

IN THE LOOP

UPDATES FOR BMIS SECONDARY PARENTS

2nd March 2023

Our Mission

"We are a diverse and welcoming community in a joyful learning environment that promotes well-being, sustainability, and inclusivity and celebrates growth as success".

The past couple of weeks have been very busy for the Secondary School. The lead-up to the CIS/NEASC Re-evaluation Visit concluded when two representatives from both organisations spent a week at the school meeting community stakeholders and determining how BMIS was performing according to set standards that included our Mission in relation to purpose and direction, the curriculum, our premises, and the school's governance. The report from the visit will be finalized in a few weeks and will help guide us forward toward our full evaluation visit in October 2024. This will be a much larger undertaking as it incorporates the 3 IB Programmes as well. Last week we held our Parent-Teacher-Student Conferences following the semester reporting session. This was very well attended by parents as they made their way around classes and meet with subject teachers. It was also good to see that students attended the conferences as well, because at the end of the day, the conversations directly relate to them and their progress within the classroom. The Year 13 students are presently experiencing the rigors of the mock IB examination. This will prepare them for their full DP/Course exams in May and the results from the mocks will inform both students and teachers of the areas that require additional review to prepare them fully for the final exams.

Last week 20 students traveled to Nairobi for the MUN Conference and did an amazing job in debating against delegations from across Africa and beyond.

Lesley Peacock, Secondary School Principal
l.peacock@bmis.mw



OVERVIEW:

- EAMUN Nairobi
- Duke of Edinburgh
- The Swim Nationals
- How to help your children excel at school
- Behaviour Support Guidelines
- Hamilton and Dick Whittington
- U18 football League
- Up and Coming Events



Model United Nations Nairobi

"We are thrilled to announce that two of our student delegates have been recognized for their outstanding performance at the EAMUN Conference in Nairobi!

Marco Wheeler was awarded Best Speaker of the Historical Decisions Committee (HDC), while Fatima Kasmani received an Honorable Mention for Best Speaker of the International Court of Justice (ICJ).

Their achievements are truly remarkable, given that approximately 800 students from Nairobi and around the world were in attendance at the conference.

We are incredibly proud of Marco and Fatima, as well as all of our 14 BMIS students who represented our school with distinction at EAMUN.



The emotions of the first day can only be described as a swirl of excitement and intimidation. A buzz walked us to the headquarters, through the metal detectors, past the maize of flags and straight to the door of the general assembly, the buzz left us there with 800 strangers. At the end of the day, we walked back with slouched shoulders, clouds looming over our heads. A slap to the face that day was! So we spent the night editing and researching, noting and obsessing in hopes that we could speak, object, and ask questions. Believe it or not, the next day, we sat in our respective committees, hiding in our seats, hoping our placards faced anywhere but the eyes of the scary chairpersons. Some of us spoke despite the tremors in our hands and the quiver in our voice, this was the day we decided to give it our best shot. The third day we walked with our heads a little higher, speeches prepared, something to say, to make ourselves known, to show the persistence of BMIS's students. We did. We went shopping later and spent the night showing (or not showing) our skills in bowling. A success. And on the final day of the conference, despite the speeches and notes in our hands, the most important thing was noting the instagram of our desk partner, or that one person who spoke for us. It was about saying goodbye to people we just met, to cherishing the little bit of speaking that we did and appreciating the plethora of new things we learnt in the experience. On our last night, we reminisced over the boba shop we held so dear, our interactions with the scary chairpersons, the new vocabulary that we finally understood, the enemies and allies we formed, and finally, the new delegation that we formed, the BMIS delegation.

Fatima Kasmani

Cooking Skills

Duke of Edinburgh students practiced their cooking skills this week, ahead of their assessed expedition in March. They planned the meals themselves and shared the cooking and cleaning responsibilities between them. They successfully made French toast, pancakes, hot dogs, and spaghetti, although not all together... An amusing highlight for me was their resourcefulness: one group forgot to bring a bowl so had to use the case of the gas stove to mix their French toast mixture!

