
APRIL NEWSLETTER

NAIROBI WALDORF SCHOOL TRUST NEWSLETTER

APRIL 2023



NWST Kindergarten Students during a performance at the NWST Music Concert

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TABITHA WANGECI'S MESSAGE, FORMER ROSES CLASS TEACHER.

Tabitha Wangeci shares her journey at the NWST. She played a significant role in promoting the school's growth and founding the Nanny Workshop initiative to educate caregivers.



In 2001, I embarked on a journey at the Nairobi Waldorf School Trust on Miotoni Road, surrounded by a serene forest where beautiful jacaranda trees graced the entrance. The natural surroundings, with birds chirping, squirrels running around, and monkeys greeting you in the morning, became the foundation for our daily routines like the morning ring, story-telling, botany, and nature walks.



Tr Tabitha posing with a student and an author during NWST Bookday

During the first six years, I received rigorous training from our mentors, including Ann shafman and Peter van Alphen from the Center for Creative Waldorf Education in South Africa, renowned therapeutic story writer Susan Perrow from Australia, and Victor Mwai from NWST. This training laid a solid foundation for understanding the principles of the Steiner curriculum, how to fit its key elements into our Kenyan education system, and maintain the value of Waldorf pedagogy.

Thanks to the Nairobi Waldorf School Trust Community, I had the privilege of traveling to various parts of the world to attend teacher conferences. My travels to Germany, America, and Switzerland allowed me to witness and experience the work of our founder, Rudolf Steiner, at the GEOTEANUM. During this visit, I gained insight into Steiner's representation of man and his predictions for the experiences of the 21st century and the millennium children. I salute his work and understand my purpose as a teacher..



Teacher Tabitha with students during NWST Shambani Festival

While at the Nairobi Waldorf School Trust, I mentored all kindergarten teachers and served on almost all committees to promote the school's growth. I also played a significant role in all East African conferences and take pride in the current pioneering high school students being my kindergarten pupils. We continue to forge ahead with the International Baccalaureate curriculum.

To promote growth, together with other kindergarten teachers, we founded the Nanny Workshops to educate caregivers who spend most of their time with our children. This initiative has grown to become part of our school fundraiser.



Teacher Tabitha with students in one of her classes

MUSIC CONCERT AT NWST KAREN CAMPUS (MIOTONI ROAD).



Eric Wainaina performing with NWST Students



NWST Karen Campus Kindergarten Performance

On 24th March 2023, the NWST Karen Campus held a highly anticipated music concert, with performances by students from Kindergarten through high school. Students had been preparing for the event for some time and their hard work paid off with an array of impressive performances.

The concert featured a variety of acts, including solo performances, duets, and group performances. Eric Wainaina, a renowned Kenyan musician, also graced the stage with the class one students, creating a memorable experience for all in attendance. Hellen Mtawali and her band delivered a fantastic performance and she also joined forces with the NWST staff for an unforgettable collaboration.

In addition to the musical performances, attendees were treated to a visual feast with displays of NWST art painted by students under the guidance of their art teacher, Anthony Sila. NWST hoodies and water bottles were also available for purchase, allowing community members to support the school.

The event celebrated music and art, which also served as a fundraising activity. Delicious meals were served, and proceeds from the concert and merchandise sales supported NWST construction of the NWST Karen Campus (Nandi Road).

The concert was a tremendous success, bringing together members of the NWST community and providing a platform for students to showcase their talents. The School Administration expressed gratitude towards all who participated and contributed to the success of the event.



Performance by Rubi Pierre - Louis, Class Nine Student.



NWST Lavington Campus Kindergarten Performance

NWST PARENTS' TALK - WHY IBDP FOR NAIROBI WALDORF SCHOOL TRUST

The talks took place on 14th March 2023 at NWST Lavington Campus and 15th March 2023 at the NWST Karen Campus. The main aim of the meetings was to talk about the merging of the Waldorf Curriculum and the IB DP Curriculum and capture their similarities as well. Here is a summary of what was discussed;

The Nairobi Waldorf School Trust is one of the few schools offering the Waldorf Curriculum and the International Baccalaureate Diploma Program, IBDP. Other schools merging the two curricula include;

- a) Scuola Rudolf Steiner school – Switzerland
- b) Mansfield Steiner School – Australia
- c) Sophia Mundi Steiner School – Australia
- d) Campus Vienna West, a merger of Waldorf and Montessori resulting to IB.

Embarking on the Waldorf and IB curricula offers the chance to engage with the world through inner and outer experiences. Here are the key objectives of these curricula;

- a) Critical thinking and analysis skills
- b) An international mindedness necessary to live and work in a global community
- c) An understanding of global issues and a concern for others in our community and the broader world
- d) A strong sense of their own identity and culture
- e) A balanced education for the 'whole' student
- f) An extensive knowledge and skill base in preparation for university and adult life.

