



### A MESSAGE FROM THE SCHOOL MANAGER

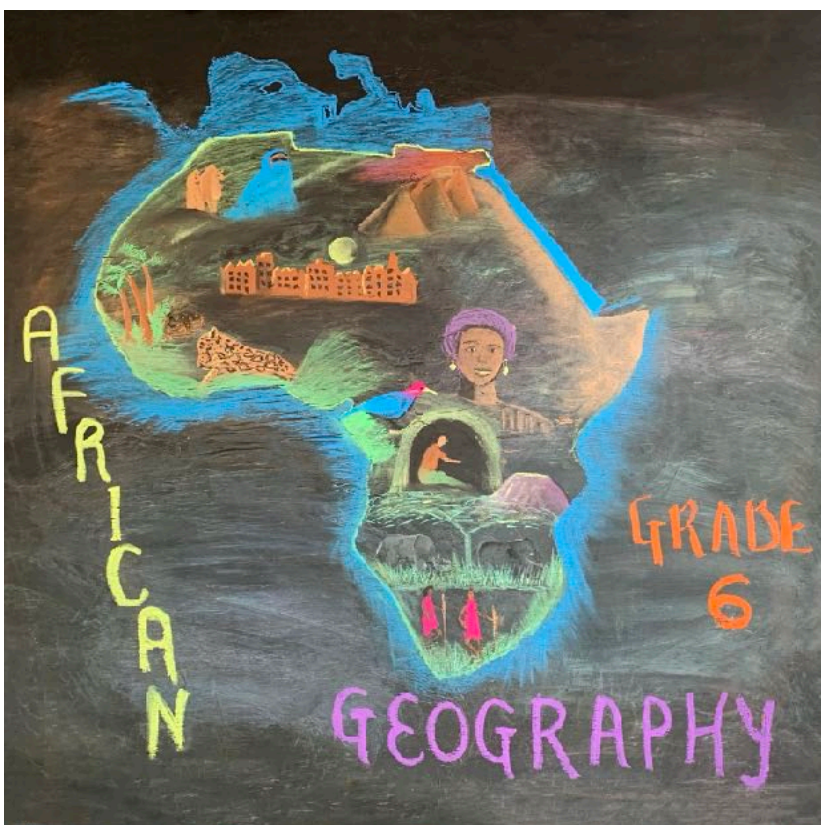
The term "Waldorf School" might not mean much to people outside of the educational realm. The Nairobi Waldorf School Trust embraces a pedagogy that places a high value on imagination in the process of learning, ensuring a wholistic approach to student development. We focus not just on intellectual development, but also artistic skills.

At the Nairobi Waldorf School Trust we incorporate child development through the stages of learning. The emphasis of the first stage, which focuses on early childhood education, is on practical and hands-on activities and creative play. The second stage, which is primary education, focuses on artistic expression and the social capabilities of the children. The third and final phase, which the Nairobi Waldorf School Trust opens its doors to in September, 2020, is secondary education. The students will spend more time delving into critical reasoning and empathic understanding of classroom material. In Waldorf Education, as the child matures, the process of scientific inquiry and discovery becomes a greater focus as time goes on, with the highest level of comprehension coming in the higher classes.

James Kioko  
School Manager



**We are live on Twitter!**  
**Follow us: @Nairobi\_Waldorf**



ISEF Chalkboard Drawing by Mr. Ochelle

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### UPCOMING DATES

*March 14 - Saturday*  
Class 1 Readiness Assessment  
Karen & Lavington

*March 20 - Friday*  
Cocktail Evening  
Karen Campus

*March 21 - Saturday*  
Class 1 Readiness Feedback  
Karen & Lavington

*March 25 - Wednesday*  
Primary Presentations  
Lavington Campus

*March 25 - Wednesday*  
Agape Festivals  
Karen & Lavington

*March 26 - Thursday*  
Primary Presentations  
Karen Campus

*March 27 - Friday*  
End of Term 2  
Karen & Lavington



### PRIMARY SWIMMING GALA

The games department hosted the annual Primary Swimming Gala at KCB Leadership Center in January. Despite the previous weeks of rains, the day was warm and full of sunshine.