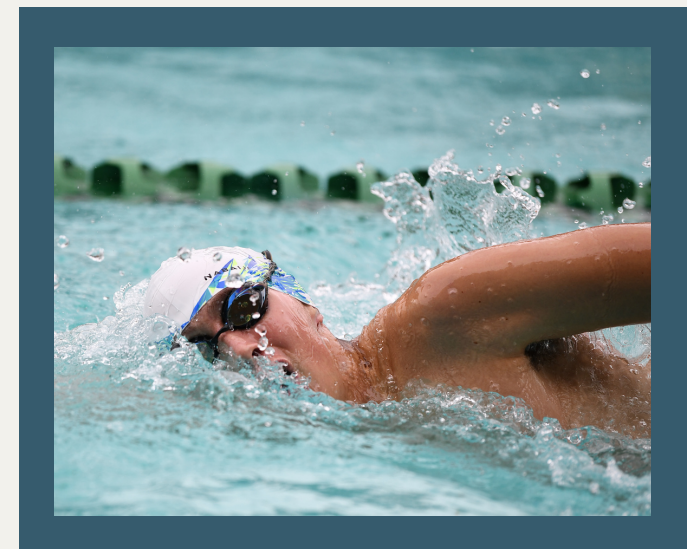
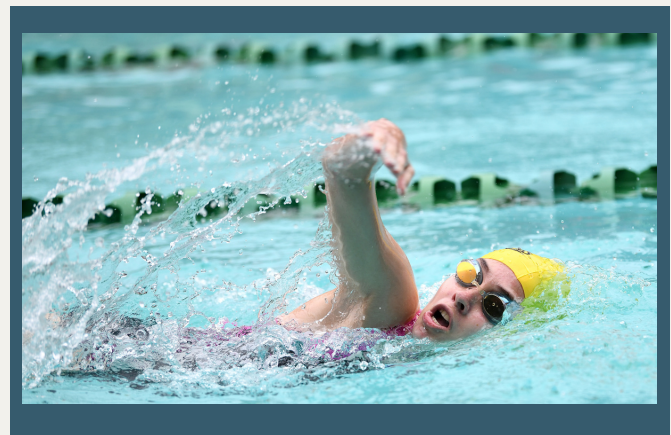


The Nationals

Our long distance swimmers opened the Nationals on Tuesday and races will continue at BMIS throughout the week. On Friday and Saturday the races move to ABC. 300 students are taking part in the Nationals, 64 representing BMIS.



you must have a strong spirit if you



The original article link

“5 Things Parents Can Do To Help Their Children Thrive and Excel In School?”

1. Celebrate success beyond a grade. Success in school is often anchored to a letter grade or a GPA at the end of the year, quantitative measures of academic success. Parents should also celebrate social experiences, connections with peers and teachers, club involvement, and special interests or hobbies. Even something as small as winning a game of kickball in PE could be enough to spark students' engagement during the school day. The confidence from that celebration usually translates back to more academic success as well.

2. Help your kids understand that you are a partner in their learning. It is easy for students to understand the role teachers play in their day-to-day learning, but it can be harder for them to see where parents get authority over their education. Make that connection explicit so students understand your relationship with their teachers, and how you are both working together to create a better learning experience for them. Set expectations for the three of you — parents, teachers, and students — to follow throughout the year and keep them accountable for their promises, in addition to holding up yours. Not only does this create more continuity between school and home but it shows your kids that you are invested in building their future and not just celebrating academic outcomes.

3. Encourage students to take ownership of their education. As parents, our initial reaction is to step in with solutions when our kids have a problem, but that does nothing to teach them ways of advocating for themselves. By giving students a voice in their own education, you are encouraging them to solve problems with the tools around them, and to speak up when things aren't working. I believe in kids taking ownership of their learning so much, that as a teacher, I used to organize student-led conferences every year. Even our Kindergarteners would present a binder of their best work, walking their families through their strengths and weaknesses as learners and celebrating their achievements in the classroom. They would leave proud of themselves, and more engaged with the next steps in their educational journey.

4. Build a sustainable routine. Most of us had our daily routines upended by the pandemic, but as we get back to what feels like normal life, it is important for parents to reset and prioritize daily habits that will ultimately help their kids thrive in school. These routines are most effective when they are personable, and easily achievable. Instead of asking your child how their day was, ask them to tell you about three things they learned at school that day. Rather than reading a story before bed, use that time to help your kid brainstorm three things they can do to be better friends, neighbors or community members. Practice math questions while waiting for the bus. While these moments can often turn into another item on what feels like our never-ending to-do list, you are creating reliable patterns that your kid can depend on and are showing them that you are fully invested in their development.

5. Be more internationally-minded. Working with students around the world at the International Baccalaureate (IB), I can tell you that we all have something to learn from one another. The world is small — even more so for kids who were learning from home during the pandemic — but it is our job as parents and teachers to expose them to new ideas and diverse ways of thinking. A project as simple as calling or writing to a fellow student internationally, fundraising for a community around the world, learning a second language, or even something as simple as watching a video can help kids see the world from a different perspective with more inquiry. Whether it's learning about new places, cultures, or even picking up new skills from online tutorials, we have much to learn from the people outside of our usual spheres of influence, and students are already leveraging that with full force.

