



NORTHFIELDS INTERNATIONAL SCHOOL NEWSLETTER

MARCH 2023

UPCOMING EVENTS

MARCH

- 18th: Open Morning Secondary
- 20th: International Day of Happiness
International French Day
- 21st: World Poetry Day
- 22nd -4th March: RIMUN (Rome) Year 12 MUN
Students
- 22nd: World Water Day
- 24th: Interhouse Bilingual Spelling Bee
- 27th: Interhouse Athletics (MD & Throws)
- 29th: Interhouse Track
- 30th: Year 7 Interhouse Easter Treasure Hunt
- 31st: Interhouse Athletics Upper Primary
LP Swimming Exhibition
Last Day of Term 2

APRIL

- 18th: Start of Term 3 for all Years
- 20th: International Chinese Day
- 22nd: Golf Day (Mont Choisy)
World Creative & Innovative Day
- 24th: World Book Day (Dress up for CH and LP)

HEAD OF SCHOOL MESSAGE

It has been quite a start to 2023 with several bouts of extreme weather unfortunately emerging as the recurring theme so far. I thank the staff, students and parents for your support through our online lessons for the weather days we have experienced and look forward to clearer skies over the rest of the year! Otherwise, I hope that your year has started well and that your goals and those of your children are on course to being realised. As a school, we are working well towards our aims of becoming fully CIS accredited and reinforcing our strong relationship with all stakeholders as we grow and improve. Our collaboration with IPS staff has been fantastic, and we are enjoying the process of aligning our two schools into one outstanding learning organisation.

In this edition of our newsletter, we can appreciate the many ways that our students celebrate their diversity and strengths, from our smallest learners in the Pre Nursery to our senior students in Sixth Form. I would like to commend the commitment and leadership our students are showing in different ways every day. Messages from our Student Representative Council President and Head Girl highlight the importance of these opportunities for our students' development and agency as engaged Northfields students.

I would also like to commend our Year 11 and Year 13 students for their perseverance in preparing for their upcoming IGCSE and DP examinations. The mock period has provided them with valuable practice and opportunity for reflection with a view to showing their understanding to best advantage. We are

all supporting them at school and wish them every success through this final stretch in their respective programmes.

Community and respect are two of the Northfields values which have been key to our approach to teaching, learning and growth this year, and we are grateful for the outstanding staff and parents who are supporting the school in every way. We always encourage our students to embody these values, and it is heartening to see that they can rely on positive role models to guide them both at school and at home. Healthy home-school partnership is key to providing our students with the best learning experience possible, and I thank you all for your ongoing efforts as part of our Northfields community.

Best regards,

Mrs Phyllis Philogène
Head of School





Valentine's Day



Tuesday 14th February was Valentine's Day and we all know that everyday is a day to tell a loved one that they are loved however we celebrated this day with various activities and educational opportunities.

Our toddlers and walkers focused on their emotional and social skills and learnt about Sharing, Love, Kindness and Respect.

We also invited our parents to write an appreciation message to their child and class teacher, knowing that as a family we learn and grow together.

This Kindness Tree, will be displayed at the Pre-Nursery for the remainder of this academic year.



PRE-NURSERY

Chinese New Year Celebration

The Pre-Nursery joined in with the main campus in celebrating the Chinese New Year.

Living on an island with diverse cultures, we embrace the values and traditions of all cultures from around the world, giving our young learners the opportunity to learn and grow.

We ushered in the year of the rabbit with various activities. Our students also came dressed in red or a traditional Chinese outfit.

The year of the rabbit symbolises hope and it is our hope that our young learners will continue to

flourish and grow to be who they are meant to be.



Birthday Celebrations



At the Pre-Nursery, we look forward to birthdays and spending the morning with our students and their family and celebrating this milestone.

It is a time when they share stories of past birthdays, of how they have grown and the milestones they have achieved.

We all look forward to our birthday as it is a time to celebrate who we are! It is our sense of belonging and knowing that we form part of something special.

As a community, we celebrate each and every child!

My Writing Skills

Holding a pencil and trying to write can be tiring for a little one.

At the Pre-Nursery, we work closely with our students in building their fine motor skills. We use a variety of activities such as building blocks, play dough, threading, spooning, pegging and tweezing to help strengthen their hands and make writing easier.

The process of writing starts at the Pre-Nursery with well thought out activities to help our students with their penmanship skills. As soon

as our young learners enter the sensitive period of writing, we work closely with them to build this skill.





Visit From Mr Keeler

We started Term 2 off with a bang – with a visit from Mr Keeler, the grandfather of one of our students and an engineer at NASA for over 30 years. He taught engineering at Virginia Tech and the Virginia Military Institute before joining NASA and Mr Keeler is currently working at the Goddard Space Flight Center in DC and is lead systems engineer at NASA/NOAA for a series of geostationary weather satellites. More information about his projects can be viewed on GOES series (https://en.wikipedia.org/wiki/Geostationary_Operational_Environmental_Satellite).

The visit was certainly a new year's treat for our children who were so eager to engage, listen to and question our guest speaker. Mr Keeler came prepared with his experiences to share and the children saw amazing videos of rocket making and launching. He explained the main purpose of the National Aeronautics and Space Administration (NASA), the United States government agency responsible for U.S. space exploration, space technology, Earth and space science, and aeronautics research. NASA inspires the world by exploring new frontiers, discovering new knowledge, and developing new technology.

