

## ST CONSTANTINE'S INTERNATIONAL SCHOOL NEWSLETTER 29, February 1, 2021

Karibu! Newsletter 29

What a creative school we have with students busy with rehearsals for our show **Matilda**, enjoying dance electives with our new intern Margot from Belgium (pictured above), crafting beaded sculptures and pottery in IDEALS, learning about henna (pictured left) and then, of course, we have a myriad of sports activities happening as well.

As our protocols at school remain strong, we have had no cases of upper respiratory illness and when possible Mr Mgaya (drama) has been doing a lot of his practical outdoors, which is where PE also takes place - in the open air - and children have limited contact.

Students are still spread out in classes, including IT / Computer science, and they can wear a mask at any time if they wish. Most pupils are close to 1m apart in lessons and we retain the one-way walking system. Classroom doors and windows remain open - which is a key factor. Break and Lunches are still staggered for greater social distancing. Footmarks on the floor keep pupils apart when queuing.

Our policy of not allowing a child into school if they have travelled outside of Tanzania will continue, up to and including February half term. So, to prevent your child missing a week of school, **we strongly suggest they do not travel out of the country at half term.** Our staff are advised the same.

Similarly, if you leave the country and do not isolate away from your child on return, they should also stay off school at least one week. (We will send work home). Please follow sensible protocols at home and in the community to support our work at school. For example, we hear there is a bad situation in Dar and Zanzibar, so these areas are best avoided where possible

Best wishes,

Tony Macfadyen  
Head of School



**6<sup>th</sup> Form Information evening THIS WEEK!**

**Thursday 4 February 6.00pm – 8.00pm at Main Campus Hall, Dodoma Road.**

**An opportunity to discuss our exciting range of Post 16 courses offered from August 2021. Subject teachers will provide detailed information and a 6<sup>th</sup> form prospectus and application form. Karibu! Ph: +255 753 871 855**

## HANDY DESIGNS

One of our craft clubs, teaches students the art of applying Indian-style Henna. It is usually applied for weddings on the bride and the women of the family. The bride's arms and feet are embellished with symbolic and historical designs that are meant to demonstrate the love and strength the bride will have in marriage.

Mehndi (Henna) can be applied all over the body, in the form of beautiful designs and symbols painted on hands and feet predominantly, using a natural paste of the same name. Henna comes from a plant that grows in the warm climates of India and surrounding countries, as well as in North Africa and parts of the Middle East. The leaves from this plant are dried, ground into a fine powder, and mixed with something acidic (like lemon juice) to create a paste. Mehndi artists use a small cone - like the thin frosting tips used by cake-makers - to apply henna to the skin. The paste then dries and flakes off, leaving a stain that remains for several weeks.

For some, henna is used as a fashion statement as a temporary tattoo, with images ranging from a small moon, stars, or

mermaids, to more intricate traditional designs. Hands, feet, back, and ankles are adorned, often taking the place of ornaments or jewelry, when applied on wrists and ankles.



### Club members just "pottering" around

Using traditional methods, Mrs Moshi teaches students how to make pottery. All the pots are hand-molded without the use of a potter's wheel. Mrs Moshi will arrange a fire in the SCIS workshop to bake the pots, which will then be painted and sold at the school fair later in the year.

Pictured Left to Right are Prina YR5, Emunah YR5, Jasmine YR1, Mrs Moshi, Weasley YR1, Jordan YR4, Madeline YR1.



The TNN team was lucky to have the Managing Editor of The Citizen, Mpoki Thomson, address them on Zoom from Dar es Salaam. During their elective, he shared his wisdom about journalism – both print and online - and writing for the media in Tanzania. TNN (Titans News Network) was founded by Nolan Kishe, a senior student who suffered a Cerebral Aneurysm in 2018. He excelled in his classes and was a leader in extracurricular activities like Round Square and TNN – a network he designed to cover all our school events.



# THE CITIZEN

"It's the content that counts"



## BEADING SUPPORTS SHANGA AND TEACHES CREATIVITY



In the first of their beaded crafts workshops with Ms Ojoo, some students were using colorful beads to stick on recycled toilet-paper rolls to create picturesque designs, while others used the beads to make necklaces. The beads came from Shanga - a successful social enterprise which employs people with disabilities to create unique, high-quality, handmade jewelry, glassware and home wares incorporating recycled materials. These products are sold in Tanzania and all over the world, with profits being reinvested back into developing opportunities for the disabled. Pictured are Irene and Nasim (top left), Victor and Adrian (top right), Laura (bottom right) and Pendo, Sharon and Elizabeth (bottom left).

## EXERCISE FOR FUN AND FITNESS

An elective with a lot more energy is Aerobics taken by Mrs Thiong'o, who meets the students at the gym on Thursdays for an hour of vigorous workout. Starting with a 10-minute warm-up, they then learn a new move on the steps each time they meet and combine the other steps learned earlier.

It is a combination of fitness, weight loss but above all fun! 10 minutes is set aside at the end of each session to dance to a routine, which students choose on a rotation basis. "At the end of the session, we all feel rejuvenated and always look forward to the next time we meet," Mrs Thiong'o says.