While the Waldorf Curriculum focuses on a holistic approach to education, TOK (Theory of Knowledge) is a course offered in the International Baccalaureate (IB) program that encourages students to think critically about knowledge, beliefs, and values.

Creative and experiential learning: Both curricula place a strong emphasis on creativity and experiential learning. Waldorf education emphasizes the arts, handwork, and movement as essential components of learning, while the IB DP encourages students to engage in creative and independent research.

Global perspective: Both the Waldorf curriculum and the IB DP aim to provide students with a global perspective by exposing them to diverse cultures and

ideas. Waldorf education emphasizes the importance of understanding and respecting different cultures, while the IB DP requires students to study a second language and complete a course on global issues.

Wholistic approach: Both the Waldorf Curriculum and the IB DP emphasize a wholistic approach to education that considers the development of the whole person, including their physical, emotional, social, and intellectual aspects.

Inquiry-based learning: Both curricula encourage inquiry-based learning, where students can ask questions, investigate topics, and develop their ideas. Waldorf education emphasizes a process of discovery and exploration, while the IB DP requires students to complete an independent research project as part of their diploma.

Environmental awareness: The Waldorf curriculum and the IB DP strongly emphasize environmental awareness and sustainability. Waldorf education emphasizes the importance of ecological stewardship and practical skills such as gardening and composting, while the IB DP includes a course on Environmental Systems and Societies.



The highest education is that which does not merely give us information but makes our life in harmony with all existence." - Rudolf Steiner

NWST ONE -ON -ONE MEETINGS BETWEEN PARENTS, TEACHERS AND STUDENTS



Calvin Mutara, Lucy Mutara and Teacher Faudhia Odaka during the one-on-one meeting



Mwangi Gathetu, Marion Njeri and Teacher Gladys Simaloi during the one-on-one meeting

Waldorf Education is a wholistic approach to education that emphasizes the development of the whole child; mind, body, and spirit. In this approach, the one-on-one discussion between a parent, teacher, and student is essential as it helps build a strong relationship between these three parties and plays a vital role in the child's education.

The teacher, parent, and student relationship is considered a triad. Creating a healthy relationship between these three entities is essential to ensure the child's success in education. This meeting allows parents and teachers to understand the child's needs, strengths, and weaknesses. It helps teachers to tailor their lessons to the child's learning style and interests, thus making the learning experience more engaging and effective.

It is an opportunity for parents to share their child's concerns, expectations, and aspirations. The teacher can use this information to develop a personalized learning plan for the child, considering their unique strengths and weaknesses.

During the one-on-one and, by extension, class meetings, the focus is on academic excellence and the child's emotional and social development. They provide a safe space for the child to share their feelings, fears, and aspirations. The teacher can provide guidance and support to help the child develop their emotional intelligence, build their self-esteem and confidence, and develop a positive self-image.

These meetings also help parents to be more involved in their child's education. Parents can learn about their child's progress, get feedback from the teacher, and learn how to support their child's learning at home. This involvement strengthens the parent-child relationship, essential for the child's emotional and social development.

In conclusion, the face-to-face discussion between a parent, teacher, and student is a crucial component of Waldorf Education. It provides an opportunity to develop a healthy relationship between the teacher, parent, guardian, and child. It helps the teacher to tailor their teaching methods to the child's learning style and interests. It creates a safe space for the child to share their feelings and aspirations and allows parents to be more involved in their child's education. Overall, it is a powerful tool that supports the child's wholistic development and helps them reach their full potential.

STUDENTS' INSIGHT: EXPLORING TAEKWONDO AND NWST MUSIC CONCERT

“Gain valuable perspectives and shared experiences from the insightful voices of NWST students, as they offer their unique insights on a variety of topics.”

On 24 th March 2023, NWST hosted a captivating music festival featuring renowned musician Eric Wainaina. Following Eric’s performance, Class 1 delivered an outstanding act. A talented high school student then graced the stage, performing a self-written song while playing the piano. Soon after, three ladies captivated the crowd with a powerful and much-needed song, drawing many to dance. As the dancing subsided, everyone returned to their seats to enjoy the rest of the concert.



Melina Wanja, Class 9 Student performing at the NWST Music Concert

Five teenage girls then took to the stage, performing a breathtaking dance routine that left the audience in awe. Class 3 then displayed their skills, playing the National Anthem on the recorder. Next, Charles Mbugua from Class 1 wowed the audience with a drum performance, prompting the parents to jump to their feet in applause. Class 4 followed suit with a recorder performance, after which Harry Kabage delivered a captivating solo on the violin, earning him a round of applause. The Class 5 students then serenaded the audience with a beautiful violin performance, followed by another song from the three ladies. The Class 5 students also sang a lovely tune, leading up to the finale: Miotoni Class 1 to 5 came together to perform “United We Stand” while the three ladies joined the teachers to end the concert on a high note.

