



THE ORYX

The weekly newsletter of Windhoek International School

PRIMARY PRINCIPAL

The topic for this week’s Primary Parent Information session was online safety. Thank you to Danai Maramba (IT Coach/Integrationist) for presenting some helpful information and resources for ensuring childrens’ safety online. For those who weren’t able to attend the session, here is the link to the recording: [Primary Parent Information Session - Online Safety](#). Following are a few key ideas of what Danai presented.

How do we use media in balance as a family, how do we find quality content, set expectations for healthy use to prevent conflict, and raise media-savvy consumers and creators?

- We need to be creators as well as consumers
- If you are worried about doing it right, you are probably not doing it wrong
- There’s no magic bullet, technology and media move too quickly for simple solutions
- It’s important to have conversations about media and relationships with your child

It’s all about balance. Ask yourself these questions. Is my child:

- Physically healthy and getting enough sleep?
- Connecting socially with family and friends (in any form)?
- Engaged with and achieving in school?
- Pursuing interests and hobbies (in any form)?
- Having fun and learning in their use of digital media?

Answering yes to any of these questions is an indication that there is a good balance. If not, it’s a good opportunity for you as a family to have a discussion about what you can do to find a better balance.

Set Yourself Up for Success (Best practices around digital media and devices)

- Use media with your child (Be a co-user/Co-watcher)
- Know your own rules
- Set expectations and rehearse
- Connect media to real life
- Talk about commercials and other advertising
- Encourage creation as well as consumption
- Talk about digital citizenship
- Model the media behaviour you want to see in your children



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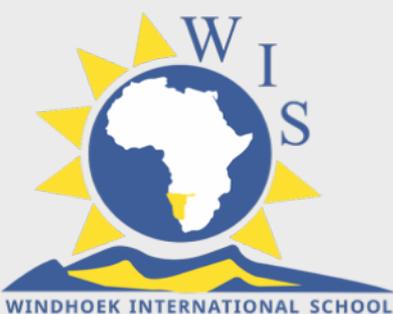
Facebook



Instagram



Twitter



Useful Resources

- [Common Sense Media](#) - The mission of Common Sense Research is to provide parents, educators, health organisations, and policymakers with reliable, independent data on children's use of media and technology and the impact it has on their physical, emotional, social, and intellectual development. The website offers detailed reviews of all the games and apps that the children are playing.
- [Family Media Agreement](#) - This document from Common Sense Media can be used to discuss and create a family agreement for using media.
- [Family Online Safety Institute](#) - Many tips and resources for good digital parenting can be found on this website.
- [Code.org](#) - a recommended website that teaches children basic coding (computer programming) skills.
- [Teach Your Monster to Read](#) - A good website for younger children for learning to read.
- [Typing.com](#) - Children in Grade 3 will be introduced to this website once we are back at school. This would be good for children in Grades 4-5 to hone their typing skills.

When all else fails following the family conversations, these are helpful tools: Apple's [Screen Time](#) for iOS devices, Google's [Family Link](#) for Android devices, including Chromebook, and [Net Nanny](#) for all devices and computers.

I encourage you to watch the recording for more detailed information to include social media red flags, to buy a phone for my child or not, cyberbullying, and digital citizenship.

The focus of next Wednesday's [Primary Parent Information Session](#) will be Mathematics in the Primary School. Questions can be added to [Slido.com](#). An email reminder will be sent Wednesday morning.

Enjoy this week's [remote learning assembly](#) which features some of the learning that's been taking place.

Regards,
Beth Smith

IB PYP Newsletter

Dear Parents,

Please click the link to enjoy the link- [here](#) to enjoy the first edition IB PYP Newsletter: Unit of Inquiry 1 2020.

Avril van Zyl

Grade 1

Sorting out b and d can be quite a challenge in Grade 1.





SECONDARY PRINCIPAL

Your voice can be one of millions - it should be heard - it can help make a difference!

The situation the whole world is currently facing has necessitated us to reflect on the way we live, on the way we connect with each other, on the way we look after ourselves, each other and the planet.



United Nations

At WIS, we believe that our children should have a sense of social responsibility. The IB Learner Profile and our Vision and Mission state our belief to 'prepare independent, inquiring and self-motivated citizens of the world' and 'to develop the full potential of each student in a stimulating environment of academic excellence, cultural diversity and active social responsibility to become internationally minded independent thinkers.' We want our young people to be caring, knowledgeable, communicators, thinkers, inquirers, principled, open minded, balanced, reflective and risk-takers (IB Learner Profile traits). All these put a responsibility in the hands of young people - a responsibility to make an effort to make a difference, to actively involve themselves in their communities and societies.

This year, the United Nations celebrates its 75th anniversary. They want to listen to people around the world on matters related to the current global situation and how to prepare for future challenges like this and how to better handle the different global challenges. For this, there is an opportunity to get involved. The UN is calling for action around the world - the UN launched one of the world's largest listening exercises to gauge from everyone, everywhere on the future they want. This is an opportunity for our *Windhoek International School* community to voice our opinion and contribute to the celebration.



Input is being gathered from all corners of the world to ensure a fair and geographic distribution that will result in an inclusive and representative outcome. Your views, concerns, and ideas will be presented to world leaders and senior United Nations officials at the commemoration of the *75th Anniversary by the UN General Assembly* in September 2020.

After September, groups around the world will discuss how best to take forward the priorities and proposals generated through the feedback received. Everyone should be well represented in this process.

