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The Prize Giving Ceremony

The Central High International School Prize Giving Ceremony is an annual event that recognizes our learners' hard work, dedication, zeal and determination.



The CHIS Diplomat!

Charles is a motivated and an inspiring leader in the making. He is value driven and leads from a strong sense of purpose and responsibility to effect positive change through diplomacy and negotiation.

CHIS Proudly Presents The Duke of Edinburgh's Award

Central High International School is ecstatic and honored to be affiliated with the Duke of Edinburgh Awards, becoming the third school in the country to be associated with the awards.

The Award is a global framework for non-formal education and learning that encourages young people to dream big, celebrate their accomplishments, and make a positive difference in their communities.

CAMBRIDGE A-LEVEL 2022 ACHIEVERS



Srimoksha Sai Saripilli
4A*



Zaina Shaikh
1A* 2A



Muhibbah Rashid
1A 2B 1C



Nidah Nazir
1A* 1A 1B



Dhruv Patel
1A 3C



Walumbike Nkhata
1A* 2B



Nigel Madanhire
2B 1C



Madihah Sattar
1B 2C



Muhammed Zakir Fulat
2B 1D



Hazik Tayub
1B 2C



Aisha Patel
2B 1D



Derick Joy
2B 1D

The Class of 2021-22 AS and A-Levels Achievers deserve warm congratulations for their exceptional performance in the Cambridge Assessments International Examinations 2022!

Their hard work and dedication has paid off, and they are living proof that good things come to those who persevere and strive for a worthwhile goal.

CHIS takes great pride in its achievers and would like to extend its congratulations to the parents, learners, and teachers for this significant achievement.



MEET OUR CAMBRIDGE AS - LEVEL 2022 ACHIEVERS

MAY-JUNE 2022 SIXTH FORM EXAMINATION SERIES

				
Dehami Samarawickrama 2A 2B	Haggai Mputula 2A 2B			
				
Aisha Patel 2A 1B 1C	Keveen Shamal 1A 2B 1C	Elisee Mbianshu 1A 2B 1C	Jehan Master 1A 1B 2C	Abubaker Naeem Razzaq 2A 1C 1D
				
Misbah Chinoy 1A 2B	Mohammed Patel 1A 2B	Tadala Nchembe 1B 3C	Muhammad Ameen Pandor 1B 2C 1D	Saqran Osman 1B 2C 1D
				
Abdurrahman Imtiyaz Mogra - 4C	Casey Katuya 4C	Priscilla Fiwa 4C	Fazal-Ur-Rahman 1B 2C 1D	Aisha Kasmany 1A 3C 1D



Congratulations

 CENTRALHIGHMW.COM



I have cities but no houses, forests but no trees, and water but no fish. What am I?



IGCSE HIGH ACHIEVERS



2022

MEET OUR CAMBRIDGE IGCSE 2022 ACHIEVERS



PRANAV NARAYANAN
7A* 1A 



SURYA KALLEPALLI
5A* 3A 



SUMESHA AMERASINGHE
2A* 3A 3B



ABRAAR MALIDA
4A* 2A 1B



JEET HITEN
4A* 2A 1B

 CENTRALHIGHMW

MEET OUR CAMBRIDGE IGCSE 2022 ACHIEVERS



TIYAMIKA DZAMA
2A* 3A 2B



LAEL LOGA
4A 3B 1C



ZAHRAA MALIDA
2A* 2A 3B



DHRUVI CHOVIATYA
3A 4B 1C



ABOOBAKER MIA
1A* 4A 1B 1C

 CENTRALHIGHMW

IGCSE 2022 ACHIEVERS



NISHKA VEKARIYA
2A* 3A 2B 1C



RUTENDO GONDWE
1A* 4A 3B



ESTHER COSTA
2A* 2A 3B 1C



HUSAMEDDEEN YHIA
3A* 2A 2B



PIERRE NAHO
1A* 3A 3B 1C

MEET OUR CAMBRIDGE IGCSE 2022 ACHIEVERS



MUHAMMED KAMRAN
5A 2B



JJO VINOD
1A* 3A 2B 1C



HEER DELVADIA
5A 1B 1C



NATASHA KACHIWIYA
1A* 2A 3B 1C



JULIUS CHAULA
4A 2B 1C

 CENTRALHIGHMW

IGCSE 2022 ACHIEVERS



CHARNETTE NSEREBO
2A* 3A 1C



TAWONGA PHIRI
3A 3B 1C



DHANUSH PATEL
2A 5B



ZAEEM HASSAM
3A 2B 2C



BILL SICHINGA
2A 4B 1C

Central High International School has attained remarkable outcomes in the Cambridge Assessment International Education (CAIE) IGCSE, upholding the school's reputation for exceptional academic achievement and brilliance. The Board of Governors and the entire CHIS community extend their heartfelt congratulations to all who have achieved outstanding results. These outcomes are a testament to the hard work and determination of our students, parents, and teachers, who have inspired us with their perseverance and dedication to success.