Our students were fascinated by the information shared and had prepared well thought-out questions such as, What do you advise me if ever one day I want to be part of NASA? What is the difference between a black and a white hole? How is Mars Rover powered? to name but a few.



Continent Project

Maria Montessori said, "Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment." This quote emphasizes the importance of hands-on, experiential learning in education. In the Montessori approach, projects play a significant role in providing children with opportunities to engage with their environment and actively construct their understanding of the world. Projects allow children to explore topics in depth, to ask questions, and to seek answers through research and experimentation. By engaging in projects, children become active participants in their own learning, which fosters their independence, creativity, and sense of ownership over their education.



During Term 2, the Lower Primary students decided to work on a project

about continents and it has a real importance for several reasons. First, it helps children develop a basic understanding of the world and its geography. This includes learning about different continents, their physical features, cultures, and people, which broadens their horizons and develops their sense of curiosity and wonder.

Second, this type of project allows children to engage in hands-on, multi-disciplinary learning. This means they can explore topics through various modalities such as reading, writing, art, music, and physical activities. As a result, this project can help children develop a range of cognitive skills such as observation, classification, and critical thinking, which are essential for their academic and personal growth.

Third, it can help promote cultural awareness and sensitivity among children. By learning about different cultures and ways of life, children can develop empathy and respect for others, which are valuable traits for building positive relationships and promoting social justice.

Overall, a continents project is an important educational experience that can benefit children in many ways, both academically and socially.





Chinese New Year Celebration

Our students looked amazing in their traditional Chinese outfits and in red, black and gold. They participated in crafts and activities around the theme, e.g. making Chinese Lanterns. The children were thrilled by the visit of the Chinese Lion. The sound of the drums reverberated throughout the school and caused a real buzz of excitement. Some of our little ones who were experiencing this for the first time were a little uncomfortable but were soon reassured by their teachers and then joined the celebrations.



Valentine's Day

This is a beautiful day and a wonderful chance for our students to share their appreciation, love and kindness for each other, their teachers and their families. The LP students wrote their messages of love and kindness on a tree for all to see. The CH children decorated crafts and cards with love-ly messages to their loved ones.



Montessori Philosophy



Montessori philosophy is based on the belief that all children are intelligent, they have immense potential and have a natural willingness to learn. Montessori philosophy focuses on educating and nurturing the "whole" child and the Montessori guides should strive to provide learning experiences that support the child's intellectual, physical, emotional and social development.

Lessons are personalised as far as possible to each child based on their stage of development and needs. The guides provide stimulating and cooperative learning environments instead of competitive ones. A sense of joy and enthusiasm for learning is found.

Montessori curriculums are largely active (hence our classes might seem chaotic at times), follow ups are often self-correcting and most importantly the child is able to develop a sense of "accomplishment" (no handouts of gold sticker rewards). Rewards are intrinsic and not externally imposed. In Montessori environments, children are empowered to explore the path of self-discovery and self-development.

As Northfields supports a diverse culture, Montessori environments value diversity in ability and learning styles. It allows for learning to happen in a variety of ways, from concrete presentations using uniquely designed material which leads them to abstract.

When children are guided to explore their own passions, magic happens. They foster independence! The ultimate goal of Montessori education.

Montessori philosophy encourages, a sense of community, perseverance, respect, independence and honour.

Northfields values are so closely aligned with the Montessori philosophy and practices, making our environment so much more "authentically" Montessori. Northfields Montessori system of education encompasses both a philosophy of the child's growth and a rationale for guiding such growth.

We look forward to sharing more about Montessori Principles and practices with you over the next few newsletters.



Welcome 2023



The Year 5 and 6 students were welcomed back warmly at the start of Term 2. During the first week, we discussed New Year's Resolutions and goal-setting for the year ahead. 5V made mobiles of their memories of 2022 and goals for the 2023. 6V wrote their visions for the year in a pair of sunglasses, for the 'bright' year ahead.



Chinese New Year Celebration

The Upper Primary students celebrated Chinese New Year on Monday 23 January 2023. Our learners waited in anticipation in their classrooms for the arrival of the lion. There was much excitement when the lion dance began which was accompanied by loud drums, gongs and cymbals.



Students watched interesting documentaries on The Chinese New Year and completed various tasks to celebrate the Year of the Rabbit in the Chinese calendar.

Our learners were also given an opportunity to taste delicious treats which form part of the traditions when celebrating Chinese New Year.

It was a fun and festive day which was enjoyed by all.

Valentine's Day



The Upper Primary students enjoyed celebrating Valentine's Day at school. The Year 5 and 6 students displayed heartwarming and beautiful messages on their classroom doors and display boards in the Upper Primary communal area.

Students were dressed in shades of red and pink which added to the happy and colorful vibe in the Upper Primary section. Our learners were



most excited to share flowers and biscuits with the special people in their lives. We hope all our students felt loved and appreciated.





