



## A MESSAGE FROM THE SCHOOL MANAGER

Dear Parents and Guardians,

We hope everyone is staying safe and healthy and making the best of our new way of working and living. We imagine it is overwhelming for most of us to be receiving so many communications from so many facets of life regarding the impact of COVID-19 on our society.

In order to ensure that Nairobi Waldorf Trust continues to thrive in the face of the adversity facing all of us, the NWST community must also work together. We understand that many of you have increased responsibilities while working and assisting your children in their classes from home. It is unlikely that schools will reopen prior to the next school year; we are grateful that we shall conclude the 2019/2020 school year through distance learning.

We launched our distance learning program which was a BIG step for a Waldorf School. This new way of teaching and learning required adjustment, understanding, and time for everyone (students, teachers and parents) to find their groove. Very little about this process was perfect, a lot about this process took patience and flexibility. As you must be aware, it is inevitable that the virus has directly impacted the families in our community and it is highly probable that some are grappling with it.

We have received very good feedback regarding distance learning through parent representatives meetings, class meetings, phone calls and email communication. We will be providing a standard format through which parents can provide feedback regarding the distance learning model; please watch for this communication over half term. We take your feedback seriously and so far we have tried to accommodate as best as we can. We are all putting in heroic efforts to get through this.

We are looking forward to going back to normalcy when the threat of COVID-19 is over. Thank you all very much for your continued support.

James Kioko - School Manager



Vowel Angels Drawing by Tr. Winnie

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## UPCOMING DATES

*May 25 - Monday*  
Idd-ul-Fitr Public Holiday  
Karen & Lavington

*May 27 - Wednesday*  
Half Term Begins  
Karen & Lavington

*June 2 - Tuesday*  
School Resumes (Online)  
Karen & Lavington

*July 3 - Friday*  
End of Term 3

"FOR ALL HUMAN  
ILLNESS, SOMEWHERE  
IN THE WORLD THERE  
EXISTS A PLANT WHICH  
IS THE CURE."

- RUDOLF STEINER

Stream

Classwork

People

## Class 1

Karen



### Upcoming

Due today  
Wednesday 20/5/2020 Su...

Due tomorrow  
Thursday 21/5/2020 Subtr...

[View all](#)



Share something with your class...



Nawala Weber posted a new material: Ball - closing off/stiching together  
10:41 PM



Maham Samdani  
9:08 PM



Today is Teachers' Day ... we are sending hugs to Ms Winnie, Ms Nawala, Ms Naomi, Ms Nyokabi and Mr Tum! Thank you!!!

## DISTANCE LEARNING

The school has embraced distance learning as we keep safe at home during this global pandemic. Our faculty spent weeks training in and preparing their digital classrooms for Term 3 and the work they put it in evident through the participation from our NWST community and the happy at-home learners.

NWST uses the Google Suite for distance learning, employing mainly Google Classroom (for material and assignments) and Google Meet (for online video sessions). Each student is provided an official school log in and our classrooms and video sessions remain safe and secure following the support of an IT specialist.

The Pedagogical Team researched appropriate maximum screen time and enacted a schedule allowing for the most learning with the least amount of electronic use. Their leadership has ensured that the teaching staff strives to the highest levels of digital teaching through a variety of methods both online and offline.

This has been a true test of our collective capacity to adapt to challenges. We are thankful to the entire community for embracing this new learning environment; the efforts of the Board, Management, PT, teaching and non-teaching staff, parents, and most certainly our students has made this model a success.



Due Apr 29

### Form Drawing Form 1

Dennis Indala Apr 27

Good afternoon children, as you practice on the form we did in class, have a look at what you can use as guidelines.

1. Draw it in the air with your finger.
2. Draw it with your toes on the floor.
3. Walk it in a free space in your house.
4. Draw it nicely on your blackboard with a piece of chalk.
5. If you feel it looks very nice, draw it in your Form Drawing exercise book.

Once you are done, take a photo of it in your book and upload for me to have a look.



IMG20200427155125.jpg  
Image



IMG20200427155229.jpg  
Image



IMG20200427155328.jpg  
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IMG20200427155509.jpg  
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Image



### Painting Experience colours of the rainbow Little Gnome story

Tabitha Wangeci Apr 28 (Edited May 4)

The children will need .