CENTRAL HIGH INTERNATIONAL SCHOOL



Authorised Exam Centre



Pearson
BTEC

Approved Centre

HIGH ACHIEVERS CAMBRIDGE CHECKPOINT 2021/22



Exceptional Performance

**Runakorwashe
Nyamanhindi**
1st Position



Exceptional Performance

**Shammah
Dunga**
2nd Position



Exceptional Performance

**Vimbainashe
Phiri**
3rd Position



**Meghan
Mwachande**
4th Position



**Umaimah
Nathanie**
5th Position



**Hayfa
Khan**
6th Position



**Shlesh
Patel**
7th Position



**Menusha
Amerasinghe**
8th Position



**Seejal
Kumar**
8th Position



**Ammar
Ismail**
9th Position



**Pushti
Shah**
9th Position



**Izhaan
Muhammad**
10th Position

The remarkable performance of Central High International School in the Cambridge Checkpoint Examinations made headlines.

The learners, with the support of their teachers and parents, have put in tremendous effort, resulting in exceptional results.

The students of Central High International School rose to the challenge and achieved outstanding results in the Cambridge Checkpoint Examinations. Their proficiency in English, mathematics, and science was evident, scoring well above the global average in each subject.

These remarkable results are a testimony to the learners' dedication and hard work, along with the support provided by their teachers and parents.

The students had access to a rigorous curriculum and engaging classroom experiences that enabled them to develop a deep understanding of the subject matter. The teachers provided personalized attention to each student, identifying their strengths and weaknesses and tailoring instruction to meet their individual needs.

The parents also played a critical role in their children's success by providing support and encouragement and working closely with the teachers to ensure that their children met their academic goals.

Central High International School has proven its commitment to providing high-quality education that prepares its students for academic success and future opportunities.

This outstanding achievement is a testament to the hard work and dedication of the learners, teachers, and parents.

Congratulations to all those involved in this remarkable accomplishment!

Connect with us



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CHIS ROLLS OUT PEARSON BTEC



A 21ST CENTURY MINDSET: **PEARSON BTEC CENTRE**



**Pearson
Edexcel**

Central High International School is proud to be a Pearson BTEC International Level 3 Qualification Center, offering a range of high-quality, career-focused qualifications based on real-world experience. The Pearson BTEC International Level 3 qualification equips learners with the knowledge, skills, and behaviours that are highly sought after by employers and universities. The school is now offering BTEC IT, Business, and Travel & Tourism Curricula.

BTECs are developed in partnership with employers and higher education experts, ensuring that anyone with a BTEC demonstrates the required level of knowledge, practical skills, and understanding necessary for further study and employment. Enrol in one of Malawi's most esteemed schools and take advantage of the Pearson BTEC International Level 3 qualification, recognized as the premier professional body for study.

With a unique approach to education, Central High International School ensures its graduates have all the tools they need to succeed in the business world. Our teachers are BTEC-trained and certified.

"Believe you can and you're halfway there." - Theodore Roosevelt



CHIS PROUDLY PRESENTS

THE DUKE OF EDINBURGH'S AWARD

Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



CHIS

PROUDLY PARTNERS WITH THE DUKE OF EDINBURGH INTERNATIONAL AWARD

Central High International School is ecstatic and honored to be affiliated with the Duke of Edinburgh International Award, becoming the third school in the country to be associated with the award.

The Award is a global framework for non-formal education and learning that encourages young people to dream big, celebrate their accomplishments, and make a positive difference in their communities.

The program will begin for the school's learners in March 2023.

LEARN MORE



www.centralhighmw.com

Participating in the Award necessitates dedication, an adventurous spirit, decision-making, goal-setting, and perseverance in achieving them.

The Duke of Edinburgh's International Award Foundation is the engine that drives and supports the Award's global growth, access, and impact, and Central High International School is supremely proud to be a part of it.

QUIZ
TIME!

A circle has a diameter of 8 cm. What is its circumference, to the nearest hundredth?



CHARLES THE DIPLOMAT



MEET CHARLES KESTER NDISALE

Charles is a motivated and inspiring leader in the making. He is value driven and leads from a strong sense of purpose and responsibility to effect positive change through diplomacy and negotiation.



We proudly congratulate Charles, a Sixth-form student at Central High International, who represented the school and the country in Malaysia, as a Simulation Representative in the Diplomatic Simulations Sessions, held between the 27th of January and the 30th of January 2023.

Charles talked on the subject of nuclear disarmament and cited his suggestions for a safer and more peaceful world.

Central High International School is proud of you, Charles, and wishes you all the best in this exciting endeavour.

Congratulations to our Young Leader, Charles Kester Ndisale!



