



NORTHFIELDS INTERNATIONAL SCHOOL NEWSLETTER

DECEMBER 2023



UPCOMING EVENTS

JANUARY

- 10th: First Day for Whole School
Elevate Study Skills for Year 11 and 13
- 12th: Global Family Day
Movie Night
- 15th-19th: Vegan Challenge
- 16th: Global Context Morning Session
- 18th: Coffee Morning Year 10-13
- 23rd: Primary School Coffee Morning
- 25th: Public Holiday: Thaipooam Cavadee
- 26th: Parents Session: IB Course certificate vs IB
Diploma certificate explained

FEBRUARY

- 1st: Public Holiday: Abolition of Slavery
- 8th: Coffee Morning Year 7-9
- 10th: Public Holiday: Lunar New Year
- 12th: Chinese New Year Celebration
- 14th: Valentine's Day Celebration
- 15th-18th: Mid-Term Break

Please note that the school offices
will be closed from the
18th December 2023
till 5th January 2024

HEAD OF SCHOOL MESSAGE

The first term has been filled with opportunities for building experience, taking on challenges, and enjoying accomplishments for our students and staff. We welcomed nearly 140 new students across different year groups, and several new staff members have joined us. We are delighted to have these new members contributing to our Northfields cultural diversity.

Our students have excelled in various projects and activities, enhancing their skills and understanding in lessons, competitions, camps, trips, and celebrations. We take pride in their academic achievements and extracurricular accomplishments, showcased in this newsletter. A recent success was being awarded the Eco-School's Green Flag on the last day of term, proudly displayed upon our return in January.

This past month brought joy through our annual Fun Day, a successful event with a strong sense of community spirit. Additionally, our holiday celebrations featured talented displays from students during the Diwali and Christmas concerts, along with outstanding generosity in our charity drives. Many thanks to our families for their contributions, and special

appreciation to our staff and Parent Committee for their remarkable commitment and for enhancing these annual traditions each year.

Ending the term on a high note, we enter the school break with a well-deserved sense of accomplishment and optimism for continued success in 2024. I wish you all the happiest of holidays with quality family time and abundant joy.

Mrs Phyllis Philogène
Head of School





YEAR 5 CAMP

The Year 5 students, accompanied by Mrs. Perdrau, Mrs. du Preez, and Ms. Fabienne, had two enjoyable days at Nativ Lodge in Mahebourg on December 4th and 5th. After an hour's bus ride, they settled into their dorms and enjoyed a snack of banana beignets, samosas, and gateaux piments.

Teams were assigned based on the colors of the Mauritian flag: red, blue, yellow, and green. Each group created a team name, a war cry, and completed a blindfolded teamwork activity. Following a delicious spaghetti bolognese for lunch, the children visited the Naval Museum to learn about the history of Mauritius and examine the fascinating artifacts. They were fortunate to speak with a real archaeologist from France who was working at the museum that day.



The afternoon was spent in the pool before a scrumptious chicken barbecue dinner. A talent show followed, where the children showcased their skills, and everyone joined in the dancing and singing.

After a day filled with activities, the children were ready for bed, with most settling down to sleep by 10 pm. One eager student knocked on Miss Fabienne's door at 5 am, asking about breakfast.

Following a delicious 'Mauritian style' breakfast, the students packed their bags and cleared their rooms.

They enjoyed a challenging treasure hunt on the museum grounds and held a final team talent show, with the Green team emerging as the winners.

The children expressed their gratitude with heartfelt letters to Richie and his team, eagerly anticipating Year 6 camp next year.

YEAR 6 CAMP

In an exciting departure from the classroom, Year 6 students embarked on a thrilling adventure to Nativ Lodge for their annual camp on December 6th.

The two days were filled with various fun activities, including War Cries, The Blindfold, The Funnel, and water activities.

From team-building games to lively, laughter-filled moments, the students actively participated, creating lasting memories at Nativ Lodge.



The highlight of the camp was the night after dinner, featuring a talent presentation showcasing diverse skills within the groups, including singing and dancing.

The open-air dance floor concluded the evening. The Year 6 group was commended for their exemplary behavior and manners, making Northfields proud.

YEAR 9 CAMP

Year 9 students enjoyed a three-day, two-night camp at Domaine De La Grave.

Engaging in various activities, they enhanced teamwork, communication, support, and understanding.

Each student demonstrated their strengths, and positive interactions between the year group members were evident.



The camp aimed to provide a fruitful experience and create cherished memories for the students.

YEAR 10 CAMP

Set in the picturesque Domaine De Lagrave, the Year 10 students undertook an unforgettable camp designed for essential skill development for the Duke of Edinburgh Award.



The immersive experience aimed to foster teamwork, resilience, and personal growth, laying the foundation for challenges in the prestigious Duke of Edinburgh program.

The camp included team-building sessions, self-cooked lunches, and outdoor challenges such as hiking and kayaking. These activities aimed to enhance physical fitness, adaptability, and critical thinking.

The camp concluded with a map-reading session, ensuring students could navigate in various environments. The Year 10 camp proved transformative, leaving students with newfound confidence, resilience, and a toolkit of skills essential for success.



Christmas Party

December holds unique significance for every family, and for the Pre-Nursery, it marks a time to celebrate our children. The first term, a journey of settling in and readjustment, culminated in a fun-filled Christmas party at our sister school, IPS.



Grateful for the spacious venue accommodating our families and children, the festivities unfolded with children donned in festive red and green. Sing-alongs, dances, games with Year 12 students and prefects, and a special visit from Santa Claus made the morning unforgettable.



Santa, assisted by older students, distributed Christmas presents, initiating the festive season for our families. The event was a joyous morning, filled with smiles, giggles, and the true spirit of Christmas.



Halloween



On October 31st, as the warm sunshine embraced Northfields, the Pre-Nursery team eagerly welcomed their students, adorned in Halloween attire. Smiles and joy filled the air as

each student proudly showcased their outfits, adding magic to our festive day. A diverse array of characters paraded through the school, and our children reveled in their unique choices. As part of the celebration, a delightful surprise awaited the students upon departure – something cool and refreshing. We extend our heartfelt thanks to all families for participating in Halloween and making the day extra special for our students.

