

# MAY NEWSLETTER

NAIROBI WALDORF SCHOOL TRUST NEWSLETTER

MAY 2023



NWST Karen Campus, Grade Six Building, Nandi Road

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## CONSTRUCTION PROGRESS

Construction for Phase 1.1 of the campus began in April 2023

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## ART AND PAINTING

Through art, students learn to observe, reflect, and explore

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## THE WALDORF EDUCATION

I am thrilled that my grandchildren are part of the Waldorf Family

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## GARDENING BLOCK

Gardening is a calming activity that develops mindfulness.

# CONSTRUCTION PROGRESS AT THE NWST-KAREN CAMPUS, NANDI ROAD



Ongoing construction at the NWST Karen Campus, Nandi Road



Ongoing construction at the NWST Karen Campus, Nandi Road

After negotiating and finalizing an appointment with the contractor, construction for Phase 1.1 of the campus commenced in April 2023. This initial phase will consist of four secondary classrooms, five pre-primary classrooms, eight primary classrooms, three toilet blocks (for each cluster), and two septic tanks. The location and positioning of the buildings on the site were carefully evaluated to minimize the need for tree removal. Priority was given to preserving older and indigenous trees to maintain the forest atmosphere, while the clusters were organized to foster a sense of community and belonging for each age group.

Work is currently underway for the strip foundations, involving excavation of trenches and preparation of the ground with reinforced steel bars. However, unforeseen challenges with the neighbors and obtaining permits from the NCA caused construction delays during the first two weeks of the contractor's tenure. Despite these obstacles, the contractor estimates that the project will be completed within 16 weeks. Nevertheless, heavy rainfall in recent weeks has resulted in flooding in the foundation trenches, posing accessibility challenges as trucks get stuck in the muddy ground and requiring daily water pumping. The team is actively collaborating with the contractor to mitigate the negative impacts of these delays and ensure timely project delivery.

Simultaneously, the School Board, contractor, architects, and other consultants are working together to finalize the details for Phase 1.2, which will involve the construction of the new dining hall and kitchen. Once all parties reach agreement on the final design and costing specifics, construction of this infrastructure will commence and overlap with the ongoing Phase 1.1 works.

Upon the completion of Phases 1.1 and 1.2, Phase 2 is set to begin seamlessly to ensure continuity in the site works. This phase will encompass six additional classrooms, one for pre-primary and five for primary, an additional block of toilets, and other essential facilities such as a lab, library, sick bay, teacher's room, music room, workshop, and more.

**Anthony Muchiri, Board of Trustee, Finance, Fundraising and Construction Committee.**



Ongoing construction at the NWST Karen Campus, Nandi Road

# FUNDRAISING ACTIVITIES PROGRESS AT THE NAIROBI WALDORF SCHOOL TRUST

We extend our sincere gratitude for your willingness and support towards the fundraising efforts aimed at raising funds for the construction of the NWST Karen Campus, Nandi Road. Your generosity and commitment have played a vital role in the progress we have made so far.

Thanks to your support, we have made good strides towards our goal of raising Ksh 15 million for the construction project. We are proud to announce that we have already raised Ksh 5.517 million.

We are humbled by your unwavering support and generosity, which have enabled us to make this progress. We remain confident that, with your continued support, we will achieve our fundraising goal and provide a world-class learning environment for our students. Here is a breakdown of the financial progress we have made through our fundraising activities :

<b>NWST FINANCIAL UPDATE ON FUNDRAISING STRATEGIES FOR 2022/2023</b>			
<b>Strategy</b>	<b>Target Kshs (m)</b>	<b>Amount Collected in Kshs (m)</b>	<b>Collection Balance- In Kshs (m)</b>
Development Fee - New enrolments; Kshs 30,000 per child	2.2	1.373	0.93
NWST families to pay Ksh 30,000 per family	7.5	3.059	4.44
Nairobi Waldorf School Trust Staff	1	0.651	0.35
Friends of Waldorf (Donors) - BMZ, GLS, FREUNDE, CBS, and EPZ	5	0.27	4.73
Fundraising Events	1	0.434	0.57
<b>Total</b>	<b>17.2</b>	<b>5.788</b>	<b>11.52</b>

