



# AKA News

APRIL 2020



## Message from the Head of Academy

Let me begin by saying how much we miss all of our students. The campus is eerily quiet, as is Mama Ngina Drive. Something similar is likely true where you are too, so I write in part to acknowledge how difficult this sudden and unexpected transition has been for all of you.

I hope that you and your family are well. I'm sorry for your children being separated from

their friends and teachers and I'm sorry for the disruption in your lives. At the same time it is important to acknowledge that even though physically separate, we are all in this together, and though your children may not physically be at the Academy, they are still very much in the Academy.

Like millions of families across the world we are adapting to the evolving changes in our daily lives caused by the COVID-19 pandemic. Although none of us have experienced a pandemic before, the AKA Mombasa family of students, parents, educators, and all other staff have quickly risen to the occasion, and I would like to thank everyone for their support.

We are all living through extraordinary circumstances and our first priority must be to keep observing social distance to keep ourselves and our families safe. However, it is also incumbent upon us to keep learning going and I want to praise the efforts that the faculty have made to make this transition as smooth as it has been so far. We are closely monitoring the learning and gathering feedback so we can learn from what is, and what is not, working so well. We do not know how long we will be doing distance learning, but one thing for certain is that it is going to be a varied journey: exhausting at times, exciting at others, perhaps sometimes there will be too much work, perhaps sometimes too little. Please be patient, but also do not stress your child if things are not working perfectly. It is not easy trying to be a teacher and a parent at the same time. Your job is be a parent first and teacher second; if your child misses out on some learning over the next few weeks they will survive but they need it. It is as if we are converting an airplane into a boat while flying it!

Depending on the age of your child(ren), encourage your child to keep in contact with their teachers and peers so they can explain any challenges they are facing (whether it be internet connection, a busy house or power cuts). This will provide them with the support they need to stay on track. DP2 and Y10 parents be assured that the faculty are doing everything in their power to support students. The next few days will be critical to ensure all assessments are uploaded to the International Baccalaureate. To the Year 10s, even though the on screen examinations have been cancelled, learning will be continuing for you and this will be a great opportunity for you to consolidate your knowledge and prepare for the academic challenge of next year. To the DP2s, I'm sorry for all you've lost in what should have been the culminating weeks of your AKA Mombasa experience. At this time we have not made an official call, but it seems highly unlikely that we will be able to hold Graduation in May. We will do everything we can to find a way to ensure that you have an opportunity to celebrate your tremendous achievements with your teachers, friends and families. You all deserve it.

Be safe, and be smart, every single day.

# AKDN SPECIAL BULLETIN: COVID-19

COVID-19 is a new virus that spreads through drops of saliva from the mouth or droplets from the nose when an infected person coughs or sneezes. COVID-19 is not "just" the flu. It is much more contagious and can spread rapidly through our communities.

## Symptoms:

- Common: Fever, cough, difficulty breathing
- Severe: Persistent pain and pressure in the chest, trouble breathing, mental confusion, bluish lips or face, etc.

## High Risk Groups:

- People 70+ years of age
- Pregnant women
- People living with underlying health problems like heart disease, diabetes, asthma and cancer

**Prevention is the only way to limit the spread of COVID-19.**

**Follow the recommendations below to protect yourself, your family & your community.**

**1**

## STAY AT HOME

- Only leave your home to buy essentials like groceries or household items
- Avoid using public transportation, taxis or ride share services
- If you cannot avoid public transportation, maintain a safe distance from other travelers and avoid touching surfaces
- Your government may have further restrictions to help curb the spread of the virus -- follow these rules to help reduce your risk of being infected

**2**

## WASH YOUR HANDS

- Wash your hands with soap and water for at least 20 seconds as often as you can
- Make sure you wash the front and back of your hands, and between your fingers
- When you are done, dry your hands either with a clean towel or naturally
- Do not touch your eyes, nose or mouth with unwashed hands

