

#1

2023

# SPOTLIGHT

MAGAZINE  
FOR PARENTS,  
STUDENTS,  
TEACHERS AND  
PARTNERS

## THE HIGHWAY TO SUCCESS



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ICARE VALUES:**  
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Flourishing School  
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**LIGHT**  
INTERNATIONAL SCHOOL  
Mombasa

# DEAR FRIENDS,



Ildar Iliazov  
Principal  
LIS Mombasa

Welcome to the inaugural issue "The Highway to Success"! of our magazine "Spotlight". We are thrilled to embark on this exciting journey with you, as we explore the various routes that lead us to achievement, growth, and personal fulfilment.

In today's fast-paced world, success can mean different things to different people. It may be reaching a long-desired goal, making a positive impact on others, or finding fulfilment in our personal and professional lives. Whatever your definition of success may be, this magazine aims to be your trusted guide, providing inspiration, insights, and practical advice to help you navigate the twists and turns on your own unique path.

Within these pages, you will find a wealth of thought-provoking articles and stories of triumph and perseverance. Our talented team of writers and contributors have crafted content with one goal in mind: to empower and motivate you on your own personal highway to success.

We believe that success is not a destination but a continuous journey, filled with challenges, setbacks, and opportunities for growth. It is about embracing the ups and downs, learning from our experiences, and pushing ourselves to reach new heights. Along this highway, we will encounter detours, roadblocks, and unexpected turns. But it is in those moments that

we have the opportunity to discover our true potential and uncover our hidden strengths.

"The Highway to Success" is not just about individual achievement; it is about building a community of like-minded individuals who support and uplift one another. We invite you to join us on this journey, sharing your own stories, insights, and perspectives. Together, we can create a network of support, encouragement, and collaboration, fostering an environment where everyone can thrive.

As we embark on this adventure together, I encourage you to approach each article, each story, and each piece of advice with an open mind and a willingness to embrace change. Allow yourself to be inspired, challenged, and motivated. Take the lessons learned and apply them to your own life, turning knowledge into action.

We are excited to be your companions on this remarkable journey, and we cannot wait to see the incredible things you will achieve along your personal highway to success. Buckle up, stay curious, and get ready for an unforgettable ride!

# LIS MOMBASA CHIEF EDITOR

Dear Readers,

As I reflect upon my role as the chief editor of our school magazine, I am filled with a sense of profound gratitude and responsibility. It has been an honour and privilege to serve as the steward of this publication, entrusted with the task of capturing the essence of our school community and sharing it with all of you.

The role of a chief editor is not merely about proofreading articles and selecting captivating images: it is about being a custodian of stories, dreams, and aspirations. It is about recognizing the power of words and images to inspire, empower, and unite. It is about creating a platform where every voice is heard, and every achievement celebrated.

Throughout my journey as the chief editor, I have witnessed the incredible talents, passion, and dedication that exist within our school community. From the awe-inspiring artwork to the thought-provoking essays, from the heartwarming stories of triumph to the rousing poems of resilience, our magazine has been a testament to the diverse tapestry of experiences and voices that make our school truly exceptional.

But beyond the glossy pages and eye-catching designs, the true essence of our school magazine lies in the connections it forges. It is a bridge that connects students, teachers, parents, and alumni, fostering a sense of unity and shared purpose. It is a space where we celebrate not just our accomplishments, but also our collective journey, learning from each other and growing together.

As the chief editor, my deepest hope has been to create a magazine that reflects the heartbeat of our community, amplifying the voices of those who are often unheard, and highlighting the moments that truly define us. I believe that every story shared, every poem penned, and every photograph captured has the power to touch hearts, spark conversations, and inspire change.

In this digital age, where information flows at lightning speed and attention spans dwindle, the existence of a school magazine becomes even more significant. It is a reminder to slow down, to savour the power of storytelling, and to appreciate the beauty of the printed word. It is a testament to the enduring legacy of our school and the values we hold dear.

To the contributors, the writers, the photographers, the designers, and the entire team that has poured their passion into this magazine, I extend my deepest gratitude. Your dedication and commitment have brought life to these pages, and I am immensely proud of the work we have accomplished together.

To the readers, I encourage you to approach this magazine with an open heart and an open mind. Allow yourself to be captivated by the stories within, to be moved by the voices that resonate with you, and to be inspired by the achievements of our remarkable community. Remember that each word, each image, and each idea is a testament to the incredible potential that resides within all of us.

As my tenure as chief editor comes to an end, I leave behind a legacy that is not mine alone but belongs to each and every one of you. I hope that the magazine we have created will continue to evolve, to push boundaries, and to serve as a platform for authentic expression and connection.

Thank you for embarking on this journey with us. May this magazine continue to be a beacon of creativity, inspiration, and unity for years to come.

With heartfelt appreciation,



**Natasha  
Kamende Zaharani**  
Chief Editor,  
Year 12 Student

LIS MOMBASA



# FLIGHT



2023



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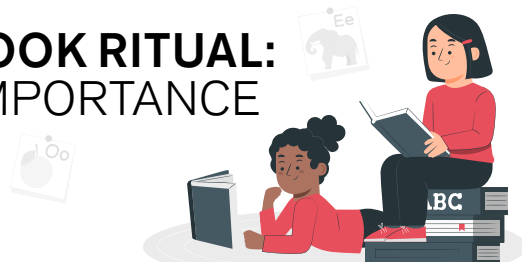
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## SPOTLIGHT #1 2023

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 Cambridge Assessment  
International Education  
Cambridge International School

The magazine is distributed free of charge throughout Kenya to employees, students, parents and partners of LIS Mombasa.

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## PARENTAL ADVISORY COMMITTEE



**THIS COMMITTEE WAS SET-UP IN THE YEAR 2022 BY THE ADMINISTRATION WITH THE AIM OF PROVIDING ADVICE AND ASSISTANCE TO SCHOOL ADMINISTRATORS AND EDUCATORS RELATING TO ACADEMIC ACHIEVEMENT PLANS, PROGRAMS, ACTIVITIES, RESOURCES AND SERVICES IN ORDER TO HELP THE SCHOOL ATTAIN ITS GOAL OF PROVIDING EACH CHILD WITH THE BEST EDUCATION POSSIBLE. IT PROVIDES A LINK BETWEEN THE SCHOOL AND THE PARENTS. IT ALSO HELPS IN IDENTIFYING THE CONCERNS OF STUDENTS, PARENTS AND COMMUNITY AND ASSIST IN DEVELOPING SOLUTIONS.**

Parents or guardians whose children attend the school are eligible to serve as members of this committee. Its composition is such that each stage of learning has one representative and its leadership composition consists of a chairperson, vice chairperson and the secretary. The committee has at least one meeting per quarter and so far has participated in the school accreditation process.

Further to this, we have continuously represented parents in the school programs like graduation through provision of speeches to enlighten and sensitise the stakeholders. Our primary target is to build steadfast, reliable and efficient engagement between the school, parents and the community. This will impact greatly in the learning process.

I would like to give my heartfelt thanks to the amazing staff at CIS Moscow for their dedication and enthusiasm. It has definitely been an 'event-full' year!



**Alfayo Nelson**  
Chairperson

PAC

## A JOURNEY WITH LIS PARENTAL ADVISORY BOARD



**BEING A PARENT ON THE LIS PARENT ADVISORY BOARD IS A TRANSFORMATIVE EXPERIENCE THAT BLENDS LOVE, DEDICATION, AND RESPONSIBILITY. AS ACTIVE PARTICIPANTS IN OUR CHILDREN'S EDUCATION, WE COLLABORATE WITH TEACHERS, ADMINISTRATORS, AND FELLOW PARENTS TO SHAPE AN ENVIRONMENT THAT FOSTERS GROWTH AND EXCELLENCE. ADVOCATING FOR ALL STUDENTS AT LIS, WE WORK TIRELESSLY TO ADDRESS THEIR NEEDS AND CREATE AN INCLUSIVE EDUCATIONAL EXPERIENCE. THROUGH OPEN COMMUNICATION AND TRUST, WE STRENGTHEN PARTNERSHIPS BETWEEN PARENTS AND THE SCHOOL, ENSURING THAT EVERY VOICE IS HEARD AND VALUED.**

Being a part of the Parent Advisory Board means facing challenges head-on. We navigate curriculum changes, resolve conflicts, and promote diversity and inclusion. By working closely with the school administration, we find innovative solutions that enhance the learning environment for all students. Witnessing the positive impact of our efforts on our own children and their peers fills us with immense joy and a sense of fulfilment. This involvement nurtures personal growth, enhances communication and leadership skills, and instils a profound sense of pride in making a lasting difference in the lives of our children and the future generations of LIS students.

I would like to encourage the school to grow this platform and give it a large voice and more purpose as the next academic year roles around. I would love to encourage parents to join it, as the only way we can grow a learning environment of our children is by working with their mentors and the school hand in hand.