Kindness Week

Recognizing the future entrusted to our children and the responsibility of caring for Mother Earth, the Pre-Nursery dedicated November to Kindness Week. As caregivers, parents, families, and society, it is our duty to exemplify treating others with dignity and respect. Nurturing global citizens, we emphasized the importance of kindness and compassion in our children.

Throughout the week, children and adults collaborated in planned activities, starting with "Odd Sock Day" to showcase unity amid diversity. Parents of toddler class children made a pledge, imprinting their hand prints

alongside the message, "Kindness is a gift that everyone can afford to give."



World Food Day



In the first term, our focus at the Pre-Nursery centered on the body, senses, and skeleton. Participating in the United Nations' World Food Day initiative, we embraced the global event by emphasizing healthy eating. Exploring the color green, our little

chefs concocted a nutritious green smoothie, initially uncertain about the taste of baby spinach. However, with the addition of milk and honey, happy little faces requested "more!" The international event encouraged reflection on the journey of food from source to plate, fostering awareness in our families and children about their impact on the world.





Halloween

As always our children enjoyed their Halloween activities and dressing up for the day. The teachers did a wonderful job in decorating our section and much fun was had by all.



Kindness Week

We took a positive approach to Anti-bullying Week, emphasizing kindness rather than solely focusing on bullying. The children, from CH to UP, participated in an act of kindness by posting their family's Christmas donations. Additionally, we introduced letter writing to all the children, who wrote letters of friendship and kindness (or drew pictures in CH). These letters were then sent to the children at the Port Elizabeth Montessori School, bringing them much joy. In the new year, they plan to write back, and we anticipate the development of some meaningful pen pal friendships.



Staff Acknowledgements

During term one we had a number of special celebrations among our staff.

Congratulations to Ms Elisa, Mrs Dalais and Ms Redisha on their weddings. We wish you all much happiness in your marriages.

Congratulations to Ms Milena on the birth of her daughter. We wish you well as you begin your most important role of being a parent.

World Children's Day

World Children's Day was celebrated with delicious ice lollies being sponsored by the Northfields Parents Committee. They were welcomed by the children on a hot day and offered some cool relief. Thank you to the Parents Committee for their generosity and for acknowledging the children on such an important day.



Christmas Show



The CH and LP Christmas show was a huge success. We say this because the success was measured by the number of smiling, happy faces before, during and after the show. The beautiful singing and dancing was a real delight and we thank the children for their hard work in practising and performing so well. Thanks too to the whole

team of teachers who really put in a lot of effort in teaching the songs and dances, making the stage decorations and supporting the children.

A special thanks to Ms Audrey, Ms Katerina and Mr Ashely for their collaboration as both music teachers and parents.



Values Assembly



The change in acknowledging every single child in CH and LP for their individual demonstrations of our school's values was so well received by both children and parents. It was truly heart-warming to see the pride and delight on each child's face when they received their certificates.

My aim in making this change was

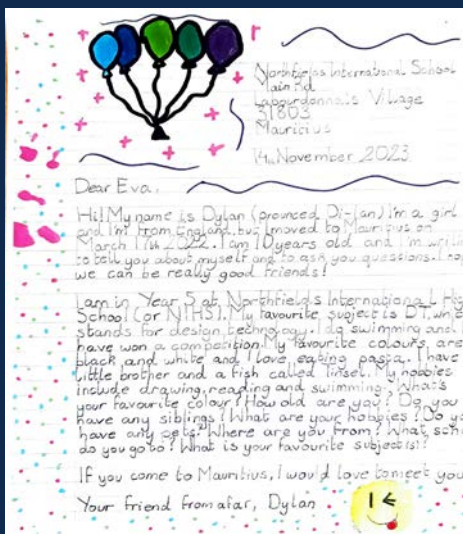
to ensure that every child felt seen and positively affirmed for their contribution to our school community. This aim was most definitely achieved – I share this one anecdote with you: At the end of the Lower Primary assembly I saw one of the children crying. I made the assumption that he did not get acknowledged for the value he hoped for. Going over to console him, I asked him why he was so upset. He looked at me through his tears and said "I am not upset. I am just so happy that after 2 years of trying and being in this school I have finally got one too." I could not have asked for a better affirmation in support of this change.

Mrs Samantha Streak
- Primary School Principal



Pen Pal Letter Writing

The Upper Primary students had a fantastic opportunity to write pen pal letters to children from Ms. Streak's school in Port Elizabeth, South Africa. Each student was assigned the name of a student in Grade 4, 5, 6, or 7, and they were taught how to compose a well-structured friendly letter, including the heading, greeting, body, closing, and signature.



Additionally, they learned how to write their pen pal's name and the address of the school on the front of the envelope, and to affix the stamp to the top right corner. The letters have been posted, and we eagerly anticipate receiving replies from the South African students in the new year! We also watched a video about the postal system and the journey of a letter from the writer to the recipient. All in all, it was a highly valuable experience.



Unveiling the Science Behind Irish Soda

Home science projects are not just a delightful diversion from regular classroom activities; they are an integral part of learning that brings theoretical knowledge to life. In Year 5, students have been exploring the world of science through a hands-on project centered around a beloved culinary tradition – Irish Soda Bread. This project serves as a bridge between theory and practice, allowing students to apply classroom concepts in real-world scenarios. Beyond textbooks, home science projects nurture curiosity, critical thinking, and problem-solving skills, creating a foundation for a lifelong appreciation of learning.

Irish Soda Bread serves as an ideal subject, seamlessly blending chemistry and biology. The project

not only exposes students to the scientific intricacies of bread-making but also promises a tasty reward for their efforts. Transforming the kitchen into a scientific laboratory, students embark on a journey that is both fun and instructive. This hands-on experience not only teaches them about precision and following instructions but also instills essential life skills, making the learning process enjoyable and memorable.



Humanities Exhibition

On Wednesday 18th October, the Upper Primary students held their Humanities Exhibition in the school hall. Year 5 focused on Ancient Greece, and Year 6 on the Shang Dynasty. The day was a resounding success, filled with excitement, hard work, dedication, and creativity.