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"Success is not in what you have, but who you are." - Bo Bennett

CAREER

DEVELOPMENT TALK

On Tuesday, December 6, 2022, Central High International School welcomed Mr Richard Geddes, the Managing Director of Rutega Education Agency, to present a University Expo for senior students. During the presentation, Mr Geddes discussed the benefits of studying at universities in Australia, and the requirements for obtaining a visa, and shared the experiences of foreign students living in the country. As a prominent agent representing some of Australia's top universities, Mr Geddes provided valuable insights and information for students interested in pursuing higher education in Australia.

University council members and education organizations from around the world are frequently invited by CHIS to present the requirements and application procedures for the top research universities. Rutega Education now stands beside this esteemed group of educators who have mentored our learners.

Central High International School places a strong emphasis on preparing its students for success beyond the classroom, and that's why the school offers career development talks to its learners. These talks provide students with valuable information and guidance about different career paths, helping them to make informed decisions about their future. By exposing students to a range of career options and the requirements for each, they are better equipped to choose a career path that aligns with their interests, skills, and values. The career development talks also provide students with insights into the current job market and the skills that are in high demand, allowing them to make more informed decisions about their education and training.



Senior students at CHIS listened to a presentation by Mr Richard Geddes, the Managing Director of Rutega.

PRIZE GIVING CEREMONY

2022

At the 2021-22 Prize Giving Ceremony, there were 106 award recipients, with 39 boys and 67 girls representing 36.8% and 63.2%, respectively.



The guest of honour presenting an award to Esther Costa

The Central High International School Prize Giving Ceremony is an annual event that recognizes our learners' hard work, dedication, zeal and determination by awarding a large number of specially commissioned medals to learners for their academic achievement and outstanding work throughout the school year in all the subjects and in their Cambridge Checkpoint, IGCSE and A-Level Examination Series.

We are ecstatic about the large number of girls represented in the figures, which is also our most important aspect of academically inspiring and uplifting the girl child. The event was graced by Associate Professor Nancy Chitera, Malawi University Of Business and Applied Science (MUBAS) Vice-Chancellor.

Cambridge Checkpoint 2021/22 had a 90% pass rate, Cambridge IGCSE May/June 2022 Series had a 96% pass rate, one of the best in the country and Cambridge A-Levels May/June Series had a 72% pass rate.

The top three high achievers at Central High International School in the Cambridge Checkpoint, IGCSE and AS & A2 Levels are as follows:

CAMBRIDGE CHECKPOINT

- 1.Runakorwashe Nyamanhindi
- 2.Shammah Dunga
- 3.Vimbainashe Phiri

CAMBRIDGE IGCSE

- 1.Pranav Narayanan
- 2.Surya Kallepalli
- 3.Sumesha Amerasinghe

CAMBRIDGE AS-LEVEL

- 1.Dehami Samarawickrama
- 2.Haggai Mpulula
- 3.Aisha Ashraf Patel
- 3.Keveen Shamal
- 3.Elisee Mbiashu

CAMBRIDGE A-LEVELS

- 1.Sri Moksha Sai Saripilli
- 2.Zaina Shaikh
- 3.Muhibbah Rashid

If $2x + 5 = 17$, what is the value of x ?



Prize-giving ceremony in pictures



“

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

THE 2022 INVESTITURE



Warren Bennis defines leadership as, "the capacity to translate into reality". There is perhaps no better way than to serve one's way through to the manifestation of that prime goal or vision.

The Investiture Ceremony on September 23, 2022, kicked off the school year in style. The Student Council and House Prefects took an oath to support Central High International School's ideals and ethics.

The occasion, which was graced by Honourable Lady Justice Anneline Kanthambi, Judge of the High Court and Irfan Bheda, Board Chair of Central High International School, established a brilliant tone for the entire school.

THE SWORN IN STUDENTS' COUNCIL

.....THE SPEECH

Honourable Kanthambi's speech focused on "being true to yourself and your core values" which was echoed by the new Head Boy and Head Girl, who together with their team, are looking exuberant and daring to serve to the best of their ability.



Head Boy: Amaan Bheda
Head Girl: Quasira Lambat
Deputy Head Boy: Ameen Pandor
Deputy Head Girl: Dehami Samarawickrama
Discipline Prefect: Keveen Shamal
Discipline Prefect: Aisha Patel
Sports Prefect: Shehad Drahaman
Sports Prefect: Jillian Kasamale
Campus Prefect: Fazalur Ali
Campus Prefect: Aisha Kasmany
Assembly Prefect: Umar Girach
Assembly Prefect: Qurratul-Ayn Issa

Mulanje House
Prefects: Khadija Mukasera & Zayaan Asif
Nyika House Prefects: Maryam Ahmed & Zaid Jussab
Viphya house Prefects: Maggie Harawa & Ulemu Katunga
Zomba House Prefects: Rutendo Gondwe & Muhammad Mia



? ? What is the slope of the line passing through the points (2, 3) and (4, 9)?



