

MARCH NEWSLETTER

NAIROBI WALDORF SCHOOL TRUST NEWSLETTER

MARCH 2023



Nwst Karen Campus students during bookday

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Class meetings provide a rich ground for understanding of the Waldorf pedagogical methods.

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Students must participate fully in events such as Book Day, as it encourages them to explore.

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Children ready for formal learning should be able to work and play cooperatively with others.

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The importance of procedures and processes in a Waldorf school.

A MESSAGE FROM PATRICK KARANJA, PEDAGOGICAL TEAM CHAIR

The school's commitment to parental feedback has been demonstrated through the two town hall meetings. The school Board and Management Team are dedicated to realizing the action items from those meetings.



The second term of the 2022/2023 academic year has been packed with excitement and activities at Nairobi Waldorf School Trust. These range from strengthening the School's culture and routine to hosting interactive town hall meetings, the school community has been working hard to ensure an engaging learning experience for students, staff, and parents.

Coffee mornings have been a highlight, providing an opportunity for informal chats that have been both enlightening and enjoyable. The School is always open to ideas and suggestions; All parents are welcome to the weekly coffee mornings.

The internal festivals have been a hit, case in point was the Rainbow Festival that was held for Kindergarten Children. The students eagerly anticipate the rainy season, and with songs and poems about rain and thirsty plants, they're more than ready for it. The upcoming Agape Festival will be heart-warming, spreading love throughout the NWST community.

The school's commitment to parental feedback has been demonstrated through the two town hall meetings. The school Board and Management Team are dedicated to realizing the action items from those meetings. Class meetings, parent evening talks, and studies have also provided a rich ground for deepening understanding of the Waldorf pedagogical approaches.

Class trips have been a thrilling experience for the students, with the school sending all classes to various

destinations in the same week. Going for the class trips in the same week ensured that students didn't miss out on any subjects and got the most out of the trips. The parents' unwavering support in sending their children on these trips has been greatly appreciated, and the accompanying teachers and School Administrators deserve a special mention for their hard work.

The High School Career Advice Program has been a success and parents have been resourceful in supporting it. High school students will have special days and rhythms encouraging creativity, activity, and service activities. Exhibitions of research work will be available.

Lastly, as the Easter Holidays approach, the IBDP students will be busy writing their essays. The essays will critically test the core skills they've acquired at NWST as they analyze their approach to global issues.

Overall, it's been an eventful term, and The Nairobi Waldorf School Trust wishes everyone an eventful holiday.

Interesting Facts About Waldorf Schools

Waldorf schools do not use textbooks or standardized tests, and instead emphasize experiential learning and hands-on activities.

Waldorf schools are found in over 80 countries worldwide, and there are more than 1,100 Waldorf schools and kindergartens globally.

Graduates of Waldorf schools are known for their creativity, independent thinking, and strong sense of social responsibility.

Waldorf schools are based on the principles of anthroposophy, a spiritual philosophy developed by Rudolf Steiner that emphasizes the spiritual nature of human beings and their relationship to the natural world.

BOOK DAY CELEBRATION IN NWST LAVINGTON AND KAREN CAMPUSES



Nwst Lavington Campus students during bookday

On the 9th and 10th of March 2023, our school celebrated Book Day in style, with students from NWST Karen and Lavington Campuses dressed up as their favorite book characters. The air was filled with excitement and anticipation as the students showcased their creativity and love for literature.

At the NWST Karen Campus, the morning circle was a beautiful sight, with most students standing in the middle to proudly announce their book character. From Harry Potter to Peter Pan, the variety of characters represented was truly impressive, and it was heart-warming to see the joy and enthusiasm on the faces of our young readers.

Meanwhile, at the NWST Lavington Campus, the author reading for the kindergarten children was a highlight of the day. The author captivated the young minds, sparking their imaginations and inspiring them to love reading. The day also featured a lucky draw and bookselling on both campuses, allowing the students to win new books and expand their literary horizons.