Chinese New Year

On the 23rd January, Northfields celebrated Chinese New Year and ushered in the year of the water rabbit. During lunchtime, an array of activities were planned: there was the selling of delectable fried noodles to help raise funds for this year's prom, a mesmerizing fan dance by some of our Year 7 and 8 girls followed, giving a short but sweet glance at the Chinese dance culture.



We were pleased to welcome our guests from the New Chinatown Foundation (NCF) who then proceeded to enlighten the students on Mahjong with the help of Kathleen and there was a small workshop held where the students could experience the game for themselves. Mr Lam from the NCF was also present to introduce Chinese calligraphy to our students. To end with a bang, the Attila Cultural Group performed a spectacular lion dance all around the campus. At the end of the school day, on their way out, students helped themselves to some tasty "gato zinzi" which marked off the end of this eventful and remarkable day.

OVEC Mini Fair



The Year 10 and 12 students had the opportunity to meet representatives from 8 universities at our OVEC mini fair that took place on the 15th February. We hope that this will help them make their choice for the future!

Global Family Day

This was celebrated to recognise diversity and inclusion. What do we do on Global Family Day?

Global Family Day, is celebrated every year to promote the concept of harmony and unity in the world. It emphasizes the idea of the world as a global village in which we are all family, regardless of citizenship, borders, or race. Northfields wishes to recognise our diversity and the promotion of inclusion for all.

Our students took part in a few activities during homeroom time as follows:

Year 7 & 9- Poster Making: My country of origin

Students designed their posters and then spoke to the class of their heritage and other related aspects of their role in a changing community.

Year 8 - The Family Tree

The family tree stated the country and culture of the family member and included how the family member represents the culture. Students shared their family tree with the class. This idea was to make students feel connected through their culture and values.

Year 10 - Family Time Capsule

The time capsule represented the form class as a family and include elements that portray cultural, linguistic and religious diversity.

Year 11- Speech Competition

Year 11 students spoke about where they come from and talked about their country of origin and people who created history in their country. The idea was to make their speech portray diversity and celebrate their country's achievements on a global platform.

Year 12 - The emphasis was be on the binding force of humanity despite the religious, cultural, and linguistic differences among people worldwide. The students shared photos of their childhood with the class and then onto Teams; they discussed their childhood memories during homeroom and what their different cultural experiences have been.

Year 13 - How well do we know our school family?

The two Year 13 classes battled it out answering a range of questions about each other. They answered questions that celebrated and reflected the diversity of their classmates, as well as their hobbies and interests.

Northfields is committed in ensuring that as per the IB Learner profile, we embrace the attribute of Open-Minded which is defined as follows: We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view and we are willing to grow from the experience.

This was a very successful event and we wish to make this an annual event as part of the school embracing global citizenship education.



Talk on Medicine

The school welcomed Ms Anne-Grace Mbabazi from St George's University, Grenada, West Indies for a presentation on the School of Medicine. The information was not only factual but also fun as students were engaged in a discussion and some games.

The best responses won prizes. Students were mostly interested in learning about the different routes for studying medicine as well as the criteria required for this field. The students were all very happy with the talk and are currently deciding if this a route they would like to pursue.



Valentine's Day



Our Year 12 students lead the Valentine's Day celebrations at Northfields. They prepared roses, bouquets and small goodie bags which were delivered to all who ordered by our very own cupids.

Our Parent Committee also assisted with the bake sale during the day and a karaoke session - love songs edition! Special mention to Mrs Ordina Mootoo who serenaded us for three whole songs!

Lets not forget the "Guess the Number in the Jar" game which kept everyone curious.

It was a festive day in appreciation of every kind of love!

Year 8 ESL

The Year 8 ESL (English as a Second Language) students have studied the importance of our mother language on the occasion of Mother Language Day, and they did an analytical task based on the topic.



Sustainability Trip to Dubai

Our ambitious project- the very first Sustainability trip of Northfields was to incorporate sustainability perspective in our IB education by further developing and nourishing the type of youngsters we wish to send out into the world; engaged, compassionate, caring and lifelong learners.



Our trip to Dubai instilled a sense of curiosity among our students for the economy, culture and diversity of Dubai. Many important elements of our curriculum were incorporated into the tour which allowed the students to experience first hand, what they have already learned in class.

Not only did they get some exposure in the diversity and quality of life but through visits to Old Dubai homes, Bedouin tents and Old Dubai Architecture they were able to make first hand comparison with New Dubai.



This trip also offered a strong team building element, bringing some of the year 12 community even closer, encouraging and strengthening essential life, social and academic skills for the next stage of their learning journey, higher education, careers and beyond. Our students had the amazing chance to take away more than just amazing memories; but some unique skills which they will carry with them for life.



We also explored Masdar city which is a mixed-use, sustainable community, including employment-generating land uses, residential areas, parks, plazas and neighbourhood amenities, students learnt about the economic viability of such projects and improved quality of life within the lowest environmental footprint. Our students had the exquisite opportunity of travelling in a driverless car and experiencing clean technology. Students also learnt how a city/ country can reach its full potential and ensure the delivery of measurable economic, social, and environmental benefits.