If you wish to support the school further, we invite you to consider making a pledge or sending funds directly to our school's bank account. Your contribution will propel us closer to achieving our goal of expanding and constructing our school. To make a financial contribution, please find the bank details below:

**Bank: NCBA Bank Account Number: 1002689231**

For more information on how you can support The NWST Karen Campus, Nandi Road Construction, or to discuss any specific details, feel free to contact our Finance Office. You can reach them at **07-18-861-560**. Together, let's create a thriving and inspiring educational environment for our students. Your support is invaluable and deeply appreciated.

# ART AND PAINTING CURRICULUM INSPIRES STUDENTS TO EXPRESS THEMSELVES



Display of Paintings created by NWST Upper Primary and High School Students

As per Rudolf Steiner’s teachings, Waldorf School Education goes beyond being a mere pedagogical system but is an art form aiming to awaken the inherent creativity within individuals. The Waldorf Gallery embodies this philosophy by guiding students through the process of expressing their inspirations, ideas, and emotions on canvas.

Despite the pressure to complete their pieces within a set timeframe, every student artist puts their heart and soul into their work, resulting in a wide range of stunning artwork that showcase their individual creativity and imagination. Their creations have left teachers, parents, and guests in awe of the students’ talents, adding a sense of enrichment, authenticity, and quality to the school’s overall perception of the arts.

Students express themselves through various art forms such as; impressionist techniques, abstract cubist paintings, and more. However, the focus is not solely on the final product but on the creative process itself. Through art, students learn to observe, reflect, and explore, developing a sense of self-awareness and self-expression.

The achievements of the Waldorf Gallery could not have been possible without the support and resources provided by the school. To the young artists who have laid the foundation for this artistic journey, we extend our gratitude and encourage them to keep up the excellent work. For those interested in joining this creative endeavor, we warmly welcome you to be a part of the Waldorf Gallery.

Anthony Sila - NWST Art Teacher



# YUSUF KESHAVJEE EXPLORES THE ADVANTAGES OF WALDORF EDUCATION



Yusuf Keshavjee, Grandfather to Ayla and Rumi Keshavjee

I recently attended a parent-teacher meeting at the Nairobi Waldorf School Trust in Nairobi with my son, Salim, whose two children, Ayla and Rumi, are enrolled at the NWST Lavington Campus. I was the only grandparent present, and I expected to hear about the students' performance and other typical topics.

However, Esther Nyagah, the Class Two Teacher, surprised me by focusing on the holistic development of parents to enable better communication with their children. She encouraged discussions on psychological barriers, such as prejudices and negative thoughts, that hinder active listening and acknowledging children's emotions.

The discussions facilitated by Teacher Esther highlighted the need to observe one's thoughts and notice how they can negatively control our entire being, which is a significant barrier to effective communication. Mindfulness meditation was suggested as a valuable practice for parents.

As a volunteer at several international development institutions, I am passionate about Early Childhood Development. So, I accepted Salim's invitation to the meeting. My wife, Shariffa, and I have also been inspired by Rudolf Steiner's philosophy, which we first encountered in 1972 when our older children attended a Waldorf School in Canada.



Yusuf Keshavjee and Ayla Keshavjee

Anthroposophy, the movement founded by Rudolf Steiner, postulates the existence of an objective, intellectually comprehensible spiritual world accessible to humans. Waldorf education seeks to optimize physical and mental health and well-being using natural means and approaches each child holistically from a physical, mental, emotional, and spiritual perspective.

