

Important dates:

School opens:

May 5 2020.

LMH will resume school online until such time as the announcement to return to school is made.

Theme—Building Community

Public holiday:

May 21

Intersession to lowveld

23 to 26 June

Mid term break:

26 June to 7 July

Theme—Man and Machine

Public holiday

July 22

Intersession

4—7 August

Mpumalanga Arts trip.

Second term closes

7 August 2020.

LILIMA MONTESSORI HIGH NEWSLETTER

Volume 4 issue 1

First term 2020



Lilima's new Art teacher's Perspective on the IB African Education Festival .

Joining a group of teachers to experience an International Baccalaureate conference was all part of a social journey I think fondly about now. Bumper camaraderie, some good meals together, recaps of what excited and inspired us, doing study guides till after midnight, but nowhere in my mental manual was this going to be my first and last trip this season.

ance of this school method. High achieving student role models chosen to display their normal approach exonerates, amplifies and ultimately produces: A human being wholly equipped and ready for the next part of their learning careers. What an amazing task force!

I was captivated by Waterford Kamhlaba's alumnus, Conrad Hughes, who spoke about critical thinking in 2020, he asked "How important is independent thought in today's information saturated world and how can we promote deep learning and meaningful critical thinking in schools?"

Another presentation which inspired me to think deeply, was a panel discussion called "Preparing the Future generation for the 4th industrial Revolution." The words 'Revolution, Socio economic development', and 'Doomsday' were in the blurb, as well as, 'unprecedented change!' This fourth industrial revolution, has led us full speed into a changed world. Whether we are ready or not!

And then we got sent home. To reflect on this 4th Industrial Revolution, a whole paradigm shift which we are being fast tracked into with cyber education, online teaching methods, and virtual museums. Not something we imagined happening for a while, even though we were forewarned. To find new inroads to inspire guide, monitor, assess and continue to model the innovation necessary to contribute towards the next generation.

Hello new world!



Embracing the change to a new way of life...

Who would have guessed that we would have been suddenly thrown into online learning and confinement to our homes, in combination with the resultant stressful economic impact on our lives in 2020?

Thank you to all our students and parents who motivated all their resources to facilitate our emergency online school. A challenging task but overall, successfully implemented. Thank you too to all our staff who held everything together during the changeover. This is a huge learning for all of us and if necessary we will continue online when term is scheduled to reopen. Please do email feedback with your ideas and suggestions so that we can continue to deliver a high quality and unique learning experience for your children.

In February the Lilima staff attended the 3rd International Baccalaureate African Education Festival which was held in Johannesburg. Central to much of the discussion was the issue of technology and E learning so it was ironical that we had to immediately embrace this. It was a fantastic experience for all and an endorsement of our Montessori approach. The team proudly represented Eswatini and Lilima and enjoyed the opportunity to network with other teachers and educators from over 200 different countries.

The festival also left everyone with lots of new ideas and solidified our knowledge of the IB learner profile which is fundamental to all IB pedagogy.

The theme set for the conference, was Inspire Innovate and Integrate! So, now as we enter this new day of social distancing we are faced with the need to inspire, innovate, and integrate. How timely and serendipitous!

Lilima is a Montessori High School but an aspirant IB world school too. Metaphorically it's like the left hand interlacing the right hand, palm to palm. A gentle, supportive, loving embrace of similar interests. The outcome is project based, student led learning; choices within boundaries; deeper meanings; big questions and lateral thought patterns; an open mindedness. Learn how to learn throughout life; learn to understand local and global concepts mixed up within all sorts of disciplines.

Through this process learners find art in maths, science in cookery, language literature in drama, music in design and vice versa. So when you set up thinkers, to make ethical decisions with creative critical analysis, to deal reasonably with the complexities of this world, you get collaborative listeners who can communicate creatively with confidence. Who are honest with integrity, and justice and fairness are common principles.

Once a learner is immersed wholly into these ideals he/she has the probability to become a very fine person, participating in our future as full global citizens. Examples of such were put on the stage to reveal what is possible through the guid-



Before
the lockdown

Parents workshop : Understanding Montessori —Nqaba Tsela



Lindelwa serving at the parents workshop as part of her internship



Lilima Montessori is more than just a school, its a family. This was evident on the day of the parents workshop. A reasonable number of parents attended and they were engaged throughout with the activities provided by the team of teachers/guides. Parents were privileged to experience first hand how students engage in work.

