

Kraken KRONICLES



OCT 2026

UPCOMING EVENTS

28/10–31/10 – ERONGO BUSINESS & TOURISM EXPO

09/11 – 18/11 – YEAR 6 EXAMS

09/11 – 27/11 – HIGH SCHOOL EXAMS

20/11 – SCHOOL CONCERT – GET LIT!

25/11 – REC GRADUATION

26/11 – KS1 & 2 AWARD CEREMONY

27/11 – FINAL ASSEMBLY 10:00

02/12 – REPORTS



Maths, mixing and a little mess!

The Year 3s put their knowledge of weight and capacity to the test by baking Cottage Delight cookies.

Learning has never tasted so good!

BEYOND THE BOOKS: LEARNING FOR LIFE

Excursions and class camps provide valuable learning experiences beyond the classroom. They encourage independence, teamwork and problem-solving while helping students develop social skills, build confidence and explore the world around them. These experiences bring learning to life and create lasting memories along the way.

YEAR 3 CRYSTAL GALLERY EXCURSION



Our Year 3 learners enjoyed an exciting excursion to the Crystal Gallery, where they had the opportunity to explore the fascinating world of rocks, crystals and minerals. As part of their Science lessons, the learners have been discovering more about comets, rocks and meteorites, and the visit provided a wonderful opportunity to bring their classroom learning to life.

The excursion sparked curiosity and gave learners the chance to observe and discover more about the world around them. It was an enjoyable and educational experience that allowed our young scientists to learn beyond the classroom while making lasting memories along the way!



SPICING UP SCIENCE



Who says learning has to happen with your nose in a textbook? Our Year 9 learners recently got hands-on in the Chemistry classroom as they explored acids and bases through an exciting titration practical!

Rather than simply reading about acids, bases and indicators in their notes, learners had the opportunity to put their knowledge into practice and observe chemistry in action.

During the practical, they worked with laboratory equipment, followed the correct procedures and investigated how acids and bases react. Working together, they applied their classroom knowledge, developed their practical skills and experienced the excitement of scientific discovery firsthand.

Practical lessons like these bring learning to life, making complex concepts easier to understand and remember. They also encourage curiosity, teamwork and problem-solving while allowing learners to explore the science behind the theory.
Who knew acids and bases could make Chemistry so exciting?

Written by Ashlynn Humphries





Arts & Culture Evening



On 11 September, our school came alive with creativity, talent and self-expression at our annual Arts & Culture Festival! The event provided learners with a wonderful opportunity to showcase their artistic abilities, celebrate their individuality and share their passion for the arts.

From impressive performances to creative displays, the festival highlighted the incredible talent within our school community. It was a celebration of imagination, confidence and the many different ways our learners express themselves through art and culture.

Our Arts & Culture Festival was a memorable occasion that reminded us of the importance of nurturing creativity and giving every learner the opportunity to shine!

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A huge thank you to all those involved in the planning and execution of a fantastic evening.



CELEBRATING THE CLASS OF 2026

September was a special month for our Matric students as we celebrated the Class of 2026 with two memorable occasions: An Enchanted Evening Matric Farewell on 19 September and our Valedictory Ceremony on 22 September.

The Matric Farewell was an evening of elegance, laughter and celebration as our students dressed to impress and enjoyed a magical night with their friends and teachers. It was a wonderful opportunity to celebrate the friendships and memories made throughout their school journey.

A few days later, our Valedictory Ceremony provided a meaningful opportunity to reflect on the achievements, growth and experiences of the Class of 2026. Surrounded by teachers, family and friends, our Matric students celebrated the end of an important chapter in their lives.

As they face their final examinations and the exciting journey beyond school, we wish the Class of 2026 every success. May they carry the lessons learned, friendships formed and memories made at ISWB with them into the next chapter of their lives.



SPORT SPOTLIGHT



Little Legs, Big Achievements!

Our Reception learners proudly participated in the Morsjorsies Athletics Day on 10 October, demonstrating enthusiasm, determination and wonderful sportsmanship. A special congratulations goes to Evelina Petrus, who was awarded the title of Best Girls Athlete – a fantastic achievement!

We extend our sincere thanks to Morsjorsies for organising such a wonderful event, to our Reception teachers for their dedication and preparation, and to our parents for their continued support and encouragement. We are incredibly proud of our little athletes and their achievements!

BODYGUARDS IN TRAINING?

On 19 September, three of our talented learners travelled to Windhoek to compete in the Namibian National Karate Championships, proudly representing The International School of Walvis Bay at national level.