An Apron  
Painting paper  
Painting brush  
Paints  
Painting board  
Paints in a pots  
Water jar  
A little rag for placing the brush.



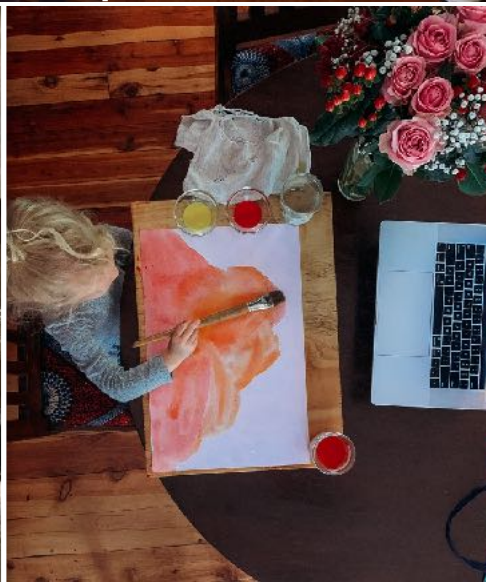
VID\_20200424\_163343.mp4  
Video





### DISTANCE LEARNING AT HOME

What does Distance Learning look like? Enjoy a glimpse into the home learning set ups of our NWST community.





## EDUCATION THROUGH THE 12 SENSES - ARTICLE 4

This series is a continuation from the previous newsletter articles on educating through the 12 senses presented by Tana Lyons.

### Sense of movement, or muscle sense

The previous two senses observed the body's boundaries, the body's internal state and the space it takes up. The sense of movement, or of muscles, enables you to perceive your body's movements and posture.

Your body – limbs, eyes, mouth, tongue, forehead, chest – is never still. All these movements are perceived, and very accurately, too. You can perceive a 0.038 degree turn of the elbow. Not only do you perceive your movements, you are also aware of the exact position of your limbs and all the other moving parts of your body. At any given moment, you know exactly where your arms and feet are. This is essential information; if you are going to execute a new movement, you have to know where the movement is to begin. You don't even have to think about this, the sense of movement is always present.

Your sense of movement is primarily focused on perceiving your own body, but you often also use it to observe things around you. In observing moving objects, your sense of movement works together with your sense of sight, so that you can see the type of movement taking place and estimate the speed of the moving object. In order to determine the object's shape, your eyes follow the outline of the object and shift to and from details that attract your attention. Painters use this roving habit of eyes to guide you through their painting along a chosen course. The movements and shapes are observed by the movement sense in the eye muscles, but the eye itself only observes the colours.

### Exercises

- *Perception of precise movements:*  
Take a piece of paper and a pencil. Close your eyes, or ask someone to blindfold you. Draw a house, or a three-master. The first time, draw it as you would normally draw, occasionally lifting your pencil off the paper. Then draw it again, but keep the pencil on the paper all the time. You could also do this exercise on a blackboard, so that others can observe you as you draw.
- *Perception of larger movements:*  
Draw a straight line on the pavement with chalk, and then draw a circle about ten metres on. Connect the two with an undulating line. One person stands behind the start line and then walks along the undulating course and places a small object in the circle. The subject then goes back to the start line and repeats the exercise blindfold. You could vary this

exercise so that the subject first observes the course from the start line, and then walks it blindfold and places an object in the circle.

- *Observing position and movement:*  
Ask someone to blindfold you and to put your arm in a certain position. Describe the exact position of your arm, which muscles are activated and which are not. Then let someone change the position of your arm just slightly. Again, describe the position of your arm and the muscles used, and describe the changes that you perceive in your arm.

Find a partner, face each other and put your hands flat against theirs. Make circles and other movements with your hands, varying the pressure on the other's hands. Describe what you feel: the pressure, tension, relaxation and movements.

- *Imitation:*  
Describe the motion of a moving organism, either human or animal. What is the motion like, which parts of the organism are moving, could you imitate the movement?

Stand in front of a large object and observe it while someone else observes your eyes. Ask this person to describe your eye movements.