Thank you



**Farida Shallo**  
Parent at LIS  
for 9 years

PAC



# TONG-IL MOO-DO AT LIGHT INTERNATIONAL SCHOOL



TONG-IL MOO-DO WAS ESTABLISHED AT THE LIGHT INTERNATIONAL MOMBASA CAMPUS IN 2006 BY MASTER CLARENCE MWAKIO INGALWA. IT WAS THE FIRST LEARNING INSTITUTION TO TRAIN AND PRACTICE TONG-IL MOO-DO IN THE COAST PROVINCE. LIGHT INTERNATIONAL PRACTITIONERS HAVE BEEN PARTICIPATING IN LOCAL AND INTERNATIONAL TOURNAMENTS WINNING NUMEROUS MEDALS AND TROPHIES FROM VERY TIGHTLY CONTESTED TITLES IN DIFFERENT CITIES OF THE WORLD.

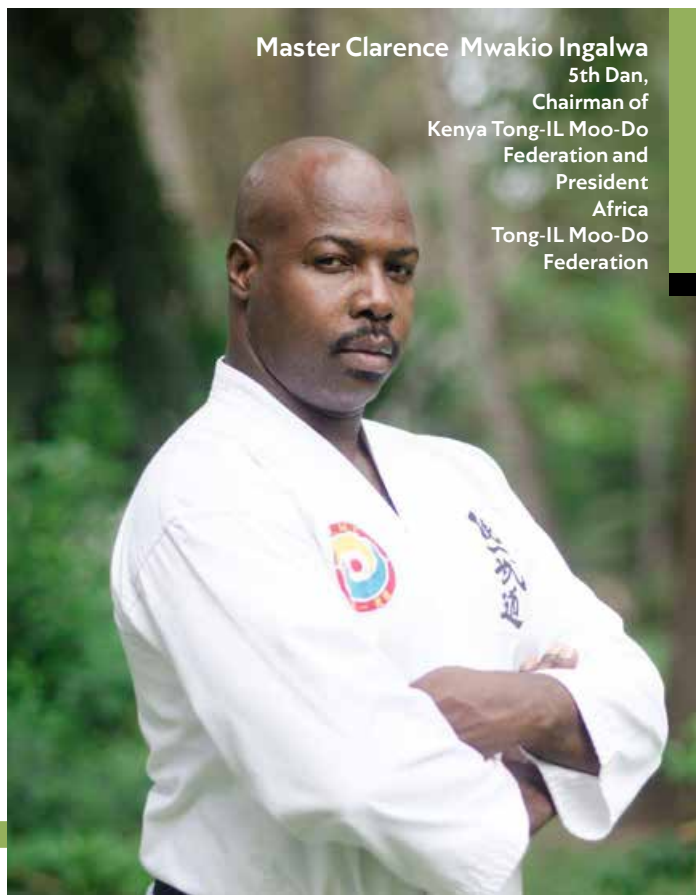
Tong-IL Moo-Do Pioneer students from Light have become reputable global figures in various professions globally.

Master Elvis Malipe Ole Mpakuanik, the current Captain of Jasiri - Tong-IL Moo-Do Kenya National Team is also an alumnus of Light Group of Schools and has won more than a dozen medals from numerous international Championships he has attended to represent Kenya and is currently the Assistant Secretary General and the PA to Tong-IL Moo-Do President Africa. Under the leadership of Malipe since 2016, Jasiri has won the highest medal haul in the World Tong-IL Moo-Do Member States Ranking.

Tong-IL Moo-Do training enhances standards of self-discipline, self-confidence, courage, and focus in life and nurtures one towards perfection in all that one does. We have seen positive development of students improving wholesomely in their performance in school and character. Wins in tournaments also give clubs good publicity and motivation to the athletes.

Light International has hosted dozens of Tournaments since 2006. Last year the campus hosted participants from thirteen countries during the 10th Mombasa Open Tong-IL Moo-Do International Martial Arts Championship for 5 days International Training Seminar.

The campus is also staged to host delegates from over 40 countries in the 11th Mombasa Open Tong-IL Moo-Do International Martial Arts Championship scheduled for the 9th to 18th of December. We as a federation are grateful for the warm hospitality accorded to us by the Light International Community and look forward to many more years of greater partnerships.



**Master Clarence Mwakio Ingalwa**  
5th Dan,  
Chairman of  
Kenya Tong-IL Moo-Do  
Federation and  
President  
Africa  
Tong-IL Moo-Do  
Federation



PARTNERS

# THE INFLUENCE OF CHESS IN SCHOOL





Throughout history, chess has thrived and adapted to societal changes. With the advent of technology, the game's popularity has skyrocketed. Chess computers and online platforms have made it accessible to a broader audience, while artificial intelligence has pushed the boundaries of human chess ability. Today, chess stands as a globally recognized game, with millions of players and enthusiasts worldwide. It is played at various levels, from casual play to highly competitive tournaments and championships.

Chess offers a unique combination of intellectual and strategic challenges that seamlessly complement traditional school learning. Through the practice of chess, students develop essential skills such as analysis, logic, and problem-solving. They are encouraged to think critically, explore different possibilities, and make informed decisions. Additionally, chess enhances memory and concentration, teaching students the importance of focus and mental discipline.

The benefits of incorporating chess into schools can be maximised when students are given regular opportunities to learn and actively participate in tournaments. At Light International School, the chess club facilitates an environment for students to meet at least twice a week, allowing them to delve deeper into the intricacies of the game. This commitment to regular chess practice has yielded remarkable results, as evidenced by their participation in prestigious events like the Kenya National Schools Chess Championship and the Kenya National Youth Chess Championship.



PARTNERS

**THE BENEFITS OF  
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LEARN AND ACTIVELY  
PARTICIPATE IN TOURNAMENTS**





Notable achievements aside, the school has also played an integral role in promoting chess within its community. Hosting tournaments such as the Coast regional qualifiers, the annual Madaraka Chess Tournament, and their very own Light International School Chess Tournament, the institution has become a hub for chess enthusiasts to showcase their skills and foster a vibrant chess culture locally.

By integrating chess into its extracurricular, Light International School has enriched the educational experience of its students. The game's inherent ability to cultivate critical thinking, strategic planning, and sportsmanship has undoubtedly had a positive impact on their academic achievements and personal growth. As a result, Light International School

remains at the forefront of championing chess as a valuable educational tool in the region, creating a legacy of excellence and fostering a passion for the game among its students.

The pursuit of success in chess tournaments requires a player to adopt a disciplined approach and implement a well-defined routine. Here are some key practices that can lead to improved performance and success:

**Consistent Practice:** Hard work pays off in chess. Regularly practising by solving chess puzzles, attending tournaments, and engaging in practice matches is crucial for sharpening skills and acquiring the necessary experience to excel in tournaments.

**Developing a Training Program:** Identifying and focusing on specific areas of weakness is essential for overall improvement. Whether it's the opening, middle game, or endgame, creating a structured training program to target and overcome these weaknesses will lead to significant progress.

**BY INTEGRATING CHESS INTO ITS EXTRACURRICULAR, LIGHT INTERNATIONAL SCHOOL HAS ENRICHED THE EDUCATIONAL EXPERIENCE OF ITS STUDENTS.**

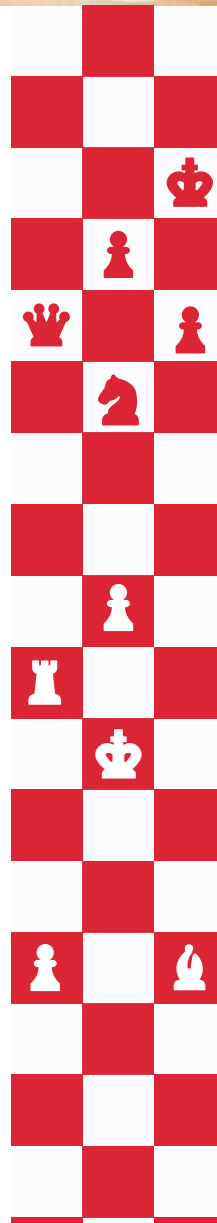


**Punctuality:** Being punctual is essential in chess, both in training and during tournaments. Arriving on time enables players to adapt to the environment, settle in, and focus on their game without unnecessary distractions.

**Goal Setting:** Setting realistic and achievable goals within specific time frames is vital for progress. Whether it's obtaining a certain rating or achieving a particular score, having clear goals provides direction, motivation, and a roadmap for improvement.

**Visualisation:** Envisioning success is a crucial aspect of preparing the mind for achieving desired outcomes. Visualisation techniques help calm nerves, build confidence, and allow players to mentally rehearse success in their minds, enhancing their overall performance.

By implementing these strategies and adhering to a disciplined routine, chess players can increase their chances of performing well in tournaments. However, it's important to remember that success in chess also requires dedication, perseverance, and a passion for continuous learning and improvement.