School Ambassadors

We were very happy to introduce the school ambassadors to the community in a special assembly. Our ambassadors will play a very important role in helping and assisting all new students as they adjust to their new life at Northfields. We wish all of our ambassadors the very best as they undertake this new leadership position





Student Representative Council

My name is Anouchka, and I am a Year 10 student and I serve as the SRC's President. I initially wanted to lead the SRC because I wanted to bring about change in the school. I have learned a lot from students and teachers in the short time I have served as the SRC leader.

The Student Representative Council (SRC) stands for a variety of things, including the voice of the student body. We would love to fill you in on some SRC activities, such as planning frequent assemblies to update the students on our work and to discuss more significant issues. We now offer a podcast for the students that parents may access.

On the podcast, we frequently discuss upcoming events and activities. Additionally, the SRC assists the Parent Committee with forthcoming school activities. The SRC assists with smaller tasks to improve our school, such as the yearly food drive, the Christmas Drive, Northfields Fare, and other planned events at the school.

The SRC Board Members, President, Vice and Secretary also perform lunchtime duties, which help us keep track of what is going on in our community and to get to know the students more.

If you ever want to spot an SRC member, you can identify us by our badge that says "Student Council Representatives" and it's made out of Biodegradable eco-friendly materials.

Anouchka P. - Year 10
SRC President



Prefect Body

The Prefects of these past two academic years are coming to their resignation, and as Head Girl, it has been an amazing two years. The return of the prefects in 2022 was definitely a highlight and a great achievement for our community and we were all so happy to be regaining our school's role models. We have worked tirelessly over these past terms and achieved a remarkable amount that demonstrates the importance of prefects. As Head Girl, I have learned an array of new skills from communication, collaboration and diplomacy which will all continue to be useful outside of school. Being part of such a wonderful team has taught me that prefects are more than just role models and public figures in our community but rather we are a team of students with goals and determination to leave our mark on this school.

It would be impossible to list the numerous ways we have contributed to our community but I would like to try, in an attempt to give you a glimpse into the world of a prefect. A lot of our work consists of lunch meetings, dedicated workshops, smaller tasks like helping staff and being the behind the scenes of different school events. In Term 1 this year, we held separate inductions for the Year 12s and Year 7s which was wonderfully successful and we had immense pleasure organising. In December last year, we spent a day with the Northfields Nursery where we organised games, dressed up in festive costumes and enjoyed a fun time with our younger community. We have also helped in various school events like our Open Days, last year's Graduation and each year group induction at the beginning of Term 1. More recently, assemblies have been coming back and we have had the honour of leading and organising various assemblies. Leading an assembly is one of my favourite parts of being a Prefect and Head Girl because I believe it is the best way to build our community and seeing everyone together in the hall brings back nostalgia from when I would watch Prefects in assembly when I was in Year 7.

Assemblies have given us the chance to address our whole community and build our bonds with the students as well working on disciplinary responsibilities as well.

As a Senior Prefect, I also had the pleasure of working alongside our parent committee and SRC, and this train of communication has led to a better progress in our goals and aims as a community. This past year, I have watched our SRC grow so miraculously from an unattended patch of grass to a beautiful garden swarming with butterflies. Our lovely SRC supervisor Ms. Nadia has guided the SRC back into its former glory post Covid-19 and I believe it has become a significant part of our community. We have regained our voice as students from the SRC to our Prefect body and we will keep reaching the sky to bring the change we wish to see.

Our Prefect body has felt a legacy as we have implemented a change in the organisation of the Prefects. We are very excited to announce that the next Prefect Body would consist of additional prefects to accommodate our growing community and in addition we are bringing in the concept of committees. These committees will bring a stronger mission for Prefects and focus on main areas in our community. I am so proud of our Prefects and so appreciative of our journey together. It has been a great ride and we are ready and excited for what our future prefects have in store. Thank you to the community for their belief in us.

Tayyibah B. - Year 13
Head Girl





Guinness World Record

Northfields International
High School
Guinness World Record
Anjalay Stadium

We are proud to say that Northfields was represented by 28 students from Year 8 to Year 10 to participate in the breaking of the Guinness World Record on the 24th January 2023.



INTERHOUSE EVENTS

Swimming Gala



SECONDARY SCHOOL

The Secondary School Interhouse Swimming Gala took place on Friday 10th February. Congratulations to all the swimmers who participated as well as the spectators in the stands who ensured the swimmers were well supported throughout the day. The standard of swimming was excellent and everyone enjoyed themselves.

The results were as follows:

Overall Results:

Dolphins 206 pts
Eagles 187 pts
Phoenix 141 pts

Junior Victor & Victrix

Boys – Rayan A. & Travis P.
Girl – Gia K.

Senior Victor & Victrix

Boy – Luca H.
Girl – Gemma A.

Category Winners

Benjamin Boys – Travis P.
Benjamin Girls – Gia K.
Minim Boys – Rayan A.
Minim Girls – Anouchka P.
Cadet Boys – Luca H.
Cadet Girls – Gemma A.
Junior Boys – Tristan P.
Junior Girls – Calypso J.

Spirit Cup

1st session – Phoenix
2nd session – Eagles



UPPER PRIMARY

The Year 5/6 Interhouse Swimming Gal took place on Wednesday 15th February.