THE ANNUAL SPORTS GALA

On Thursday, December 8th, 2022, the four houses, Nyika, Mulanje, Viphya, and Zomba, each donning their respective colours of green, blue, yellow, and red, marched in a parade to mark the beginning of the sports day. The torch-bearing ceremony served as the starting signal for the event. A competitive round in the 300m under 13 girls' race, but the highlight of the race was when two friends held hands to encourage each other to the finish line, a beautiful spectacle of teamwork. The boys 300m race was extremely difficult, but Young Ali remained calm and maintained his pace all the way to the finish line. He will undoubtedly be the lightning rod of his generation. Mr Fatsani joined the race, motivating the boys to keep going and setting an example for them.



The only one who can tell you 'you can't win' is you and you don't have to listen.



Talent showcase!

The young athletes participated in races of 150m, 400m, 200m, and 100m, showcasing the future Olympic champions. The 100m hurdles race was a testament to the learners' resilience and determination, as they fearlessly tackled obstacles. The supportive and celebratory atmosphere was created by the learners' enthusiastic cheering for their houses and friends, the teachers' encouragement for them to never give up, and everyone's participation in new activities. This resulted in a fun and unique experience for all.

"You miss 100% of the shots you don't take." - Wayne Gretzky



Annual Sports Gala Pictorial Focus



2022 Sports Gala



After School Activities
Monday - Girls
Tuesday - Boys
Thursday -- Optional

"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill

THE ANNUAL SWIMMING GALA



"The water is your friend...you don't have to fight with water, just share the same spirit as the water, and it will help you move."

The first-ever annual swimming gala at Central High International School culminated on Friday, November 18, after commencing on November 14. Our expectations were exceeded by the incident-free event, which was graced by the Malawi University of Science and Technology (MUST) Sports Science Lectures, Dr. Khumalo, Mrs. Khumalo and Mrs. Rutsate. Under 13,15,17 and 20 boys and girls competed in the 10, 15 and 20-lengths events, respectively.

Central High International School offers swimming lessons to provide students with a fun and engaging activity that also promotes physical fitness and safety. Swimming is a valuable life skill that can also help build confidence and self-esteem. The school provides a safe and controlled environment for students to learn how to swim and develop their swimming abilities. Additionally, swimming lessons are taught by experienced and certified instructors who are dedicated to ensuring that students have a positive and educational experience. By offering swimming lessons, Central High International School aims to provide students with a well-rounded education that includes opportunities for physical activity, skill development, and personal growth.

“Swimming is a way of life. You eat, sleep and swim.” - Unknown



SENIORS INTER-HOUSE DEBATE

THE PROS AND CONS OF AI

On the 8th of February, Central High International School held a Senior Inter-House debate on the topic of AI - Artificial Intelligence. The debate saw the participants engage in a thought-provoking discussion on the impact of AI on society and its potential benefits and drawbacks.

They argued that while AI may offer many benefits, its advancements must be carefully managed to prevent unintended consequences and ensure that it is used ethically.

The debate was highly charged, with the participants presenting well-researched and articulate arguments. Mulanje, Vipya, Zomba, and Nyika houses were represented by the following participants:

Zayaan, Charles, Qurra, Amaan, Aisha Kasmany, Esther, Aisha Patel, Dehami, Misbah and Asmaan.

The proposers of the debate put forth a compelling argument in favour of AI, highlighting its advances and contributions to various fields such as medicine, finance, and transportation. They emphasized the role of AI in streamlining processes and increasing efficiency, leading to improved outcomes and a better quality of life for individuals.

The opposers, however, shed light on the negative consequences of AI, particularly its potential to displace jobs and its impact on privacy and security.

Mulanje house won with 62 points, while Nyika house came in second with 48 points. Viphya came in third with 55 points, while Zomba finished last with 48. Mulanje's Qurratul-ayn Issa was the overall best speaker in the senior's debate.

The Inter-House debate on the topic of AI was a resounding success, providing an opportunity for the seniors to engage in a meaningful discussion on a critical issue. The debate showcased the participants' skills as public speakers and critical thinkers, and it served as a reminder of the importance of considering the potential impact of AI on society.

DRAMA AT CHIS

"Great theatre is about challenging how we think and encouraging us to fantasize about a world we aspire to."

- Willem Dafoe



The power of drama as a form of communication was showcased on December 9, 2022, during an inter-house drama competition aimed at promoting acting skills and dramatic growth. The performance was incredibly imaginative and left the audience completely amazed.



Mulanje House addressed gender inequality among males, and Zomba House showcased the life of a CHIS student. Both junior and senior students delivered exceptional performances, displaying their imaginative skills.

On December 9, 2022, an inter-house drama competition was held, showcasing the acting talents and dramatic abilities of CHIS students. The four participating houses, Nyika, Mulanje, Viphya and Zomba, each tackled important social issues such as bullying and gender inequality through their performances.

Nyika House focused on bullying and female exclusion, Viphya House highlighted the subject of disability,

The screenplay, acting direction, and overall performance effect were among the evaluation criteria.

Zomba House finished fourth with 27 points, Mulanje House third with 44 points and Viphya House in second place with 45 points.