The exhibition not only showcased the children's knowledge and skills but also allowed them to put their teamwork skills into practice. This event was the result of many hours of preparation in the previous weeks. Mrs. du Preez and Mrs. Schoeman are immensely proud of every student.



A big thank you goes to our parents, as without their support, this day would not have been possible. We truly appreciate their efforts in organizing snacks, costumes, and visiting the exhibition. Thanks also go to our events, facilities, and IT teams for assisting with setting up the hall, and to the fabulous Upper Primary teachers who helped make the day such a success.





Diwali

The Northfields community celebrated Diwali on the 10th of November with a wonderful afternoon filled with dancing, singing, and brilliant performances in honor of the festival of light. Our unforgettable event was organized by a team of us Year 12 CAS students, whose devotion and collaboration on this event allowed it to be a great success.

We worked hard in the two weeks prior to the event, ensuring our Diwali celebration would be seamless and enjoyable. This meant hours of work creating handmade flower garlands and decorating the hall and school entrance to make it bright and colorful. Our creativity was an asset to the organization of Diwali, as we had a high standard to meet with the previous years' successes. Fortunately, we had many artistic members on our team who could guide us in making decorations.

With our goal of making the Diwali event even more memorable, we organized an activity for students to create rangoli patterns outside the hall for everyone to see. It was lovely to witness the involvement of the younger years in doing the rangoli patterns and the collaboration with us Year 12 students, bringing the Northfields community together. The excellent Diwali show concluded with the highly anticipated fashion show, which did not fail to impress.

With the entire audience captivated and clapping along to the music, our beloved teachers and students walked through the hall in beautiful Diwali dress.

by Annabelle Iversen - Year 12



SECONDARY SCHOOL

Sustainability Trip to Dubai



Between the 21st and 25th of November, accompanied by Ms. Drishtee and Mr. Bundhun, a group of Year 12 Economics and Business Management students went on a sustainability trip to Dubai. The purpose of this trip was to incorporate sustainability perspectives into our IB education by further developing and nurturing the type of young people we wish to



send out into the world – engaged, compassionate, caring, and lifelong learners.

The highlight of the trip was our visit to the Omics Centre of Excellence, a state-of-the-art genetic sequencing lab envisioning a safe future for human life and seeking solutions that will benefit members of our society for generations to come.



Our students had the unique opportunity to attend a lecture at this Centre of Excellence by high-calibre professors and doctors, which we hope has nurtured our students' curiosity and inspired them to contribute towards a better world. We also visited Masdar/Sustainable City, a mixed-use, sustainable community including employment-generating land uses, residential areas, parks, plazas, and neighbourhood amenities. Students learned about the economic viability of such projects and the improved quality of life within the lowest environmental footprint. Our students had the exquisite opportunity to travel in driverless cars and experience clean technology.

Session on Anti-Bullying

We had a productive working session with Mrs. Marjorie Ayen, who is a specialist in anti-bullying. There was a 2-hour workshop with our school leaders so that they could understand how to address situations where bullying may occur. As part of our leadership programme, school leaders are empowered to mediate certain situations that may arise in a school.





Our Eco-School

HYDROPONIC SYSTEM

On 20th November, we had Mr. Vashist from Organika Aquaponics visit. It is from Organika Aquaponics that we ordered two units of a hydroponic system that can grow up to a maximum of seventy-two plants per harvest. This particular project aligns with our vision to inculcate values of sustainability in our young learners. Our hydroponics set-up will allow us to grow fresh and organic vegetables on campus which will then be sold to the community. Our students will have the opportunity to partake in the whole process and understand the importance of self-sufficiency and also develop a growth mindset.

We are looking forward to the first harvest at Northfields!



GREEN FLAG AWARD

We are thrilled to announce that Northfields has achieved the prestigious Green Flag Award!

This recognition is a testament to our commitment to sustainability and environmental stewardship. Thanks to the dedication of our team and the support of our community. Let's continue working together to nurture and protect our beautiful Earth.

Thank you for being part of this green journey with us!



SECONDARY SCHOOL

Gut Microbiome Health Talk

BY DR KAREN HARTZENBURG

We were very pleased to welcome Dr Karen Hartzenburg for a talk to our Year 12 and 13 students on the importance of maintaining a healthy gut microbiome. Inevitably, the food and drinks we consume leads to a healthy gut and we really need to pay attention to the ingredients in our daily diet. The microbiome is also affected by stress levels and it is important for each individual to keep their stress

levels low. Exercise, plenty of water and stress management are all key to a happy and healthy lifestyle.



Year 13 Pantomime



At the end of term 1, the Year 13 students continued with the fun tradition of putting on a Christmas pantomime for the lower school. The Year 13 students were excited to spread some Christmas cheer and laughter and fun was had by all. Our talented Year 13 crew pulled off a show that was nothing short of magical; they put on a spectacular performance that had everyone in stitches. Ines absolutely nailed it as the self-obsessed Gaston - what a brilliant villain! And let's give a round

of applause to our stunning Beauty and the Beast, portrayed flawlessly by our very own stars, Tristan and Amy! A massive shout-out to our enchanting Christmas fairies, Ona and Josh, who really did bring to the stage the spirit of Christmas! But it wasn't just about the dazzling leads! The entire Year 13 squad rallied together, whether on stage or off, to make this event a roaring success. From crafting props to painting scenery, from holding signs to narrating, and even turning into human cutlery and crockery (now that's commitment!), each person's contribution was pure magic. The objective of the panto is to bring the Year 13s together in their last year to make some lifelong memories, so thank you Year 13 for making that happen, and for pouring your creativity, passion, and time into making this show a delight for us all. It truly was an unforgettable experience.

Mental Health Awareness Dance

Research is showing more and more that dancing is a powerful tool for stress management, but most importantly for fun! As October was Mental Health Awareness month, we combined breast cancer awareness and mental health and had a fun morning of dancing to a variety of melodies in the school hall. We danced to the tunes of our lovely Mauritian Sega as well as other fun and funky music. The students loved the morning

dance moves and we are happy that this stimulated them to feel happy.





