



SECONDARY NEWSLETTER

Issue No: 309

23rd September 2016

HEAD OF SECONDARY'S MESSAGE

101 Ways to Cope with Stress.

I was recently reading an article online about supporting students dealing with stress. The article was about a student names Alina Ramirez, who is a high school student in California. During one of her first lessons her teacher gave the class a list of **"101 ways to cope with stress."**

As I reflected about our students and their busy lives, I thought you might like to see this and see if you and your child(ren) could also benefit from selecting 5 strategies to try and lower stress levels. (I have shorted the original list just a little)

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Don't rely on your memory write it down
- Practise preventative maintenance
- Make duplicate keys
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important documents
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Unclutter your life
- Smile
- Pet a friendly dog or cat
- Don't know all the answers
- Look for a silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself

IN THIS ISSUE:	PAGE
Head of Secondary's Message	1-2
Director's Message	3
Gadget Corner	4
Sports Director's Message	5-6
PTA News	7

UPCOMING EVENTS

26th Sept	Health week
1st Oct	- 1 st tracking report sent home. - ISSAK football fixtures
5th Oct	Outdoor education parents information meeting 5-6pm
6th Oct	ISSAK Swimming Gala @ GEMS
10-14th Oct	Maths Week
15th Oct	World Maths Day
15-23rd Oct	Half Term; French Trip
26th Oct	Parent Teacher Meeting for Y7,10, DP1 & DP2 3:30-5PM
1st Nov	IGCSE Awards During Assembly; Year 9 Options Evening 5pm
2nd Nov	House Football; Parent Teacher Meeting Y8,9,11 3:30 TO 5pm
5th Nov	School Fair @ Ambrosoli
7th Nov	House Colour Day

- Do a brand new thing
- Stop a bad habit
- Find support from others
- Do it today
- Work at being cheerful and optimistic
- Put safety first
- Pay attention to your appearance
- Strive for excellence NOT perfection
- Stretch you're your limits each day
- Look at a work of art
- Maintain your weight
- Plant a tree
- Feed the birds
- Stand up and stretch
- Always have a plan 'B'
- Memorise a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Throw a paper airplane
- Exercise every day
- Learn the words to a new song
- Get to work/school early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Put air freshener in your car
- Watch a movie and eat popcorn
- Go to a sports match and scream
- Recognise the importance of unconditional love
- Remember that stress is an attitude
- Practise a monster smile
- Remember you always have options
- Have a support network of people, places and things
- Quit trying to fix other people
- Get enough sleep

- Talk less, listen more
- Freely praise other people

I have looked at these and I would like to tell you the 5 I have chosen.

- Say something nice to someone
- Stop a bad habit
- Don't know all the answers
- Stop thinking tomorrow will be a better day
- Repair anything that doesn't work properly

I will let you know how it goes!

Date; for your Diary

1 st Oct	1 st tracking report sent home.
1 st Oct	ISSAK football Boys – HIS Girls – AK
5th Oct	Outdoor Ed. Meetings with parents 5.00pm to 6.00pm
6 th Oct	ISSAK Swimming Gala at GEMS

Regards
Terry Garbett
Head of Secondary

MAINTAINING HIGH STANDARDS

I think we are a little guilty sometimes of not being as open with both our students, and indeed you parents, regarding very important aspects of school life, which, as you are really the end-users of our services and key stakeholders in the KISU community, is quite wrong of us. Ironically, this tendency towards introversion is actually to our own detriment quite often. A good case in point is monitoring and evaluation; we spend a good deal of energy and many man-hours on looking at our own performance as teachers, and as a school in general, and yet I doubt if many of you know much about how we do it. So let me take this opportunity to address that, at least to some extent.

So far this week I have had the privilege to observe 11 colleagues teaching lessons and I intend to see the remaining 46 over the course of the next two weeks. These visits to lessons are unannounced and I record my observations against 5 key success criteria that have been discussed and agreed upon by the staff as a whole. After these observations, I give fairly detailed feedback to the colleague concerned to help identify strengths and areas for development for them to work on. These visits are great for identifying, celebrating and then arranging to share good practice but they are also about us assuring ourselves that there is both high quality and consistency in the educational service that we provide to you and your children.

Colleagues are also commencing their appraisal processes for this academic year. This involves a full lesson observation (again unannounced) in the first part of Term 1 by a senior line manager. This is followed by a meeting to review the lesson and set targets for improvement and identify professional development opportunities for the year ahead; progress against the agreed targets is then measured at a second full lesson observation in Term 3.

By now our Heads of Department and Key Stage coordinators have analysed and reported on, in considerable detail, student outcomes in exams and assessments at the end of last academic year. As you know there were very many success stories but there are always areas where we could be doing a little better. For the first time, this year we were able to measure the performance of

students, teachers and departments against rigorous and objective external data in the shape of the CAT test indicators.