Congratulations to Nyika House for winning with 48 points, as well as to all the other houses for the outstanding theatrical performances.



actors on set

Central High International School recognizes the importance of offering drama lessons to its learners as a means of promoting their overall growth and development. Drama classes help students develop essential life skills such as communication, confidence, creativity, and collaboration.

Through acting and performing, students are able to express themselves in new and exciting ways, building their self-esteem and confidence. Drama lessons also promote teamwork and collaboration as students work together to bring a performance to life.

In addition, drama classes provide a platform for students to showcase their creativity and imagination, encouraging them to think outside the box and explore new ideas and perspectives. The skills and experiences gained in drama lessons can also be applied in other areas of life, such as public speaking, leadership, and problem-solving.

"The theatre is a machine for telling stories." - Lawrence Sacharow



French Corner



MADAME LA TORTUE

Bonjour Madame La Tortue!
 Dis-moi, Madame La Tortue
 Qu'est-ce qu'il y a au fond
 de ta maison?
 Là où ta petite tête rentre?
 Et tes quatre pattes!
 Et ta toute petite queue
 Et pourquoi marches-tu
 lentement?
 Sur le bout de tes ongles?
 Et si je te donne la salade,
 Auras-tu encore peur de
 moi?

Towela Kabongo 8 Nile



UNE BELLE FILLE!

Une belle fille
 Avec des cheveux soyeux
 Toujours heureuse
 Elle danse avec grâce
 Avec une peau si lisse
 Elle est merveilleuse
 Avec de jolies robes rose
 Et une belle fleur
 C'est une Princesse.

Lusungu Mulaga-8 Niger



TOUT SUR MOI

Quand je suis libre à l'école, Je joue avec mes amis

J'aime les films d'horreur parce qu'ils font peur et je n'aime pas les dessins animés parce qu'ils sont ennuyeux. J'aime lire, organiser et nager. L'après-midi je vais à Madrasah et je reviens le soir. Ensuite, je fais mes devoirs et finalement je dîne et je dors.

Sabiha Kader 8 Shire



DEMAIN OU AU FUTUR

J'ai un grand rêve;
Dix ans à partir de maintenant,
Je vais être médecin à un hôpital en
Bretagne. Ma mère me dit:< Ça c'est un
grand rêve> et elle dit encore< Tu peux
tout faire>!

Mon rêve est grand et quelquefois, c'est
terrifiant, Cependant je vais réussir dans
ma vie. Ma famille et mes copains ont
confiance en moi. Je crois que sans mes
études je ne peux pas aboutir à mon
rêve.

Demain, semaine prochaine ou dans le
futur, je vais y arriver!!

Samantha Matuntha 8 Niger



N'OSSES-TU PAS ABANDONNER MAINTENANT.



N'oses-tu pas abandonner maintenant
La victoire est à toi
Ne laisse personne te déchirer
Ne laisse personne te retenir
N'oses-tu pas abandonner maintenant
Ne laisse personne te dire que tu ne
peux pas
Suis tes rêves
Ne laisse personne te dire que tu ne
feras pas
Ne laisse personne te voler tes rêves
N'aie pas peur d'essayer
Tout est possible.
Mets-y simplement ton Coeur
Et réalise ce qui t'appartient
Tout le monde veut le Bonheur
Personne ne veut de douleur
Mais tu ne peux pas avoir un arc-en-ciel
Sans avoir la pluie!!



Suhana Fatima
Year 8 Shire

LE FRANÇAIS

Le Français est amusant
Plein de mots
Donc, beaucoup pour apprendre
Mais aussi, beaucoup d'amusant!

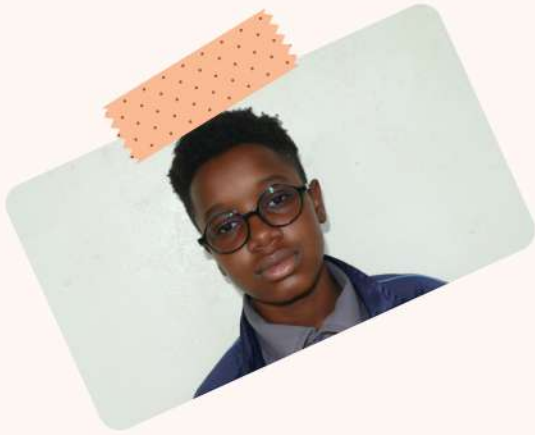
Le Français est une imagination;
Une si belle langue!
Parlée partout dans le monde entier,
Avec tant de plaisir.



Samhitha 8 Shire



POEMS & STORIES



DAYDREAMING

CHRISTOPHER GONDWE -- 9 Nile

In my mind,
Staring out the window watching birds build
their nests,
And watching the wind blow.
So much colour, so much contrast above the
sky and below.

Watching the movement and listening to
sounds.

Such blissful peace,
But it goes beyond,
It is in my mind.

In my mind,
A world to escape to,
Not hard to find.

In my mind,
It is easy to find,

So many things that try to hide.