Cultural Trip to London

Our 1st Cultural Tour to London took place from the 29th November to the 8th December. Run by Eventus Study Tours, 20 students immersed in activities, workshops, and West End Productions for 8 days.



Although London was very chilly, our students zoomed around London, participating in 3 workshops conducted by West End performers focusing on acting, singing and dancing based on the productions, Lion King, Mamma Mia and Frozen as well as a workshop at the Charles Dickens museum.

Visiting famous sites such as Buckingham Palace, Westminster Abbey, the Houses of Parliament, and Big Ben, students were amazed by the history of the buildings around them.

Other highlights included visiting The Globe Theatre, a trip on the London Eye, The Tate Modern Art Gallery, learning to make pizza, visiting Waterstones, Europe's biggest bookstore, Harry Potter Studios, a very interesting tour of the Royal Opera House and a visit to Madame Tussauds, topped off with delicious food from various cultures.

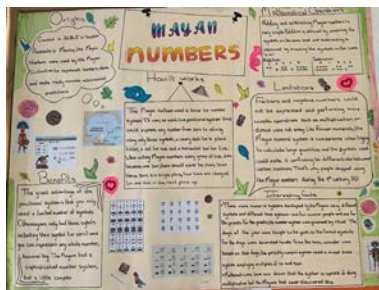
We look forward to our next cultural tour in 2024.



Mathematics

YEAR 7

Numbers are an important part of everyday life. The systems that we use to represent numbers have developed over time as a response to human interactions. This term the Year 7 students engaged in a comprehensive study of numbers and number systems, delving into the historical and cultural aspects of various civilisations. The students were able to independently gather information about their assigned civilisation, including its creation, historical use, and present relevance, indicating a level of autonomy. This approach not only helps students understand mathematical concepts but also fosters a broader appreciation for the cultural and historical context in which these systems developed. The emphasis was on understanding the basis of the number system, such as patterns, place value, and operations which shows a deep exploration of the mathematical concepts. The successful completion of the summative task on Criterion C, which typically focuses on the student's ability to communicate mathematically, reflects positively on their overall development as learners. Overall, students had a rich and engaging learning experience, combining mathematical knowledge with research skills, critical thinking, and effective communication. Congratulations to both the students and the teachers on a successful unit!



YEAR 8

During Term 1 in Year 8 Mathematics, students explored several important ATL (Approaches to Learning) skills. One skill they focused on was critical thinking. They were encouraged to analyse problems, evaluate different solution strategies, and justify their reasoning.



Another skill they delved into was communication. Students engaged in discussions and collaborations, thus

showing their thinking and social skills which were commendable. They happily presented their Halloween coordinates to their peers to effectively express their mathematical ideas. Overall, these ATL skills helped students develop a deeper understanding of mathematical concepts and enhanced their ability to think critically and communicate mathematically.

YEAR 9

Every year during the festive season, the Faculty of Maths go beyond traditional teaching and bring joy and creativity to the community. This year we are highlighting the remarkable achievement of our Year 9 students who have been creative in using 3D shapes to construct Christmas trees. One of the most inspiring aspects of this project was the collaborative spirit displayed by the Year 9 students. They embraced the diversity of ideas within their group, demonstrating a profound respect for each other's contributions.

The 3D Christmas tree project allowed our students to explore various geometric shapes and their spatial relationships. The success of this project reflects the values we hold dear at Northfields— a commitment to creativity, collaboration, and a sense of unity that binds us



YEAR 10

As we wrap up Term 1 of the Year 10 Mathematics IGCSE course, we can commend our students on the seamless transition from MYP to IGCSE. Students join the IGCSE phase with a strong foundation of critical thinking skills and a firm grasp of key mathematical ideas, building on the excellent foundation they acquired throughout the MYP years. With its rigorous curriculum and widespread recognition, the IGCSE programme gives students the chance to explore the intricacies of mathematics in greater detail. A common focus on inquiry-based learning and the real-world application of mathematical concepts helps to ease the shift. The IGCSE curriculum pushes students to investigate complex mathematical ideas and develops a stronger understanding of mathematical reasoning as they progress. This term students have studied Number and Algebra and their commitment and enthusiasm in the classroom have been very positive.



Visit to Etoile de Mer



Six students of Year 11 attended Etoile de Mer school recently, with the purpose of sharing a typical day with the teenagers. Northfields students were commendable and have shown a high level of care in their interaction with the students. Our students showed beautiful manners and had a kind, friendly relationship when dealing with EDM pupils. They organized games, participated in all activities, and showed respect and consideration throughout the whole day. The day ended with a gift-sharing moment, appreciated by everyone.

Art Competition

We were very excited to launch the inaugural Northfields Art Competition. This year the theme for the competition was "Colour" and we had 75 entries. The exhibition was opened on Saturday 4th November with the following students being awarded trophies and medals.

Congratulations to all participants.
Year 5 winner: Dylan C.
Year 6 winner : Aliya L.
Year 7 winner : Aanya V.
Year 8 winner: Chloe T.
Year 9 winner: Amelie R.
Overall Category 5-6 winner: Aliya L.
Overall Category 7 -9 winner: Amelie R.



Christmas Carols

Like every year, it is tradition for the students of Northfields International School to have a Christmas concert for the great pleasure of their teachers, their classmates but, above all, for the attention of the parents.

This year, the students returned to the tradition but the concept was different. The main emphasis was on singing.

First, the Secondary School Choir, under the direction of Ms. Dalais and Ms. Hurdowar, hit it big performing pieces like Carol of the Bells, Calypso Carol and When a Child is Born.



Then, the newly formed Primary School Choir, under the direction of Mr. Patten, Ms. Seran and Ms. Fabienne, brightened up the evening with A light has come, A child is born and a country version of Angels we have heard on high.

On the other hand, a group of Year 7 students delighted the audience with their magnificent voices by singing a more modern repertoire such as

Snowman, Bon Baisers de Fort de France, Christmas Canon and more.

This Christmas also allowed us to discover certain talents, in particular a young musician in Year 8 who performs prowess on the violin.