Thank you to the Secondary School House Spirit Captains who ensured the younger students screamed raucously throughout in support of their houses and added to an electric atmosphere on the day.



The final results were as follows:

Overall Results:

Dolphins – 107 pts
Phoenix – 86 pts
Eagles – 35 pts

Category Winners

Poussin Boys – Luke Sandiford
Poussine Girls – Abby Allchin

Spirit Cup

Dolphins

Congratulations to all participants.





Service as Action



Service as Action comprises a crucial component of our MYP curriculum and this term, we have developed it further by standardizing and improving the ways in which we encourage, guide and monitor our students' experiences as they engage in service.

At Northfields, our aim is not solely to prepare our students for their academic and professional pathways but also to equip them with all the tools they need to become global citizens who are sensitive to issues in society. As such, form tutors have reinforced the MYP requirement for students to complete three different services per term. This may be in or outside school. Students have been encouraged to integrate service in their daily lives, by tutoring a friend or helping someone in need regularly rather than seeing it only as something they can only do with the help of an organization. We wish to create an environment where our students feel empowered to take the lead for certain projects and activities.

In addition, students have joined different clubs this term in order to develop skills in different areas as well as use them for specific purposes during school events. The Leadership club, dance club and MUN help students explore their potential and use them for the community. The Service as Action section of our MYP curriculum continues to grow with the help of our dedicated teachers, enthusiastic students and encouraging parents.

SERVICE
AS ACTION



OUR ECO-SCHOOL

Veganuary

This January was marked by a special Eco-Event called the Veganuary Challenge where the objective was set on creating awareness about how decreased meat consumption can have a beneficial impact on our environment and health. The Eco-Leaders were busy at work in their respective classes to sensitise their peers about the advantages of adopting a vegan diet.



This eventually culminated in our Vegan Challenge Day which was held on the 31st January 2023 where free vegan dish tasting and poster presentations were carried out in the

School Hall. This gathering was very successful and attracted numerous members of our Northfields community. They were impressed about the quality of the food on display and also about the whole array of benefits associated with switching to a plant based diet.

There were exchanges of ideas and also recipes where different students and also staff members have opted to try more vegan options as a result of this activity. We hope to have this as an annual event and create further awareness in the future.



Wetlands

This February, Northfields International School is dedicating its time and effort in sensitising students about the crucial importance of wetlands in preserving our local fauna and flora. Wetlands form part of the most important ecosystems on Earth for biological, hydrological, socio-economic, cultural and aesthetic reasons (Terer, Ndiritu & Gichuki, 2004). They play a pivotal role in sustaining the livelihood of numerous families in developing countries which are heavily dependent on natural resources.

Mauritius currently has three officially designated RAMSAR sites; which are wetlands of international importance. These three sites span a total of 401 hectares and harbor a very rich diversity of species amongst which some are classified as endangered such as the green turtle and *Eurema floricola* Ceres (native butterfly). The three official RAMSAR wetlands are:

- Blue Bay Marine Park
- Pointe D'Esny Wetland
- Rivulet Terre Rouge Estuary Bird Sanctuary

These wetlands provide a breeding place for both marine and terrestrial life and allow the continuity of the species. They are also natural water filters as they trap heavy metals and other toxic elements in their sediment.

On top of that, wetlands can prevent flooding by dissipating stream flow energy and trapping water which is later released gradually into nearby water bodies.

Our responsibility as an eco-school is to support local based initiatives to preserve and also restore wetlands as they play a pivotal role in safeguarding our rich biodiversity.





Ten Benefits of the IB Middle Years Programme

1. Students are part of a continuum program

In the Middle Years Programme, students are at a midpoint between establishing the fundamentals of secondary education and preparing for university. The IB MYP curriculum is paced strategically for each year group level, so as not to overwhelm students, while still giving them an enriched education. The MYP comprehensively prepares students for the next stage in their journey, while expanding on academics and learning skills taught in the Primary years.

2. The Middle Years Programme covers a versatile range of subjects in conjunction

Students in the IB MYP will become multilingual and knowledgeable in sciences as well as Arts and Sports. However, unlike standard programs, diverse subjects are taught in conjunction with one another. Making connections between subjects makes learning easier on a student who, for example, excels in Humanities but struggles with Sciences.

3. Students learn invaluable ethical principles and life skills

The IB MYP teaches important lifelong skills that go beyond academics. Open-mindedness, Global citizenship, Service action/learning and ethical decision-making are some of the most core values of the IB model. Students become well-rounded not just because of their breadth of knowledge and development into a whole student, but also because of their development into a whole person. The student becomes an inspired, caring, cultured young person who is motivated to contribute good to the world.

4. The Middle Year Programme is specifically designed to prepare students for the last 2 years of secondary school

The IB Continuum Programme is intended to take students from Nursery until the end of secondary school, making their education a fluid, continuous journey from one stage to the next. The MYP is formatted for the purpose of preparing students graduating from year 11 for the challenges they will face in the Diploma Programme (DP), or Years 12 and 13. The personal project, a core aspect of the MYP, helps a lot in this regard. The project allows students to learn referencing

and research skills. It also enables learners to understand the fundamentals of academic writing and academic integrity.