As the year progresses a wide range of other monitoring and evaluation activities will be used to help us to know better where our strengths and areas for development as a school lie. These will include things like: book samples; student surveys; analysis of mock exam results; learning walks etc etc....In addition, the Senior management Team has set itself the target of reviewing our progress as a school towards achieving the aims set out in our Guiding Statements during our weekly meetings throughout the year ahead.

I know the skeptical among you will be tempted to suspect that this is all very well but is anything actually done to tackle under-performance where we find it? The answer, most emphatically is, yes! I have been delighted to see some outstanding teaching and learning already in the last week but of course there will be a range of performance across so many teachers. Where the level of a colleague's performance falls persistently below our expectations as a world-class international school, we have clear structures in place to support the relevant colleague to make concrete and timely improvements. Happily, I can honestly say that when we have had to revert to these measures in the past there has been considerable success.

So please rest assured that we take the responsibility of educating and developing your sons and daughters extremely seriously; we are honest with ourselves about how well we are doing it and committed to constantly striving to do it better and better.

Regards

Steve Lang

School Director



QUANTUM CRYPTOGRAPHY

Today I am not talking about a gadget but rather technology that these gadgets use. When we send emails, they go encrypted and now whatsapp is also offering end-to-end encryption on your chats. *Encryption* is basically the process of encoding messages or information in such a way that only authorized parties can read it. So is it important? Well, if you value privacy, then it is but what is even better than just encryption is QUANTUM CRYPTOGRAPHY. Now this is a topic we talked about and some year 10 students are doing homework on and I thought I could share it with you. Quantum cryptography uses our current knowledge of physics to develop a cryptosystem that is not able to be defeated - that is, one that is completely secure against being compromised without knowledge of the sender or the receiver of the messages. The word *quantum* itself refers to the most fundamental behaviour of the smallest particles of matter and energy: quantum theory explains everything that exists and nothing can be in violation of it. Quantum cryptography is different from traditional cryptographic systems in that it relies more on physics, rather than mathematics, as a key aspect of its security model.

Essentially, quantum cryptography is based on the usage of individual particles/waves of light (photon) and their intrinsic quantum properties to develop an unbreakable cryptosystem - essentially because it is impossible to measure the quantum state of any system without disturbing that system. It is theoretically possible that other particles could be used, but photons offer all the necessary qualities needed, their behavior is comparatively well-understood, and they are the information carriers in optical fiber cables, the most promising medium for extremely high-bandwidth communications. This is how it works for example;

- Alice uses a light source to create a photon.
- The photon is sent through a polarizer and randomly given one of four possible polarization and bit designations – Vertical (One bit), Horizontal (Zero bit), 45 degree right (One bit), or 45 degree left (Zero bit).
- The photon travels to Bob's location.
- Bob has two beamsplitters – a diagonal and vertical/horizontal - and two photon detectors.
- Bob randomly chooses one of the two beamsplitters and checks the photon detectors.
- The process is repeated until the entire key has been transmitted to Bob.
- Bob then tells Alice in sequence which beamsplitter he used.
- Alice compares this information with the sequence of polarizers she used to send the key.
- Alice tells Bob where in the sequence of sent photons he used the right beamsplitter.
- Now both Alice and Bob have a sequence of bits (sifted key) they both know.

Now you know:

Robert Buga

Head of IT

Clubs

We are entering week 4 of clubs. Please keep in mind: Beginning next week (Week of Monday, September 19th), students who have not paid for clubs will not be collected to attend until full payment is received by the club leader. Payment should be made directly to the club leader and a receipt issued.

Changes to club choices will no longer be permitted. Students may drop clubs but cannot add any to replace those dropped.

The following club; location; have changed:

- Wednesday, KS1 & KS2/SEC Chess à now in a secondary classroom, opposite secondary music room, 3rd floor
- Thursday, KS2 & SEC Young Writers & Debating à Secondary PE Theory room
- Thursday ALL Capoiëra à Tae Kwon Do room

Some Important Dates:

- Outdoor Education week, October 10-14- **staff and students should run/attend their club if at school**
- Half term- October 17-21- School closed, NO CLUBS
- Club A sessions resume (week 7/10)- October 24
Club A session finished – Saturday, November 19th

KISU HOUSE**Swim Gala!**

KS2 students took to the pool on Thursday for the House Swim Gala where they displayed what they've been learning in PE swimming, complimented with many admirable attributes including courage, humility, perseverance, and sportsmanship. We saw students taking one for their team by swimming in events they may have found intimidating, determined to finish despite the effort involved. And students cheering each other on, housemates or not, supporting and celebrating both effort and successes! New to the gala this year was an obstacle course race and cannon-ball (biggest splash) competition which allowed for a different approach to team work and morale.

