# 20 05 2022

## Updates for the Secondary parents of BMIS



## This week in our BMIS community

I was SO EXCITED for our Year 13 students today, because their DP exams are now officially over! I can imagine we have a group of very happy teenagers looking forward to some R & R this weekend! I want to send a very big shout out to our DP Coordinator, Mr McClenahan for his support and organisation of the exams, and to all of our invigilators for the hours spent in the hall overseeing the exams. It's also been a busy week making final preparations for their Graduation next Wednesday and also their Prom next Saturday. And this is just our Year 13 students! We have so many other upcoming celebrations and events across Secondary that students, teachers, and staff are busy planning for.

I have always known it, but it's been coming to the fore even more this week we are a team - and there are so many people contributing to make this school a special place and stepping up to support our **community**.

I want to share a heartfelt thank you to everyone who walks the extra mile to help make BMIS the vibrant community it is - you are appreciated!

I am excited to share this week's updates, so please settle down and grab a "cuppa" as you stay "In the Loop!"

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# **OVERVIEW**

- Year 13 exams done and dusted!
- Year 8 Science
- Girl Code
- Good goodbyes
- Wellbeing cooking class
- Year 11 Visual Art
- Malawi National Track and Field Championships
- BMIS Sporting Events
- Flood Relief
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- An Invitiation: MYP Arts Exhibition and Singers' Night
- Put it in your calendar



#### Year 13 exams - done and dusted!

Today was the final day of Year 13 DP exams! Whoo hoooooo! I popped by to see the students before they entered their hall for the final exam, and Mr Rich Braithwaite was reading them their poem of the day. Special moments and memories to keep forever!

Our Year 13 students are now officially "done" and can relax and celebrate their awesome achievements! Their Graduation is being held next Wednesday evening, and then there's the glitz, and glamour of Prom on Saturday evening at Orchid Restaurant.





#### Year 8 Science

I popped into Mr Mayamiko Zainga's Year 8 Science class today, and the students were learning about our eyes (naming the different parts) but also exploring light energy and luminous and non-luminous objects and how the eye sees them. Thanks for having me 8FMP!



#### **Girl Code**

Girl Code is back at it again this week, providing opportunities for the girls in Secondary to come together and enjoy each other's company.

They were in the Drama Studio this afternoon with popcorn and a movie! It's so lovely to see our Secondary students hanging out and connecting!

Thank you Sophie and Dani for this awesome initiative!



#### **Good goodbyes**

Our Counsellor, Mariella Vittetoe, is currently running sessions with students who will be leaving BMIS at the end of this year, focusing on "Good Goodbyes". She shares:

No transition is easy, however these can be smoother if we mark these with an ending or closing ritual. We can argue that goodbyes are long processes with two parts to them. Saying a proper goodbye to a certain period of our life allows us to have closure, accept the changes and move forward. The first set of images (below) explains the first part of a goodbye and the steps we need to take to initiate closure. The second set of images (below) provides us with tools that we can use in future in order to make our new experience work!

Goodbyes are hard for those leaving and also for those who remain. As the end of the school year approaches, please take the time to discuss with your children their feelings about the upcoming goodbyes in their lives.

Our STUCO (Student Council) will be holding an assembly after the Awards Assembly on Thursday 16th June to say a final goodbye to those leaving us. Parents are more than welcome to attend!





Goodbyes are bittersituet Leaving somewhere important to you can be filled with both sadness and joy.

Tie up loose ends Find ways to tell your friends what you appreciate about them, and to not leave things unsaid.



Collect your *networks* Make time to visit special places and people before you leave.



Bouncing, back, You are flexible and resilient, and can adapt to many changes.



A fresh start Every ending signals a neth beginning, a blank slate to fill with new experiences.



Soak it w? Enjoy taking in all the new things around you, you are a natural sponge.

### Wellbeing cooking class

As part of the Year 12 Wellbeing Curriculum, students had the chance to use the school kitchen to plan, prepare and cook a meal of their choice. Claire, Aya and Emma made a delicious chicken and mushroom pasta dish, having fun in the process!



#### Year 11 Visual Art

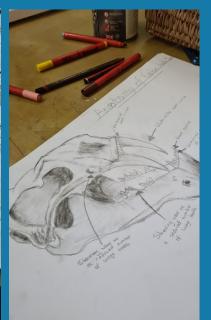
I had a chance to learn about our students' thought provoking explorations in Art this week. Check out some of their Art journals below!











#### Malawi National Track and Field Championships

If you are free on Saturday, please head to Bingu Stadium any time from 8am - 2pm to watch the Malawi National Athletics Championship which will feature some BMIS students and Coach Pach !

The athletes and Pach have worked so hard over the past 12 months and would really appreciate your support. Students participating: Lorenzo Parisotto (Y13), Sophie Bijl (Y10), Tamanda Tambala (Y10), Amanda Khondowe (Y9), Akarsh Kumar (Y9), Leo Guignard (Y9), Anna Parisotto (Y8), Xenia Fernandez (Y8), Ezmeekie Leaper (Y8).

Go team BMIS !