5. Students are encouraged to become more confident and independent

As they grow into young adults gradually building a career and life path, they are inspired to become confident, enthusiastic learners and independent workers. Through encouragement from supportive staff and faculty, students become self-sufficient hard workers reaching their greatest potential. Moreover, growing confidence in their abilities promotes higher achievement by ensuring that a lack of self-esteem doesn't stand in the way of students working their hardest in school.

6. The Middle Years Programme recognizes academic learning skills

Like all IB programs, the Middle Years Programme emphasises effective learning, rather than solely the curriculum taught. Practising good study habits, critical thinking skills, cooperation and independence fosters lifelong learners who are naturally inclined to learn quicker, make connections, inquire and innovate creative solutions. Skills like these will carry students from the MYP into the DP, university and beyond.

7. Students always get the unique support they need

Students have a multitude of diverse learning styles, and the IB recognises how important it is to identify the most effective method of teaching a single student, rather than generalising. Standard school programs do not invest nearly as much time and attention to individual students, whereas the MYP personalises support according to individual student's needs. One of the main goals of the IB MYP is to wholly support students, treating them as unique individuals with unique strengths, weaknesses, prospects, and interests. This individualised approach contributes to students' growth of confidence as they receive exceptional support, and it allows students to realise their individual strengths and pursue their passions.

8. Students have more opportunities to grow interests and talents outside of academia

MYP private schools like us generally have more manageable class sizes

which makes for more opportunities for the individual student. Many schools on the island have 40-45 students in the classroom while we have a maximum of 25 students in our years 7-9, with the numbers decreasing as we have option subjects in the IGCSE years. In the MYP, students are constantly encouraged to hone a variety of skills — there is significantly more opportunity accessible to one student. Auditioning for the school play or trying out for the interhouse football team is less daunting in a tight-knit community of students, and having these opportunities gives the student a wholesome education that also allows for passions outside of academics.

9. Students learn to apply classroom material to real-world, global contexts

Along with learning subjects in conjunction with one another, the IB MYP also teaches students to make connections to the real world. This promotes students' lifelong learning in growing to understand concepts with connection to real life. Moreover, the MYP curriculum fosters intercultural understanding, as students learn about cultures other than their own and understand how to apply new material to life on an international, multicultural scale. Students are not only well-versed in a wide range of subjects, but they are also engaged in the world around them.

10. The International Baccalaureate Middle Years Programme is globally recognized and highly regarded

Lastly, the IB Middle Years Programme is an internationally renowned program. Over 1,319 schools in 108 countries offer the IB MYP because it is so versatile, grounded in the real world, encouraging for students' personal growth and focussed on preparation for future grades. Graduates of the MYP are young people with creative, analytical minds who value hard work and are enthusiastic about their success. Alongside teaching the fundamentals of the MYP curriculum, we are very proud to offer the rigorous IGCSE curriculum over the later years of the MYP cycle, in years 10 and 11. This allows students to analyse and compare ourselves to other IGCSE schools worldwide and continue to improve our standards at the school.



National Day 2023



On Monday 13th of March we belatedly celebrated the 55th anniversary on Mauritian Independence.

Our original plans were adapted following the closure of school the previous week due to heavy rain. Luckily with the assistance of Mr Patten, Mrs Rungasamy and the invaluable support of our non-academic staff, we were able to quickly organise an alternative celebration where we could appreciate and recognise this important date in history.

Our Secondary School Principal Mrs Daby spoke about the theme of harmony which was a key feature of this year's celebrations and the importance of respecting diversity. Mrs Philogene, Head of School read the Prime Minister's message to students which focused on the provision of learning opportunities.

We were also entertained by a rendition of Nou Zanfan zil Moris by an ensemble of students and Mr Patten, and heard the reflections of our Senior Prefects about our island nation. Whilst are celebrations were scaled back to avoid further disruption to our teaching and learning after several weather days, we enjoyed this moment of celebration with students and staff.



Northfields started the process of CIS membership in 2020 in view of joining a community that works collaboratively to shape international education to inspire the development of global citizens through high quality international education. CIS focuses on connecting ideas, cultures, and educators from different parts of the world.

Members of CIS are underpinned by a belief in the four drivers. These are the drivers for effective education and school improvement in international schools. These four drivers are how effectively a school delivers its own stated purpose and direction, ensures and enhances well-being, provides effective student learning and teaching and develops global citizenship.

The CIS Framework includes nine domains :

- A. Purpose and direction
- B. Governance, ownership and leadership
- C. The curriculum
- D. Teaching and assessing for learning
- E. Well-being
- F. Staffing
- G. Premises, facilities, technology systems and auxiliary services
- H. Community and home partnerships (N/A)

Having completed the Preparatory Evaluation last year, we are now at the Self-study stage, where our school community will identify our own strengths and areas for growth (i.e.

self-review). The Self-study process will last for about 12 months to allow us time to identify issues and to begin to resolve them. By the end of this stage, we will produce a Self-study report: a flexible, living document which will develop over the Self-study period until it is submitted to CIS.

Involvement of the full School community is crucial in the Self-study process and as such we seek out the opinions of all stakeholder groups represented in the CIS Community Survey: students, faculty, support staff, members of the governing body, parents, and alumni. We will reflect on our direct area of responsibility and involvement in other aspects of whole-school life. The aim is to work in an atmosphere of open dialogue and constructive criticism, where participants will be encouraged to ask 'how' and 'why', and seek solutions instead of just identifying problems.