For the event, the three music teachers from Northfields and the two teachers from IPS, collaborated on a song. Ms. Katerina was on the accordion, Mr. Joseph on the saxophone, Mr. Olivier on the piano and Mr. Patten on the guitar to accompany the beautiful voice of Ms. Poussin.

"I was impressed by the seriousness of the students and their progress this year. Hoping to maintain this motivation among the young students of Northfields. I would like to thank the leaders of the school, the parents, the colleagues, the marketing department and above all the students themselves for their trust and continued support. I wish you all a wonderful Christmas and a very Happy New Year 2024." Mr Patten.



Atomic Habits

The Year 11 students have been diving into the book Atomic Habits and it is an awesome journey so far. The year group leader took the initiative to lead some sessions where students had the opportunity to write down a habit they wanted to implement or change in their daily lives. The students created habit tracker sheets to help them stay organized and prepare for their exams more effectively. We can say that Year 11 students are

embracing this journey towards self-improvement!





Critical Thinking in Geography

Critical thinking is the ability to analyse, evaluate, and synthesize information from various sources and perspectives. It is an essential skill for students of geography, as they need to understand the complex and dynamic relationships between people, places, and environments. Geography lessons can foster critical thinking by engaging students in inquiry-based learning, where they formulate questions, collect and interpret data, and communicate their findings. Inquiry-based learning can also promote spatial thinking, which is the ability to visualize and manipulate spatial information in different contexts and scales. Spatial thinking is crucial for understanding geographic phenomena such as climate change, urbanization, migration, and natural hazards. By developing critical thinking and spatial thinking skills, geography students can become more informed and responsible citizens who can contribute to solving global challenges.

by Dolly Sirohi
IGCSE/IBDP Geography Teacher

Screenager

On Monday, 4th December, we welcomed Bronwyn Desjardins to provide insights on social media/online safety through her 'Screenager' presentation for both students and parents. During these sessions, she emphasized the significance of safeguarding identity in online environments, introduced applications for protecting young people online, and raised awareness within our community regarding the use of social media. These sessions were extremely helpful, and we look forward to welcoming her back in Term 2 for sessions with our teachers.



Global Tourism

In Term 1, Year 9 Geography students delved into the fascinating world of global tourism, exploring the concept of sustainability and its impacts.

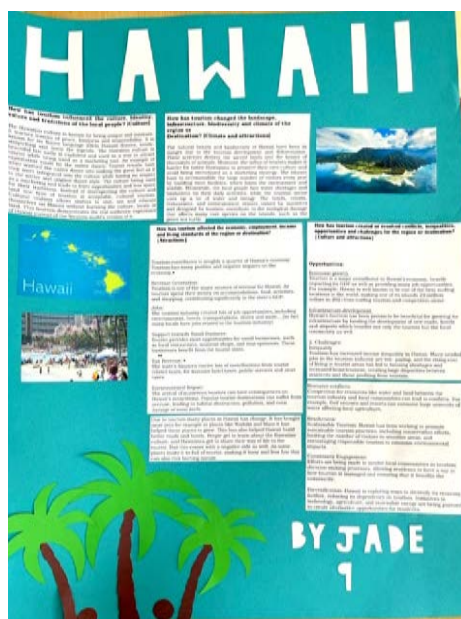
Through various activities and discussions, students gained a deeper understanding of the importance of sustainable practices in the tourism industry.

They examined how tourism can have both positive and negative

impacts on the environment, local communities, and cultural heritage.

Students also explored strategies and initiatives that promote sustainable tourism, such as responsible travel and eco-friendly community-based tourism.

Overall, this term's exploration of global tourism has equipped students with the knowledge and awareness to become responsible and conscious travelers in the future.



Service as Action

In Term 1, we integrated our Service as Action program into the curriculum, emphasizing discussions on students' interests and external services. Year 7 to 10 learners actively engaged in school events, showcasing community spirit and enhancing collaborative and creative skills.

Activities included World Peace Day, Fun Day, Sports Festival, and organizing the Divali event. The Service as Action board, introduced on our school wall, facilitates creative sharing of service-related information. Year 10 students created a Christmas-themed Service as Action board this term.

Our primary goal is holistic student development, ensuring they leave with both academic achievements and a sense of purpose as global citizens. Service Learning aligns with MYP and IB programs, promoting academic excellence and overall learner development for real-life application.

In Term 2, we aim to further embed Service Learning in our pastoral program, with Year 9 students participating in a community project, fostering volunteering and service to the wider community.

SERVICE
AS ACTION





Student Representative Council

This term we were very proud to launch our buddy corner and friendship circle outside for the bonding of students. SRC members have established these safe spaces for the benefit of students who may be struggling with making friends. The School Ambassador/ SRC members and Prefects all work together to provide a happy and safe space for our community. The aim of SRC this term has been on building friendships and inclusion.



Wellness Walk



This Christmas we decided to have a fun wellness walk with all students of the school. Once again, research shows that walking is a great way to combat stress and bring a healthy dose of serotonin. Students from all year groups came to school dressed in their best accessories and made their way down to the fields for a fun morning.

The simple act of walking and talking generated so much happiness and as we sang to a melody of Christmas tunes. Students also snacked on some nibbles as we walked down. The morning ended with the Secondary School Principal's assembly. It was such a wonderful way to end the term.

SPORTS NEWS

Junior & Senior Interhouse Swimming Gala

The Interhouse Gala was split over two days this year. On Friday the 1st December the Year 5 – Year 8 students participated in the Junior Interhouse gala and on Thursday the 7th December we had the Senior gala which included the Year 9 – Year 13's. We were blessed on both days with beautiful weather and the students on the stands and swimmers rose to the occasion.

The atmosphere at both galas was really special and the standard of swimming was high with a number of records being broken. The outstanding support from the stands was uplifting for the swimmers as all three houses fiercely contested the spirit cups.