The lucky draw saw many happy students receive awards on both campuses. The excitement and joy on the faces of the students were a testament to the success of the day and a reminder of the importance of cultivating a love for reading and learning.

Throughout the day, it was clear that the students had thoroughly enjoyed the celebration of books. They celebrated their love for reading and learned about the importance of imagination and creativity. This event's heart was the celebration of books and the power of reading. It was a reminder of the incredible impact that books can have on our lives and the importance of



Nwst Karen Campus students during bookday

cultivating a love for reading in young minds. Books can transport us to new worlds, broaden our perspectives, and inspire us to dream big. By celebrating Book Day in our school, we are encouraging our students to read and fostering a lifelong love of learning and a deeper appreciation for the written word.

Students must participate fully in events such as Book Day, as it encourages them to explore new literary worlds and instills a deeper appreciation for the power of imagination and creativity. Such events create an environment where students can express themselves freely and explore new ideas, leading to a holistic development of their personalities.

In conclusion, the celebration of Book Day in our school was a resounding success, highlighting the importance of reading and the magic of storytelling. It was a day to remember, one that had instilled in our students a deeper appreciation for the power of literature and the importance of imagination and creativity in our lives.

Kathambi Kinyua - Marketing, and PR Coordinator



Book reading for KG students at the NWST Lavington Campus.

WHY WE CONDUCT CLASS ONE READINESS ASSESSMENT IN NWST

The meetings took place on 7th March 2023 at NWST Lavington Campus and 8th March 2023 at the NWST Karen Campus. As early childhood educators and parents, we must discern a child's readiness for Grade One. The decision of when to start primary school is not only about beginning first grade but also involves embarking on an educational journey that will last for the next twelve years or more. Therefore, it is important to assess a child's readiness comprehensively.

While age is one factor to consider when assessing readiness, it is only one aspect of many that Waldorf education pledges to consider when looking at the whole child. Developmental readiness is a complex process that involves several factors, such as physical maturation, social and emotional development, language skills, movement coordination, memory, and the ability for inner picturing.

As educators, we look for signs of physical change and maturation in children. For example, a child's ability to dress and undress independently, as well as their ability to hold a pencil, use a pair of scissors, and complete small tasks independently, are indicators of their readiness for formal learning.

Social and emotional development is another crucial aspect of readiness. Children ready for formal learning should be able to work and play cooperatively with others, share, take turns, and follow basic classroom routines. They should also be able to identify and express their emotions appropriately and respect others' feelings and needs.

Language skills, including vocabulary, sentence structure, and articulation, are also essential readiness indicators. Children ready for formal learning should be able to communicate their needs, ideas, and feelings effectively with others.

Movement coordination is another key aspect of readiness, as it is essential to many school-related activities. Children ready for formal learning should have good coordination for large-limb and fine-motor activities, such as running, jumping, and writing.

Memory and the ability for inner picturing are also crucial aspects of readiness. Children should be able to remember and recall information, follow instruc-

tions, and visualize mental images. These skills are essential for successful learning. It is important to note that readiness is a culmination of all these developmental aspects, and no "score" indicates readiness. Furthermore, it is unlikely that any individual child will show full readiness in all areas. The human being is always in a developmental process and always becoming. As educators, we strive to see whether the collective picture of the child appears consolidated enough that the evident strengths will carry the child forward into formal learning.

The transition from kindergarten to primary school is a wonderful developmental journey for children. During their time in kindergarten, children acquire several milestones that can indicate their readiness for formal learning. Educators use various activities, such as speech exercises, movement, artistic work, and guided free drawing, to prepare children for the transition. In conclusion, discerning a child's readiness for formal learning is essential for early childhood educators and parents. It involves a comprehensive assessment of several developmental aspects, including physical maturation, social and emotional development, language skills, movement coordination, memory, and the ability for inner picturing. As educators, we aim to ensure that children have the skills and strengths to embark on their educational journey successfully.

Linda Wambui, Kindergarten Teacher, NWST Karen Campus.