## Volleyball Elective with Mr Respol and Ms Thiong'o

Volleyball takes place twice a week on Wednesdays and Thursdays with a team of beginners and a team of serious players. There are equal numbers of boys and girls, although the beginners are mostly girls. Looking at Alana's winning technique (right) we can see why more girls wish to follow!



## COME FLY WITH ME

Year 10 students enjoyed experiencing the world of work last week, and it was apparent from their visits that they learned plenty from their experiences, said Mrs Tozer. "The students looked very professional in their settings and it has been wonderful to hear so much praise for them, and to witness their courage as they have tackled new challenges," she said.

"The importance of visiting students on their placements is two-fold - to demonstrate to the students that we are interested in the work that they have undertaken, and to thank their supervisors for hosting them," said Mrs Tozer, who visited every work site which had employed our students. Eric, Brightson and Prince had their experience working in the mechanical department of Grumeti Air, where Eric was lucky enough to change an aircraft tyre of a charter plane. The company operates Serengeti charters and also takes private charters in Tanzania. Pictured are Martin



(far right) from Grumeti Air with our students (from left) Eric, Brightson and Prince.

Our legal eagles – Fatema and Natasha (pictured left) did their work experience at Dexter Attorneys, where they not only learned about the challenges of working in the field of law, but also attended a hearing in court.



"Fatema and Natasha really impressed me," said Mrs Tozer. "They gave a super presentation to a group of 10 lawyers about their week and fielded questions!"

#courage



# What's the time Mr Wolf?



Mrs Marandu's class know the answer! In Year 3, they started Term 2 learning how to tell the time. For homework last week they had to create their own analogue clock from recycled materials, making a face and the hour and minute hands. These are some of their creations.



Y 3 clocks from Lamya Khamis, Nassim Din, Kaan Van Bracht and Danica Kosic.



Time is important for this game too:



Students from Years 1 to 8 practise 1 hour a week, on Wednesday after school, to perfect the art of the very challenging game - CHESS. There are more boys who play, but the number of girls is growing. The top 10 are awarded certificates at school, and they also compete against UWC Moshi, Christ Church, UWC Arusha and Kennedy House.

When competing they have five rounds, each lasting 10 minutes. Our students at St Constantine are lucky enough to be coached by Mr David – the Tanzanian national champion.



Rehearsals for the secondary show 'Matilda, the musical' are well underway, with students diligently working during electives and after school.

Look out for the performance dates: Friday & Saturday March 12. and 13.



## A CHAMPION SWIM FOR FUN OR COMPETITION

Swimming has been the focus of a lot of fun this term, with the swim club, class lessons, Year 5 competition, and the gala and showcase coming up. Depending on the age and group, swimmers are coached/taught by Mr Tozer, Mrs Macfadyen and Ms Pheko. Competitions start in Year 3 and St Constantine International has competed against Kennedy House this term with great success.



Our best swimmers were Owen Marandu (pictured below), Ethan Murray and Johnson Uher.



"Most of our students are strong swimmers", Mr Tozer said, "with Year 5's building towards a distance challenge - how far they can swim in 45 mins." They have two lessons per week in TERM 2. The Under 7's – Under 13's also have an Inter-House Swimming Gala at Kennedy House coming up on March 5 and the Lower Primary swimming showcase is on March 25. "Swimming is a full-body workout, and it gives you overall confidence," Ms. Pheko said, encouraging all students to learn for both health and safety near the water.

## ROUND SQUARE INTERNATIONAL ART COLLABORATION



Let us introduce our partners in the Round Square Art collaboration (with our year 7s) organised by Mr Namulala.



We will be collaborating with Buckingham Browne & Nichols (BBN) Cambridge, MA, USA <https://www.bbns.org>, Rock Point Community School in the Navajo Nation in AZ. USA Rock Point Community School, Matenwa School in La Gonave, Haiti Matenwa, and potentially another school from China. Interaction is through Padlet, Flipgrid, and weekly zoom sessions on Friday evenings.

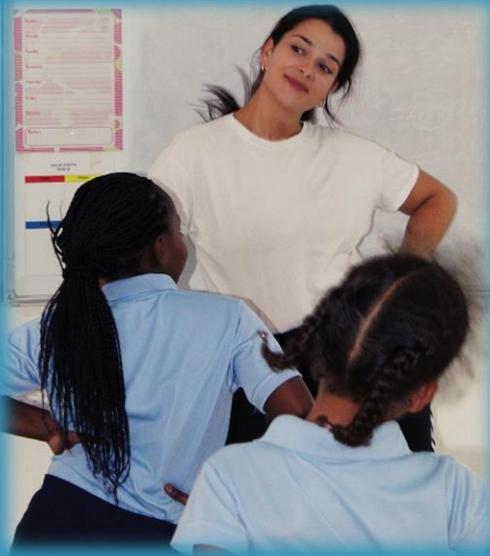


Through connecting children from different parts of the world to the UN's 17 Global Goals, we learn how they are all affected by these issues, how they are all connected, how they can work together to make change, and last, but not least, how CHANGE takes TIME, WORK and COMMITMENT to be achieved.