The final overall result was as follows (combination of both galas):

1. Dolphins 494 points
2. Eagles 426 points
3. Phoenix 395 points

Senior Victor Ludorum – Neel Appadoo / Rayaana Appadoo
Senior Victrix Ludorum – Anouchka Parker

Junior Victor Ludorum – Travis Palmer
Junior Victor Ludorum – Kayra Tati

Spirit Cup Junior Gala – Dolphins
Spirit Cup Senior Gala – Phoenix



Mauritius Summer Swimming Championships

Well done to all the Northfields swimmers who participated in the recent Mauritius Summer Swimming Championships at Cote D'or Swimming Complex on the 9th-11th November 2023, and a special congratulations to those swimmers who achieved top 5 places: Anouchka P., Travis P., Evie B., Gia K., Caprice R., Kayra T., Flynn L., Rayan A., Tayne N., Luca H., Neel A., Moksh

C., Laetitia L., Kaudy V., Nathan L., Zara Y.

This is an amazing achievement and we are very proud of you.





Students' Achievements

RUGBY 7'S COMPETITION

Congratulations to Capucine (Y13) who recently took part in the Emirates Dubai Rugby 7s competition. Capucine being one of the youngest players on tour, played in all 6 matches, scoring a total of 5 try's. She was instrumental in the first ever trophy won by the Mauritian Woman's rugby team.



AFRICAN AQUATICS JUNIOR SWIMMING

Northfields wished good luck to students Luca H (Y12) and Anouchka P (Y11) who have been selected in the Mauritian team for the 2023 African Aquatics Junior Swimming and Open Water Championships. The competition ran from 6th to 9th December at Cote D'Or Swimming pool and at Mon Choisy on 10th December.



KARATE COMPETITION

We've got some incredible news to share: Mayilan just emerged victorious at a Karate Competition. In a fierce display of skill, determination, and heart, Mayilan dominated the competition, clinching the top spot and bringing home the gold. This win isn't just about the gold medal; it's a testament to Mayilan's dedication, countless hours of training, and unwavering commitment to the art of karate.



The Library celebrated Halloween with a fancy dress week and a display of banned books where the students learnt to consider censorship and how they are lucky to be able to read and choose from a wide range of titles.

Halloween dress up at school is always approached with such enthusiasm, imagination and creativity. It's about daring to be different, and embracing fun, there is no negativity only positivity.

Thank you to all those that made the day such a fun celebration of individuality.



During the second half of Term 1 the Years 5-9 students also completed The Accelerated Reader Tests in their English classes.

Now that all the results are in we are working on analysing their literacy and comprehension levels, so that we can plan further interventions and guidance over the remainder of this school year.

More information regarding Accelerated reader can be found here <https://www.renaissance.com/products/accelerated-reader/>.

Please encourage your child to log into Accelerated Reader over the break so that they can test themselves on books that they have read. The more they read and complete quizzes the better their literacy levels will be.

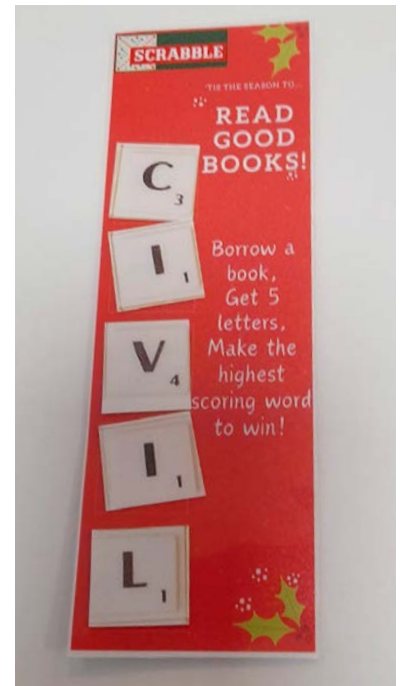


Accelerated Reader™

To round up the year we focused on Christmas Activities with a Book Fair hosted by Bookcourt to encourage our students to purchase a book for the break.



We also launched the Christmas Scrabble event where students received a bookmark and scrabble tiles for every book they loaned. The aim was to borrow books to get extra tiles and make the highest scoring words, the jury is out on the winner yet, but we hope to be able to award the successful student before the end of Term 1.



Final thought, so far in Term 1 we have loaned over 2,000 books from the library, let's hope we can keep up the momentum for the rest of the school year. Please encourage your children to borrow books, and to read over the break. "Good readers, make great Leaders" (Truman). Have a very Merry Bookmas!

– The Library Team



New Staff

A warm welcome to our new staff:

DRISHTI MOONESAWMY:

Drishti is our new Teaching Assistant at the Nursery and Primary. She holds a Diploma in International Children's Services from Curtin University and completed a month-long traineeship at Northfields.

THASMI JHUGOROO:

Thasmi has joined the Primary department as a Teacher. She holds a BA (Hons) in French. Thasmi was previously on a traineeship at IPS and has around 3 years of teaching experience.

MELISSA SAVAN:

Melissa Savan joined us as the new Teaching Assistant, holding a Diploma in International Children's Services from Curtin University, and brings one year of traineeship experience.

ANOUSHKA LESHNEEKA DAHOO:

Anoushka is our new Accounts Officer in the Finance team. She brings around 5 years of finance experience. She holds a BSc in Management with Finance from the University of Technology.

BEEKRAMSINGH MOOLYE (RISHI):

Rishi is our new IT Support Officer with around 20 years of IT experience. He holds a certificate in Basic and Advanced Electronics and is pursuing his BSc Hons in Computer Science at the Open University of Mauritius.

SHANNON CARMAGNOLE:

Shannon is our new Shop Assistant, who recently completed her HSC and brings around 2 years of experience in the Marketing and Sales sector. We are confident she will be a valuable addition to the team.

POOJA BUNDHOO

Pooja Bundhoo is joining Northfields as the new Administrative Secretary. Pooja has an extensive experience in the administrative and compliance sector. She holds a BSc (Hons) Banking and Investment and an MBA Specialisation in Financial Risk. We are confident that she will be a great team player.

IB MYP Updates

During this term in the Middle Years Programme (MYP), Year 11 students successfully completed their personal project reports with their supervisors, which were subsequently marked and graded. The reports will now undergo the moderation process before being sent to the IBO next year.

For those who were unable to finish, the Personal Project (PP) coordinator will provide assistance after the Mock examination so that the students can complete their reports on time. A status update about the personal project can be found on the school report.