So, as we prepare for the next thrilling part of our journey towards CIS accreditation, we require the participation of some parents on some of our committees. This will mean joining a Domain committee that you have chosen for a few meetings to answer the questions included in the self-study as well as the looking at the responses from our community survey. It gives our parents the exciting opportunity to work with other members of our community: teachers, board members, and students. Please get in touch with the parent committee if you are interested to join!

WE ARE A
CIS
INTERNATIONALLY
ACCREDITED
SCHOOL



News from the Library



Despite the Rainy weather the Library is now fully up and running in it's new home. The result is a dual function light, airy, and calming space for students and staff to enjoy. The study room has improved our offering with 24 individual silent study spaces. This month we will be launching our library helpers club and inviting students to apply to become one of 10 library helpers this will be open to the whole of high school students and application forms will be available from the library soon. In February we also can't forget St. Valentine and his day for love and caring. The library celebrated this with a 'Book Crush' activity. For the month of February students can choose a book for their friends anonymously and even write them a note as to why they want them to read the book. We will then let form tutors know that students 'Have mail' and that they should collect a book from the library. This initiative will also gain students a reading passport stamp, so an extra incentive to take part. In the great words of Paulo Coelho, author of the Alchemist, one of our favourite top 100 Books, "Love is just a word until someone comes along and gives it meaning" (P. Coelho, Aleph, 2011)



Communication Skills

Communication is not only verbal (words), but also our nonverbal (body language, tone). It has been suggested that our nonverbal communication accounts for almost two thirds of our overall communication. That's massive, and reminds us that it's not so much what we say but rather how we say it that makes all the difference.

Some tips on communication:

- 1. Listen more, talk less**
Be fully engaged without distractions when someone is talking to you, before you respond really try understand what it is that they are saying. Don't multitask, if someone is talking to you don't be looking at your phone or replying to a message.
- 2. Know your audience**
Remember different people, require different forms of communication, using slang or jargon is ok for your friends, however with teachers or adults this may not always be an appropriate way of communicating
- 3. Body language speaks a thousand words**
Having a conversation while your arms are crossed, with no eye contact and fidgeting sends a very different message to the person you are communicating to, even if your words are correct. Be sure to be more aware of your body language and keep an open posture, good eye contact and a good modulated tone to show that you are engaged in the conversation.
- 4. Check your message before you hit send**
When writing a text, or posting on social media we can be very impulsive and send something before even taking the time to reread it. By giving yourself just a few minutes to reread it you can make sure that what we are trying to say is really coming across in the message. Ask yourself how would you feel if someone sent you a message like the one you are about to send.

5. Write things down

When your teacher is giving instructions or something comes to mind, write it down. It's a very good habit to get into, it will help you be more organised and less forgetful. Our minds are constantly being bombarded with information, the more you can write things down, the easier it will be to remember everything.

6. Make a call

Sometimes there's just too much to say, and picking up the phone and making a call can be a far more effective way of communicating than messaging lengthy drawn out texts.

7. Think before you speak

It's important to try and give yourself a split second to think before you comment or say something. Think of the other person and if your words are too harsh or mean. Try to focus on positive vocabulary rather than negative words. It's important to strive to be a thoughtful listener and conscientious communicator

8. Have a positive attitude and smile

By simply smiling and being upbeat when you are interacting with another person can make such a big difference. People are drawn to positivity and it's incredible to see the difference in how much more people want to be in conversation with a person who is laughing, happy and positive.

Mrs Melanie Sandiford

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The biggest communication problem is we do not listen to understand. We listen to reply.

- Stephen Covey



Thoughts on settling into a new country

As a new expat, I can relate to the some of the challenges families experience. The excitement of embarking on new adventures and the anxiety of not knowing what to expect after moving abroad undoubtedly brings about a mix of emotions.

I have anticipated some of the challenges my teen son would experience, but was very surprised to hear exactly what he felt after speaking to him about the move. The information we gain from knowing what your child feels, will allow you as parents to better reassure them and encourage them about the positives of the move. Having this conversation with your child can make the process much easier as they envision life in their new home.

Yes, experiences do vary from child to child, but the complexity of their thoughts are astounding.

Having the opportunity to speak to the expat children in my class, I have learnt that some of the children may be super excited about living on an Island and having a beach day every day, while others might feel really, really sad about having to leave their friends and family behind. They aren't able to continue with activities they enjoy and feel anxious about making new friends.

The decision to move with our families abroad was difficult and undeniably affects our children in some way or the other.

Parental support is essential in allowing for and creating a smooth transition.

Although relocating affects children of all ages, those approaching or in adolescence tend to suffer most. Teenagers tend to rely heavily on their peers for support when going through the changes. Removing them from a close circle of friends in their home country to living abroad can be devastating.

Our teens may experience:

1. Loneliness especially if they were not able to find a new group of friends easily/
2. Behavioural changes if they struggle to express their feelings. This can sometimes lead to disruptive behaviours at home or in school.

