

The Phoenix

Weekly Newsletter

21 MARCH 2025

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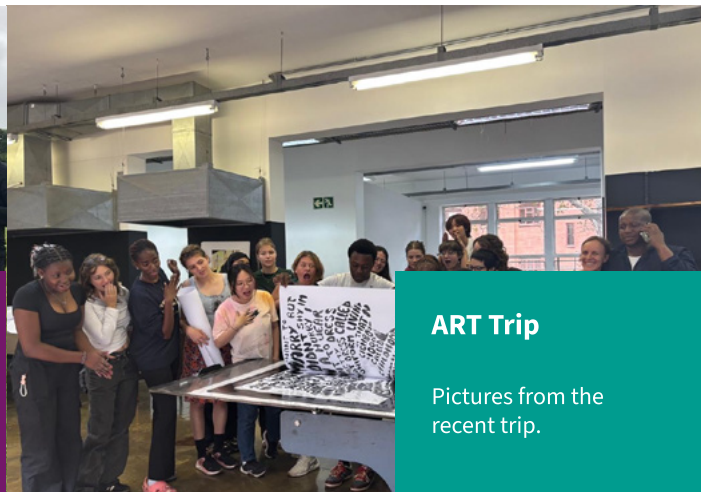
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Sports Roundup

Victory across the border.



ART Trip

Pictures from the recent trip.



To be or not to be

WK's inspirational English Department.



ALAMAU

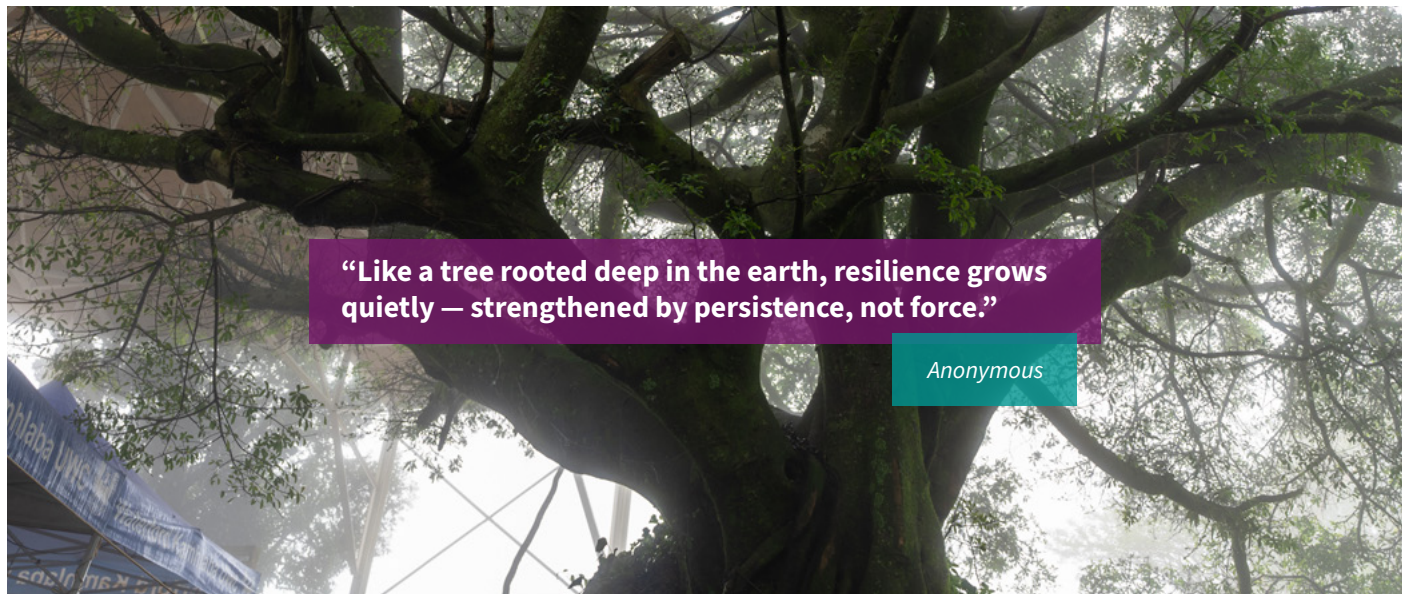
Students Leading
Global Debates

UWC Day

Save the Date
5 April 2025



Rooted in Resilience: A Letter to the IB2s



“Like a tree rooted deep in the earth, resilience grows quietly — strengthened by persistence, not force.”