Parents were invited to see the progress of skills from each class through a series of swimming events.



The children were very comfortable in the water as they displayed the variety of strokes that they have learned during weekly swimming lessons. The friendly games and races challenged their endurance and coordination.

Carved soapstone awards were distributed both for class participation and race winners. After such hard work, the child and parents were treated to lunch.



### LIBRARY UPDATES

The Karen library team encouraged reading and through the Readathon fundraiser in term 1. Over 100 hours of reading were tracked and Ksh 100,000 was raised for the library. The team has been sourcing new and gently used books and the library now boasts more than 3,500 books available for check out.

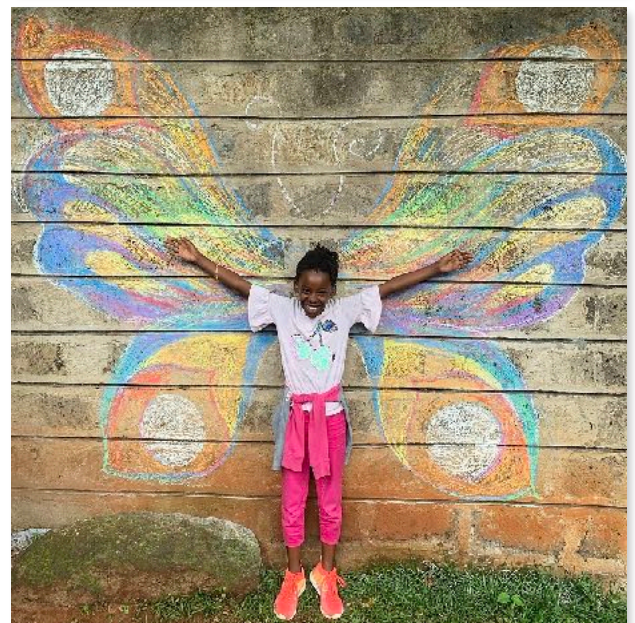
We celebrated World Book Day 2020 on March 5. Children were encouraged to dress as their favorite book character and participate in the 'lucky draw' fundraiser. We are thankful to our many sponsors for donating prizes.

Books sales were ongoing and a portion of the funds raised will go back into the library. As a special treat for our kindergarten children (and much to their delight!), the class 8 students read books for story time.

### CAR BOOT & LAWN SALE

The new year brought with it a chance to declutter and sell used items at the NWST Car Boot and Lawn Sale. Featuring vendors with new items, food, henna, art, and a great selection of used goods, the community had a chance to shop and socialize.

The Lavington Campus provided a lot of space for the children's nature scavenger hunt, "fishing" and an art project.



### WEBSITE UPDATES

Did you know that we continually update the school website to give parents and community members the most up-to-date information?

We've recently added new policy documents, previous newsletters, and a curriculum overview - they are all available to view and download.

We also maintain an interactive calendar with upcoming school-wide events and opportunities. This coincides with our termly calendar - another place to check!

We encourage you to review the website, familiarize yourself with the content, and make use of the offerings.

### EDUCATION THROUGH THE 12 SENSES - ARTICLE 3

This is a continuation from the previous newsletter article on educating through the 12 senses beginning with the sense of touch.

#### Sense of Life

The sense of life is the internal sense of your organs and internal life processes. Your life sense tells you that you are full, that you have indigestion, or that you have to go to the toilet. You do not sense anything as long as your life processes are all following their normal, harmonious course. You do not register the life sense until one of the life processes is disturbed, or when you are ill. Other examples of observations made by your life sense are stomach-ache, congested nose or sinusitis. You do not perceive your organs or life sense unless something is wrong.



Pain is a serious disturbance which is also perceived with the life sense. Your life sense tells you that you have cut your finger, that a muscle hurts or that you bumped your knee on the table-leg.

Generally, your life sense gives you information about your physical situation, your health, vitality, illness or pain. The life sense uses the vegetative nervous system, which has connections with all the internal organs.

