 swimmers, five teachers and with over 20 parents accompanying the team to Thika.

In the boys category, Crawford Boys Swim team emerged winners with an amazing 242 points with Sea Horses Aquatic Centre - 191 points and Jomo Kenyatta University - 104 coming distance second and third respectively. The girl's team was third after Braeburn Combined team and



Seahorses Aquatic Centre. Most of our top swimmers went to play in a Rounders tournament at Oshwal Academy where they helped the team to secure 1st runners position.

CIS Kenya was overall winners of the championships amassing over 400 points to top the tables. All swimmers recorded improved personal best times with some like Dhilan Shah, Alma Ngaruiya, Adam Rebeiro, Shiv Shah, Ashok Rebeiro and captain Lamiya Gafur securing podium positions in their respective age groups. Dhilan was the event's best swimmer!

The team is looking forward to future swimming galas with a lot of optimism. Coach Malik hailed all swimmers and parents for their unwavering support.



## U15 Girls Rounders Tournament

by Coach Luis Birkenstock

On Saturday, September 28, the U15 girls played their first ever Rounders tournament with 11 other teams played at Oswald Community Center. The girls surprised everyone on scene with their spirit and energy. The toughest match was against Oswald B team, but they then pushed through to the finals where they played against the A team and then fell short of a win by just 1 rounder.





# Keep Crawford In the Loop



Has your child accomplished something or had an experience worth sharing outside the school? We'd love to hear about it and celebrate together!

Please share your story.

Email: [rmichoma@crawfordinternationalschool.com](mailto:rmichoma@crawfordinternationalschool.com)

Follow us:



@CrawfordInternationalSchool



@CrawfordSchKe



## Sports Desk

*by Coach Maxwell  
Fuchaka*

On Tuesday, October 1, Crawford played football matches at Samaj School for U15 teams both Girls and Boys. Girls won 1-0 (Scorer was Carmen Matheka). Boys won 5-1 (Baraka Simbarashe 2, Elijah Kisia 1, Charles Bahati 1 and Mark 1).

The following day saw the U13 Boys football teams play and lose against Samaj at 3-4. Captain Mark Magabo scored for the Crawford team, followed by Beryl Luzitu and Jeremy Chelule but there was a massive improvement from their 1-3 loss to Potterhouse.

The staff played a football game against the staff of Braeburn Imani on Friday, September 27, scoring a victory of 5-0. Goals were scored as follows: Mr Enock 2, Mr Maxwell 1, Mr Zach 1 and Mr Onesmus 1.





## Calendar of Events

Mon, Oct 7 - Wed, Oct 23 , 2019

**Mon 7/10**  
(Day 5)

Checkpoint Exam  
International Maths' Day  
U9 Rounders & U10 Football at Light Academy - 11 AM

**Tue 8/10**  
(Day 6)

Checkpoint Exam  
TEST TUESDAY (No Cycle test for Year 7 and 10 only)

**Wed 9/10**  
(Day 4)

Checkpoint Exam  
School Closes at 12 NOON

**Thu 10/10**

Mid-Term Starts  
Moi Day

**Sat 12/10**

Kiambu County Age Group Swimming Champs at Mpesa Academy

**Sun 13/10**

Kiambu County Age Group Swimming Champs at Mpesa Academy

**Tue 22/10**

Mid-Term Ends  
Boarders arrive at 4 PM

**Wed 23/10**  
(Day 7)

School Resumes  
Assembly Year 4-11