Anonymous

Sturdy, Unyielding, Enduring, Steadfast, Towering, Unshaken, Grounded, Majestic, Unbroken, Deep-rooted, Defiant (against the elements), and Persistent! These are some of the adjectives I used this past Wednesday to describe the tree at our assembly ground! The tree that defies all elements. Not the mist, the incessant rain, the thunderstorms, the scorching summers. None of these affect its stature. It stands majestic and firm; resilient. I used the tree to metaphorically reference yourselves - your journeys through the IB2. That as you grapple with the demands of the IAs, the Extended Essays, the Science/Math and English HL essays, while prepping for the SSMT finals in April, to mention but a few, you may be feeling overwhelmed, exhausted, disillusioned; Perhaps sad.

As we approach the heart of this academic term, it's natural to feel the pressure building. But remember — pressure is not the enemy. **It's how you manage it that defines your growth.**

This letter is to remind you to not despair. Many generations of IB students have come and gone. If they could do it, so can you - even better!

Here are a few tips to help you navigate these times: Staying on top of your game begins with balance. Prioritize planning over panic. Break your tasks into manageable steps, and don't hesitate to seek help — from your teachers, tutors, peers, or family. Rest and reflection are just as important as hard work. Taking care of your mind and body fuels your performance. Remember to:

- **Plan Smart** — Establish a to-do list of priority tasks, then team up with your colleagues and invest time in study groups. IB is about teamwork. “Umoja ni Harambee” - there's strength in unity.
- **Prioritize Wisely** — Not everything carries equal weight. Know your Internal Assessment, Extended Essay, and other deadlines — invest time where it matters most. This is strategic thinking.
- **Reflect and Refine** — Self-assess regularly. Ask yourself: What's working? What's not? Don't be afraid to adjust your strategy, all the while seeking support from us.
- **Stay Connected** — Speak up if you're stuck. Your teachers, DP coordinator, counselors, peers and all of us are here to support you. Collaboration is strength, not weakness.

Above all, trust your journey. Progress matters more than perfection. You are capable, and like our tree - resilient, and never alone in this. Let's continue striving, learning, and supporting one another. Together, we rise.

The Write Minds: Our Talented English Department



Left to right: Tatenda Mabuya, Moduuetso Lecoge, Polly Stapley, Nomfundo Mbingo, Damian Van Selm, Judy Williams, Khulile Dlamini, Pamela Sithole and Moya Laufer.

At the heart of our school, the English Department plays a pivotal role in shaping well-rounded, independent thinkers. With a reputation for nurturing students' growth, our department ensures that every child, from the youngest learners to those preparing for IGCSEs and the IB Diploma, receives the support and guidance they need to succeed.

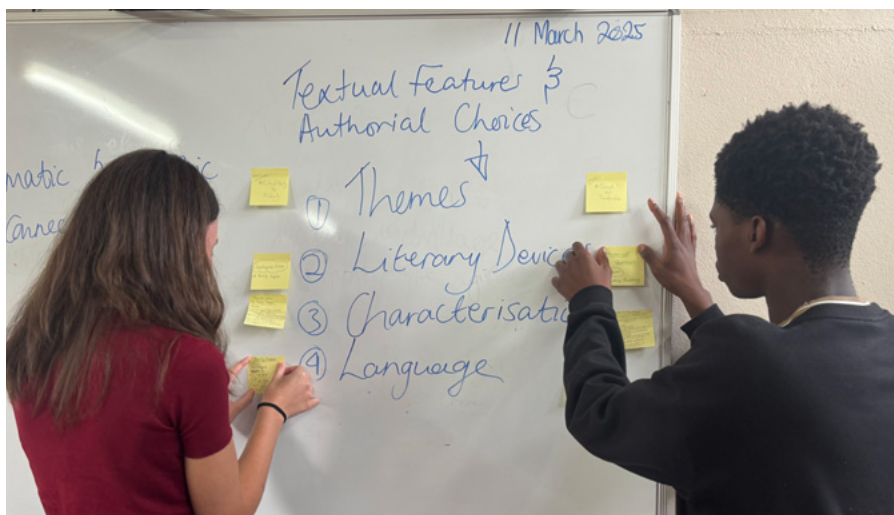
Our department team is made up of a dynamic group of educators from diverse nationalities, including Eswatini, Zimbabwe, South Africa, and Botswana. Each team member is passionate, creative, enthusiastic, and dedicated, going above and beyond to nurture and support students. They are skilled at holding space for students to share ideas, question beliefs, and formulate their own values, ensuring that every learner feels heard and valued. The team strongly believes in providing access to education for students of all levels, offering personalized support to help every individual reach their full potential.

