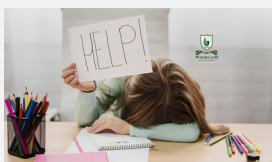


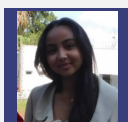


Inside the Issue

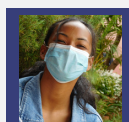


Research, projects, tests coming up, tennis competition, dance rehearsal and the list goes on and on to a never ending swirl ... until we ... drown.
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SPOTLIGHT ON...



A new cub among the pride
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Champion @a young age
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A future leader
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IB CANDIDACY VISIT ... CHECK ✓

After more than a year in the candidacy process, we have gone through our IB MYP candidacy consultation visit last October. Read on to discover more.

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NEW YEAR ... NEW CHAPTER

by *Lovaso R.*

"Bells are ringing. People singing. New Year's here. Happy, happy new year. Happy, happy new year. Let's all cheer. New year's here"

A blessed new year to each and all. New year, new chapter - just as any good book, new year is a great novel that often comes with its own adventures and at the end of it all - all that matters is what lessons we have learnt and how we may have grown through it all - both at our level and in the community.

I wish that this new year 2023 will be no exception to it and that together we will grow in love, acceptance, care, passion, dedication and purpose. Here's to a wonderful, amazing 2023



May the New Year bring you happiness, peace, and prosperity. Wishing you a joyous 2023!

SPOTLIGHT ON:

RATSIMIHARA M. FINARITRA A NEW CUB AMONG THE PRIDE OF LIONS

by Tinah Ramanantsoa



Photo by Miako and Finoana

Spotlight : Tell us about you (name, age, hobbies,...)

Finaritra : People call me Finaritra, and I'm 15. As for my hobbies, I like listening to music, singing and dancing, basically everything related to music.

Spotlight : How was your first day at K4K ?

Finaritra : Personally, the first day was very stressing even scary for me because it was new for me to enter an English speaking school. I didn't know if I would be able to follow or even just to make friends. Yet, when I arrived, I became friends with a lot of people already. Everything went well and the pressure kind of went down.

Spotlight : What were your expectations when you first came to K4K ?

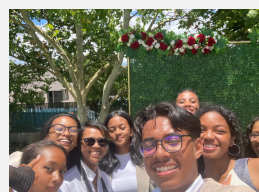
Finaritra : I actually expected people to be like in the movies bullying the new students. I found out that it was not the case at all. Then, I knew that I will of course improve my English, and then my parents told me a lot about all the advantages that I could have by going to K4K to convince me to change school."

Spotlight : How do you find the way of teaching here? Do you think you adapted easily to the system of education at K4K ?

Finaritra : At first I was a little bit lost, but I think now I start to be more and more used to it. When I was getting to know some people, they told me that K4K was very different from the other schools and even teacher Lova told me the same. It didn't take me that much time to see how different it is compared to my old school but I think it's something that makes K4K even better.

Spotlight : Describe your life with the K4K family.

Finaritra : Even if I haven't been here long, I know that without the support of my friends and the good memories we made even during those stressing moments especially, I would have not been able to make it until this day. The K4K family is the best. Thanks to all the teachers and all the students.



Grab a copy of the December Special Edition to find out more about these pictures.



CHUK HEN SHUN RAKOTOBE NOFY M. A CHAMPION IN HER EARLY AGE

by Tinah Ramanantsoa



Photo by Miako and Finoana

Spotlight : Tell us about you ...

Nofy : Hey! I am Nofy Chuk, 14 years old, student at Kits4Kids ISM, and as you may know a Jiu-jitsu girl hehe.

Spotlight : Brief History aboutt when you started to practice martial art. The motivation?

Nofy : So, I started in 2017 (at the age of 9) just because my uncle was president of a club (Checkmat Madagascar) and my parents told me to try. When I started, I didn't start have in mind to do for long time. Time passed by and I am here today 5 years later still practicing the same sport in the same club. I would say my motivation at that time and which is still one today is proving that not only boys could practice this martial art. When I started, I was considered as the first girl practicing jiu-jitsu in the club's kids category. I was always surrounded by boys and some girls came for 1 month and stopped. So I would say I always got used to train with boys and wanted to "inspire" more girls to come in.

Spotlight : How does it feel to be the 2022 African Champion ?