The project is starting with the five schools above, but will be expanding yearly to include more schools from around the world. It is a long-term project that will continue to 2030, when the UN set the timeline to have these goals reached, but we will be doing it on yearly basis. The goal is to collect all collaborating students' art and words and create a book each year of Children's Global Voices. The students will pick one specific goal which resonates with them, research it and identify some of the heroes, who are doing this work to help achieve this goal. Then they will draw pictures to express their dreams for this goal - their heroes dreams. Their artworks will offer solutions. .... *(see more next page)*

Each student who participates will create a piece of art to express what they learned - perhaps something they witnessed, or a message they want to send: the problem, their dream, the solution. They will also write a short paragraph in their Mother Tongue stating Who they are - Where they are - Why they chose the goal that they did - Why is it important to them - How they can help to achieve this goal - Who the role models are, Heroes leading the way to make this change and achieve this goal. Each of these will be translated into all the languages of all the participants.

## DANCING HER WAY INTO OUR HEARTS



New intern, Margot Janssens, has brought her skills, enthusiasm and infectious smile to St Constantine International, having travelled all the way from Antwerp in Belgium – the location of her alma mater - to teach dance to our students.

Her parents, Karlien and Siegfried Janssens, and twin younger sisters Lise and Rune, encourage her in her travels and envy her the

chance to safari in our beautiful country. Margot came to Arusha in September and taught at a Government school.

"Then I heard about what an amazing school St. Constantine International is and was lucky enough to get an internship here. I love the staff here at SCIS, as they have a very good spirit and great teamwork," she said, "and the students are lovely."

Margot loves being a teacher creating things with children like dance, or crafts. She started dancing when she was five years old and attended dance classes when she was in high school, falling in love with the art. She teaches and performs different genres, such as ballet, jazz ballet, contemporary, and hip hop - now pursuing more hip hop, which has become her favorite genre of dance.

She is thrilled to work with all ages, having done a degree in teaching for kindergarten and experiencing teaching all years through her ongoing travel and studies. Traveling during this COVID-19 pandemic, according to Margot, is difficult and needed a lot of documents.

"The most important ones were to show I am traveling for humanitarian work, along with a negative Covid-19 test," she said. Margot loves the people of Arusha. "They make me feel very welcome," she said, "even if it's a different culture - it feels like home."

### Look out for upcoming stories on:

**Middle School Model United Nations** – with the following students involved in MSMUN Conference next week under the leadership of Mr Muchela and Ms Thami - Michael Mombo Year 7, Keirav Sapra Year 7, Allan Chamanga Year 7, Vedanshi Joshi Year 9.

**Battle of the Bands** - a competition for Years 4 to 6 to find the best band. Some students play instruments and some of them sing. Students do 80% of the work, under the tuition of Mr Kalule and other teachers too.

A show like Matilda does not all happen on the stage. See Mr Namulala's elective for **Set and Prop design** and the challenges they had preparing for the show.

## WHAT'S ON AT ST CONSTANTINE

### February

Monday 1 – 5	Primary Assessment week
Thursday 4	6pm - Mental Maths & Problem-Solving training for Y1-6 Parents via Zoom
Thursday 4	6th Form Information evening - Year 11 students and parents
Monday 8 - 10	Mock examinations Year 6
Monday 8 – 12	Primary School Activities' Week N - Y5 (no after school clubs this week)
Friday 12	3pm – School closes for Half Term
Monday 15 – 19	School Closed for Half Term
Monday 22	Boarders return
Monday 22	Parents' Day (school closed for all students)
Tuesday 23	School Re-opens for all students
Wednesday 24	2 – 3.30pm Secondary Inter-House Swim Gala
Wednesday 24	Chess Tournament
Friday 26	1 – 3 pm Upper Primary Inter-House Swim Gala

### March

Monday 1 –5	Book Week
Wednesday 3	Primary Parent-Child Learn-Together morning (Main Campus)
Thursday 4	Primary Parent-Child Learn-Together morning (Town Campus)
Friday 5	NTSAA Swimming Gala at Kennedy House U7 - U13
Saturday 6	NTSAA Cricket Festival at Arusha Meru U9 - U11)
Monday 8 – 10	Post Mock Exams Year 6
Wednesday 10	PSHE day
Monday 8 – 12	Primary School Assessment Week Years 5 and 6
Friday 12 - 13	Secondary School Musical Production MATILDA
Friday 19	5:30-8pm Primary Family Social Evening (Town Campus) featuring Years 4-6
Friday 19	from 6-7pm Battle of the Bands
Saturday 20	NTSAA Hockey Festival at SCIS U9 - U11
Monday 22 – 26	Primary School Assessment Week Nursery – Year 4
Wednesday 24	Secondary Fashion Show
Thursday 25	Lower Primary swimming showcase
Thursday 25	Lower Primary Show (Main Campus)
Friday 26	1.30pm - School closes for Easter holiday

### April

Sunday 11	Boarders return
Monday 12	Term 3 begins for all students.



**REMINDER:** This is a swimming term in Primary and all students will be swimming at least twice a week during PE lessons. Please plan that your child is always ready with swimming kit.