**Paul Ombui**  
Head Coach

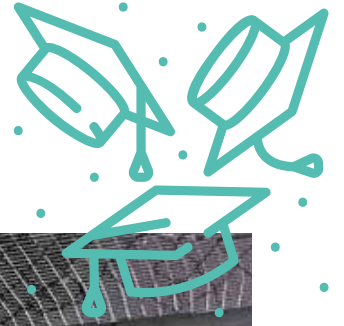
MOMBASA CHESS ACADEMY

**PARTNERS**

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# LIS ALUMNI



ALUMNI





**Ebrahim Abdulhakim**  
Class of 2021

LIS ALUMNI

## **Ninety Nines Flying School in Nairobi, Kenya**

Jambo, My name is Ebrahim Abdulhakim, and I'm 18 years old. I graduated from Light International School in Mombasa in 2021. I've been a part of this school community since 2014, and I'm super excited to share with you how my experiences here have influenced me. Throughout my time at Light International School, I've gained valuable knowledge and skills that have helped shape me into the person I am today. I'll briefly discuss how my school has influenced me, from the classes I've taken to the extracurricular activities I've participated in. I hope that by sharing my story, I can inspire others to pursue their passions and make the most of their educational opportunities.

The school environment at Light International School was awesome. The cool and calm teachers were always available to help students with any questions or concerns they had, and they genuinely cared about our futures. They helped us to make good decisions, both academically and personally, by enabling us to choose subjects that were best suited for our



particular courses. They also offered an intern program for the courses we were taking, which gave us the opportunity to gain practical experience in our fields of study. Overall, the teachers at Light International School were instrumental in helping me achieve my academic and personal goals.

LIS helped me achieve my dream of becoming a pilot. The teachers not only provided academic guidance but also helped me with my career choices. They

suggested a few flying schools both in Kenya and abroad. After careful consideration, I decided to study at Ninety Nines Flying School in Nairobi, Kenya.

LIS helped me become more social and improved my communication skills, which has been beneficial in my studies. I am grateful for everything the school has done for me, and I hope to become a commercial pilot and achieve even higher goals in the future.

**Ayman Murad**  
Class of 2021

LIS ALUMNI

## University Cyprus

My name is Ayman Murad and I am a graduate of Light International School Mombasa. I started schooling here from 2019 and graduated in 2022. My experience here has been amazing throughout. Light academy will always have a special place in my heart as it played a very important role in shaping my academic and personal growth. At this beautiful high school the mission was actually to "access to success."

Let me give you a quick summary about my high school and how it prepared me for university life. The dedicated teachers here helped me gain essential knowledge and the assignments we did in class assisted me to date on how to critically think and problem solving. This has helped me solve higher education with confidence. Apart from that, the mentorship we received from the teachers was beneficial and this has helped my punctuality making me attend all lectures on time.

Beyond the classroom, my high school offered us a wide range of extracurricular activities that enriched my university experience. I loved participating in sports especially football where the coaches helped us tackle harder opponents as a team and emphasised us on unity being the strength that built our mentality.

This has actually prepared me for the challenges and the opportunities that lie ahead. I am grateful to my high school, its hard working teachers and my fellow classmates for creating an environment full of growth and hard work. With the valuable lessons I have gained, I am confident and excited to embrace the future with open arms, knowing that my high school journey has laid a strong foundation for my continued pathway in higher education.



**Mohamed Naaman**  
Class of 2022

LIS ALUMNI

## Sultanate of Oman University

Hello, I'm Mohamed Naaman Mohamed, a proud alumnus of Light International School (LIS) and a current Computer Science major at a university in the Sultanate of Oman. My journey, starting from grade 1 at LIS till graduation in 2022, has been one of consistent growth and discovery.

LIS offered me more than just a robust academic curriculum; it provided an environment that allowed me to thrive and grow into the person I am today. The school's unique approach to education fostered my critical thinking and problem-solving skills, invaluable assets that now form the backbone of my university studies.

My academic success can be traced back to the nurturing environment at LIS. The dedicated teachers and stimulating atmosphere sparked my interest in Computer Science, a passion I'm now fortunate enough to pursue at university. The transition from LIS to university was smooth, and I attribute that to the comprehensive curriculum and versatile learning methods at LIS.

To anyone considering joining LIS, I have only this to say: Embrace the experience. At LIS, each challenge is an opportunity for personal and academic growth. The values and knowledge you gain will prepare you for future pursuits and enable you to face life's challenges with confidence and resilience. I am proud of my LIS journey, and I know you will be too.







**Said Khatib**  
Class of 2023

LIS ALUMNI

## A-Level Completion

What lies behind us and what lies before us are all small matters compared to what lies within us." We were always taught as children that A Level is a variable experience, a kaleidoscopic capsule of emotions; it can be daunting and challenging, but it can be enjoyable and unforgettable. In truth, I can claim that A Level sincerely was all of those things for me.

I take considerable pride in knowing that we had to weather almost two years of changes and adaptations due to the global pandemic, and still managed to prevail and gain insight in the face of such an impediment. It wasn't easy, but if you never bleed, you're never going to grow. The teachers did a commendable job in ensuring we weren't being led astray but rather focus on reaching the finish line. If anything, I think the most memorable lesson learned throughout this journey was not to take each other and our time for granted.

As I dive into the real world, I will embody the values the Light International School Mombasa has instilled in me - Integrity, Care, Achievement, Respect and Empathy.



# ALUMNI NEWS



## Mothers day

Lis Mombasa coordinator visited alumni mothers to celebrate mothers day. She gifted them some flowers and gifts. This movement touched the parents.



## Orphanage Visit

 18th April

Lis Mombasa alumni girls visited Sakina orphanage center, Vikwatani on the 18th of April, 2023. They contributed food, clothing, drinks, and dates. They gathered at school and worked as a team to cook pilau for the orphanage. They visited the orphanage and were welcomed warmly. While they were there, The coordinator summarized the center. He shared the difficulties that they face. They spent some time with them and broke their fast together. They ended their day by giving the kids some sweets and they handed the contributions over to them.



ALUMNI



# EMPOWERING HIGHSCHOOL STUDENTS: THE IMPORTANCE OF LEARNING LIFE SKILLS





High school is a pivotal time in a student's life, where they transition from adolescence to adulthood, preparing to navigate the challenges and responsibilities of the real world. Alongside academic knowledge, it is crucial for us students to acquire life skills that will equip them for success beyond the classroom. Life skills encompass a wide range of abilities, from effective communication and financial literacy to problem-solving and decision-making, emphasising the long-term benefits of these essential competencies.





Life skills equip high school students with the ability to make responsible and informed decisions. From academic choices to personal relationships, students learn to evaluate options, consider consequences, and make choices aligned with their values and goals. By practising sound decision-making skills, students develop a sense of responsibility and autonomy, preparing them to navigate ethical dilemmas and complex situations with integrity.

Furthermore, these skills foster the ability to approach challenges and problems with a proactive mindset. Students who learn problem-solving and critical thinking skills are equipped with the tools to analyse complex situations, evaluate multiple perspectives, and find innovative solutions. These skills enable

us to tackle academic obstacles effectively, make sound decisions, and adapt to the ever-changing demands of the modern world.

Affirmatively, life skills enable high school students to embark on a journey of personal development and self-awareness. By understanding their strengths, weaknesses, and values, students can set meaningful goals and make informed decisions. Life skills empower students to cultivate a positive self-image, build confidence, and develop a sense of identity, laying a solid foundation for personal growth and resilience.

In conclusion, learning life skills is a crucial component of a high school education, as it equips students with the practical tools and competencies necessary for success in the real world. Beyond academic achievements, life skills

Life skills enable high school students to embark on a journey of personal development and self-awareness





foster personal development, effective communication, problem-solving, financial literacy, time management, and responsible decision-making. By investing in the development of these essential skills, students are empowered to thrive in their future endeavours, ensuring a smoother transition into adulthood and becoming well-rounded individuals capable of navigating the complexities of life with confidence and resilience.



**Ashley  
Muthoni**  
Class of 2022

LIS MOMBASA

**Learning life skills is a crucial component of a high school education, as it equips students with the practical tools and competencies necessary for success in the real world.**





CHARACTER EDUCATION

# EMBRACING ICARE VALUES:

## The Fostering Of a Flourishing School Community

In the realm of education, the Light International School of Mombasa has embarked on fostering an environment that nurtures not only academic excellence but also character development- Integrity, Creativity, Achievement, Respect, and Empathy are fundamental values that form the heart of a holistic education.

### Integrity

Integrity serves as a guiding light, illuminating the path of ethical behaviour and moral character. It is the unwavering commitment to honesty, transparency, and upholding moral principles. By instilling integrity in us students, we cultivate a community of trust and accountability. We learn the

significance of acting with honesty and responsibility, not only in academic endeavours but also in our interactions with peers, teachers, and the wider world. Integrity empowers us students to make ethical decisions and builds a solid foundation for our personal and professional lives.

## Creativity

Creativity is the essence that fuels innovation, imagination, and critical thinking in us. Embracing creativity in education encourages students to explore new perspectives, express themselves authentically, and solve problems creatively. It cultivates a sense of curiosity, resourcefulness, and resilience. By nurturing creativity, we unlock the potential for students like you and I to think outside the box, embrace diverse approaches, and find unique solutions to challenges. Creativity fosters a joy for learning, stimulates intellectual growth, and prepares the adaptation and thrive in a rapidly changing world.