**3**

## AVOID CONTACT WITH OTHERS

- Do not go to work, school or other places that may have large crowds, like community gathering areas, public celebrations and prayer halls
- Do not make physical contact with others through handshakes and hugs
- Do not have visitors in your home unless it is necessary (for example, visit from health worker)
- Avoid contact with the elderly and other people who may be at higher risk of getting sick
- Keep grandchildren away from grandparents (it is important to keep children away from the elderly and the vulnerable)
- Make sure that shared spaces in your home have good airflow; open windows where you can
- If avoiding contact with people is not possible, keep a distance of at least 1 meter from other people at all times

**4**

## COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW

- Do not cough into your hand
- Cover your mouth and nose with a tissue when you cough or sneeze; throw the tissue out in a covered wastebasket and follow by washing your hands

**5**

## SELF-ISOLATE IF YOU FEEL SICK

- If you are sick or experience any of the symptoms mentioned above, isolate yourself for 14 days starting on the day you start to feel sick
- At home, try to isolate yourself from family by staying in a different part of the house; in shared spaces, keep a distance of at least 1 meter from your family



- You can stop self-isolating after 14 days if you no longer have a fever and your other symptoms have improved
- Continue to keep your distance from people after you self-isolate
- If you are still sick after 14 days, contact your doctor or local health clinic for advice (do not walk into a clinic unless asked)

SOURCE: WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY

Version 1: March 30, 2020

## ONLINE LEARNING TRANSITION



Since 23 March 2020, our students and teachers have transitioned into virtual learning. Although the shift was challenging for both teachers and students at first, the transition has become much smoother for all.

[Read more](#)

## STUDENT SPOTLIGHT: CINZIA TORRIANI

Diploma Programme 1 student Cinzia Torriani has seen the environment around her deteriorate since a young age. Through the Academy's and her own personal initiatives, Cinzia is hoping for a greener tomorrow.



[Read more](#)

## RECENT NEWS



## Prince Rahim Aga Khan visits the Aga Khan Academy Mombasa with his wife Princess Salwa

**On 4 March 2020, Prince Rahim Aga Khan and his wife Princess Salwa visited the Aga Khan Academy Mombasa.** They met with students, faculty and administrators to learn more about the Academy's initiatives to further incorporate teaching on the environment and climate change into our curriculum. During their visit, they also heard more about the projects students are working on that focus on the environment and finding solutions to climate change.



## AKA Mombasa bags five awards at the 38th EAMUN conference

**Senior School students performed exceptionally well at the East African Model United Nations conference.** With 3,000 delegates present at the EAMUN conference held at the UN headquarters in Nairobi, Kenya, five of our students won awards for best speakers and delegates.





## Defending champions AKA Mombasa reign on at County basketball games

**AKA Mombasa's boys' and girls' basketball teams are undefeated.** From 12-13 March, AKA Mombasa's basketball teams played at the Mombasa County-level basketball games at Shimo La Tewa Secondary School. Both teams won all of their games and will proceed to the Regional-level games.





## Academy hosts 8th annual Peace Summit

**More than 150 students and teachers gathered for the 8th annual Peace Summit at AKA Mombasa.** With this year's theme being "Climate Action for Peace", AKA Mombasa students, along with students from schools around Mombasa, worked together during a two-day Summit discussing topics such as the Sudan Water Scarcity conflict, the effects of desertification and much more.





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*"A central premise of the Academies programme is that students will enter based solely on merit – not because of financial resources or family background. Our central hope for the programme is that when students leave the Academies, they will move on to high quality universities – and then to positions of social leadership. As they go through life, we expect them to reflect the central values of the programme – a strong ethical orientation, a sense of personal*

*discipline and civic obligation, and an appreciation  
for diversity and pluralism.*

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His Highness the Aga Khan

The Aga Khan Academy Mombasa

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THE AGA KHAN ACADEMY  
MOMBASA

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