

# **ISWB Bulletin Board**

20 September 2019



*ISWB Academic Award Ceremony*

*26 September 2019*

*ISWB School Hall*

*18h00*



**ISWB Sport Awards Assembly**

**27 September 2019**

**ISWB School Hall**

**07h30**



## Cricket News

Matteo de Castro, ISWB Year 7,

participated in the Under 13 Namibia Cricket Trials during the school holidays (9 – 11 August 2019).

Matteo has been selected to be part of the

U13B National Cricket Team

to go on tour to South Africa (Worcester) in December 2019.



Matteo also participated in the Walvis Bay Salt Refiners Junior Cricket Festival 2019 during the school holidays.

26 teams (13 U11 teams and 13 U13 Teams).

At the awards ceremony, Matteo was awarded the

Best Batsman of the tournament.

Well done Matteo, we are super proud of you!



Matteo on the left in both photographs.



## ISWB Students excel at Cultural Festival

Nictus Napso Cultural Festival

Friday 13 September 2019

Pro-Ed Academy, Swakopmund



We are extremely proud to present the following results to you:

65% - 74% = Bronze

75% - 84% = Silver

85% - 100% = Gold

### **Art Category Winners**

Year 9	Vimbai Muganga
Year 10	Tex Teixeira
Year 12	Agular O'Farrill Creach

### **OVERALL WINNER ATKV**

GRADE 8 -12	Agular O'Farrill Creach
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### **Science Fair**



<b>Gold:</b>	Thea Frielingsdorf
<b>Gold:</b>	Inês Martins Pão Alvo
<b>Participation:</b>	Tanatswa Muganga



### **Deutsch Dramatisierte Poesie**

Category Winner

Year 8-12

Stefan Gellert

# English Poetry, Monologue & talks impromptu

Grade 8 -12

**Gold:** Samara-Joy Stiege  
May-lee Mulundu  
Jeanette Piechazek  
Angelica Basson  
Kuundjuaune Kavari

**Silver:** Zah'ra Suleman  
Kristien Shetunyeenga  
Stefan Gellert  
Zaheera Satar



**Category Winner:**  
Angelica Basson  
Grade 5 – 7

**Participation:** Abbaas Clayton  
Klaus Petrus

**Bronze:** Precious Andre  
Bradley Kasose

**Silver:** Ndafelenga Nangolo  
Yaro Kakonda



**Afrikaanse Voordrag & Gedramatiseerde Voordrag**

## Grade 5 – 7

**Participation:** Tia-Wange Harases  
**Bronze:** Johanna Shivoro  
Tshem- Shesha Shikongo  
Meagan Wilson  
**Silver:** Tamika Metcalfe

## Grade 8 -12

**Bronze:** May-Lee Mulundu  
**Silver:** Angelica Basson

## Music Instrumental

### Grade 1 -12

**Silver:** Vimbai Muganga  
Tanatswa Muganga  
**Gold:** Kamaz Nechvile  
Markus Ndjamba

## Vokaalgroepe en Solo

### Grade 1 -12

**Participation:** Kundayi Muganga  
**Bronze** Sarafina Katojima



**Golden Buzzers** are performances that are considered the best of the best.

These golden buzzer students perform at the prestigious Gala evening.

Congratulations to **Angelica Basson** who recited an Adam Small poem: Oppie Parrara

and to **Kuundjuaune Kavari** who delivered an excellent rendition of Da Same by Siphosiso



A sincere thank you to the organisers and teachers of Key Stage 2 for presenting a most enjoyable and professional Spelling Bee 2019

Well done to our all the KS 2 students who so diligently studied their spelling words!

Congratulations to the winners

**Year 4: Christopher Nghishono**

**Year 5: Tia-Wange Harases**

**Year 6: Njeri Stephanus**

Overall Spelling Bee Winner for 2019:

## Njeri Stephanus

From left to right: Tia-Wange, Christopher and Njeri.

**Awesome!**



### Teen sleep:

Why is your teen so tired?

Teen sleep cycles might seem to come from another world. Understand why teen sleep is a challenge

— and what you can do to promote better teen sleep.

By Mayo Clinic staff

Teens are notorious for staying up late and being hard to awaken in the morning. If your teen is no exception, it's not necessarily because he or she is pushing the limits or fighting the rules. This behaviour pattern actually has a physical cause — and can be modified to improve your teen's sleep schedule.

A teen's internal clock

Everyone has an internal clock that influences body temperature, sleep cycles, appetite and hormonal changes. The biological and psychological processes that follow the cycle of this 24-hour internal clock are called circadian rhythms. Before adolescence, these circadian rhythms direct most children to naturally fall asleep around 8 or 9 p.m. But puberty changes a teen's internal clock, delaying the time he or she starts feeling sleepy — often until 11 p.m. or later. Staying up late to study or socialize can disrupt a teen's internal clock even more.

### Too little sleep

Most teens need about nine hours of sleep a night — and sometimes more — to maintain optimal daytime alertness.

But few teens actually get that much sleep regularly, thanks to factors such as part-time jobs, early-morning classes, homework, extracurricular activities, social demands, and use of computers and other electronic gadgets. More than 90 percent of teens in a recent study published in the *Journal of School Health* reported sleeping less than the recommended nine hours a night. In the same study, 10 percent of teens reported sleeping less than six hours a night.

Although this might seem like no big deal, sleep deprivation can have serious consequences. Tired teens can find it difficult to concentrate and learn, or even stay awake in class. Too little sleep also might contribute to mood swings and behavioural problems.



## Solutions

- Make sleep a priority. Review Teen Time in this toolkit and keep a sleep diary. Decide what you need to change to get enough sleep to stay healthy, happy, and smart!
- Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep.

- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.
- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep much more easily!
- If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.
- Make sure your activities at night are calming to counteract your already heightened alertness.



**CHEERLEADING NAMIBIA**  
**INVITATION TO A TRAINING WORKSHOP**  
**HOSTED**



**WHEN: 28 – 30 NOVEMBER 2019**

**WHERE: WBPBS, WALVIS BAY**

**COST: N\$150 PER PERSON**

### **INFORMATION**

Cheerleading has grown into a very popular sport worldwide and the Cheer Factory (USA) supports countries where the sport of Cheerleading is still developing. As part of the Cheerleading Federation, Cheer Factory encourages young people to participate in the sport and support those schools who want to make it part of their sport curriculum.

The workshop is open to schools who would like to start cheerleading and boys and girls of ages 6 – 18 are welcome. The facilitators will educate coaches about rules, score sheets, skill progression and much more while simultaneously coach the aspiring cheerleaders.

Please contact me, Luischen Sirakis, at [luischen@iswb.edu.na](mailto:luischen@iswb.edu.na) or phone 081 239 2466, on or before 18 October 2019 if your school is interested. Once I have an idea of how many schools are interested, I will send a personal invitation.

Looking forward to see this sport grow in Namibia.

Kind regards

Luischen Sirakis



Enjoy the week-end!

Linda le Roux

The International School of Walvis Bay

[iswbbulletin@iway.na](mailto:iswbbulletin@iway.na)

*Errors and Omissions Excluded*