## Achievement

Achievement signifies the pursuit of excellence, the setting of goals, and the dedicated efforts to accomplish them. It instils a growth mindset, resilience, and perseverance in students. By celebrating achievements, both big and small, the Light International School Mombasa has fostered a

culture of motivation, ambition, and continuous improvement. Achievement encompasses academic success, personal growth, and the development of skills and talents. It teaches students the value of hard work, dedication, and the rewards of perseverance.

**These values shape individuals, cultivate positive relationships, and foster a compassionate and thriving school community.**



# Respect

Respect is the cornerstone of harmonious relationships, fostering an atmosphere of dignity, inclusivity, and empathy. It entails recognizing the worth and rights of every individual, regardless of differences in backgrounds, opinions, or abilities. By cultivating respect, the creation of an environment where diversity is celebrated, and every voice is valued; respectful interactions promote understanding, cooperation, and collaboration, enabling students to learn from one another and develop a global perspective. Respect nurtures a sense of belonging, safety, and mutual appreciation.

# Empathy

Empathy is the ability to understand and share the feelings of others. It encompasses compassion, kindness, and active listening. By fostering empathy in education, students' ability to connect with and care for their peers, teachers, and the wider community are nurtured. Empathy cultivates a sense of social responsibility, promoting fairness, inclusivity, and advocacy for justice. It allows us students to develop meaningful relationships, resolve conflicts constructively, and positively impact the lives of others. Empathy builds bridges of understanding and creates a supportive and compassionate school environment.

**Respect nurtures a sense of belonging, safety, and mutual appreciation.**

Integrity, Creativity, Achievement, Respect, and Empathy form the bedrock of a well-rounded education that goes beyond academic excellence. These values shape individuals, cultivate positive relationships, and foster a compassionate and thriving school community.



**Amy Njau**  
Class of 2023

LIS MOMBASA









## FOOD ADVICE



**Nilham Fuad**  
Year 12 Student

LIS MOMBASA

WELCOME TO THE WORLD OF THE FOOD ADVICE PROGRAM, AN INNOVATIVE, EDUCATIONAL PLATFORM THAT INSPIRES YOUNG PEOPLE TO BECOME TRAILBLAZING FOOD ENTREPRENEURS! IMAGINE LEARNING THROUGH GAMIFICATION, WHERE FUN AND INTERACTIVE GAME ELEMENTS MERGE WITH VALUABLE LESSONS ON THE FOOD INDUSTRY. YES, YOU READ THAT RIGHT, GAMIFICATION! CURIOUS TO KNOW MORE? DIVE INTO THE WORLD OF THIS GROUNDBREAKING APPROACH AND EXPLORE HOW IT'S REVOLUTIONISING THE WAY YOUNG MINDS LEARN ABOUT FOOD ENTREPRENEURSHIP, ALL WHILE NURTURING THEIR CREATIVITY AND PASSION FOR A BRIGHTER FUTURE IN THE FOOD INDUSTRY.

Gamification takes centre stage in this captivating educational experience, designed to be both accessible and enjoyable for young minds. Imagine a game board that mirrors the real world, guiding aspiring entrepreneurs through an immersive journey of discovery and creativity. As players craft their own one-of-a-kind products, they're encouraged to embrace their ingenuity and think outside the box. This stimulating environment fosters the development of invaluable skills like critical thinking and creativity, empowering young people to flourish as they embark on their entrepreneurial adventures.

Following the gaming experience, eager participants advance to the next level, which



Gamification takes centre stage in this captivating educational experience, designed to be both accessible and enjoyable for young minds



involves engaging in online sessions to apply the knowledge gained from the board game. To ease the pressure and embrace the wisdom of "two heads are better than one," learners in the online sessions are grouped into dynamic duos or terrific trios. Through this collaborative approach, students get to dive into the exciting world of food entrepreneurship and unleash their creativity by developing innovative products, setting the stage for their very own flourishing enterprise.

My experience with the food advice programme was a thrilling roller coaster ride. I still remember the anticipation as I unboxed the board game, feeling like a chef about to create a culinary masterpiece. The





The Food Advice Program is a game-changer in the world of food entrepreneurship education.





game challenged me to concoct innovative dishes using ingredients provided by the farmer, which sparked my creativity like a game of scrabble. When the summer online course began, I found myself alone in the kitchen as my groupmate had vanished. Undeterred, I juggled tasks and attending sessions even on sun-soaked beach days whilst the waves crashed in the background. I could feel the pressure mounting but I kept stirring the pot. Through perseverance, I crafted a delectable product idea that tantalised everyone's taste buds. The satisfaction of seeing my creation well received was like savouring a delicious meal after a long day. All the stress and hard work were worth it. To top it off, I received credentials upon completing the course. The whole experience was a feast for the senses leaving me hungry for more.

The Food Advice Program is a game-changer in the world of food entrepreneurship education. It combines the thrill of gamification with the practical knowledge and skills required to succeed in the industry. As young minds embark on this captivating journey, they're not only gaining invaluable experience but also forging unforgettable memories. So, are you ready to join the ranks of budding food entrepreneurs and make your mark on the culinary world? The Food Advice Program awaits you!



*Food Advice*



# **AN ENTHUSIASTIC ARRIVAL EMBRACING THE ROLE OF AN ENGLISH TEACHER**

WHEN I GOT THE OPPORTUNITY TO TEACH ENGLISH AT A SCHOOL IN MY OWN HOME COUNTRY, I KNEW I COULD NOT HOLD BACK MY EXCITEMENT. BEING IN LIS, I GREW UP LOVING THE ASPECT OF PEER-TEACHING AND MENTORING OTHER STUDENTS LIKE ME. WHEN I WAS GRANTED THIS OPPORTUNITY, IT WAS A GREAT CHANCE TO BURST OPEN MY ENTHUSIASM FOR TEACHING. MOREOVER, IT WAS THE PERFECT OPPORTUNITY FOR ME TO USE THESE SKILLS TO GIVE BACK TO MY HOME COMMUNITY AND SHARE THE KNOWLEDGE I KNOW FROM MY ENGLISH CLASSES HERE AT LIS.

I taught at two schools in two different cities, Jombang and Jember, for two weeks. At the end of it all, I felt satisfied with myself. Chiefly, my respect for teachers grew. I learned that coupled with all the fun and games, there was a frustrating side to teaching. And feeling the stress first hand increased my admiration and respect towards teachers who do this every week.

Crossing over to the teacher's point of view was a complete shift in perspective. Being a student myself, I grew to know that learning a foreign language is far from easy and I had to be empathetic to my students whilst adapting my methods of teaching during class. Given that, I had to use my creativity to make the lessons as interactive as possible yet still informative and educational.

During each lesson, it was ultimately an ecstatic experience and definitely a cherishable memory to hold. Seeing my teaching making students happy, rather than stressed like usual, gave me a sense of accomplishment and genuine happiness.

Learning from my own English teacher in LIS has inspired me to do this. I never thought I would be returning back to Indonesia to teach fellow Indonesians a universal language I learnt abroad. Aside from the personal growth, I could feel and see the impact I had towards the other students. They were jovial to have an age mate teach them and understand them on a one-to-one basis. Because of the rapport earned, we were able to have successful lessons each time. So, it was not only a benefit for me to teach, but it was also a benefit to them. And I believe that is one of the many key values of LIS: Giving back to the community.



Luna Arunday  
Year 12 Student

LIS MOMBASA

Seeing my teaching making students happy, rather than stressed like usual, gave me a sense of accomplishment and genuine happiness







Muzaffer Elen  
Year 12 Student

LIS MOMBASA



I DISCOVERED  
THE VALUE OF  
ADAPTABILITY, AS WE  
FACED UNEXPECTED  
OBSTACLES AND  
LEARNED TO ADJUST  
OUR PLANS.

## The Duke of Edinburgh's International award The President's Award

Being a part of the Presidential Awards at my school has been a truly transformative experience. It has opened my eyes to the wonders of nature, challenged my limits, and provided me with a community of like-minded individuals who share my love for the great outdoors. As I reflect on my journey with the club, I am overwhelmed with gratitude for the unforgettable memories and personal growth it has brought me.

Beyond the adventures and environmental initiatives, the camping club provided valuable life lessons. I learned the importance of teamwork, as we navigated challenging trails together, supporting and encouraged one another. I discovered the value of adaptability, as we faced unexpected obstacles and learned to adjust our plans.

Now, as I look back on my time with the camping club, I am grateful for the friendships I forged, the lessons I learned, and the memories I cherish. It has instilled in me a deep appreciation for the beauty of the natural world and a desire to protect and preserve it for future generations. The camping club has not only shaped my high school experience but has also influenced my perspective on life, teaching me to embrace adventure, seek new challenges, and find solace in the beauty of nature.



