



SECONDARY BULLETIN

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EXAM WEEK



GETTING THE ANSWERS RIGHT

As an 844 student moving to an international school, I realized that change is good as long as it's for the right reasons. This experience was a little frustrating for me. Finding ways to revise and trying not to cram. It was even harder of me. It was difficult to answer some of the questions because most of the 844 exams are multiple choice and not structured questions, requiring you to answer with either point form or paragraph.

The learning environment is very exceptional because you can really fit in quickly. The teachers are very friendly. All I have to say is that we should never take our teachers for granted. They will never push you away when you go to them for a question. I admire Mrs. Abedeen. Don't let one exam bring you down. That one mark that brought you to a B should not determine who you are. That should be your motivation to do your best. THE BEST OF YOU not anyone else.

Makena Mwangi Year 10



There is that time of the time that the students test their memories of what they have grasped in class work over the term, this week needs intense preparation which includes a lot of revision for students , teachers setting exam papers and marking scheme preparation , secretaries printing papers, exam timetables and invigilator timetable .

During this time students tend to sleep late due to revision, stress because of the amount of work they have to cover , memorizing and knowledge they have to remember. The key thing is not to start reviewing your notes 1 week before exams you are reading constantly so that when exam time comes it is just a run through of what you have read and done so far . Never stress yourself during exams or you will forget what you have learned and read .

Keep a positive mind set and do you.

Sierra Muthoni Olale Year 9



As the week comes to a close so does our midterm exams and with it, relief and a well deserved break. Challenging as they may have been, with the right preparation they seemed to fly by considering the few subjects, I as an year 12 student, have to tackle in A levels it gave me all the more time to put all my efforts into ensuring a good grade and I wait eagerly in anticipation for the results.

Thalia Malaika Handschuh Year 12

SECOND DRILL



Fire drills are an important safety practice and legal requirement within any facility. On the 13th of October, the fire drill practice was carried out unexpectedly. Secondary students were sitting for their exams, Prep and Pre prep had normal lessons, but we all heard the siren go off abruptly. The whole school went in an organised manner to the field, where we lined up in our respective classes and waited for instructions while the teachers took attendance. This drill was done in 4 minutes. All the teachers and prefects were very helpful in leading us to the field and the drill went smoothly.

Makena Nguo Year 11



An ear splitting alarm rang aloud. The sound terrified most of us including myself. We walked quickly but silently, as our invigilator led the way. We stood in the dusty field standing under the scorching sun. It was tiring standing under the sun especially because most of us had our sweaters on.

As a school, I feel like we are prepared for anything because we have been educated on such matters that there is no reason to fear. I however, could not stop imagining if the school was actually on fire. Would everyone act differently? Would students be up and about, panicking, screaming and creating chaos in whilst teachers trying to calm and control us?

Gianna Mackenzie Year 10



On wednesday 13th we had another fire drill, right before lunch. Last time we did it in 9 minutes and this time we did it in 5 minutes which is quite the improvement, so probably people wouldn't have been turned into human shish kebabs if it was a real fire. This time we didn't really leave class in straight lines according to class, like we did last time, it was more of a horde, and the fire assembly point changed from the tennis court to the field. Like in any other fire drill we got to the fire assembly point, lined up and took registration. We did this fire drill with prep and pre-prep.

The two classes that actually got there on time and probably wouldn't get roasted alive, if it was a real fire, were 8B and 13B. It was a really good fire drill. Looking forward for a lockdown drill so that we can learn how to avoid a potential terrorist attack which might also involve a fire attack. This way, we can outwit the attackers who might try to set up a fire as a way of tricking us to come out.

Patricia Makau Year 9

SPORTS DAY



The shift from exams yesterday to Sports Day today was drastic. I was very confident in myself while doing my exams but not so much before my 100M race. My adrenaline was high but it did not help me while running. Despite coming last in my race, I was glad I did it for my House. We had the opportunity to have an esteemed guest with us today, Mr. Henry Wanyoike, a world record holding Paralympian. His visual impairment hasn't restricted him from achieving his dreams and he gave a very inspiring talk during assembly as well.

Michelle Terer Year 12



I believe in myself. It's my victory or my loss. It's my joy or my sorrow. All in all I own my feelings. I'm happy for this occasion as I am able to showcase my skills besides my class performance. It's a lesson that success needs proper preparation. In any aspect of life preparation is key. This is a great lesson for me.

Shalyne Murage Year 13

The annual 2021 sports day was intensively competitive, and addictively interesting, as we got to witness the rise of new upcoming athletes.

Nathan Ogai Year 13

Today I participated in the 800m and 100m individual races in which I won first in both. It was a terrifying and thrilling experience where both my endurance and concentration were put to the test.