In the Lower Phase, our robust reading program lays a solid foundation for a lifelong love of reading. Through engaging texts, students are encouraged to make connections—text to text, text to self, and text to world—which enriches their understanding and sparks critical thinking. These connections foster the development of key skills that empower students to think independently and analytically.

As students progress into the IGCSE phase, they study two key subjects: English Language and English Literature. Through Cambridge IGCSE First Language English, students hone their ability to communicate clearly, accurately, and effectively in both written and spoken forms. They expand their vocabulary, refine their grammar, spelling, and punctuation, and cultivate a personal writing style tailored to different audiences. The Cambridge IGCSE Literature in English offers learners the opportunity to read, interpret, evaluate, and respond to a wide range of literature. This not only stimulates a love for reading but also encourages exploration of broader, universal issues, helping students to better understand themselves and the world around them.

In the IB Diploma phase, our English course aims to foster students who are knowledgeable, inquisitive, and compassionate. With a strong emphasis on intercultural understanding and open-mindedness, the course encourages students to respect and evaluate diverse perspectives. This is achieved through the careful selection of literary texts from around the world, allowing students to see themselves and their world reflected in the characters and stories they encounter.

Through books, plays, short stories, and poems, students gain the skills necessary to critically engage with and understand a variety of viewpoints, preparing them for the global challenges they will face. Our English Department is dedicated to helping every student not just succeed, but thrive, as they become passionate, skilled communicators and critical thinkers. In the image below, students are engaging in texts by participating in a treasure hunt for themes and textual features.



Small Steps, Big Impact: Waterford's Sustainability Drive

CAS Sustainability Council Form

We are the sustainability council and we are a group that focuses on tackling climate change on campus and coming up with ways to improve sustainability. We are sending out a form and request you to complete it for environmental focused CAS activities and students to join and be a part of the council.

<https://forms.gle/b8oPPiFjyNi74pdo7>

Kind regards
Sustainability council



Greetings everyone!

We hope this message finds you well. As we approach the final stretch of the term, we would like to encourage you to stay focused and keep up the great work. Here is an update from the Environmental Reps about the Sustainability Council: The sustainability council is a group that consists of people both on and off campus that are focused on tackling climate change and sustainability on campus. Please support the Sustainability Council and complete the form they have shared.

With love,
Your SRC

1000 Lives, One Goal: Bringing Relief to Mpaka

The **fundraising** for **Mpaka Refugee Camp CAS** in conjunction with the **St Joseph's CAS**, is reaching out to the Waterford Community with an important request to support the Mpaka Refugee Camp. Currently, the camp is home to over **1000 residents**, far exceeding its **capacity of 250**. Due to the situation in neighbouring Mozambique, many families, including children, are facing significant challenges in securing enough food. The camp is in urgent need of non-perishable food items.

In this regard, the whole school community is requested to help by supporting this CAS by **donating** the following food items:

- Tinned beans
- Tinned beef
- Tinned fish
- Sugar
- Rice
- Powdered milk
- Concentrated juice - e.g. Oros
- Maize meal
- Cooking oil

How to Contribute:

- **Food Donations:** Please drop off all non-perishable food items in the CAS Room.
- **Monetary Donations:** Financial contributions can be made directly to the CAS Room. The target for this drive is to collect enough resources to support the camp and meet its immediate food needs.

Our **goal** is to collect 100 items of each requested food type, with donations to be submitted by **9 April 2025 (Week 12)**. Your donations will have a profound impact on the lives of those at the camp, ensuring that families and children receive the nourishment they need.

Thank you for your support!

By: Nonkazimulo Fakudze IB2 & Zara Merchant IB2



Fresh Ink: New Arrivals at the Bookshop

- Uni-ball, eye, micro, roller ball pen, UB150, blue & black
- Pentel EnerGel, BLN105 retractable gel roller ball 0.5mm black & blue
- Pilot Frixion roller ball pen stylo roller 0.5mm blue
- Pilot Frixion roller ball 0.7mm black
- Pentel EnerGel BL110 retractable gel roller pen 1.0mm blue & black
- Pentel EnerGel BL107 retractable gel roller pen 0.7mm blue & black



Champions Rise: Waterford's Weekend of Triumphs

This past weekend, we had our hockey and netball teams competing in neighboring South Africa as well as our volleyball and cricket teams competing locally in Eswatini.