AS I LOOK BACK ON MY TIME WITH THE CAMPING CLUB, I AM GRATEFUL FOR THE FRIENDSHIPS I FORGED, THE LESSONS I LEARNED, AND THE MEMORIES I CHERISH

GLOBAL CITIZENSHIP







# WORLD SCHOLAR'S CUP

If you are someone in search of an event that challenges your critical thinking, public speaking, and communication skills, then the World Scholar's Cup is definitely an experience you should sign up for. As someone who has done it since the fourth grade, this remarkable global academic tournament is something you shouldn't fear; it caters to everyone of all fields of talent. Created by Daniel Berdichevsky in 2006, the WSC aims to inspire and challenge students from around the world to explore diverse fields of knowledge, engage in collaborative learning, and develop essential skills that extend beyond the traditional classroom setting.

Participants form teams and compete in four core areas: team debate, collaborative writing, the scholar's bowl, and the scholar's challenge. This innovative format encourages students to delve into a wide range of subjects, including science,

literature, history, art, and current affairs. With these in mind, the WSC encourages students to understand and test their knowledge in different domains.

At LIS, we take the liberty to welcome schools from all over the coast to encourage students to engage, share ideas and experiences, and build connections. Meeting another newbie is always the best experience, as you both can relate to the confusion and nerves. The WSC

also provides a platform for students to interact with peers from different countries, fostering cross-cultural understanding, promoting tolerance, and nurturing global citizens. Through collaborative events and spirited debates, participants gain a broader perspective on global issues, develop empathy for different viewpoints, and build lasting connections with fellow scholars from around the world.



**Natasha Shallo**  
Year 12 Student

LIS MOMBASA



AT LIS, WE TAKE THE  
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BUILD CONNECTIONS





How can I forget events such as the talent show, or rather, the untalented show? As students take a breather from the previous competitive events, they put on a grand show to showcase their talents and hobbies that they enjoy doing. We have seen it all, from Alicia Keys to break dancing, Rubix cubes to hot sauce chugging, the vibes were immaculate. You don't just go home with a neck full of medals and a hand full of trophies; you also get to scream as your team number qualifies for the global rounds, a heartwarming experience as the teams and new friends hug and dance to their qualification for the next step.

PWAAAA! Alright How can I forget to mention the alpacas? The cute stuffies are the mascot of the whole event, a souvenir that

represents the cosy and welcoming spirit of the WSC family. You get to go through the beautiful process of adopting and pledging to take care of your newfound buddies, but also the stress of alpaca trading and mid rush alpaca heists. Crazy is one way to explain that moment, but it's something that every student should have the chance to experience.

Our teams of 2023 are already preparing to go for their global rounds in Doha, as last year's teams remembered their experience in Dubai. Why not sign up and ensure you too have a story to tell? The World Scholar's Cup has become a powerful force in shaping the education landscape and empowering the next generation of leaders and scholars.

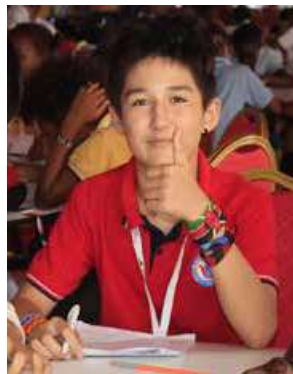
GLOBAL CITIZENSHIP



THE WORLD SCHOLAR'S CUP PROVIDES A PLATFORM FOR STUDENTS TO INTERACT WITH PEERS FROM DIFFERENT COUNTRIES, FOSTERING CROSS-CULTURAL UNDERSTANDING, PROMOTING TOLERANCE, AND NURTURING GLOBAL CITIZENS.









# Peer Support



WELL-BEING





A community that allows both mental and emotional growth, the Peer Support Community is definitely one of a kind here at Light International School Mombasa.



WELL-BEING

Since its inception, the Peer Support team has recorded a massive increase in membership as we are trained on basic counselling skills, needs assessment surveys and event planning and organisation. We have hosted quite a number of events such as Charity Drives after which donating collected essentials to our sister schools, The Mother/Daughter event in light of Thanksgiving. Memorably the Father/Son event expressed an immense amount of turn out as they had a bonding session, field play time and dinner. We as the peer support were able to practise our skills in logistics, decoration and design, communication, teamwork and event planning and preparation.

Keeping the foundational morals of our school in mind- ICARE, our mentors run thorough teachings and training sessions to enhance our skills of being better counsellors

to our peers, tackling modern generational issues with modern solutions. Through our weekly meetings, we are made aware of the dangers of neglected mental health and ways to cope with emotional distress, allowing us to reach our peak both mentally and emotionally before finally being authorised to serve as a Peer Counsellor.

It is with such small noticeable details that lead to creating the Light International School Mombasa a safe haven that allows growth and abolishes the stigmatisation that goes around seeking help.

In conclusion, Peer Support is becoming an integral part of maintaining the school's optimal mental and emotional health. As we continue to grow in learning the different areas of practice, we will make the school a happier place with our students being well balanced.



**Natasha Zaharani**  
Year 12 Student

LIS MOMBASA

# GENEROSITY UNLEASHED

Discovering the True Power of Giving

WELL-BEING



**“REMEMBER, IT IS MORE BLESSED TO GIVE THAN TO RECEIVE”,** these are words suttered by my grandmother that I carry onto this day. In Light International school, it is evidently seen in every aspect especially in the Service Learning sector firmly driven by Mr. Barry.

I was part of the LIS family in 2021 and during the first Thursdays of the month I saw students donating through clothes, snacks, dry foods and money to be given out to an orphanage. Since then, I made sure to readily take part in every single activity that entailed the act of giving from painting a new library for Maweni Primary School, to contributing books to fill the shelf, sharing knowledge of I.C.T to Al-Reyhan students and visiting as a class to provide them with a word of encouragement and sharing memories with them.



**Paziziza Makena**  
Year 12 Student

LIS MOMBASA

The Water Well Project had been set into action at the end of 2020 to 2022 and with the help of the Thursday donation money and other sources it was put up. This project was established in Chai Primary School in Tiwi, Kwale District and during its launch, our doting principal, Mr. Ildar Iliazov, Miss Ivanna, Mr Barry and some students were present. Seeing that with small donations has greatly impacted others in a matter of their health being on the line, I have an ambition of becoming an ever giving citizen and make the world a better place for them to live in.

Since my childhood dream was to become a neurosurgeon, I want to lend a helping hand to perform surgeries and help people live longer. It's evident that there aren't many of them around which makes me strive to study more and make the world a better place.





## FROM A LISTENER TO AN INSIDER: EMBRACING THE OPPORTUNITIES OF A RADIO STATION INTERNSHIP

When I first got the internship, I hadn't made a decision on what I really wanted to do as a career. I had the qualities of a lawyer but the passion of a media personality rocked harder! Stuck between two near equal opportunities on such an important decision at such a critical time can be absolutely devastating. I was in a valley of decisions.

HANDS ON EXPERIENCE







**Pearl Yvette  
Miremba**  
Year 13 Student

LIS MOMBASA

First day at the job I knew that was what I wanted to do. I met people that had a combination of the passion that I had and the skills that I needed . Getting to watch behind the scenes gave me a different perspective.

Passion and career are not coincidentally a pair but rather intentionally codependent.

What you love to do and what you do are not mutually exclusive. Working at Moradio gave me the opportunity to realise that what I love to do that highlights and showcases my capability and potential are intertwined. I'm grateful for that experience because it was the first step in the right direction. The rest is a history in the making.



HANDS ON EXPERIENCE

## INTERNSHIP:

### Conversations with Luna Arunday on Interning at the Indonesian Embassy

#### **What was your role as an intern at the Embassy of Indonesia?**

As a passionate Journalism club member, my role at the Embassy fit perfectly with the skills I loved: Writing, videography and editing.

During my internship, I was able to display my talent and creativity in videography by making quick-moving videos on the Embassy's Instagram Reels.

Coupled with that, I was tasked with the role of photographing every event that happened during my two weeks and gleefully edited them using my favourite software in order to post them on the Embassy's Instagram. This truly brought out the creative side of me and I am so glad to be able to showcase these amazingly nurtured skills!



Each week, I also had to write a weekly report from local news. In addition to that, I also responded occasionally to the emails of the Embassy. Although it was in Indonesian, I had to try my best. I was up for the challenge!

Occasionally, I was also assigned some errands to run during events. This chance allowed me to interact with the local community while displaying my integrity. It was a great experience to socialise with others.

## **What are some of the key challenges you've encountered during your internship? And how did you overcome them?**

I hate to admit it, but being out of Indonesia for over ten years has lowered the quality of my Indonesian language. During my internship, I had to conduct everything I do and say in the Indonesian language – which was the biggest challenge for me. I particularly found it difficult to comprehend certain complicated concepts that my various supervisors were teaching me. However, they understood my slight language barrier and helped me by translating in English at times when their language became too complex.