Nofy : Bahaha. It doesn't really change from everyday to be honest, but of course it feels good when you see the results of all the hard-work you have done. I think it changed more my mindset and pushed me to be a good person everyday and not only on the tatami. Somehow, it turns to be kinda stressing yeah. Stressing because now that you have the title of being the "champion", you can not lose it anymore and you will always be the number one target of everyone who will join the field.

Spotlight : How were you selected for the championship ?

Nofy : No real selections have been made. For the reason that they couldn't pay for all the competitors. If competitors that they (the federation) qualified "good" could have paid for themselves concerning the tickets and all, the federation accepted their participation (if not then they did not). For myself, I have done two competitions this year (before the one held in Mauritius), and they evaluated me from my results of the two competitions. They said I could make it. So basically, that's why the 10th of November we took a flight to Mauritius to make it happen.



SPOTLIGHT ON NOFY ... CT'D

Spotlight : How was the preparation for the championship, how did you manage the stress ?

Nofy : The preparations were pretty tough, not gonna lie. We started training 2 to 4 times a week and finally ended with 2 times a day with the advanced class two weeks before leaving. At first it was difficult both mentally and physically, but mentally, it was really hard. If you are very prepared physically but have a "weak" mental, all that physical preparation will not matter at all. I had lots of difficulties mentally because sometimes it happened that it was just too much for me and I thought of giving up so many times. I owe a lot to the coach who never let us down, who always found the right words to motivate us and push us beyond our limits. Without him, none of the results would be as it is today.

Spotlight : How do u balance your studies and martial arts?

Nofy : I could lie and say it is all about organization, but I will be honest and tell I am really not the most organized person ever (really far from there). Sometimes I give more time to studies, sometimes I give more time to jiu-jitsu. I just give more time to the priority according to the period. For example, time before competitions I train more than I study, and now as we are in a period of exams, I study more than I train.

Spotlight : What IS the next step?

Nofy : I have done national and regional, so the following step would be the World competition and I would like to participate in the European one too if I have the opportunity. Of course it is easy to just say it like that, but to arrive to that goal I still need to work very very hard so yeah we will see.

Spotlight : Your Dream job?

Nofy : Good question! If really as a dream job and if Money wouldn't matter I would say professional athlete because I really like it. The thing is not all athletes can succeed in their sports (not at the moment) so you have chances to not gain money at all. But if I could do that but as a 'hobby' or 'second occupation', my main job will be more in the business field.

SPOTLIGHT ON: TENDRY RAVELSON

A FUTURE LEADER

by *Tinah Ramanantsoa*



Spotlight : How long have you been with K4K ?

Tendry : If we go back in time, I feel like I have been studying here since my nursery. If I remember correctly, I've never changed school throughout my life. If I am not wrong, it has been 13 years that I am in the Kits4Kids family. *Photo by Miako and Finoana*

Spotlight : This school year, something new has been adopted in the school. And you are the elected leader of it. Can you tell us more about the "Student Body"?

Tendry : " Everyone would have their own definition according to their experience working within it or the plans we strived for lately. According to me however, the student body is a project. It is not a project to differ from other students, gain power, introduce politics in school, guard the students, or segregate ourselves from the students. It is a project that would improve the students' school experience.

Spotlight : Did you expect to be elected as the student body president?

Tendry : At first no, but after talking to some of my friends I started to realize they trusted and believed in me. In other words, they feel like I'm amongst the persons who can truly face that much responsibility. The students' affirmation reassured me somehow. I may haven't really expect but it wasn't a surprise either way;

Spotlight : How do you balance your studies and the responsibility of being a "Student body"?

Tendry : I would lie if I truly affirm that I am able to balance - I am trying. Therefore, I can say that it is all about priorities. A dilemma sometimes, 'me or others?'. That's often! As it is new to me, only time can talk.

Spotlight : What are the challenges ?

Tendry : " Challenges, there are a lot. I will mention only a few. Firstly, sounds foolish, but once I became a student body leader people usually forger that I am a student. They behave and treat you like I should be capable of fulfilling all their needs. I would like to underline that as well as if I were an ideal person for them at some point. A pressure that says every single mistake you may make as an individual would be disastrous. Following that, it is hard to stay objective. Up to today, I was able to always focus on the situation than the person. Nonetheless, people are like " I thought you were my friend!" . " I didn't vote for you for that", or " you waste your time". I won't call it judgments but more like perspectives.

Spotlight : To what extent does being a student body help you shape your future?