Kathryn Leaper
Middle Years Programme (MYP) Coordinator

INTRODUCTION OF NEW SECONDARY STUDENT BEHAVIOR SUPPORT GUIDELINES

What is Student Support?

BMIS Secondary Student Support is dedicated to providing our students with a comprehensive support system that prioritizes their social, emotional, and physical well-being. Our network is centred around students and includes a team of experienced professionals, such as the Student Support Coordinator, Counsellor, Tutor and classroom teachers.

At BMIS, we prioritize a compassionate and empathetic approach to supporting our students. We also believe in restorative practices that aim to repair harm and strengthen relationships within our community. To ensure that our decisions are fair and inclusive, we actively seek collaboration and input from our students, staff, and parents/guardians. By valuing and incorporating diverse perspectives, we strive to create a supportive and inclusive learning environment where everyone feels heard and respected.

Our goal is to help each student achieve their full potential by addressing any challenges they may be facing and providing them with the tools and resources they need to succeed.

BMIS Secondary Student Behavior Support Core Values

- Respect, empathy, care, and compassion for all.
- Active listening.
- Role modelling positive behaviour through the IB Learner Profile.
- Explaining the 'why' of our interventions.
- Having a restorative approach to behaviour support.

How is support provided?

Support is provided in a number of ways including one-to-one restorative chats, small group restorative meetings, classroom restorative conferences, personalised behaviour support plans and counselling.

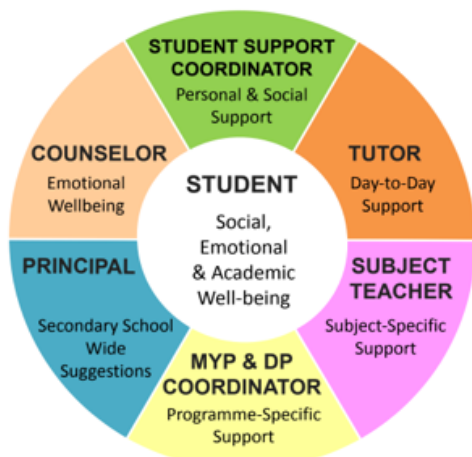
Who is involved?

Learn More:

Please come to our parent information session:

- When: Wednesday 8th March, 7:30-8:30 am
- Where: Secondary Library
- Who: led by Secondary Student Support Coordinator, Richard Ellis
- What: We will:
 - Introduce the new Secondary Behavior Support Guidelines: [please click here](#) to view them.
 - Go through what Restorative Practices are and the philosophy behind them. [Please click here](#) to view the slide show for next Wednesday's meeting.

WHO DO I GO TO FOR SUPPORT?

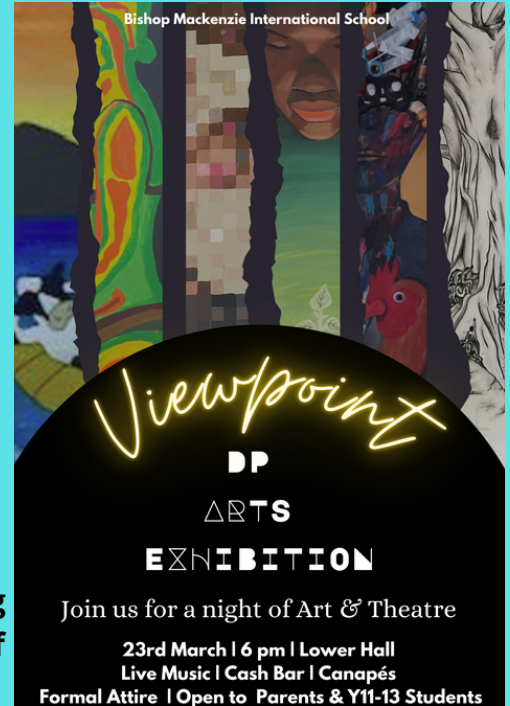


Auditions for Hamilton

These will take place after school on Friday, March 17th, from 12:30pm to 2pm. Students are to have one song from Hamilton memorised and ready to perform with a karaoke track. Hamilton is an amazing musical that has turned the fight for American independence and the forming of a new country into a cultural phenomenon. There are over 2 hours of songs that continue non-stop. All dialogue is sung or rapped.