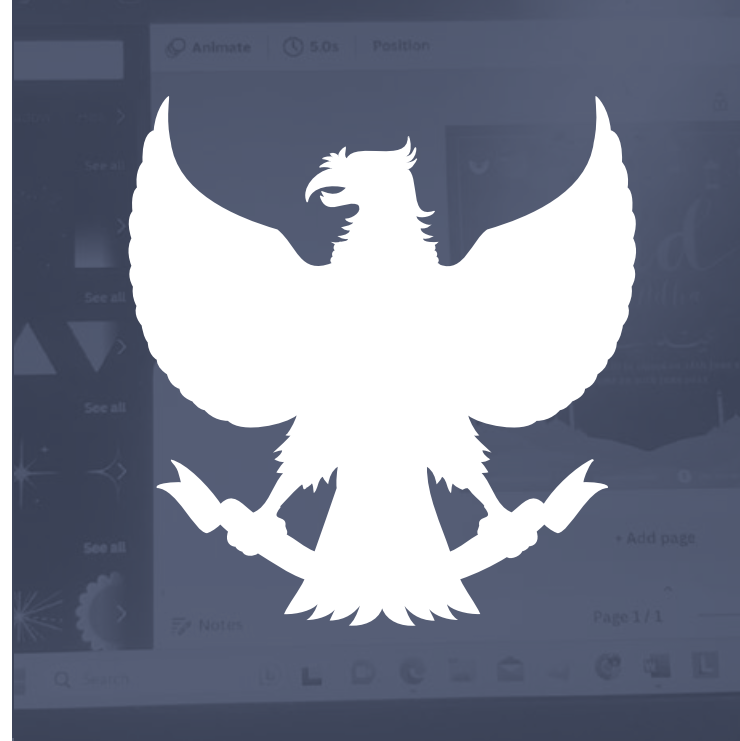
In the same fashion, typing in the Indonesian language was troublesome, as I lacked the formal and written knowledge that I know in English. With the help of my intern friends, I was able to push through.

Overcoming this challenge with the help of my new found friends and supervisors gave me an ultimate sense of achievement. I felt not only more knowledgeable, but also increasingly proud of myself with each and every

## **Are there any language requirements for interns at the Embassy? Will there be opportunities to improve my language skills?**

As mentioned above, knowing and being fluent in the Indonesian language is significant. From writing emails, writing articles, communicating with staff, understanding key concepts, everything is done in Indonesian! Without it, I believe you will be left behind.

At the same time, interning here has provided me with the thrilling opportunity to improve my Indonesian language. As I worked with other staff, they helped boost my confidence in speaking the language. More importantly, they taught me how to use it in formal settings, writings, and also encouraged me to step out of my zone and be the true Indonesian that I am!



**DURING MY INTERNSHIP, I WAS ABLE TO DISPLAY MY TALENT AND CREATIVITY IN VIDEOGRAPHY BY MAKING QUICK-MOVING VIDEOS ON THE EMBASSY'S INSTAGRAM REELS.**

**I GAINED A SENSE OF EMPATHY AND UNDERSTANDING FOR THE RESPONSIBILITIES THESE RESPECTIVE PEOPLE HAVE IN ENSURING INDONESIANS LIKE ME ARE LIVING THE LIFE WE HAVE NOW ABROAD**



In understanding, I believe this was the perfect way to improve my cultural relations with other Indonesians. As well as feel more connected to my home ground. It really brought out the cultural aspect of me, that our school strongly instils.

### **Can you share with us your understanding on the different functions of the Embassy?**

Of course! I'm glad to tell you all that I have learnt - which by the way, is a lot! To make it simpler, the Embassy has four functions: Political, Economical, Social and Cultural, and Citizen Protectionship. Their functions are just as the name suggests, the Embassy takes care of the political, economical, social and cultural, and security affairs of all Indonesian citizens that live in Kenya, Uganda, DR Congo and Somalia.

For example, they often address their economical concerns, let's say during a recession, in order to protect fellow Indonesians from being impacted by its harm. This is mainly done during United Nations Assemblies or conferences. And these concerns are brought out by their respective diplomats and the Ambassador.

In my opinion, I think this was an interesting insight and new knowledge to me. If it wasn't for this internship, I would never have been so curious about this! Aside from the growing respect I have for the diplomats and Ambassador, I gained a sense of empathy and understanding for the responsibilities these respective people have in ensuring Indonesians like me are living the life we have now abroad.

### **Can you provide insights on the work environment and team dynamics at the embassy?**

I am delighted to say that the work environment within the embassy is nothing short of supportive, exciting, and full of respect. During my two weeks here, I was surprised to see that all the staff members were very understanding and great teachers to me as I managed to learn. Not only that, but they were really respectful and easy-going, in such a way that made me feel accepted and included in the community as one of them.

Between each other, I felt a sense of rapport. I felt included. It felt like home. I felt cared for. Aside from just learning and working, it was truly amazing to work alongside genuinely nice people and have a two-way mutual respect for one another - a value LIS has taught me to grow into.

### **Are there any opportunities for interns to attend diplomatic events or represent the Embassy at conferences and meetings?**

Thankfully, yes! The previous interns let me know that during their three month internship, they were able to attend several United Nations assemblies alongside the Indonesian Embassy representatives. They assisted in organising the events, writing reports on them, and overall gained a vivid picture of real UN conferences first hand! They said it was an unforgettable experience and although I interned during the





**YOU SHOULD BE PUNCTUAL AND RESPONSIBLE. IN ADDITION TO THAT, I ADVISE YOU TO ALWAYS REMAIN RESPECTFUL TO THE PEOPLE AROUND YOU**



time where there were no conferences, I believe being able to attend such a significant diplomatic event is thrilling for a mind interested in international relations. Aside from being fun, it is also a skillful learning experience.

### **What advice would you give to future interns who are interested in working at Embassies?**

I believe that interning at any Embassy is a great workplace to anyone interested in becoming a diplomat in either of the four aspects - including international relations and crisis related affairs.

My advice to you would be to ensure you are punctual and responsible. In addition to that, I advise you to always remain respectful to the people around you. Moreover, I urge you, while you are there, to grasp as much knowledge as you can about the procedures or information, they will teach you and get to know yourself better (career wise, to understand whether or not international relations would be a suitable career path for you!)



**Luna Arunday**  
Year 12 Student

**LIS MOMBASA**



**HANDS ON EXPERIENCE**



# CULTURE DAY



EVERYONE AT SCHOOL CHERISHES THIS DAY, TEACHERS, PARENTS, STUDENTS, EVERYONE! A DAY THAT BRINGS TOGETHER SEVERAL CULTURES ALL OVER THE WORLD TO OPEN THE EYES OF STUDENTS AND TEACHERS ON DIFFERENT TRADITIONS WORLDWIDE! IT'S NOT JUST A DAY OF CELEBRATING CULTURAL DIVERSITY, BUT ALSO A DAY OF FESTIVITY. AND JUST LIKE EVERY YEAR, THIS YEAR WAS ANOTHER SPECTACULAR SUCCESS.

Like every other year, this year introduced new countries; Morocco, Portugal, Tobago and Trinidad, Croatia, Eritrea, Seychelles, Mali... and many more. Don't see your country? Maybe it will make a grand appearance next year.

After weeks of preparations, rehearsals and







cooking, everyone is ready. At the stalls, a buffet of food featuring each culture's delicious delicacies, drinks, and dynamics awaited. All inside a decorated stall, a body of the cultures' home country. As some were intrigued by the enticing aroma, others swarmed foods to have their taste. Who doesn't rush to eat cultural food?

At the auditorium, traditional dances were happening. Here, not only do you see bright, colourful attires, but also be amazed by the dances – some upbeat, while others perfectly melodious. The audience's hearts were booming, the judges were impressed, and the performers were overjoyed.

At the end of the day, the winners were announced. This doesn't mean that some cultures are better than others, it only goes to show that it's also a fierce competition – a formidable one. Unlike previous years, there were far more categories to win at. Best dance... best food... best attire... to only name a few. In the end, we were left with smiles and satisfaction.



**Luna Arunday**  
Year 12 Student

LIS MOMBASA



# Journalism Club





The existence of this ambitious club has left an impactful meaning at Light International School, Mombasa. Serving as a model for the real world, where our members can freely and openly discuss ideas, debate and point to the problems that need to be addressed, the Journalism Club serves as a constant reminder to every student that their skills should never be undermined.

Having a variety of sections ranging from Content Creation, Video Editing Team, Interviewers, Photography and Filming, it

is with no doubt that all skills are implored, enhanced and appreciated upon being a member. With weekly scheduled meetings, we explore ways of bettering the content being produced by our very own filmmakers as well as organise annual events such as the Elocution Contest that were birthed in 2022. Driven by the need to also promote and appreciate cultural diversity evident amongst the student fraternity, in the future we hope to host and organise inter-cultural visits within our host country and international trips too!



**Natasha Zaharani**  
Year 12 Student

LIS MOMBASA



The Journalism Club has truly gone above and beyond to embody how being around great, supportive peers can lead to personal development and curb societal norms as it allows the efficient use of technological resources at our disposal, utilising and implementing concepts that are learnt in class and adopt all this in presentation of ideas, creatively and artistically. I mean this led to almost 2 million views on our Tiktok account!

and strive for excellence. Additionally we are grateful to our Principal and Deputy Principal, and our teachers for believing in us, motivating us and cheering us on. Thank you too for the opportunity you have given us to present Light International School-Mombasa second magazine edition. Thank you to all the students and teachers who made it possible for us to put together this edition.