#### **BMIS Sporting Events**

Friday 20th May - U18 Girls and Boys Basketball v Bedir - held at BMIS (12:30pm - 2:30pm)

Saturday 21st May - Malawi Athletics National Championship - held at Bingu Stadium (8:30am onwards)

Saturday 21st May - U18 Central Rugby League Final Day - held at BMIS (1:30pm-4:30pm)

Saturday 28th May - Primary Interschool Football - held at Hillview, Limbe (7:30am-1:00pm)

Thursday 2nd June - Primary Performance for Circus Olay - held at BMIS - (12:00pm-1:00pm)

Friday 3rd June - Primary X-Country run - held at Mbabzi Estate (12:30-2:00pm)

Monday/Tuesday 6th/7th June - Night Performances for Circus Olay - held at BMIS - (6:30pm-7:30pm)

Thursday 9th June - Primary Interschool X-Country - held at Hillview, Limbe (1:30pm-4:30pm)

Friday/Saturday 10/11th June - Primary Interschool Athletics - held at Saint Andrews, Blantyre (1:30-5:00pm, 7:30am-1:00pm)

Saturday 11th June - Secondary Athletics - held at Kamuzu Academy, Kusungu (8:00am-1:00pm)

Monday 13th June - Secondary House Athletics - held at BMIS - (7:30am-1:50pm)

#### **Flood Relief**

Round Table Lilongwe had an opportunity to share our flood relief donations with communities affected by the floods last week. Check out pictures below. I would like to extend a huge thank you to our Interact Club for organising this drive, and to the members of our community who contributed!



#### You knead to know There will be plenty of dough





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#### **Art in the Park**

What are you up to this weekend?

If you are free on Sunday please come on down to Art in the Park to support our students who are performing!

The Year 10 Band will be performing at 11am:

Sofia Culina - Voice Dhanya Gopalakrishnan - Voice Damien Hughes - Voice Darwyn Montreuil - Guitar and violin Mark Wambura - Piano Moksh Gedia - Piano Warya Mazuze - Bass and Voice Christopher Henderson - Drums Neil Nambiar - Drums

And The Ceilidh Connection, will be performing at 12pm:

Anna Parisotto Darwyn Montreuil Mr. Dave Montreuil

There are also a host of other activities and workshops being held over the weekend, so head on down to Four Seasons and support this great community event!

We hope to see you there!



#### UFULU: Call for recycled tins

Ufulu is a UK registered charity providing free menstrual cups to women and girls in Malawi via Educational Workshops, and they need our help!

Recycled tins are used in the starter pack that is given to the women and girls attending their workshops. The tin is used to boil water in order to hygienically sterilise the menstrual cup.

Please bring along your recycled tins and pop them in the box in the Secondary Office. Your help is greatly appreciated!





# Together We Can Change Lives

A call for recycled tins in Lilongwe

Ufulu needs YOUR RECYCLED TINS. Plese donate all your food tins for recycling and help us provide menstrual cup starter packs for women and girls in Malawi

www.ufulu.org

#### An Invitation: MYP Arts Exhibition and Singers' Night

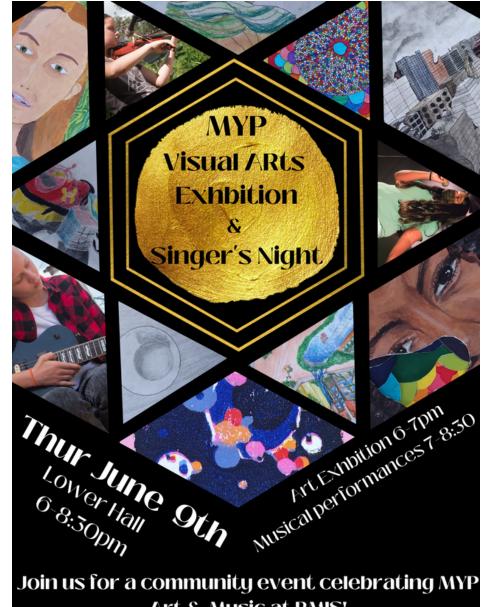
More Arts celebrations are on their way! You need to put this one in your calendar, because it's going to be a fabulous evening!

Our Arts Department shares:

We are excited to invite you to the 2022 MYP Arts Exhibition and Singer's Night on June 9th, from 6:00pm-8:30pm in the Lower Hall. The MYP Visual Arts Exhibition is a celebration of Visual Arts at BMIS. The exhibition will showcase incredible artwork created by MYP students throughout the school year, and will feature a variety of artworks including Self Portraits. Printmaking, Illustrations and Paper Fashion to name a few. Following the exhibition, we will be hosting BMIS's first Singer's Night to showcase just some of the amazing singing talent at our school. This will be live music with live bands (no karaoke!) on a grand outdoor stage.

Please bring a picnic blanket, snacks and remember to dress warmly. Drinks will be sold at the school bar.

We look forward to seeing you and celebrating our talented and creative students.



Join us for a community event celebrating MYP Art & Music at BMIS! Bring your picnic balnkets & dress warmly! Cash Bar Available

#### Put it in your calendar:

**Friday 27 May** Last day for summative assessments

Monday 30 May - Friday 3 June MAP testing Years 7-10

**Monday 30 May - Friday 3 June** Lost and Found displayed at portals for collection. Please note that any items left unclaimed by Friday 3 June will be donated to charity.

**Thursday 9 June @6.00-8.30pm** MYP Art Exhibition and Singers' Night @ Lower Hall - all invited!

**Friday 10 June** Secondary Arts Festival (7.30-12.15pm) and Singers' Afternoon (11.00-12.15pm) Parents welcome!

Thursday 16 June @ 8.00am Awards Assembly in the Upper Hall - parents welcome! @ 11.00am School finishes End of year reports available on ManageBac