Encouragingly, there has been a notable increase in learning outcomes and reflections across the years for service action, reflecting heightened student engagement.

Students are now more aware of activities that qualify as service, and they are consciously participating in activities and documenting them, which is pleasing to see. We will be

assisting students in improving the quality of their reflections next term to further develop their analytical and reflective skills.

Additionally, the Year 11 cohort has completed the process of entering students for external examinations, and the statement of entries will be distributed to the students at the beginning of the next term.

Further checks will be required by the students, teachers, and parents before we finalize the entries and submit them to Cambridge International Examinations.



IB DP - University Fair



On the 23rd of November, Campus Abroad hosted a University Fair in the Northfields Hall. Attendees included students from Year 10 to 13, who had the opportunity to engage with representatives from more than 50 universities worldwide.

A significant number of students arrived well-prepared, armed

with questions regarding specific course subject combinations, grade prerequisites, scholarship application procedures, and the availability of on-campus accommodation.

The students' familiarity with this process proves invaluable in providing a focused and clear direction for their inquiries.



Diabetes Awareness Day



For Diabetes Awareness Day this year, we decided to create an innovative and captivating CAS board, an exciting video providing information on diabetes, and hold a civvies day to raise money for a charity that supports people with diabetes.

For a week, we collaborated efficiently and worked hard on the CAS board to raise awareness of diabetes, incorporating the color blue, which represents diabetes, throughout the board.

We included information about diabetes, the different types of diabetes, the symptoms, and the amount of sugar in popular items such as Coca-Cola, Skittles, ketchup, and KitKat.

For our video, we wanted to include students talking about diabetes but also provide a scientific description of diabetes, and that's exactly what we did.

Our video included an explanation of the CAS board, the different types of diabetes, and a scientific demonstration of diabetes.

To raise awareness about Diabetes Day and Civvies Day, we made posters and displayed them all across the school to collect an enormous amount of money for charity.

Thank you to everyone who participated in Civvies Day!

By Ineesh Narayanan Year12

This year, our Year 1 and Year 2 CAS students put in tremendous effort to grasp the significance of CAS within the IB Diploma Programme. Year 1 students began slowly but made a significant leap post-midterm, actively engaging in various CAS events where they demonstrated exceptional teamwork and collaboration. Notable among these was the creation of an outstanding CAS Board and the successful organization of events such as Diwali, Diabetic Day, and the Christmas Fair. Additionally, we are eagerly looking forward to our upcoming Movie Night scheduled for January 12th. On the other hand, our Year 2 students had an unforgettable experience during their final CAS trip to Thailand. With this, they are now dedicated to wrapping up their CAS requirements by the end of March.

Best regards,

Mrs Canakiah
CAS Coordinator

CAS TRIP TO THAILAND

The Year 13 students were invited on a CAS trip to Bangkok and Kanchanaburi, which are two major cities in Thailand. I opted to go on this trip, which would take place starting on the 30th of September and end on the 12th of October.

My goals for this trip were to learn about a culture that is so different from my own and to become a more holistic and open-minded student. I also aimed to show appreciation for Thai beliefs and learn more about their country in geographical, cultural, and political terms.



Embarking on this transformative journey triggered profound personal growth within me, igniting a heightened sense of cultural empathy and a deep-rooted appreciation for global citizenship and social responsibility. It solidified my unwavering dedication to nurturing cross-cultural understanding and celebrating diversity in every facet of life. This expedition indelibly molded my core values, beliefs, and aspirations, underscoring the imperative role of actively contributing to societal betterment and preserving our planet's natural

sanctity. My immersion in the vibrant tapestry of Bangkok and Kanchanaburi's cultures was a revelatory experience, expanding my global outlook and highlighting the interconnectedness of cultural heritage and the essence of inclusivity in our global community.

Engaging ardently with local communities, exchanging cultural insights, and actively participating in various initiatives enriched my understanding of diverse customs and traditions, while my adeptness in communication and organization facilitated the seamless orchestration of our diverse activities, from designing group apparel to meticulously planning and executing our collective endeavors.

This journey has been life-changing, shaping my views on empathy, global citizenship, and the environment. Exploring Bangkok and Kanchanaburi opened my eyes to diverse cultures and the need for unity. I'm committed to embracing diversity, protecting our planet, and being socially responsible. I'll carry these values forward, working towards a more connected and caring world.

by Rudra Nautiyal - Year13





Christmas Fair



Our Children's House and Lower Primary Section recently enjoyed a festive Christmas Fair on the 8th of December, organized by our Year 12 students. Laughter filled the air as the little ones engaged in fun games like the Christmas tree toss, Pin the Nose on the Reindeer, Golden Carrot Search, Christmas Spoon Race, and Snowman Bowling. Sweet treats given out by Santa added a delightful touch to the festivities.

For the creative minds, there was a coloring station and an opportunity to craft personalized stocking decorations, which were enjoyed by many. Face painting added another element of fun to their day as the children transformed into their favorite characters and got into the Christmas spirit! The day's highlight was the appearance of Santa, making it a memorable and joyful experience for our Lower Primary Section.

The spirit of the season was truly alive as students bonded over games, treats, and shared moments of holiday magic.

by Julie Kwan Tat Year 12



CAS TRIP - MAURITIUS

My CAS project was a profoundly impactful experience that enabled me to connect with my community and forge lasting friendships.

The three-day trip to Domaine de La Grave provided me with the opportunity to engage in various services, activities, and creative pursuits, all of which contributed to a deeper sense of belonging and connection. This trip served as a reminder of the importance of community and the power of friendship.

Engaging in mountain climbing was an arduous yet enlightening experience. Despite the agony in my legs, conquering the summit and descending proved to be a metaphor for life—full of challenges and triumphs. It taught me resilience and the significance of embracing life's highs and lows, fostering a deeper understanding of myself and life's journey.

Visiting the retirement home was eye-opening. Interacting with the diverse group of ladies, hearing their tales, and sensing their loneliness resonated deeply. Their longing for companionship reminded me of the preciousness of family and friends. Their narratives inspired a commitment to cherish every moment with loved ones and highlighted the

importance of staying connected as we age.