The success of this club has been steered by the able leadership of Ms. Mercy Chepkemoi, our club patron, to whom we are grateful as she has pushed us to reach our potential





ACCESS TO SUCCESS



**THE JOURNALISM CLUB HAS TRULY GONE ABOVE AND BEYOND TO EMBODY HOW BEING AROUND GREAT, SUPPORTIVE PEERS CAN LEAD TO PERSONAL DEVELOPMENT.**

We would love to interact and keep in touch with you through our Tiktok account [@lismombasa](#) and our email [journalismclub54@gmail.com](mailto:journalismclub54@gmail.com).

# A JOURNEY OF LEADERSHIP AND PASSION: MY EXPERIENCE AS A NETBALLER AND CAPTAIN



ACTIVE LEARNING

STEPPING ONTO THE NETBALL COURT FOR THE FIRST TIME IGNITED A FIRE WITHIN ME THAT WOULD SHAPE MY LIFE IN UNIMAGINABLE WAYS. LITTLE DID I KNOW THAT THIS EXHILARATING SPORT WOULD NOT ONLY TEST MY PHYSICAL PROWESS BUT ALSO SHAPE ME INTO A LEADER.



**Rhoda Mitchell**  
Year 11 Student

LIS MOMBASA



**AS I EMBRACED THE CHALLENGES AND OPPORTUNITIES THAT CAME MY WAY, I EMBARKED ON A REMARKABLE JOURNEY AS A NETBALLER AND HAD THE PRIVILEGE OF SERVING AS A CAPTAIN. IN THIS ARTICLE, I AIM TO SHARE MY EXPERIENCES, REFLECTING ON THE GROWTH, TRIUMPHS, AND LESSONS LEARNED THROUGHOUT MY NETBALL CAREER.**





**Discovering the Joy of Netball:**

As a young girl, I was introduced to the captivating world of netball. From the very beginning, I was captivated by the grace, skill, and teamwork involved. The sport quickly became an integral part of my life, and my passion for netball grew exponentially with each training session and match. It was on the netball court that I found my sense of belonging, forming deep bonds with teammates who shared my love for the game.

**Developing Skills and Character:**

Netball is a sport that demands discipline, dedication, and perseverance. As I honed my skills, I also learned invaluable life lessons. From mastering the fundamentals of shooting and passing to refining defensive techniques, every challenge presented an opportunity for growth. Through the highs and lows, I discovered the importance of resilience, sportsmanship, and self-belief. These qualities not only shaped me as a player but also as an individual.

**Fun and Memorable Moments:**

Spending time with the players is the best part of my journey through sports. The music we blast in the bus as we travel through the thick tarmac and our coach complaining but vibing at the same tie. The acts we drop after beating our opponents with countless scores. Food and drinks we fight for and ice lollies we eat every break while hiding from Mrs Ruth because she will definitely kill us. There is something about the time we spend together. Not just the fact that we have to win the game. It is just a place where one can find peace.

**Stepping into Leadership:**

Being appointed as a captain was a moment that filled me with a mixture of pride and responsibility. Leading my team meant more than just wearing the armband; it meant setting an example, motivating others, and fostering a positive team environment. The role taught me the significance of effective communication, empathy, and adaptability. As a captain, I had to make tough decisions, inspire unity, and encourage every team member to strive for excellence.



### The Challenges Faced:

Along my journey, I encountered numerous challenges, both on and off the court. I faced formidable opponents, injuries, and setbacks that tested my resilience and determination. As a captain, I had to navigate the complexities of team dynamics, manage conflicts, and inspire the team during tough times. These experiences taught me the importance of maintaining a strong mindset, finding solutions, and embracing failure as a stepping stone towards success.

### Memorable Moments of Triumph:

Among the challenges, there were also moments of triumph that will forever be etched in my memory. The exhilaration of winning crucial matches, the joy of witnessing teammates achieve personal milestones, and the pride of leading my team to victory are experiences that can hardly be put into words. These moments solidified my love for the game and reinforced the immense satisfaction that comes from the collective efforts of a dedicated team.

### Legacy and Future Aspirations:

As my journey as a netballer and captain continues, I am driven to leave a lasting legacy. I aspire to inspire future generations of netballers, fostering a love for the sport and empowering young athletes to realise their full potential. Beyond my playing career, I aim to contribute to the growth of netball by coaching, mentoring, and advocating for equal opportunities for all aspiring players.

### Conclusion

**MY EXPERIENCE AS A NETBALLER AND CAPTAIN HAS BEEN A TRANSFORMATIVE JOURNEY, SHAPING NOT ONLY MY ATHLETIC ABILITIES BUT ALSO MY CHARACTER AND LEADERSHIP SKILLS. THE CHALLENGES I FACED AND THE TRIUMPHS I CELEBRATED HAVE TAUGHT ME VALUABLE LIFE LESSONS THAT EXTEND FAR BEYOND THE COURT. NETBALL HAS PROVIDED ME WITH A PLATFORM TO DISCOVER MY STRENGTHS, EMBRACE TEAMWORK, AND NURTURE MY PASSION FOR THE SPORT. AS I CONTINUE TO PURSUE MY NETBALL DREAMS, I AM GRATEFUL FOR THE OPPORTUNITIES.**



# ART AS A SECOND LANGUAGE:

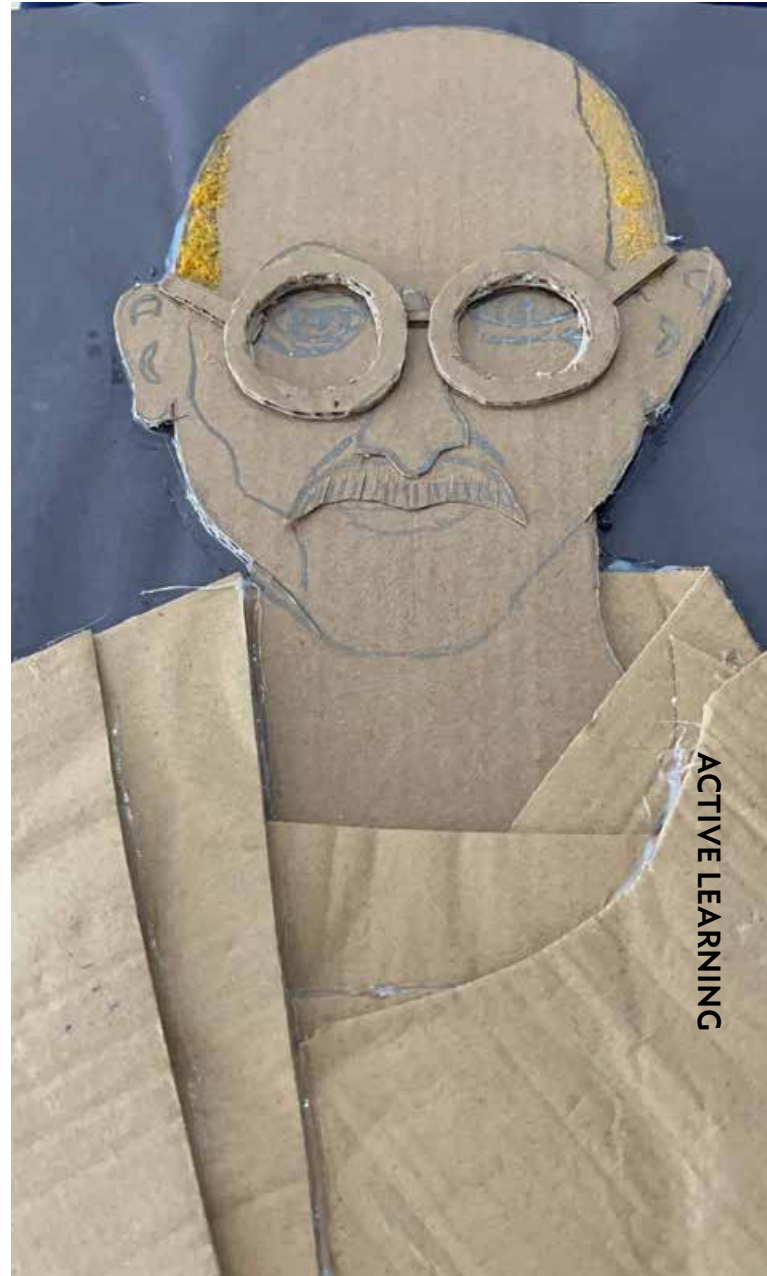
A profound communicative medium

ACTIVE LEARNING





Art, in its myriad forms, has long been regarded as a powerful means of expression, transcending the limitations of conventional languages. Just as spoken and written languages allow us to communicate thoughts and ideas, art serves as a second language, enabling individuals to convey emotions, experiences, and concepts that often elude verbalization, delving into its unique characteristics, the universality of its messages, and its ability to bridge cultural divides.