Our WIS community should join in on this global conversation.

It's easy to have your voice heard:

- Complete the UN75 online survey (<https://un75.online/>) - it takes 1 minute to answer 6 multiple choice questions.
- WIS will also post this on our Social Media platforms to encourage the broader WIS community to participate.
- We will add our photo [HERE](#) (#UN75).

This is an excellent opportunity to have your voice heard and to make a difference - be it only a small difference.

The pandemic has shown us that it is important to change the parameters of our lifestyles and to shift our focus away from "me" to "us".

We appreciate an active participation by our community.

Regards,
Maggie Reiff

Character and Success

Grade 7IB Homeroom

The Grade 7s are doing an outstanding job in participating in the Homeroom programme. With every topic we discussed, and each activity the students did in the past week, I was impressed by their honesty, their open mindedness and especially their insight. Grade 7s, you are steadfast on your journey to developing the outstanding traits that every IB student aspires to.

As part of the "Who am I? " AtLi Homeroom theme, we explored and discussed character and success. We agreed that character is who you are, even when no one is watching and that it determines how you act every day, and especially how you act when things aren't going your way. Success was described as not a matter of being born into favourable circumstances, and something that often depends on how a person acts to any given situation.

I hope you enjoy reading these as much as I did!

[Group 1: Ishaan, Adiah, Talaki, Alijah & Ghewa](#)

[Group 2: Klaudia, Jody, Shali, Brendt & Jayden](#)

[Group 3: Oliwia, Malik, Jerry & Daniella](#)

[Group 4: Naeem, Zehnya, Lakeesha, Olwen & Faduli](#)

JOMUN 2020

Back in February Mrs. Mathew and I received this email.

"Dear Ms. Mathew and Ms. Rimmington,

My name is Yasmin Ho, and I will be serving as this year's Secretary-General of the eighteenth Johannesburg Model United Nations (JoMUN) conference. We have the great honour of officially inviting you and your students to participate in our upcoming conference. The conference is taking place from the 17th - 19th September 2020, in Johannesburg, South Africa and is being hosted by the American International School of Johannesburg (AISJ)...

JoMUN is also a uniquely Afrocentric conference, with issues discussed in all committees having a focus on the African continent. We are proud to present this year's JoMUN theme as "Promoting Africa's Sustainable Development". Africa is fortunate to have an abundance of natural resources and established democratic systems. This year's theme will focus on sustaining Africa's natural resources and its current democratic systems."

Since then, of course, things have changed a bit. We received this email at the end of July

"This year's conference will be different from those of previous years due to COVID-19. The conference will purely be online through Zoom.-Due to this, the framework for the conference has changed. Specifically, there is no cost related with participation and the schedule will be more fluid. However, we do encourage participants to [donate](#) to UNICEF's 'Little Hands Matter' campaign. The campaign aims to prevent the transmission of COVID-19 by installing hand washing stations in high-density communities in South Africa. While the conference has an African focus, we have also included contemporary issues relating to COVID-19 and the Black Lives Matter movement. "

I am delighted (and so very proud) to inform you that 5 of our students have taken up the challenge of participating in this year's JOMUN XVIII... and it is a challenge! The application date was much later this year (4th September) and the delegates were given their Committees and countries on the 5th, so they have only two weeks to prepare. These are the delegates from WIS:

Name of Delegate	Committee	Country
Olivia Shino	Economic and Social Council	South Africa
Tanatswa Murwira	Environmental Commission	Brazil
Amelie Gross	Environmental Commission	The Gambia
Mrinalini Agrawal	General Assembly 4	Ethiopia

Luna Zhakata has risen to the challenge of leading and preparing the WIS delegates in this venture, as well as fulfilling her JOMUN role as Chair of the Human Rights Commission (which is a very important role in the conference itself). I admire their willingness to take on this challenge, I take my hat off to these WIS delegates and to the AISJ student organisers led by Yasmin Ho as well as the staff at AISJ who are supporting them in this enormous endeavour.

Edwina Rimmington

Supporting your Child's mental health

Dear Parents and Guardians,

As we, teachers and parents alike, prepare for the imminent return of all our students, I thought this UNICEF article might offer some useful advice. Our teachers are also trying to think of everything by way of supporting the students in their transition to coming back to a school day that will be different from when they were last here.

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

Something else that the younger kiddies may enjoy is a Sesame Street programme:

- **Back to School - A CNN Sesame Street Town Hall for kids and families**
- **Screened by DSTV Channel 401 on Saturday day, 12th September at 16h00.**

I've not watched it yet but it promises to assist in a fun way with the transition of returning to school.

Sharon Gorelick (Nurse/Counsellor)

W.O.R.D.
Hala Ayoub - 6JB still reading for WORD during remote learning!



[Click here for the ONLINE SURVEY](#)



NAMIBIANS' THOUGHTS AND HOPES

should be well represented at the upcoming United Nations General Assembly

HOW CAN YOU HELP?



COMPLETE THE ONLINE SURVEY

1 minute to answer 6 multiple choice questions
Results will be shared at the UN General Meeting in Sept
The UN wants to hear from all corners of the world!



ENCOURAGE OTHERS

within your organization and your network to also complete the online survey.



SPREAD THE MESSAGE ON SOCIAL MEDIA

Add your photo
Use the hashtag #UN75
Tag UN Namibia   