### Games that nurture the sense of movement

- Tumbling
- Crawling games
- Jump rope (all kinds)
- String games (cats cradle)
- Blindfold games
- Ball bouncing games
- Jacks

### WHAT TO PACK FOR SNACK?

We're all at home now but the snack requests don't stop! Here's an easy recipe that's healthy and delicious. Invite the children to help choose their own fillings - each egg bite can be tailored made so everyone gets what they want.

#### Egg Muffin Bites

- 12 eggs
- 1 grated or finely chopped onion
- 1/2 cup shredded cheese
- 1 tsp garlic powder
- Salt & pepper

#### Optional Add-Ins:

- Chopped ham, turkey, or cooked bacon
- Diced veggies (tomatoes, capsicum, spinach, mushrooms, zucchini, broccoli)

1. Preheat oven to 180C and grease a muffin tin thoroughly.
2. In a large mixing bowl, beat the eggs.
3. Add the cheese, garlic powder, and salt/pepper to the eggs and stir to combine.
4. Pour egg mixture into each muffin tin well, filling halfway.
5. Add meats and veggies by pushing gently into the egg mixture.
6. Bake for 16-18 minutes, until eggs are golden and firm.
7. Cool for 5 minutes in tin, run a knife along the edge of the muffins, and cool on a wire rack. Refrigerate for storage.

### 2019-2020 ANNUAL GENERAL MEETING

The Board of Trustees held this year's AGM on Saturday, 7th March, 2020. The presentation was held at the Karen Campus and was well attended by parents from the community, the faculty and staff, and the Management Team despite the early warnings of Covid-19 and its presence in Kenya.

The Board focused their presentation on reminding parents of the Vision, Mission, and Values of the school alongside the pillars of the 2019- 2024 Strategic Plan, which are:

1. Teaching and Learning Excellence
2. Financial Stability and Growth
3. Growing and Supporting the High School
4. Campus and Facility Quality
5. Sustainable Enrollment

An external auditor's report was reviewed, as well as reports from the Management and Pedagogical Teams. Key elements of the reports included further details about the expansion into high school and the upcoming Karen Campus move.

Following the presentation, the Board opened the floor to welcome questions, comments, and concerns from the community. The minutes of the the AGM and the presentation itself were both made available after the event.



Artwork by Class 6 Students



# "I WILL GET MY EDUCATION - IF IT IS IN HOME, SCHOOL, OR ANYPLACE." -MALALA YOUSAFZAI

## A MESSAGE FROM THE BOARD CHAIR

Dear NWS Community,

Greetings from the Board of Nairobi Waldorf School Trust. We hope that you are keeping safe and well during these challenging times.

It has been an interesting first half of the third term. A global pandemic changed the course of Nairobi Waldorf School Trust. A month before the school was scheduled to open, the Board and school management began asking some key questions on how to ensure the students kept learning, especially as they had already lost 2 weeks of Term 2. The Board was acutely aware of:

- How much COVID 19 had disrupted parents' lives and incomes
- The importance of finding a way to continue the children's education effectively
- The significance of maintaining the Waldorf philosophy and ethos

We knew this was the end of business as usual. The disruption meant the school quickly had to pivot, get creative and think of new ways to teach without losing sight of the above factors.

A decision was made to adopt distance learning. School fees were reduced to help cushion parents against the negative financial effects of COVID 19. The teachers dedicated their holiday to adapting the curriculum to online and offline lessons. We worked together to ensure that the hours online were age appropriate. We embarked on an intense 2-week training to prepare the teachers and make them proficient in Google Classroom and Google Meet.

As a Board, we are proud to say that the school has quickly adopted this new way of learning and soared past the teething problems. The distance learning program has now settled. Thank you, Teachers, for working tirelessly to make this happen. Thank you, Parents, for the critical role you have played. You have had to be very engaged in your children's learning to ensure the success of this program. Your commitment and patience to your children's education is laudable.

To those of our parents who had to opt out of this program for personal reasons, we would like you to know that we still consider you a part of our NWST community and we look forward to your children's return following the return to a more normal learning environment.

Going forward, the school is still on course to start our High School in September 2020 with an inaugural Class 9. The teachers have been preparing and we are ready to enroll students. We urge you to share this good news with other parents.

We do not know how long this pandemic will last, and as such, the Board continues to plan for different response scenarios even as we hope for the best.

Last but not least, we hope and pray for your continued wellbeing and success.

Dr. Njeri Gitau  
NWST Board Chair