Our trip concluded with a visit to a hydroponics farm, revealing the intricacies of sustainable agriculture. While learning about lettuce cultivation, an unexpected encounter with a frog underscored life's interconnectedness.

We had made new friends, explored new places, and challenged ourselves to step outside our comfort zones.

As we bid farewell, we knew that the memories of our journey would remain with us long after we returned home.

by Hannah Perinayegon, Year 13





Nurse's Corner

WHAT IS INFLUENZA (FLU)?

This term we had a few cases of influenza at school. Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

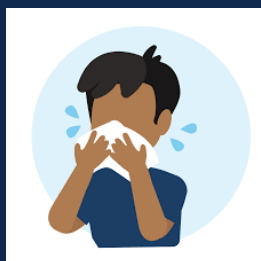
Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all these symptoms:

- Fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.
- It's important to note that not everyone with flu will have a fever.

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalisation or even death. Preventative measures like staying away from people who are sick, covering coughs and sneezes, and frequent handwashing help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. Please remain vigilant during the festive season.

For more information, please read article: <https://www.cdc.gov/flu/about/keyfacts.htm>



Digital Wellness

SIGNS THAT YOUR FAMILY NEED A SCREEN TIME DETOX

- You feel like you're constantly checking your phone, even when you don't need to.
- Your kids are addicted to screen time and can't seem to put their phones down.
- You feel like you're always in a rush and don't have time for anything else.
- You feel stressed out and overwhelmed.
- You feel like in order to feel peace you need to put your kids in front of a screen.
- You find yourself aimlessly wandering through the metaverse and lose track of time.
- You are spending more time on your phone than with your family.
- Your emotions and feelings are often governed by the contents of your phone.
- Your kids freak out when you ask them to be done with their screen time.
- You aren't connected with your loved ones on a meaningful level.
- You're often distracted from your work or getting things done.
- Your tween or teen is struggling with insecurity or self-image, having thoughts of suicide or self-harm.
- Your child is acting out behaviorally, especially following screen time.

Things to consider before doing a digital detox

- First, you're going to have to allow yourself and your family a few rough days. Detoxing from anything, let alone something that entertains you and your kiddos, will be a lot on you and your children. So make sure you have the time and energy to get everyone adjusted. Have grace for yourself and your kids as you figure out a healthier way of life.
- Secondly, decide on a time frame of how long the detox will be. I would suggest trying it for at least a week. But make sure it's something that's achievable for you and your family so that

you don't find yourself giving up before you begin.

- Third, it might benefit you to start with reducing screen time instead of cutting it out completely. Then once everyone adjusts to that, have days where you go without it completely. If you work from your phone or computer, you can adjust accordingly.
- Fourth, make sure all of your family members are on board. Don't spring it on your kids out of nowhere. Prepare them for it. Talk about WHY you're doing it and the goals you have in mind.
- Lastly, have a plan for when screen time is allowed again. This is really important because if there's no set structure, screen time can easily become an addiction once again. So make sure there are specific guidelines that everyone agrees to follow.

Here are some benefits of doing a digital detox

- Your family will connect on a deeper level without the digital distractions
- You will find yourself reflecting more on life and your relationships
- You will be less influenced by the metaverse, allowing yourself to figure things out for yourself
- You will be more creative and productive in your work
- Your family will get along better because there won't be any screen-time related distractions
- You'll have more energy and a better attitude
- Your emotions won't be swayed by the contents of your phone
- Your kids will be more open to creativity and thinking of ways to entertain themselves

<https://wordfromthebird.blog/the-blog/screen-time-digital-detox-kids/>





Parents Committee

GIFTS FOR OLD AGE HOMES AND ORPHANAGE

Another touching endeavour was the distribution of gifts to the elderly in local old age home and the children in an orphanage. The creative flair of our young primary school artists added a personal touch to each bag, making the act of giving even more special. A group of students showcased their musical talents with heartfelt performances at the old age home. The joy radiating from the recipients was a testament to the impact of these heartfelt gifts. Our Parent Committee, with your support, brought warmth and companionship to those who may sometimes feel a bit forgotten during the holiday season.



CHILDREN'S DAY ICE LOLLY

On Children's Day, our students were treated to a delightful surprise-ice lollies for everyone! The smiles and laughter that echoed through the school were a testament to the success of this simple yet joyous celebration.



As we embrace the holiday season, let's carry forward this spirit of giving and unity.

Wishing you all a joyous and restful holiday season!

Mandy Arazym
Parents Committee

As we wrap up another enriching term at Northfields, we take great pleasure in recounting the incredible initiatives orchestrated by our dedicated Parent Committee.

This term, their commitment to fostering a sense of community and spreading joy has truly shone through in a series of heartwarming events. Some of the prominent events were:

FUN DAY AND SPORTS FESTIVAL

On Saturday 4th November, Northfields hosted its annual Fun Day and Sports Festival.

A heartfelt thank you to our incredible community for coming out in full force and making our fun day a memorable event. From the fun games and activities to the delicious food and the joyous laughter echoing through the air, it was a day filled with happiness and camaraderie.



Our school is not just a building; it's a community of wonderful people and Saturday was a testament to that. Your spirit made our fun day an absolute blast and we can't wait for the next opportunity to come together and create more beautiful memories.

During the event, we had 25 football teams (boys and Girls) from 5 schools

across the Island participate in the Northfields Football Festival at the DDL Sports Fields.

There were 3 age categories, under 12, under 15 and under 18 and the following schools competed: Northfields, Le Bocage, West Coast, Lighthouse and IPS.

The matches were extremely competitive with the top 2 teams from the group stages competing in the finals.

Northfields contended 3 finals and won one, the U18 boy's category. It was extremely gratifying to see so many students competing on the sports fields on a Saturday morning and everyone seemed to enjoy themselves.



END-OF-YEAR GROCERY BAGS



In the spirit of giving, our Parent Committee spearheaded a thoughtful project to distribute end of year grocery bags to families in need. Our school hall was transformed into a hub of activity as the secondary school students enthusiastically joined hands

to pack the end-of-year grocery bags. Thanks to your contributions, dear parents, we were able to provide essential groceries to those who might have faced challenges during the festive season.