The championships proved to be a successful outing for our karate athletes, with Shādiëk Humphries securing gold in Kumite. This achievement makes Shādiëk the Namibian National Champion in his Kumite division, an outstanding accomplishment at such a high level of competition.

Paulus Makemba also delivered an exceptional performance, claiming gold in both Kata and Kumite. By winning both events, Paulus became a Namibian National Champion in each of his divisions, marking an impressive achievement.

Ntsikelelo Mhambi added to the school's success by earning a bronze medal in Kumite, showing determination and skill throughout the competition.

These achievements are a wonderful reflection of the dedication, discipline and hard work our learners continue to put into their sport. We are incredibly proud of Shādiëk, Paulus and Ntsikelelo for representing ISWB at the national level.

Congratulations to our karate athletes on an outstanding performance at the National Championships!

Written by: Ashlynn Humphries

NAPSO ATHLETICS



We are delighted to celebrate our very own Olive Ashipala, who was proudly capped as a member of the Junior NAPSO Athletics Team!

Being selected for the team is a wonderful achievement and a reflection of Olive's dedication, hard work and athletic ability. We are incredibly proud to see her represent our school at this level and look forward to following her journey.

Congratulations, Olive! The entire ISWB family is cheering you on and wishes you every success as you take on this exciting opportunity. Go out there and make us proud!



League Wrapped, Trophy Hunt Still On!

Our ISWB football teams had a fantastic season in the Champion Maize League, with all four age groups making their mark on the competition!

The U9 and U11 teams secured an impressive second place in their respective divisions, while our U13 and U15 teams finished fourth. Well done to all our players for their teamwork, sportsmanship and determination on the pitch!

There were also some standout individual performances. Congratulations to Jordan, Misael and Malachi, who were named Most Valuable Players (MVPs). A special shout-out goes to Misael, who took home the title of U11 Player of the Season! What an outstanding achievement!



From League Action to Cup Glory!

Our ISWB football boys had plenty to celebrate at the Bokomo Champion Youth Tournament, with both the U11 and U15 teams lifting the cup in their respective age groups!

The U15 boys claimed their title with a convincing 2-0 victory over Teenagers FC in the final, while the U11 boys secured their trophy with a hard-fought 1-0 win against SFC.

Two finals, two victories and two trophies for ISWB! Congratulations to our players and coaches on these fantastic results. You've given us plenty of reasons to cheer from the sidelines!



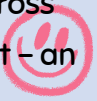


Raising the Bar

One Flip at a Time



Two of our talented gymnasts, Shekinah Groeneveld and Joze Clarke, proudly represented ISWB at the National Artistic Gymnastics Championships, delivering outstanding performances and achieving impressive results.

Joze secured 2nd place overall in the HP2 category, showcasing her skill and consistency across all four apparatus. She claimed 1st place in floor, as well as 2nd place in beam, bars and vault – an exceptional achievement at national level. 

Shekinah had an equally remarkable competition, finishing 1st overall in Level 2 in her age category and earning the prestigious title of National Champion!

Both gymnasts have given us plenty of reason to celebrate, and we congratulate them on their fantastic achievements. Their success is a wonderful reflection of their talent, commitment and passion for the sport.

Well done, Shekinah and Joze! We are incredibly proud of you!



Energy Drinks: Are They Safe for Our Children?

Energy drinks have become increasingly popular among young people, but their impact on children's health is a growing concern. Often marketed as a way to boost energy, improve concentration and fight tiredness, these drinks can contain very high levels of caffeine, sugar and other stimulants.

For children, the effects can be particularly concerning. Caffeine can cause increased heart rate, headaches, anxiety, irritability and difficulty sleeping. It may also lead to restlessness and difficulty concentrating – the very opposite of what children need to succeed in the classroom. Excessive sugar consumption can further contribute to tooth decay, unhealthy weight gain and other long-term health concerns.

Children are more sensitive to caffeine than adults, and their developing bodies are not equipped to handle the high stimulant content found in many energy drinks. Health experts therefore advise that energy drinks should be avoided by children and adolescents.

As parents and educators, we have an important role to play in encouraging healthier choices. Water, balanced meals, sufficient sleep and regular physical activity are far better ways to keep young minds and bodies energised. 

A can of energy might promise a quick boost, but our children deserve the healthy habits that provide lasting energy! 



PRESENTS:

Get Lit!

*A song and dance
extravaganza honouring
literature!*



20 November

Henda Meyer Hall @17h30

Entry at the door:

Adults - N\$50; Children - N\$10

Tuck shop available