In my mind,

I see a mountain so vast,
With rivers that flow like a fountain.

In my mind,
I find peace,

Everything in unity moving so smoothly,
Like cooking with grease.

In my mind,

Where I'm in control,

Everything goes as it should go.

My mind feels like a foreign land,

Where grass is greener, air is sweeter &
Water is cleaner, where life is present.

Even though in my mind,

Beautiful things are easy to find, one must
return to reality.

But to get to my mind, I look out the window
with eyes gleaming,

That is the beauty of day dreaming.

THE COUNT DOWN

HANIFA BALESARIA --10 Nile

Welcome to this world,
A place where everyone's minds are twisted
and curled.

Your clock begins to tick,
And you are thrust into this world, a decision
you ultimately did not get to pick.
Sure there's laughter and joy, but everlasting it
is not,

For misfortune will surely strike you out.
But little did you know of all the tears you
would shed,

And all about the regrets you would take to
your deathbed.

Sadly not many survive,

And even fewer thrive,

For life is beautifully unfair,

And to be found is not a single care.

There is little kindness and compassion,

Eat or get eaten,

Beat or get beaten,

This is survival of the fittest, better yet it's the
survival of the richest.

After all, money is everything,

A fight we're all forced into.

Make no mistake, for there is absolutely no
escape,

For any child, man or woman,

Good luck, the countdown has ultimately
begun.



HOLIDAYS – SHEMAIAH DUNGA

8 NILE

The snow falls gently,
Cocoa powder fills the air sweetly,
Decorations fill the streets with joy.
I might in a fortnight get a toy
Mountains of snow climb higher day by day,
Snow men seem to appear in a mystical
way.
My ideal Christmas holiday.

Crowds gather on a green hill,
The air is filled with pleasant thrill,
Red, blue and white is our theme today,
The president seems to have something to
say.

Fireworks ,of all kind fill the sky,
The multitude of banners seem to fly.
All hail freedom and the fourth of July.

The scent of pollen fills the air,
With flowers blooming everywhere.
The Christians gather in church to pray,
Remembering their sacred day.
Others celebrate with a chocolate bunny,
Our school has closed, rather abruptly.
This is Easter ,warm and sunny.
These are all my favourite holidays,
I don't have much to say,
My holidays are all about my family and
friends,
All gathered around happily.
I don't know what you may say,
But that is my definition of holiday.



IN THE MIDST OF CHAOS

MICHELLE KAMBALE 7 NILE

How do you feel when you can't find
yourself?
When you don't know who you are,
Or what to do,
When you feel like you never know what will
happen next,
Even if you were told?
You are scared and can't find anyone to
help you,
You want to cry, but you simply can't.
You don't know how to feel,
Or how you got to that point.
You have to do something but you can't,
And sometimes it hurts.
You need someone to be there,
but you are scared to be a burden.
You don't know whether to go or stay,
When the only thing you know is you're
alive.
All your thoughts are a blur,
You feel pain in your chest,
but you don't know what it is.
People say you are fine but you aren't,
and they don't know that.
You just need to find yourself.

THE SUN SANK SLOWLY, MAKING EVEN THE RUGGED HILLS BEAUTIFUL LUSAKO YEAR 9



The sun sank slowly, making even the rugged hills beautiful; as we sat on one of the benches I could hear my mum's sobs.

I looked beside me to see my mum with dried tears. It seems like she has not moved on. Every year we come to this spot because it was his favourite place. Looking at my mum, I feel bad because I can't find a way to comfort her, repeating the same words every year, she gives me a sad smile and new tears roll down her cheek.

The day dad died was the same day I lost my mother. She always tells us she is okay but we can hear her crying every night to my dad about how it would've been better and much easier if he was here.

We try to make her feel better, bringing her flowers, buying her chocolates and buying her nice dresses from the old lady, since that was what dad used to do. It was music to my ears when I heard my mum's sweet laugh.

Mom continued to run dad's bakery. The bakery was mom's favourite place and her customers were always happy.

My siblings and I would go there every day after school to help her with different things. She seemed to be getting better slowly.

Dad always told us to focus on school, and that school should be our number one priority. 'It is a cruel world we live in, you are not getting anywhere without education', dad said.

He used to give us chocolates or take us to go buy ice cream when we get good grades.

He was the best



I LEARNT NEVER TO TAKE SHORT CUTS AMENALLAH MAZHOU 7 NILE

I woke up dizzied, last night was horrible.

I never ate, couldn't sleep, and worse of all, I got a pink slip. No more money, no more food.

I would have to sell the house if I didn't find a job soon.

I got out of bed and walked to the dining room, where I kept my laptop. I readied some bread and butter, went over to the old device, expecting it to be the same old search for a job but there was a notification. I was accepted for an interview at the nearby woodwork. I put my best clothes and ran out.

I walked down the street hurriedly, but cars were everywhere. Suddenly I remembered a shortcut to the wood works.