The workshop ended up being more of a family reunion than a serious session. After snacks served by students who volunteered for the day parents continued engaging with the guides about the Montessori way in a more relaxed manner under the shade in our beautiful garden. No one seemed to want to leave as parents were deeply engaged in thought provoking discussion with the guides.

They expressed their appreciation of how the school has shaped or changed their children into becoming better and confident citizens of the world. Many left with wide smiles on their faces and their souls filled with love and joy for finally understanding what we do at Lilima. Spirits were lifted, questions answered in the best possible way and most vowed to share and help other people to understand the value of Lilima and the Montessori approach to education.

Student art : My life in a printers tray



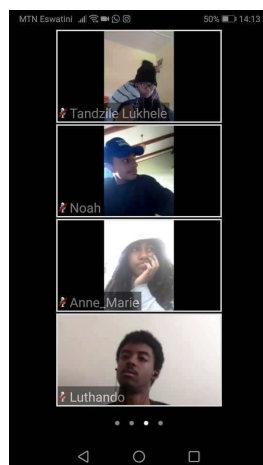
We visited the National Museum on the first day of intercession



New sports this term included karate and ultimate Frisbee



Then we went online! Working at home, at school in a whole new world.



A Zoom Socratic seminar on the impact of Covid. Hydroponics projects were completed and we did assignments from virtual tours of the worlds museums for our "online/at home" intercession.

Reflections on our first intersession by Letitia Dlamini

On the 24-25th February we took our very first adventurous journey of the year. It had all the excitement inside of learning about our rich Swazi heritage. Although we only had just two days of our trip we learnt more than expected with all the fun streaming along.

The first day we took a trip to Mantenga Cultural Village. As we viewed and walked around the home stead area we learnt how certain things were done the in the past. Although most Swazis do not follow the old traditional ways some still do. At Mantenga I learnt that a man of the homestead was allowed to take a second wife if his first wife was not able to conceive.

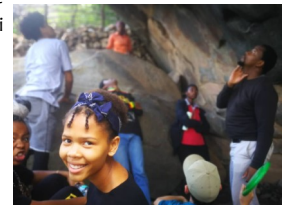
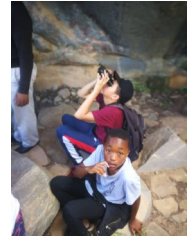
I also learnt that in a traditional home stead each hut was surrounded by a fence with reeds. These reeds were

there to help indicate what a hut was used for. For example if the fence had four reeds it indicated that the hut was used as a bedroom and if the hut had three reeds around the fence it was used as a kitchen. A hut that had no reeds around the fence was open to anyone in the village.

The grandmother's hut was always placed in the middle of the first and second wives huts to maintain peace between the two wives. The grandmother's hut is also used as a place of meetings. The man of the family would always enter the hut before the females just to make sure it was safe to enter. The once the meeting was done the man would exit the hut first also to make sure it was safe for the women to exit the hut.

Also females of the homestead were not allowed to eat certain foods. For example; the tongue and the feet. Swazis believed that if a woman ate the tongue they would be too talkative the man would end up tired of her and if she ate the feet she would pack her bags and leave.

We ended our trip by watching the different types of dances in the Swazi culture.



Hiking down to the Ensangwini Bushman rock art where we saw multiple layers of ancient paintings over time.



and Delight Gama

Ever since technology has advanced the way people follow and understand their culture has also changed. People don't understand the importance of culture which is why most people have forgotten who they are. Culture is important because it helps you understand who you are and where you come from. Knowing all of this helps you understand yourself better, and how important you are. Which is why Lilima Montessori High students attended intersession out of school, to expose us to nature and our environment.

This terms intersession included a visit to the Mantenga cultural village, Esangwini Rock Art, and the National Museum. We learnt about the countries culture, history, beliefs and religion. At Mantenga Cultural Village we learnt a lot about what the girls used to do and how their elders groomed them to become

mature and responsible adults. We learnt about how the young maidens of the family used to help their moms build the huts and prepare food. We also learnt that the first hut when you entered the gate belonged to the girls, and anyone who entered the gate who was a man would meet the girls of the family fall in love with one of them and hopefully get to marry her. This was a way to prevent having enemies because they would then be included in the family.