Waterford's hockey and netball teams traveled on Friday to Eshowe in South Africa to compete. They played extremely well especially given that the weather was not favorable and their persistence and determination won through with our hockey girls team winning gold and becoming the champions through penalties (2:1) and our hockey boys also becoming the champions of their category through penalties as well (1:0). Waterford's Netball team also played extremely well, winning third place in their tournament overall.

The Cricket Team traveled to Big Bend where they competed for the first time as a team and with many new players. It was a valuable opportunity to build team chemistry and it was a valuable experience and through their hard work, they came 4th in their category.

Our Volleyball Teams participated in an inter school Under 16 and Under 20 tournament at Jabez Christian School in Manzini. They played extremely well considering the weather was less than favorable and through their teamwork and determination, they were able to bring home spectacular results. Under 16 girls came 2nd in their category bringing home silver medals and Under 16 boys came 4th overall in their category. Under 20 boys were the champions for their age group, winning gold medals and trophy and finally Under 20 girls made it to finals but unfortunately due to weather conditions they had to stop during their 3rd set. Therefore there is a chance their final will be played in the coming weeks.

A special mention and congratulations to the following who won individual awards:

U16 boys - Best defender: Kenzo Colin
 U16 girls - Best server: Thandiwe De Deus
 U16 girls - Best setter: Ayanda Maepa
 U20 boys - Best defender: Alex Okelo-Odongo
 U20 boys - Best setter: Naftal Kida
 U20 boys - Best server: Pinju Lin
 U20 boys - MVP: Pinju Lin

Thank you to all the coaches, managers and players who participated and represented Waterford this week, there were some incredible results.

By: Ella Begg IB1



UWC DAY

UWC Day & Term Info

Planning to join us for **UWC Day on 5 April** or traveling for End of Term on **17 April**, take advantage of our special accommodation rate with Hilton Garden Inn. Make your reservation and pay directly with them today under UWC-Waterford Kamhlaba!

Terms & Conditions apply.



Standard

Single room E1890.00
Double room E2090.00

Deluxe

Single room E2180.00
Double room E2380.00

Suite room

Single room E3460.00
Double room E3660.00

BOOK NOW

Our Students Lead Global Discussions

This amazing African Leadership Academy Model African Union (ALAMAU) conference started in Johannesburg on 19 March and for the next few days, some of our students will be tackling some serious global discussions. Read more about how our students fared in next week's edition! www.alamau.org



Magic, Memories, and Muses: Art trip to Egoli

Seeing as it would be at the very least an oversight we realised from last week's newsletter, not to share the beauty and serenity of this experience, here are a few photos taken by us from the trip's highlights...we sincerely apologise for the omission.

By: Liv Toussaint IB1



2025 Important Dates

05 April:	UWC Day
15 April:	Parents Evening
17 April:	Term ends
19 May:	Term 2: Lessons Start
24 May:	Regional Entrance Testing - East Africa - Nairobi
2025 School Calendar	

On Repeat

Your go-to spot to discover fresh music and new bands! Whether you're looking for something upbeat or a little more laid-back, we've got you covered. Got a favourite song or band that you can't stop playing? **Send it our way, and you might just see it featured in next week's edition!** Let's share the music that gets us through the week and keep the good vibes flowing.

This week, we're rallying behind our athletes competing in the inter-schools athletics, and what better way to inspire them than with a playlist of motivational anthems! Featuring the powerful **Wavin' Flag** by **K'naan**, a song that celebrates resilience and victory, we raise our Phoenix flags high in support. **Chariots of Fire** by **Vangelis** brings the timeless energy of determination and triumph, while **Gonna Fly Now** by **Bill Conti** ignites the spirit of overcoming obstacles. Together, these tracks create the perfect soundtrack for our athletes as they give their all on the track. Let's cheer them on with every beat!

Update Your Details

Staying in touch with you is our top priority! In order to do so, we also kindly request your co-operation by **updating your contact details**. It is important for the school to always have your most recent contacts.

Help Us Improve Our Newsletter (Feedback)

Help us improve our newsletter (Feedback) We kindly ask for feedback concerning this newsletter. The purpose of the weekly newsletter is primarily to inform parents about anything and everything school-related, from school activities on campus to management decisions, news, schedule changes, updates, events, and other community developments. We kindly ask for your feedback or ideas in terms of how to improve the newsletter – we would like to know whether or not it is helpful and how best to improve it.

Send us an email: communications@waterford.sz