At Waldorf, multiplication is learned through stepping and clapping, and the whole body is involved. In art, colors are layered to achieve depth and translucency, engaging the body, mind, and spirit. Music is created using the breath. The focus is not on rote learning, but on the rhythm of nature, from planting to harvesting and eating what nature provides.

I am thrilled that my grandchildren are part of the Waldorf family, and we continue to be involved in this approach 50 years after our older children attended a Waldorf School. Waldorf Education has positively impacted our family, emphasizing holistic development and creativity and promoting effective communication between parents and children.

**Yusuf Keshavjee - Grandfather to Ayla Keshavjee and Rumi Keshavjee, students at the NWST Lavington Campus.**

# THE GARDENING BLOCK AT THE NAIROBI WALDORF SCHOOL TRUST

## JUNE DATES AT A GLANCE

Thursday, 1<sup>st</sup> June - Madaraka Day.

Saturday, 3<sup>rd</sup> June - AGM, NWST Karen Campus, Nandi Road, 10.00 a.m.

Tuesday 6<sup>th</sup> June - Lantern Making, NWST Karen and Lavington campuses, 2.00 p.m.

Tuesday 6<sup>th</sup> June - High School Parents Reps, Meeting 2:00 p.m.

Friday 9<sup>th</sup> June - Lantern Festival NWST Karen and Lavington Campuses, Kindergarten - 6.30 p.m.

Saturday 10<sup>th</sup> June - Nanny Workshop NWST Lavington Campus, 8.30 a.m - 4.00 p.m

Tuesday 13<sup>th</sup> June - NWST Lavington Campus Learning Support Parents' Information Evening - 4:30 p.m to 6:00 p.m

Wednesday 14<sup>th</sup> June - IBDP TOK Exhibition, 2p.m-4p.m, Naisula School, Kajiado

Thursday 15<sup>th</sup> June - IBDP TOK Exhibition, 2pm-4pm, Nairobi Academy

Saturday 17<sup>th</sup> June - NWST Walkathon (Charity Walk)

Tuesday 20<sup>th</sup> June - NWST Karen Campus Learning Support Parents' Information Evening, Miotoni Road Time: 4:30 p.m to 6:00 p.m

Friday 23<sup>rd</sup> June - IBDP Main TOK Exhibition, 3 p.m-5 p.m Venue NWST Karen Campus, Nandi Road

Friday 30<sup>th</sup> June - Transition Ceremony, NWST Karen and NWST Lavington Campus, Kindergarten -2.00 p.m

Grade 3 students at Nairobi Waldorf School Trust were thrilled to spend time caring for their plants in the garden. They approached their work with curiosity, wonder, and excitement, eager to see how their plants would grow and develop. The garden became a place of joy and exploration, where students observed the growth of their beans, the changing colors of leaves, and the scent of flowers.

We witnessed their sense of satisfaction and fulfillment as they realized they were creating something beautiful and meaningful. The garden is not just a classroom; it is a sanctuary of growth and inspiration that nurtures the mind, body, and soul.

This personalized approach to gardening has proven highly effective in teaching students about the environment and sustainability. By taking responsibility for their own plot of land, students learn to observe, analyze, and problem-solve, developing a sense of ownership and pride in their work. And the best part? Students get to taste the fruits of their labor, quite literally. From delicious vegetables to cereals and colorful flowers, the garden provides a sensory experience that delights the senses and nourishes the soul.

The benefits go beyond academic learning. It encourages physical activity, creativity, and imagination while connecting students with the beauty and wonder of the natural world. Gardening is a therapeutic and calming activity that helps students develop a sense of inner balance and mindfulness.

At Nairobi Waldorf School Trust, the gardening program is more than just a lesson. It is a way of life that instills values of responsibility, stewardship, and gratitude towards the natural world. Through this program, students learn to appreciate the interconnectedness of all things and develop a deep connection with the earth that will stay with them for a lifetime.

Christine Wambui - NWST Lavington Campus Class 3 Teacher



NWST Students During the Gardening Block