We learnt about the grandmother who was considered the most important person in the family. She is the oldest person in the family, and her hut is where all family members meet and solve their problems. The grandmother's hut was a place of peace and oneness. If anyone was fighting with someone outside and they ran into the grandmothers hut the fight would not

be expected to continue. If they did they would be punished since the grandmother's hut was known and treated as a place of peace, so if anyone fought in the hut they would be disrespecting the grandmother of the family. And today's technology has changed all of that. Firstly humans have also advanced, we now have beautiful tall buildings and strong well built houses and because of that we don't have people living in huts anymore. Today the houses are not structured like huts used to be in the past, we don't have the grandmother's hut or a hut or house where we go to for family meetings instead we have the grandmother's house which is only used as a house the grandmother lives in. Because of us wanting equal rights women are now able to do or work the same way a men would. We don't have males doing their own thing and woman doing their own it's all a mixture now. So even though technology does come with its advantages it is still good to know about our culture and heritage.



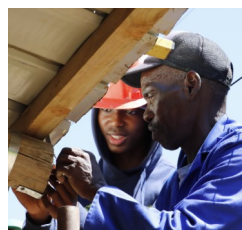
The last day of the intersession consisted of practical workshops



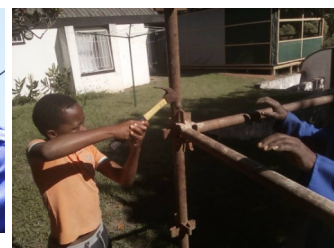
Electricians making extension cords and horticulturists building a new greenhouse for our hydroponics.



Carpenters assembling a wooden bench set.



Builders and plumbers fitting rain water harvesting to the workshop roof to supply water to the vegetable garden.



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Hand in hand we learn



The students enjoyed the school lunches this term and learned how to present the meals. Mimi shares this chicken recipe for all of us to enjoy while we are staying at home!



Nutritionist's corner—Mimi Fato

I believe you can make great and healthy food with everyday ingredients even if you're short on time and cost conscious. You just need to cook clever and get creative! **We had a lot of fun making healthy and nutritious food with the learners this term. One of the favourite dishes we enjoyed making was Sticky Chicken Wings and I thought I'd share the recipe.** The wings are tossed in a savoury, sweet, garlicky marinade, then baked in the oven until deeply golden and very, very sticky. When you order chicken wings at a restaurant, they deep fry them. It's so much better and healthier to make chicken wings in the oven. Chicken wings in the oven come out every bit as crispy and a whole lot less greasy. Plus, you don't have all the oil spatter or clean-up to worry about. The secret to making homemade chicken wings crispy is to make sure your oven is good and hot before popping them in so the skin will crisp up quickly.

For the ingredients you will need:

1.5 kg Chicken Wings
(cut into drumettes (the mini chicken leg / drumstick looking part) and wingettes (the other part) or cook them whole.

For the Marinade

- salt & pepper to taste
- 4 tablespoons olive oil
- 1/2 cup honey
- 4 tablespoons soy sauce
- 4 large garlic cloves crushed
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon finely diced ginger
- 1 tablespoon ground paprika
- 1/2 teaspoon chili flakes

Lemon juice can be substituted with rice vinegar - or any white / clear plain vinegar (not balsamic).

Garlic and ginger - fresh is best! in an emergency, substitute with 1/2 tsp dried powder.

Next simply:

Preheat oven to 220 degrees Celsius.

Mix the chicken wing marinade and pour over wings;
Marinate for a mere 10 to 15 minutes – don't marinate for longer otherwise the wings will be too salty and the marinade watery (from drawing moisture out of the wings).
Spread wings out on baking tray. Bake for 50 minutes until golden and sticky, basting 2 – 3 times with reserved marinade and tray juices. The meat should be able to be pulled off the bones quite easily, they should be just starting to char on the edges and a sticky, dark red/golden colour all over.
Sprinkle with garnishes - coriander leaves, sesame seeds, chilli, sliced shallots/scallions - then serve!
The wings make a fabulous finger food for sharing, whether passing around as a starter or a casual grazing-platter style gathering. Or served as a meal with a side of fried rice and a fresh, crunchy salad.

Enjoy!