The alley was in terrible condition. Awful smells floated around. All sorts of trash on the ground and rats that looked like they could kill. I climbed over the wall. My biggest mistake ever. There they were, a group of thugs, with their vicious dog. A blooded-up German Shepherd." Look what we got here" one of them said, with a bat of his shoulder. "Give us a hefty load of money, or little Luci here will rip ya to shreds", the other added.

"Look, fellas, I have no money on me, so please" Just before I finished, the leader of the gang pointed at me, and said to the hound, "fetch me his soul Lucifer!"

The dog pounced on me, and sank its teeth into my shoulder. Everything went black.

When I woke up, I was in a hospital bed. "He's alive!" The nurse exclaimed. When I remember what had happened, I felt a jolt in the same area as the bite.

The doctor walked in and told me to stay still, so as to not open the wound. I spent a whole month at the hospital, plotting my vengeance.

Once I got out, I got everything ready. A bat, some nails, a pistol and a few ammo boxes.

I returned to the alley way, and as I expected. There they were, only one was missing.

"Boss was taken cause o' ya!" The man with a bad spoke.

"Why'd ya have to scream so loud!" he continued, but I cut him off.

"Told you I have no money, but too bad" I told him.

Before he uttered another word, I pointed the gun to his head.

"where's Luci now?, you're gonna meet him!", I whispered as I emptied the gun into his ear. He bled and yelled, but soon dropped dead, blood running from his mouth. I hit the second guy in the face with the nailed bat. He cried as he grabbed his deformed face. I kept kicking him, "get up! I shouted, " get up and fight!" as he kept begging for mercy. Soon he was a lifeless corpse too.

"what are some things you learnt in life?" asked the interviewer. I held my face and sighed. "I learnt never to take shortcuts".

STUDENTS REFLECTIONS



**QURRATUL-AYNISSA
YEAR 13**

FORCED TO SAY GOODBYE

Central High International school became my second family. It turned into another safe place, another home. I spent years living the finest moments, creating treasurable memories and meeting incredible people here. This place did much more than raising me to be a good student. Instead, It moulded me into who I am today. Into what I believe is the best version of myself. I flourished into an assertive, delightful, discerning and optimistic young leader.

This institution embraces young pupils from different parts of the world, with distinct cultures, traditions and opinions and lets you make friends. Friends whom today are considered my family. Essentially, they motivate me to force myself out of bed every morning. We held each other's hands on days when academic pressure got too rough and together we celebrated when we succeeded. We laughed until our insides gave up on twisting and excelled our way through this journey.

Most teachers were seen as parents and some as older friends. They joined me through these past few years, pushing me to work harder and achieve way more than I thought I was capable of. Yes, they were times when I got scolded and my stubborn character argued but the day always ended with a huge smile and a deep hearty laugh. For this, I am so grateful.

They say "high school is the best time of your life, make the most of it" I can't agree more. It was the best and most harmless environment I could ever ask for. This doesn't mean it was dull, contrary that it was more than incredible. From lessons to break times to sports days it was always exhilarating. participating in debates, swimming galas, and going on field trips were so much fun. Not forgetting to mention how being part of the council and planning events was my favourite thing to do.

These last few months here are bittersweet and nostalgic. The thought of leaving this home behind and spreading my wings further into the world is the most precious yet difficult action. Leaving friends in the lower forms behind, and slowly starting to dismiss myself from the teachers and favourite corners is hostile. Either way, as I start a new chapter of my life I am proud to be part of the CHIS family. I may not physically be here in a few months to come but it will forever be in my heart.

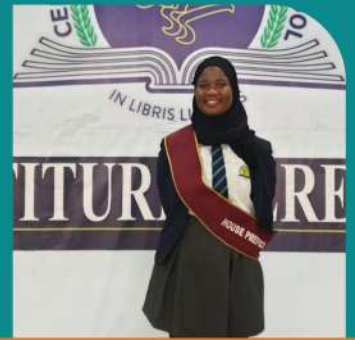
"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

ALUMNI REFLECTIONS



Central High gave me a foundation and boosted my self-assurance. For instance, I was elected as class president in college, I honed my skills and continue to grow with aspirations for even greater success. My experience at Central High was a fruitful one. The principal, instructors, and my peers all played integral roles in guiding me towards a brighter future.

Khadija Mukasera - Business Management, MUBAS



My name is Mwenechu Mwale, and I attended Central High School from Year 8 to Year 12. My experience at Central High was fantastic, and I have many fond memories of the school. The Headmaster, Administrator, and teachers were incredibly supportive and dedicated their time to help me get to where I am today. I consider myself to be a hardworking and consistent person, constantly striving to better myself. Under CHIS, I learned about perseverance, patience, communication, and much more. Thanks to my teachers and peers, I was able to achieve more than I ever thought possible. I am currently pursuing a degree in Mining Engineering at Malawi University of Business and Science, and I owe much of my success to the time I spent at CHIS. I will forever be grateful for the experiences and opportunities that the school provided me.