Tendry: It trains me into leadership. But that's merely anything. Most important of all is how it helped me get closer to a lot of people and address community issues. It helped me gain more compassion and empathy. With no doubt, it will shape my future life and perhaps that of others too. With all the learning we get from one another, I hope that we the student body will help contribute to a better community to start with.



BALANCING SCHOOL AND THE REST OF YOUR LIFE ... MORE THAN AN UTOPIA



by Lovasoa R.

Research, projects, tests coming up, tennis competition, dance rehearsal and the list goes on and on to a never ending swirl ... until we ... drown. When we try to juggle with many things, one of them will fall eventually. In order to optimize functioning, it is necessary to find balance between the various roles one plays.

As a student, we often wear many hats: daughter, brother, friend, classmate, student body, volleyball player, runner-up champion, math student, team leader, favorite grand child, etc. Often times, these roles are in conflict and we must be adept at attending to a variety of factors and assessing priorities. School-life balance is critical as it will affect our academics and our relationships at the same time: we cannot keep the candle burning from both ends for long. Here are some tips from Johns Hopkins Student Assistance Program.

- **Managing your time:** this could be kind of cliché but time management is a key component to academic and professional success. The point here is to focus on what is essential, good planning and taking one step at a time.
- **Beware of too much stress:** stress is not always a bad thing. Stress keeps us focused and aware of all the things that need to be done. It can motivate us to study harder and complete assignments and projects on time (*or push us to do some exercise when we really need to blow off the steam*). Stress doesn't kill you but having too much of it may lead us to experience what professionals call "stress overload". Stress overload comes with anxiety, panic attacks, constant pressure, hassle, irritability, moodiness stomach problems, headaches or even chest pain, undue allergic reactions such as eczema or asthma, sleep problem, continued sadness, overbearing doom or depression... Fortunately, we can lower our stress level through exercising; learning ways to relax the body through breathing exercises, meditation or massage; practice positive self-talk; talk to a friend or loved one or ask for help.
- **Strive to be a high achiever not a perfectionist:** perfectionist believe that it is only through giving **100%** to every project, assignment, or cause that they will find success, studies have shown that perfectionist attitudes actually interfere with success by leading to: low self-esteem, anxiety, depression, guilt, rigidity, lack of motivation, procrastination, obsessive/compulsive behaviors, eating disorders and relationship problems. There is nothing wrong with striving to do the best you can; the key is in knowing your limitations. You can be a high achiever without being a perfectionist
- **Maintain a healthy lifestyle:** your physical and emotional well-being play a major role in your academic and personal success. Take time to exercise and sleep regularly, eat healthily, make time for yourself and enjoy spending time with friends and family.

Source: *School-Life balance*. Student Assistance Program. Johns Hopkins University https://jhsap.org/self_help_resources/school-life_balance



Join the team! Send your statement of interest to spotlight@kits4kidsmada.org to become the voice and eyes of the school. You can join as a reporter, a photographer, an assistant editor or a columnist.



Love yourself and love the others with a true heart, never judge a book by its cover. Be grateful for who you are and what you have. Turn your imperfections into strengths.

Kim Uliana



SPOTLIGHT ON NOFY ... CT'D

Spotlight : Something to add?

Nofy : Last but not least , I would just like to thank all of those who believed in me and never stopped supporting from the beginning. All of this is for you guys and I couldn't make it if you weren't there so thanks a lot.



There is nothing with striving to be the best you can; the key is in knowing your limitations

IB MYP CANDIDACY ... CHECK ✓ WHAT'S NEXT?



Kits4Kids ISM applied for the IB MYP program in August 2021 and finally finished its candidacy consultation visit last October 2022. The visit was conducted online by a consultant from the IB regional office.

The consultancy visit is a prerequisite before going towards authorization as it introduces the IB consultants officially to the school; its practices; its programs and to identify the areas of improvement to move towards becoming an IB world school. The consultancy visit included among others, meetings with each teacher from each subject group, the MYP coordinator, the librarian, sample populations of parents and students from Years 1 to 5 along with a virtual visit of the school facility and classes in action. Stay tuned to follow our journey towards authorization application this school year.



The school is looking into applying for the IB CP this school year. This program is a "sister" of the IB DP program for Grade 11 and 12. More details will follow in due time. More details on the program can be found directly on the IB website at www.ibo.org

My goal is not to be better than anyone else, but to be better than I used to be.

Anonymous