My competitors were strong willed and had great sportsmanship. I am proud to have races against them because they pushed me to reach my full potential and do better as an athlete. The guest of honor encouraged me not to give up no matter what the case is.

It was an honor to have been able to represent my house and I am definitely looking to participating in more events to come.

Tatyana Kong'ong'o Year 10



SPORTS DAY



During the sports day I was anxious because I haven't ran in a long time, but once I ran and won, I felt much more at ease. We had the opportunity to meet a world record holding Paralympian, Henry Wanyoike, and seeing him run with our boys and hearing his words of encouragement, I felt much more motivated!

Lola Sakwa Year 11

During the sport's day I got the chance to participate in the 400m and 200m races. I was nervous from the anticipation and my hands were constantly trembling. But all in all the event was a success. I got 1st position.

Natasha Lilan Year 10



In 100m senior boys' race, I managed to get 2nd position. It was a very competitive race but I managed. At first I was nervous but I tried my best and put in all my effort. I believe if I train better I would become a better athlete.

Ali Abdullahi 11

I got 1st position in the 200m junior category. It was a very competitive race but I was hopeful and it came through. I encourage others to race and have the guts to win. It is possible.

Haris Anwar Year 10



RUN WITH HENRY



This year's sports day was graced by one of the world's most admirably exceptional athlete who has been recognized around the world and even had his record on the Guinness Book of World record.

The Man, The Legend, The Champion, MR. HENRY WANYOIKE, himself. He was able to positively electrify the students by sharing his motivational story of how his journey as a world champion began with a school competition where he got to discover his talent.

What stands out about him though is that back in 1995, he suffered a stroke that affected his optic nerve and unfortunately ended up causing him to be blind. He did not use this as an excuse not to pursue his dream but rather a challenge worth tackling. His attitude towards life inspired the students and the evidence could be witnessed throughout games and races that followed. He demonstrated to the students, the true Spirit of a Sportsman.

Mr. Curtis J. Wamalwa

Headteacher's Remarks



Comparing ourselves to others – we feel we are not enough...

You Are Enough

There is a wholeness that's already yours.
It's already ours.
You are not just the seed,
You are the rain that waters the flower.
It's a reality that's already there,
That you are enough.
You take on faith
That wholeness is already yours,
That you need do nothing to deserve,
That your worthiness is based only on your being.

You are wise enough to let go,
And strong enough to remember the truth
Of who you really are.
You can encounter the world
In such a way
That you remember who you are.
You are the rest inside the unrest.
You are the depth of the sky,
And the light piercing the sea.
You are the crest of a wave.
All that you need to be
You are.

There is no problem to solve in this moment.
There is no plan to make,
No failure to be feared,
No other place to be.
This moment is enough.
This place is enough.
This imperfection is enough.
You are patient enough for your life to unfold in divine timing.

Headteacher's Remarks

You feel the fullness of your life in this moment.
You feel the richness of your life in this space.
You are loved beyond thought,
And you have nothing to prove.
There is no one to impress.
You receive the message
That being is enough.

You are wise enough to see magic through a child's eyes.
You are resilient enough to see past the pain.
You are kind enough to realize
That your worth has been with you
This whole time.

Beyond the shadows
That you may have created,
The message remains:
You are the same.
You have always been enough,
Simply by being here.
Simply by being.

It only takes a moment,
And you remember this again.

Whatever your life is today, it is enough.
Whatever you feel like today, you are enough.
So today, I just want you to stop and breathe, do nothing but breathe and feel the space you inhabit, and feel the river of life pulsing through you.
That's all.
And know that river began in love. And it goes on and on
Love is the stuff of us.
Take a minute whenever you can today.
Forget how important or unimportant you think you are, how strong or weak or jaded you think you are. Stop. Breathe. Feel that river within you.
Know that this is enough.
It. Is. Enough.
Exactly where you are is exactly where you need to be.
I PROMISE YOU ARE ENOUGH!

Adaptation from a poem by Jennifer Williamson "I am Enough"

Headteacher: Mr. John Karanja

FOCUS FOR 2021/2022

CULTURE OF HIGH ACADEMIC ACHIEVEMENT



FOCUS OBJECTIVE

To create and sustain a culture of exceedingly effective individuals who are dedicated to high academic achievement. The objective shall use the following framework.

- Collective responsibility on behaviour, wellbeing.
- Learner Independence, Efficacy, Agency.
- Effective Pedagogy, Quality Assurance.
- Peer Tutoring Assessment
- Feedback to Parents, Learners
- Marking with Feedback
- Data Use: Tracking Monitoring