ACTIVE LEARNING

### The Universal Language:

Unlike spoken languages, art possesses a universal quality that transcends cultural, social, and linguistic barriers. A painting, a sculpture, or a dance can communicate meaning and evoke emotions in a manner that is inherently understandable to people across different backgrounds. The beauty of a sunset, the anguish captured in a photograph, or the harmony of a symphony resonate deeply within human consciousness, regardless of language proficiency. This universality makes art a powerful tool for fostering understanding and empathy among diverse communities.



The beauty of a sunset, the anguish captured in a photograph, or the harmony of a symphony resonate deeply within human consciousness, regardless of language proficiency.



Art, as a second language, transcends the boundaries of traditional linguistic systems, providing a universal and profound mode of communication.

ACTIVE LEARNING

**Breaking Language Barriers:**

Art has the remarkable ability to communicate across language barriers, creating a shared experience that surpasses the limitations of words. When a painting or a performance elicits an emotional response, language becomes secondary. Art allows individuals to connect with one another on a deeper level, unifying diverse audiences through a shared appreciation of beauty, creativity, and the human condition. In this way, art becomes a potent means of overcoming linguistic differences and fostering a sense of global community.

**Expression Beyond Words:**

Art has an extraordinary capacity to express complex emotions and ideas that often defy verbal explanation. It offers a unique form of communication that goes beyond the constraints of grammar and vocabulary. When words fail, art steps in, providing a visual, auditory, or tactile representation of what cannot be articulated through speech alone. For instance, a painting may capture the essence of love, grief, or resilience, touching the viewer's soul in a profound and personal way. Through art, artists can delve into the depths of the human experience, offering glimpses into their inner worlds and inviting others to connect with their creations on an emotional level.

When a painting or a performance elicits an emotional response, language becomes secondary.




Art, as a second language, transcends the boundaries of traditional linguistic systems, providing a universal and profound mode of communication. It allows individuals to express and interpret emotions, ideas, and experiences that are often untranslatable through words alone. Moreover, art acts as a bridge, fostering cultural exchange, dialogue, and understanding among diverse communities. As we continue to explore the vast realm of human expression, let us recognize and embrace art as a powerful language that unites us all, transcending the limits of our spoken tongues.





ACTIVE LEARNING



**Bilqis Gamal**  
Year 10 Student

LIS MOMBASA



# THE MORNING BOOK RITUAL:


## Unveiling the importance of DEAR time.



IN OUR FAST-PACED, TECHNOLOGY-DRIVEN WORLD, CARVING OUT TIME FOR READING HAS BECOME AN ESSENTIAL ACT OF SELF-CARE AND PERSONAL GROWTH. WHILE READING AT ANY TIME OF THE DAY HOLDS IMMENSE VALUE, THE DISTINCT ADVANTAGES AND SIGNIFICANCE OF ENGAGING IN THE PLEASURABLE PURSUIT OF READING A BOOK IN THE MORNING. FROM SETTING A POSITIVE TONE FOR THE DAY TO ENHANCING COGNITIVE ABILITIES AND NURTURING CREATIVITY, THE D.E.A.R (DROP EVERYTHING AND READ) TIME AT LIGHT INTERNATIONAL SCHOOL MOMBASA OFFERS A MULTITUDE OF BENEFITS THAT CAN POSITIVELY IMPACT OUR LIVES.






  
**AS WE DEDICATE  
 UNINTERRUPTED TIME  
 TO ENGAGE WITH A TEXT,  
 WE TRAIN OUR MINDS TO  
 RESIST THE CONSTANT  
 URGE FOR INSTANT  
 GRATIFICATION AND  
 DIGITAL STIMULATION.**



Reading in the morning offers a tranquil and introspective start to the day, providing a space for self-reflection and emotional rejuvenation. Whether we delve into a gripping novel, explore philosophical ideas, or peruse a collection of poetry, reading allows us to connect with the rich tapestry of human emotions. It invites us to empathise with fictional characters, learn from others' experiences, and gain insights into the human condition. This emotional connection nurtures our empathy, self-awareness, and overall well-being.

In a world filled with distractions, reading a book in the morning allows us to cultivate a sense of

focus and mindfulness. As we dedicate uninterrupted time to engage with a text, we train our minds to resist the constant urge for instant gratification and digital stimulation. This intentional and immersive experience fosters deep concentration, enabling us to be fully present and absorbed in the beauty and wisdom contained within the pages of a book.

Reading a book in the morning is more than a simple act; it is a ritual that nourishes our minds, hearts, and souls. By embracing this practice, we open ourselves to a world of inspiration, knowledge, and personal growth. From igniting our creativity and enhancing cognitive abilities to

cultivating emotional well-being and promoting mindfulness, D.E.A.R time offers a myriad of benefits that enrich our lives. So, let us embrace the morning quietude, turn the pages of literature, and embark on a journey of intellectual and emotional awakening with the written word!



**Abdinoor  
 Abdullahi**  
 Year 11 Student

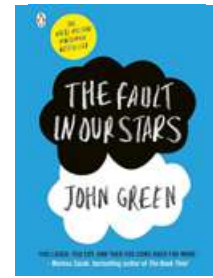
LIS MOMBASA

# BOOKS



«WONDER»  
BY R.J. PALACIO

August, a ten-year-old with facial differences, goes to a traditional school for the first time in fifth grade. In school, August makes new friends, has conflicts with friends and deals with a bully. The experiences help August to see that he is capable of being independent.



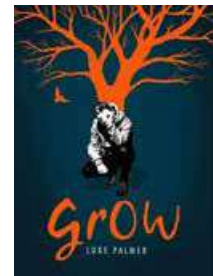
«THE FAULT IN OUR STARS»  
BY JOHN GREEN

Stunning story of love in the face of desperate adversity. When terminally ill, Hazel meets Augustus the short time she has left to live changes course in ways she could have never imagined.



«THIEF»  
BY MALORIE BLACKMAN

Tells the story of Lydia Henson who has recently moved to a new school and wants to join the group 'Cosmics' that her best friend Frankie is a member of. In order to test her courage and loyalty to the group, their leader – Anne – puts her on a mission which involves Lydia stealing the school sports cup.



«GROW»  
BY LUKE PALMER

When Josh's father is murdered in a terrorist atrocity, he finds himself both picked out and fascinated by extreme racists who milk his grief and misfortune. He finds himself in a situation where righting wrongs challenges the status quo and not even he is sure which path he will take. With subtle nuance, this startling novel will challenge both educators and teenagers.



**Yasin Dafu**  
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**Bertha Minyika**  
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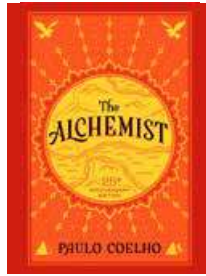




«A WRINKLE IN TIME»  
BY MADELEINE L'ENGLE

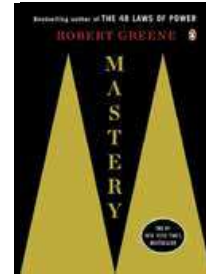
Meg Murry, a teenager in high school, embarks on a journey through time and space with her younger brother Charles Wallace and her friend Calvin O'Keefe to free her father, an incredible scientist, from the evil forces holding him captive on another planet in the book "A Wrinkle in Time"

'A Wrinkle in Time' is a young adult novel that examines the power of love and the value of individuality as core themes and the struggle between good and evil as the main conflict.



«THE ALCHEMIST»  
BY PAULO COELHO

Tells the story of Santiago, a young Andalusian shepherd who embarks on a journey to find his Personal Legend, or true purpose in life. Along the way, he encounters a series of characters and experiences that guide him towards self-discovery and spiritual enlightenment. The novel explores themes of destiny, following one's dreams, the power of the universe, and the importance of listening to one's heart. Santiago learns valuable lessons about the interconnectedness of all things and the importance of living in the present moment. Ultimately, "The Alchemist" emphasises the idea that when a person truly desires something, the whole universe conspires to help them achieve it.



«MASTERY»  
BY ROBERT GREENE

In this book, Robert Greene, the author of The 48 Laws of Power, illustrates that the ultimate form of power is mastery itself. Scrutinising the lives of masters such as Albert Einstein, Benjamin Franklin, Charles Darwin, and Leonard da Vinci, as well as interacting with nine contemporary masters, such as Paul Graham and Temple Grandin, Greene demystifies our culture's many myths about genius and brings to birth the wisdom of the ages to disclose the secret to greatness and achievement. With this masterpiece, readers will learn how to discover the passion within and become masters. With topics like "Discover Your Calling", "Submit to Reality", "See People as They Are" among others, the reader is taken to heights of internal self searching that ultimately discovers genuine personal discovery.

This is a must read for all A level students and the teachers.



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**James Mwaisaka**  
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# HIGH FLIERS

Highest mark in the World



**Ryan Kitonga**  
IGCSE Swahili 2023



**Luna Arunday Kirana**  
IGCSE Sociology 2023

Highest mark in Kenya



**Mohamed Jamal Shariff**  
AS Level Business 2023  
AS Level Mathematics 2023



**Maqdam Mukhtaar**  
IGCSE Chemistry 2022





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