Students succeeding with the Hamilton audition will need to commit to rehearsals during Thursday afternoon ECP times from 2pm to 4pm. Rehearsals will start after the Easter Break and continue all the way until December, when we will have our 3 performances. Links to the form and songs to practice with can be found on the class notices in ManageBac, which you should receive by email. If we are unable to fill all the roles adequately, this show will unfortunately not be able to take place.

Dave Montreuil



We request the pleasure of your company for the opening of the 2023 DP Arts Exhibition, "Viewpoint", on the 23rd of March at 6:00pm in the Lower Hall.

Dick Whittington a Huge Success!

On Friday, February 17th, Year 7RHA performed Dick Whittington in the Upper Hall to a very enthusiastic audience. The story involves the schemes of three rats who attempt to rob Alice, the owner of Chipiku, but are foiled by Dick Whittington and his faithful cat. In our version, the rats, Alice, Dick and the cat all end up in Zomba at the Sunbird palace which is infested by rats who break out into ABBA songs every time someone says the name of one! The Sultana can't stand it anymore and offers a fortune of Money Money Money to anyone who can get rid of the rats - The Winner Takes it All! The cat takes charge and saves the day, making Dick Whittington a wealthy man.

The students had a fantastic performance, thoroughly entertaining the audience, who laughed, clapped, and sang along to the whole hilarious event. Aside from the original script, the students created everything on their own, including props, set, costumes, makeup and even adding a scene that did not exist in the original script.

If you have the opportunity to come to a future pantomime, don't miss your chance. You, too, will get to yell 'boo' at the evil characters, help the characters find their way, laugh out loud and be a part of the show!



U18 Football League

The U18 Boys Football League will conclude in the coming weeks with BMIS still having to play the bottom two sides and finish the season with a tough clash against Bambino Private School. This is the first time an U18 League has ever been completed in Lilongwe and is a big step forward to creating a culture of school sport.

Team	P	W	D	L	GS	GA	GD	Points
ABC	4	3	0	1	10	5	+5	9
BPS	4	2	1	1	17	9	+8	7
BMIS	4	2	1	1	12	7	+5	7
BIS	4	1	2	1	7	7	0	5
PIA	4	1	2	1	10	11	-1	5
LA	4	1	2	1	6	7	-1	5
LPS	4	1	0	3	11	23	-12	3
MS	4	0	0	4	6	17	-11	0

U18 Netball League

Bishop Mackenzie has managed to organise an U18 Girls Netball League which will run from April - June and involve seven schools: Bishop Mackenzie, Mount Sinai, Bedir Academy, Paramount, Lilongwe Academy, Good Shepherd and Bambino Private School. The teams will battle it out on the court to try to be named as Lilongwe Champions. This is the first time a schools Netball league has ever occurred with so many teams.

Upcoming Fixtures

7th March - U14/U18 Rugby v Lilongwe Select

- 3:00-4:00pm at BMIS

14th March - U14/U18 Rugby v Lilongwe Select

- 3:00-4:00pm at BMIS

24/25th March - Rugby/Basketball t

ournament v Kamuzu Academy, Saint Andrews

and Hillview at BMIS.



You are invited to have
COFFEE WITH THE COUNSELOR
 Come enjoy a cup of coffee or tea with Ms. Elmeka, connect with other families, and discuss your child's wellbeing.

BMIS Secondary Library, 7:30 AM until 8:30 AM

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9 March – Growth Mindset and Building Your Child's Confidence and Self Esteem
20 April - Mental Health Challenges in Children
18 May – Helping Your Child with a Big Transition

UP and Coming Events

Monday 27th-Thursday 2nd March DP Mock Examinations

Thursday 2nd March -Personal Project Exhibition in the Lower Hall at 6 pm.

Thursday 2nd March-Sunday 5th March-Primary and Secondary Swimming Nationals

Friday 3rd March-Martyr's Day Holiday

Wednesday, 8th March -Parent Workshop on the new Behaviour Guidelines, library 7.30 am

Thursday 9th March- Parent Workshop 'Growth Mindset and Building Your Child's Confidence and Self-Esteem'. Library 7.30 am-8.30 am.

Monday 13th-Friday 17th March Book Week

Thursday 16th-Saturday 18th March-Duke of Ed. trip to Luwawa

Tuesday 21st March-Parent coffee morning, 'Behaviour Support Guidelines intro'.

Thursday 23rd March-DP Art Exhibition in the Lower Hall at 6.30 pm

Monday 27th March-Mock Graduation photos

Friday 31st March Yr. 13 final reports issued on ManageBac.