Another type of observation that the life sense can make is the perception of your body as having substance. Your life sense makes you perceive yourself as a physical, material body. If you only had a sense of touch, you would only be able to feel your body's boundary, so that your body would feel like an empty shell. Normally speaking, you are not consciously aware of your body or your organs. Your attention is not drawn inward, and this enables you to focus on the world around you. When you are sick or in considerable pain, you are less attentive of your surroundings.

#### Exercises

##### Inner observations using the life sense:

Perceive the state of one of your organs (stomach, lungs, heart). Then drink a few glasses of water or jog around the block, and repeat the observation.

Have you ever felt an organ? For example, your lungs, heart, bladder, spleen, liver, muscles. What did you observe, in which circumstances did you feel the organ?

##### External observations using the life sense:

Health, vitality. Observe the vitality of a tree. How can you determine its vitality: what part does your life sense play?

Make an observation of the health of an animal, e.g. a cow. How can you determine its health, what part does your life sense play?

Pain: observe the pain of another person or animal. What do you experience, where do you experience it, what feelings go through you?

Space: observe the space that is filled by an organism (plant, tree or animal). Is the space filled harmoniously or not?

##### Games that nurture the sense of life:

- Any quiet individual activity
- Free play or running
- Nature walks
- Water color painting
- Most of the work of helping to develop a healthy life sense must take place at home.
- Rhythm in daily, weekly, monthly and annual life is the key.

The next article will continue the study of the 12 senses with a focus on the sense of movement.

- Tr. Tana Lyons

**"TELL ME AND I FORGET.  
TEACH ME AND I REMEMBER.  
INVOLVE ME AND I LEARN."  
-BENJAMIN FRANKLIN**



### KINDERGARTEN RAINBOW FESTIVALS

To celebrate the incoming rainy season in which many colors can be found in nature, the Kindergartens took their yearly day trip off campus.

Karen Kindergarten students visited Adventure Farms, a working farm just a 10 minute bus ride away from campus. The children learned about the animals on site (include fish and farm animals!) and toured the farm to see maize and other plants growing tall from the rains. They enjoyed gelato made from the farm's cow milk.



Lavington students in toddler and playgroup toured the giraffe center. Their visit allowed an up close view of the tall animals and a session on giraffes in the wild.

The Lavington Kindergarten traveled to Mlango Farms, an organic farm in Ngecha. Here the children fed animals, toured the farmland, and learned more about how our food makes it from the earth to our tables. The enjoyed snack on site amongst nature.



### WHAT TO PACK FOR SNACK?

Primary students pack their daily break from home. Homemade foods ensure you know exactly what your child is eating. Recipe submissions welcome!

#### Homemade Granola

*Perfect crumbled over plain greek yogurt!*

- 4 cups old-fashioned rolled oats
- 1 ½ cup raw nuts and/or seeds (sunflower, pepita, almond slices, etc.)
- 1 teaspoon sea salt
- ½ teaspoon ground cinnamon
- ½ cup melted coconut oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ¾ cup dried fruit, chopped if large (sultanas, cranberries, blueberries, etc.)
- Optional additional mix-ins: unsweetened dried coconut, dried papaya, goji berries, etc.

1. Preheat oven to 175C and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until everything is coated.
4. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
5. Bake until lightly golden, 20 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools. Do not over bake.
6. Top with the dried fruit (if using) and let the granola cool completely, undisturbed (at least 45 minutes). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon.



#### ISEF AT THE HUB

NWST participated in the annual International School and Education Fair at the HUB. This expo allows for prospective families to see our students' work in person and interact one on one with our teachers and staff to learn more about Waldorf education.

This is one of many marketing opportunities for the school as we continue to strive for growth. Thank you to the current parents and students that visited our booth over the weekend expo!



**ISEF**  
International Schools  
& Education Fair

**THE NAIROBI  
WALDORF  
SCHOOL TRUST**



### LOST AND FOUND

Have you noticed a missing sweater, single sock, or rogue break box? These and the other items might have been forgotten at school. There is a lost and found bin in the Karen office as well as cubbies and hooks around campus. Please encourage your child to collect their items or better yet, visit the campus to secure lost items.

Please note: any items not picked by the end of each term will be donated to a children's home.