While it is frightening to see your child's demeanour change, our support as parents is the most essential tool for allowing and creating a smoother transition of moving to another country.

HOW CAN WE HELP OUR EXPAT CHILDREN?

1. Communication

Communicating with teens may be difficult but do your best to talk to your children. Ask them specific questions about settling into expat life:

- Is it easy to make friends at school?
- What is your favourite thing about your new school?
- What is your least favourite thing?
- What do you like about our expat life?
- What do you miss most about our home country?
- Do you truly understand why we relocated?

• Can I share our reasons for relocating (Keep them positive)
Listen with empathy and acknowledge any difficulties they may be having. Do not dismiss them as normal teenage challenges. These will allow for your child to feel understood and help you offer them the support they need.

2. Social interaction

If your child is struggling to meet or make new friends at school try to encourage them to find other opportunities to interact with people their own age by:

- Joining extracurricular activities either inside or outside school
 - Trying a new sport or activities
- Taking part in some of these activities could help your child find others with similar interests if they cannot be found in their new school.

3. Find a balance

Help your child find a balance between staying in touch with friends and family at home. Using social platforms to our benefit, face time calls with a good friend from home or family members will help them to touch base and ease their transition into their new life abroad.

4. Spend time with your child

Spend as much time as possible with your children. Exploring the new home town together can be a family adventure.

5. Establish routines

Younger children especially thrive on routine. Routine provides a sense of security to children and they will automatically feel happier. The quicker you establish simple routines like bath time, meal time and bed time ones, the quicker the children are able to adjust in the new home. I sincerely wish all our expat families a smooth transition into their new homes. Please feel free to reach out at any time.

Mrs Khudaija Patel
Lower Primary Teacher





Parents Committee

Thank you to all the parents who contributed to the Valentine's Day Bake Sale. The money raised from the sale has been split between the Prom Committee and The SOS Village. We also held an appreciation garden party for our non-academic staff on Thursday 16th February to express our gratitude to the Northfields support staff. This event was a huge success.

We are very excited and busy planning the upcoming Northfields Golf Day. This year's golf day will be held on 22 April at Mont Choisy le Golf. We are currently working on securing sponsorships for each hole as well as prizes. Bookings for players are also open. If you are able to assist with any kind of company sponsorships or prizes, or you would like to book a four-ball, please email mandy.arazym@northfields.school

The Parents' Committee supports charities and assist the school in its endeavour to provide a great learning environment for our children. So far, this year we have assisted The SOS Village and Serendipity by All Life Matters. We have also provided a monetary donation towards instruments for the school Music Department.

We are a group of parent volunteers, who work throughout the school year assisting in various fundraising activities, community building, charity drives and much more. We are always looking for volunteers to help at functions and we welcome any parent to assist at any event. We always welcome parents to join the Parents' Committee. If you can lend a hand or are interested in joining the committee, please email mandy.arazym@northfields.school

Mandy Arazym
Parents Committee President



New Staff

Northfields is happy to welcome the following staff members to our community.

AMIIRAH PEERBACCUS SAFETY AND HEALTH OFFICER

We welcome Amiirah Peerbaccus who joined in January 2023 as Safety and Health Officer. Amiirah has a Bsc (Hons) Occupational Health & Safety Management and has 3 years of experience in this field.

VEEKRISH POTHIAH ASSISTANT NURSE

Veekrish Pothiah joins Northfields as an Assistant Nurse who will be supporting Marie Danielle. Veekrish is a registered nurse with 3 years of experience in the emergency, orthopaedic and other units. He has a Diploma in General Nursing and is currently pursuing further qualifications in this field.

DEVINA BISRAM ASSISTANT CHILDCARE PRACTITIONER

We welcome Devina Bisram who has joined the Pre-Nursery as an Assistant Childcare Practitioner in January 2023. Devina is currently pursuing a course in Early Childhood Education Teacher's Certificate Programme at the MIE. She has 6 years of experience working with children in a Montessori setting.



Staff Achievement

Amiirah Peerbaccus

Congratulations to the Mauritian team and Amiirah on their bronze medals in Bowling at the African Development Program and Championship 2023 in South Africa in February.

Thierry Amery

Congratulations to Thierry for having completed successfully his Master's degree in Visual Arts from MGI-School of Fine Arts.

Sakeena Namdarkhan

Congratulations to Sakeena for having completed her PGCE in French with distinction from the Mauritius Institution of Examination.

Fatma Ramar

We congratulate Fatma for completing her IBDP course on Sports Exercise and Health Science-Cat 1.

Guillaume Leoville

We congratulate Guillaume for completing his IBDP course on Sports Exercise and Health Science-Cat 2.

Sanjit Muthoora

Congratulations to Sanjit for having completed his course on Marking Workshop Cambridge IGCSE Global Perspectives.

Rookshaal Nobeebux

We are pleased to congratulate Rookshaal for having completed her IB course on Learning diversity and inclusion-Cat 3.

Jihaan Beeharry

We are pleased to congratulate Jihaan for having completed her IB course on Learning diversity and inclusion-Cat 3.

Poovane Goinden

We are pleased to congratulate Poovane who has recently completed her MYP course on Managing Assessment: Sciences -Cat 3.

We wish all our staff a continued success.