Kindergarten students playing at NWST Karen Campus

AN IN-DEPTH EXPLORATION OF A STUDENT'S EXPERIENCE FOLLOWING THEIR CONQUEST OF MOUNT KENYA



Nwst Class Six, Seven and Eight students during their trip to Mt Kenya

Every year, the students of Class Six from Nairobi Waldorf School go on an annual trip to Mount Kenya. However, this year was different as three classes, including Class Six, Seven, and Eight, went on the trip together. The Class sevens missed out on the trip last year due to Covid-19 restrictions and the ongoing recovery from the pandemic. The primary goal of this trip is to gain practical experience and apply the things learnt from other subjects like botany, geology, and physical exercise.

The trip began on 13th February and ended on 18th February. We did seven hikes, which helped us prepare for Mount Kenya. The hikes ranged from hill safaris to walks in the forest, and we encountered both rain and hot weather during the journey. Mount Kenya is located in five counties, namely Meru, Embu, Nanyuki, Kirinyaga, and Tharaka-nithi. Our first destination was Batian's view, which is located in Laikipia County. The following day, we arrived at Sirimon Gate, which is 2650 meters above sea level. Our first campsite was Old Moses, which is 3300 meters above sea level. During the trip, I learned that Mount Kenya has four high points, with Batian being the highest, followed by Nelion, Lenana, and John. This trip taught me that with effort, one can accomplish anything. It was a real challenge that helped us grow and learn valuable life lessons - *By Mariah Rono, Class 7 Student, NWST, Karen Campus*

Climbing Mount Kenya can provide educational benefits such as physical fitness, environmental and cultural education, personal development, and team building. It requires resilience, perseverance, and problem-solving skills while promoting an active and healthy lifestyle.

NWST MANAGEMENT TRAINING AT RUDOLF STEINER SCHOOL

The Nairobi Waldorf School Trust Management Team attended a leadership training at Rudolf Steiner School between the 2nd and 3rd of March, 2023. The training was a gathering of different leaders from Waldorf schools in East Africa. The main objective of the training was to understand Rudolf Steiner's Philosophy more and create a more effective Management Team.

During the training program, participants were taught several important concepts. These included the importance of self-direction, the significance of a free and liberal environment for effective teaching, the need for maintaining good relationships with the school community, and the principles of the Rudolf Steiner Philosophy. It was pointed out that while each Management Team member had distinct roles, they functioned as one team working towards the same objective. The facilitator also highlighted the importance of unity and togetherness within the school.

The Waldorf School Philosophy is unique in its approach to education. The Rudolf Steiner philosophy emphasizes the importance of creating an environment where students can learn freely without the constraints of conventional education. The Waldorf curriculum is designed to help students develop holistically. It includes academics, arts, music, and other cultural activities.

One of the key takeaways from the leadership training was the importance of procedures and processes in a

Waldorf school. Procedures and processes are vital in ensuring the school runs smoothly. They ensure every



Drawing Illustration By Esther Nyagah, a Member of the Management Team

one involved in the school's running knows their roles and responsibilities. They also provide a framework for the school's operations, making it easier for the Management Team to manage the different aspects of the school effectively.

The leadership training the Nairobi Waldorf School Trust Management Team attended was a valuable experience. The knowledge imparted continues to gradually shed more light on the Waldorf approach and create sustainable systems within the school that are mutually beneficial. *Kathambi Kinyua, Marketing, and PR Coordinator*

APRIL DATES AT A GLANCE

Friday, 7th April - Good Friday

Monday, 10th April - Easter Monday

Monday, 24th April - SCHOOL OPENS

"IF WE DO NOT BELIEVE WITHIN OURSELVES THIS DEEPLY ROOTED FEELING THAT THERE IS SOMETHING HIGHER THAN OURSELVES, WE SHALL NEVER FIND THE STRENGTH TO EVOLVE INTO SOMETHING HIGHER."

— RUDOLF STEINER