At the end of the day, students found enjoyment in physical activity, acquired new knowledge, and progressed as leaders, team players, swimmers, and learners.

Miss Theberge is very proud of each and every swimmer who took part in the gala and is already looking forward to next year's!

A massive thank you to all involved in the production of this event- the PE support team, ancillary & facilities team, IT team, teachers & TAs. You all play a crucial role in the success of this event and your contribution is much appreciated!

Stay tuned for a summary of the Secondary Gala, which took place today!

ISSAK SPORTS

Results- Another busy week in KISU Sport!

Our U16 football teams captured wins over AIS while our U13 Girls drew their first match of the season to RISU 1-1. Our U20 boys look forward to redeeming their win over ISU on Monday.

We really have so much to be proud of with our school's athletes and sports teams and these photos say a lot about that. So far this season we have maintained our reputation as tough but fair competition who play smart & skilled sport and deliver a professional & organized program. With our School Director & Head of Secondary each leading a team this season, it's safe to say our athletes and teams are very well supported.

As a school community, we are on our way to celebrating this with more students, teachers, and parents coming along to support our teams. This year, we have some students dressing as our mascot, the Lion, to generate school spirit at matches. Your support makes a big difference to the atmosphere of the game and sometimes, even the performance of players and teams. We look forward to seeing you there cheering us on!

Upcoming Games!**Monday**

- U20B vs ISU
- U20G @ ISU - RESCHEDULED TO WEDNESDAY, SEPT 28

Tuesday

- U20B @ VC
- U20G vs VC
- U13B @ AIS

Wednesday

- 13G vs AIS
- U20G @ ISU
- U16B @ GEMS
- U13G vs GEMS

Saturday**Girls @ AK**

- U20 vs ISU
- U16 vs AK

Boys @ HIS

- U20 vs AK
- U16 vs ISU
- U13 vs AK

The season schedule can be found on the school website under the Extracurricular Activities, Sports tab for future reference. Any changes to this schedule will be communicated by email.

PE Swim Kit

Students should now be wearing either the KISU swimwear or one of their own that is plain & dark in colour. If students wish to wear shorts, rash guards, or full coverage suits, we hope parents will try to source these in a plain & dark colour if at all possible.

Outdoor Education Week

Outdoor Education offers a unique learning opportunity for students to deepen their understanding of the ideas and concepts learned in the classroom. It is also a chance for them to form new friendships and develop a sense of independence.

Secondary Outdoor Education Week will take place November 21- 25th. **There will be a parent/guardian information meeting on Wednesday, October 5th from 5:00-5:30 & 5:30-6:00.** Please see below for trip leaders & destinations.

- Year 7- Kazi Sailing Club and Lakeside Adventure- Ms Douville, e.douville@kisu.com
- Year 8- Mukono- Ms Frances, n.frances@kisu.com
- Year 9- Kulika Farm- Mr Buga, r.buga@kisu.com
- Year 10- Lake Mburu- Mrs Bamwoyeraki, s.bamwoyeraki@kisu.com
- Year 11- Fort Portal- Ms Rewald, s.rewald@kisu.com
- DP1- TBA, Mrs Rabanowitz, r.rabanowitz@kisu.com
- DP2- Watamu, Kenya- Mrs Raval-Shah, t.raval@kisu.com

You may also contact the Sports Director, Miss Racquel Theberge, at sportsdirector@kisu.com

SOME PHOTOS FOR U20 BOYS AND U13 GIRLS



Dear All,

I would like to thank the Executive Committee Members who tuned up for the first meeting on Tuesday 20th September 2016. It was agreed that we as PTA we should sell healthy snacks and drinks for all the school events. We will be sending the minutes as soon as they are ready. A big thank you to all those who helped out last Saturday on the PTA stand. I have sent out a form through the CPRs for those willing to volunteer for the PTA stand.

Congratulation to all those that participated at both the primary and secondary swimming gala's on Thursday and Friday this week. A big thank you to all those parents who helped out at the PTA stand.

Upcoming PTA Events for terms 1:

Saturday 1st October – Family Fun Picnic

Friday 28th October – Halloween Movie night

Friday 11th November – Quiz Night

Have a wonderful weekend.

Kind regards,

Julia Karungi Kimbaleeba

PTA Chair

SKI TRIP 2017

Parent Information meeting

Tuesday 27th September 7:45 am primary
music room and/or Wednesday 28th 5 pm

This meeting is essential for all parents who
are interested in sending their children on
the ski trip.