

RUSINGA SCHOOLS

NEWSLETTER



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Word from the Head Teacher

This term, we have been discussing the Theme of Stewardship in our devotions and what a blessing it has been. From the talents and gifts God has given us to the many things around us that He has blessed us with: Psalms 24:1 "The earth is the LORD's, and everything in it, the world, and all who live in it;" and the Lord's exhortation in Deuteronomy 16:17 "Each of you must bring a gift in proportion to the way the LORD your God has blessed you.", we are encouraged to use these gifts and things to bless others.

Mrs. Echessa-Kariuki
Head Teacher

Healthy Lifestyle

As part of Stewardship awareness, we will be discussing our bodies and how to keep them healthy. Through a parent's initiative, Dr. Nyamongo, The New Life SDA Church, partnering with African Institute for Health and Development (AIHD) under the CNCD-Africa programme are organizing a Healthy Lifestyle Screening Medical Camp at here at Rusinga in Week 10 for purposes of screening our students and staff for diabetes, hypertension and overweight/obesity and nutritional counselling. This will be purely voluntary and parents will have to sign a consent form for their

Lost property

Good stewards are good managers who take care of all material things that the good Lord has given us. There is a lot of 'lost' property that students neglect to reclaim from the school's lost property store. I am amazed at the number of sweaters, shoes, books, bags that are mislaid and not reclaimed afterwards. Parents, please see Mary Muturi, the Maintenance supervisor, to help locate any school item from your child that has gone missing.

What kind of Literature is your child reading?

Reading is good practice; it edifies, inspires and entertains, among many positive effects. However, I urge all parents and teachers to be conscious of the literature your children are reading. Reading books that focus on the occult is detrimental to a young growing mind.

Pre-teens and Teenagers have now taken to reading books on Vampires and other horror themes, as well as watching movies on the same. Let us be good stewards of our minds and not feed them with negative forces and energy.

A Boost for the Mentorship Programme

A renowned Author and Speaker, Dr. Ronaldo Archer and his Pastoral Group of 7 from Dunamis Institute International, with support from International Christian Centre, visited us recently and held separate inspiring and motivational sessions with Prep and Senior School Students and shared some valuable, foundational guidelines on Mentorship with all Teachers. The Mentorship Programme is expected to further develop in the second half of this term where the Teacher Mentors will enrich their Individual Mentee and Group Mentee Contact Sessions.



TEACHERS LISTENING TO ONE OF THE PASTORS

SPORTS DEPARTMENT

In the fixtures and tournaments in Soccer and Rounders this term, the U 9 Boys emerged tops in the ISK Friendship Cup with Rianna Kioko being nominated as the best Goal Keeper. The U7 and U9 Boys' Soccer Teams won the School of Nations Soccer Tournament. Over mid-term, the Year 10 and 11 P.E. students went on an expedition to Mt. Kenya. 13 out of the 23 students managed to climb up to Lenana Summit which is 49850m above sea level.



KINDERGARTEN

Kindergarten Parents' Orientation Meeting

Kindergarten Parents' Orientation Meeting was crowned by the Chief Speaker George Sikulu, a certified trainer and also a motivational speaker with a passion for family development, Education and Youth employability. He engaged parents in a discussion on early child development and training to inculcate correct habits in children

PREP SCHOOL

Year 1 and 2 Parents' Orientation Meeting

Year 1 and 2 Parents' Orientation Meeting was enriched by the presence of Rev. Dr Jesse Kamau who shared with Parents The 8 Ts mainly based on the reading from Colossians 3:21

1. Time: Quality time for the family
2. Talk: Communication not orders
3. Touch: Human/Parental touch
4. Teach: Teach them, play with them and discipline them.
5. Trust: Influence them to be trustworthy.
6. Tender: Children are tender emotionally. They have feelings and values.

The 5R Assembly

An inspiring Assembly Devotion by the 5R skit "The Gift of Ideas" featured inventions and discoveries that have continued to make life, in the present world, very comfortable. Pupils acted out the roles of Edison, Faraday, Louis Pasteur, Graham Bell, Mary Seacole and Florence Nightingale. The Pupils creatively blended the school's theme of stewardship by presenting these individuals as people who never sat on their talents, but spent long hours of research and studies leading to better conditions for generations. The class passed a strong message that through hard work and focused studies, pupils may discover ideas that would otherwise reside dormant in them.

Year 6 Science Trip

On the 29th of September 2011, the Year 6 pupils went on an educational trip to the Nairobi National Park. The objective of the trip was to reinforce the skills learnt in Science in Term 1 which focuses on life processes. After the trip, the pupils wrote a report on the trip which exhibited a high level of recall of facts, report writing and research skills blended with fun and creativity.

UPCOMING KEY EVENTS:

- WEEK 9:** Prep School Achievement Assembly
Year 11 Parents' Consultation Meetings at 3:30pm
Premier Academy Girls' Rounders' Tournament
Strathmore School Boys' Soccer Tournament.
- WEEK 10:** Year 8 Parents' Consultation Meetings at 3:30pm
EAMUN Mock Debate
NASA Swimming Gala
- WEEK 11:** Brookhouse Invitational Athletics Meet
Year 12 & 13 Parents' Consultation Meeting
- WEEK 12:** Start of IGCSE MOCK Examinations for Year 11
Year 1 & 2 Christmas Concert
Year 9 Pastoral Retreat
The Nairobi Academy Soccer Boys' Tournament
- WEEK 13:** Start of GCE 'A' Level Pre-Mock Examinations for Year 12 & 13
Annual Drama Production
President's Award Pre-Bronze and Bronze Expedition
Kindergarten Children's Home Visit
- WEEK 14:** Kindergarten Christmas Musical
Prep School Humanities Day
Boys' To Men and Precious Pearls' Camp and Graduation
Year 12 Reflection Retreat
President's Award Gold Residential