Erinn Kiarie and Ella Marie, NWST Class 4 Students, NWST Karen Campus.



Class 5 Students Performing at the NWST Music Concert

Taekwondo: Student Experiences Shared

I like Taekwondo because it is fun. I like what we learn because it teaches me how to defend myself when in danger. I like the belt that was awarded to me. I look forward to the next grade. Thank you, Coach Peter.

Michelle Mutanu, Class 5 Student at NWST Lavington Campus



Nairobi Waldorf School Trust Taekwondo Trainees

I like Taekwondo because the coach teaches us how to defend ourselves from danger. It also helps us grow strong. You are the best coach. Thank you, Coach Peter, for helping me learn more and more. Thank you for grading us and giving us new belts. *Elijah Moses Ogutu, Class 2 Student at NWST Lavington Campus*

I joined Taekwondo in class 4, term two 2022/2023 at Nairobi Waldorf School Trust Lavington Campus. I love Taekwondo because it teaches you how to be disciplined,



Nairobi Waldorf School Trust Taekwondo Trainees

become flexible, and fit. I have learned how to do a round kick, brick-breaking technique, pad work, and self-defense. I got my first belt, which is the yellow belt, on 31 st March 2023. *Malia Lynn Muthoni Schoemburg, class 5 Student, NWST Lavington Campus*

NWST FESTIVAL - AGAPE FESTIVAL (PRIMARY)



Cards and flowers prepared by NWST students



Card prepared by a NWST student

On March 29th, Nairobi Waldorf School Trust (NWST) held the Agape Festival, a special event that celebrates love, community, and togetherness. The festival was held at both NWST Lavington Campus and NWST Karen Campus, and was a colorful and joyous occasion for all involved.

In Waldorf education, the Agape Festival is a significant event that emphasizes the importance of love and human connection. It is a celebration of the Greek concept of Agape, which represents the highest form of love, one that is selfless and unconditional. The festival is an opportunity for students to express their love and appreciation for their peers, teachers, and community.

At NWST, the Agape Festival is important to the school's culture and values. The festival provides a platform for students to demonstrate their creativity and artistic skills by making handmade cards to exchange with each other. The festival is also an opportunity for students to learn about the values of kindness, compassion, and empathy.

The dining hall was adorned with beautiful flowers during the festival, creating a warm and welcoming atmosphere. The food was also exceptional, adding to the day's festive mood. Students exchanged handmade cards, expressing their love and appreciation for their friends and teachers. It was heart-warming to see the joy and happiness on the faces of the students as they shared their heartfelt messages.

In conclusion, the Agape Festival at NWST celebrates love, community, and togetherness. It is an opportunity for students to express their appreciation and gratitude for their peers, teachers, and community. The festival reflects the values central to Waldorf education, emphasizing the importance of love, compassion, and empathy. NWST is committed to providing a holistic education that emphasizes academic achievement and the values and qualities that make us better human beings.



NWST FESTIVAL - THE EASTER EGG HUNT (KINDERGARTEN)

The Easter Egg Hunt took place on 31 st March 2023 at the NWST Karen Campus (Miotoni Road) and the NWST Lavington Campus and was a fun-filled day for all involved.

In Waldorf education, the Easter Egg Hunt holds a special significance as it is seen as a celebration of the renewal of life. The hunt is a celebration of new beginnings. The Easter Egg Hunt is not just about finding the eggs but is also an opportunity for children to develop social skills such as cooperation, sharing, and communication. Through working together and helping one another, children learn the value of community and the importance of relationships.



NWST Students during the Easter -Egg Hunt Festival



NWST Students during the Easter -Egg Hunt Festival

The event at the NWST Lavington Campus began with a story-telling session, which set the tone for the exciting day ahead. The children were then sent out to search for eggs hidden in different parts of the compound. The children were thrilled with excitement every time they spotted an egg, and they ran all over the compound, searching under trees, in fences, and other areas..

MAY DATES AT A GLANCE

Wednesday 17th May - Karen Parents' Study, 4pm - 6pm

Saturday 20th May - Anthroposophy Worskshop, 10.00 a.m

Monday 29th May - School Resumes

Wednesday 31st May - NWST Karen Parents Reps Meeting, 2pm.

Friday 19th May - NWST Lavington Campus Music Recital, 8.30 a.m - 9.30 a.m

Monday 22nd - 26th May - Half - Term Break.

Tuesday 30th May - NWST Lavington Parents Reps Meeting, 3 pm