



The January 29th Issue 2025

Marina Weekly Newsletter



Our Mission: Provide a holistic, student-centred education that enables students to reach their full potential and contribute to the progress of The Gambia and the world.

Our Vision: An internationally acclaimed and diverse community of students and staff committed to academic excellence and character development in a safe and caring environment.

www.mis.edu.gm



Visit our social media pages.

Dear Parents,

We are delighted to welcome our students back to another week of learning, growing and sharing remarkable achievements and participating in exciting upcoming events at Marina International School. From our students' outstanding performances in sports to the launch of new educational initiatives, our community continues to exemplify the values of **Respect, Achievement, Integrity, Service, and Empathy (R.A.I.S.E.)**. Last week, we celebrated **Health Week** and **The Warren Townsend Football Tournament**. This week, we look forward to the **HS Speech and Prize-giving Day** on **Friday January 31st 2025**.

Health Week

Marina School celebrated Health Week, an event dedicated to promoting well-being and healthy lifestyles among students and staff. Throughout the week, the school emphasized the importance of maintaining a healthy mind and body. Eating balanced meals was highlighted as essential for physical health, fueling the body with the necessary nutrients for optimal performance. In addition, reading was encouraged as a great way to exercise the mind, reduce stress and boost cognitive function. To further support physical health, students were encouraged to engage in sports or simply take regular walks, both of which improves fitness and increases energy. Health Week serves as a reminder that a holistic approach to well-being—balancing mental, emotional, and physical health—is key to leading a fulfilling life.



Junior School Walk-a-thon



Highschool Walk-a-thon

Health week started from Monday, 13th January, to Friday, 17th January 2025. As always, the school organised a fun-filled and educational programme of activities. The Marina Campus was buzzing as teachers and students had an early morning stretch. Parents were encouraged to pack healthy snacks. The highlight of the week were the Walk-A-Thons planned on Wednesday 15th January for the JS Campus and Thursday 16th January for the HS Campus. On Friday, Dr. Karen Forrest, a member of our Board of Governors and our safeguarding lead, had a session with the students to conclude the week's activities.



Year 5, during their early morning stretch

Art Exhibition



Student artists went to Alliance Francaise for an artist tour and interviews with Paradise TV. They talked about their passion for art, how art impacts their lives, encouraging children all over the world to believe in themselves and continue developing their artistic talents. Parents, Alumni and Friends of Marina are encouraged to purchase their art works from the school by contacting Mr. Toyinbo or make a donation to the art department.



Interview at Afriradio

Fatoumatta Sanneh and Abdallah Apesin represented the school and their fellow art students on Afriradio 107.6fm on Sunday, Jan 19th during the **Fun Kids Show** to talk about their art work, their love for art as well as encouraging purchase of art works at Alliance Francaise.

The Warren Townsend Football Tournament

Marina International School recently hosted a heartwarming football tournament in memory of Mr. Warren Townsend, the former Head of High School, whose legacy continues to inspire students and staff alike. The event brought together four schools—Marina International School, SBEC International School, Maarif International School, and Methodist Academy—for a weekend of friendly yet competitive matches, honoring a beloved educator whose impact is still felt today.

The tournament, held at Marina International School's sports grounds, featured both girls' and boys' football teams. Students and staff from all four participating schools came together to cheer on their teams, creating an atmosphere of camaraderie and sportsmanship. The girls' football team from Marina International School emerged victorious, winning the cup in a series of thrilling matches. Their success not only highlighted their impressive skills on the field but also served as a reminder of the values that Mr. Townsend instilled in all those who knew him.

His dedication to fostering a supportive and inclusive environment for students was evident in the competitive yet respectful spirit of the tournament.



Mr. Townsend's leadership was characterized by his unwavering kindness, determination, and inspirational nature, qualities that made him a beloved figure within the school community. His contributions left a profound impact on the students whose lives he touched.

May Mr. Warren Townsend's soul rest in perfect peace, and may his memory continue to inspire students, staff, and the entire school community for years to come.



Marina Magic- JS

EYFS Healthy Me Week Celebration

This week, we had an exciting and educational celebration of Healthy Me Week! It was a fantastic opportunity for our learners to understand the importance of living a healthy lifestyle and actively participate in fun, health-focused activities.

We kicked off the week with an engaging talk by a doctor who explained what it means to be healthy and shared practical tips for maintaining good health. The learners were fascinated to learn about the role of exercise, proper nutrition, and hygiene in keeping our bodies strong and active.

The fun didn't stop there! We danced to lively music, getting our bodies moving and hearts pumping. Afterward, we took a refreshing walk around the school, joined by parents who made the experience even more memorable. It was a wonderful moment of bonding, teamwork, and community spirit.

To wrap up our Healthy Me Week celebrations, we worked together to prepare a delicious and nutritious salad. The learners enjoyed selecting, chopping, and mixing the ingredients, and the best part was savoring the salad they had made with so much enthusiasm!

A heartfelt thank you to all the parents who joined us in this venture. Your participation and support made the event extra special for everyone.

Together, we learned valuable lessons about health while having a fantastic time!



Here's to a healthier and happier us!

-Monica Ndambuki

Marina Magic- HS

THE NEXUS OF SCIENTIFIC LEARNING THE SCIENCE DEPARTMENT

This week, our Form 4 students have been fully immersed in the exciting world of physics through practical experimentation. Recently, they explored **Hooke's Law**, one of the fundamental principles of mechanics, and it has been an absolute delight to see their enthusiasm and curiosity come to life in the lab. During this experiment, learners measured the extension of spring when subjected to different weights, analysing the direct proportionality between force and extension. This hands-on activity allowed them to see theoretical concepts come to life, fostering their understanding of elasticity and mechanical behaviour.

Why is this important?

Understanding Hooke's Law has real-life applications that our students can connect with, such as the functioning of springs in vehicle suspension systems, weighing scales, construction tools, and even medical devices like prosthetics. By engaging in such experiments, learners develop critical thinking, problem-solving and data analysis skills—abilities that extend far beyond the classroom.

As a department, we are committed to ensuring that our students acquire these essential life skills through engaging and practical learning experiences. These activities not only make science more relatable but also build their confidence to approach complex problems with a hands-on mindset.



-Stephen Shikuku, COD, Science Department



MARINA INTERNATIONAL SCHOOL
INVITES YOU TO ITS ANNUAL

**SPEECH AND
PRIZE-GIVING
CEREMONY**



**ENGAGING MINDS AND
EMPOWERING FUTURES**



**FRIDAY, JANUARY
31ST 2025**

4 PM

**MARINA
SCHOOL
GROUNDS**

2nd Term Calendar

SCHOOL FEES PAYMENTS DUE -Jan 6th 2025

HS Speech and Prize-Giving Day - Jan 31st 2025

HS Career Talk -February 7th 2025 - Form 4

JS Mathematics Challenge - Friday February 7th 2025

CHECKPOINT FEES DEADLINE - FEB 10TH

Wednesday, 12th February - Sports Day for
Foundation, Year 1, and Year 2

Wednesday, 19th February – Sunday, 23rd February -
Midterm Break

Monday, 10th March – Friday, 14th March - Mid-year
Assessments

Week of Monday, March 17th - COBIS Compliance
Visit

Day Tuesday, April 15th - Open Day

"The first wealth is health." – Ralph Waldo Emerson



Important Date or Events

- **School Fees Due- Jan 6th 2025**
- **Speech and Prize-giving Ceremony-
Jan 31st 2025**