Mwenechu Mwale -Mining Engineering, MUBAS



Class of 2022! High school was a rollercoaster ride of emotions for me. On one hand, I was excited to be growing up and experiencing new things, but on the other hand, I was filled with anxiety and pressure to perform well. It was one hell of a challenge and I'm still surprised I made it through and in university right now!

One of my most memorable moments was when I joined the student council. Being a prefect in high school was a unique experience that added an extra layer to my already busy high school journey. I remember organising dress up days, fundraisers and last-minute movie nights. It was stressful and hectic but worth every moment.

Being a prefect was a valuable and enriching experience that taught me the importance of service and leadership. Despite the added responsibilities, I wouldn't trade my time as a prefect for anything. It was a unique and rewarding part of my high school journey that I will always cherish.

The most excellent teachers and outstanding Headmaster are at Central High School. When I was in high school, I believed that Mr. Mishra was too strict on us and that the teachers were just nagging and lecturing us for no apparent reason. I've come to realise that they're the reason I've made it this far and that they helped mould me into the person I am now. I definitely miss the relationships I had with my teachers and headmaster because you don't get to experience that in university.

My most unforgettable memory from high school has to be the Mulanje camping trip. It was two wonderful nights filled with adventure with my awesome classmates and teachers.

Making friends in high school is not always easy, but once you find the right group of people, it becomes a lot of fun. For me, it was a group of classmates who became close because we were all crazy in our own special ways. We'll never forget the memories we had together. Without those weirdos, I would have never been able to finish high school.

Despite the challenges and stress that came with it, Central high school will always hold a special place in my heart. It was a time of growth, self-discovery, and building lasting relationships.

Aqeel Bakali - Accounting & Business Management- De Montfort University, UK.

Parent Reflection

Charles Kester Ndisale's
Mother



Charles Ndisale joined Central High School on 12th October 2022, 8 weeks after the start of the term. This was after making a late decision to do A levels. We were concerned on how he would fit in the new school and also catch-up with his peers. To our delight he received so much support from the Principal as well as his teachers.

According to my assessment CHIS is a very good school and has well qualified and dedicated teachers who are able to empower the students for greatness.

Though Charles is new at CHIS he has been given opportunities to express himself and acclimatise easily. Keep it up CHIS.



CHIS Takes Action for the Community with Visit to Namadidi for Cholera Awareness, Donation Drive, and Environmental Initiative

Central High International School (CHIS) recently showcased its strong commitment to corporate social responsibility through its second visit to Namadidi on 9th February. The Year 13 (Sixth Form) learners took part in a number of initiatives that aimed to make a positive impact on the local community.



The visit started with a Cholera sensitization program, which aimed to educate the community about the dangers of the disease and how to prevent it. The students also made a donation of books, shoes, clothes, and food items to help support the local community and improve the lives of those in need.

In addition to these activities, the CHIS students also joined the primary school in a tree-planting drive. The drive aimed to help protect the environment and provide the community with a sustainable source of resources for years to come.



Amaan hands over a donation to Namadidi's head boy



Tree planting exercise

The relationship between CHIS and Namadidi is ongoing, and the school is committed to helping the community achieve its educational and nutritional goals for its learners. Through its dedication and continued support, CHIS is helping to create a brighter future for the learners of Namadidi. Overall, the visit to Namadidi highlights the strong commitment of CHIS to corporate social responsibility and its dedication to making a positive impact on the world.



The more you take, the more you leave behind. What am I?

CHIS Donates To Makhetha Primary School

On Thursday, October 27th, 2022, Central High International School took a step towards promoting better hygiene practices and ensuring the comfort of 117 female learners at Makhetha Primary School by distributing sanitary and hygiene packs to them. The gesture brought smiles to the faces of the young learners who had been struggling with access to these essential items.

In an effort to support the program, the learners contributed their donations in various hygiene products, reflecting the spirit of generosity and empathy that is at the core of Central High International School's values.

The school expressed gratitude to Flying GIRLS Malawi, whose support and coordination helped make the program a success. The Central High International School Students Council and their mentor also played a vital role in the initiative, demonstrating their commitment to serving the community.

The school affirmed its commitment to organizing more charity programs in the future, underscoring its belief that every day is an opportunity to spread kindness and make a positive impact on others. By continuing to work together with partners and stakeholders, Central High International School hopes to make a lasting difference in the lives of the most vulnerable members of society.



*"We make a living by what we get.
We make a life by what we give." -
Winston Churchill*



Arts MOTIVATION WORKSHOP



On October 26th, 2022, Central High International School hosted an arts motivational workshop with the aim of inspiring its learners. The event was a huge success as the workshop featured influential mentors from various artistic fields who shared their knowledge, experiences, and work with the learners.

Among the mentors were Nicole Kamwendo, a well-known media personality and Director of Ceremonies who currently works with Capital FM. Innocent Katsache, a creative filmmaker with a story workshop who shared his expertise in the art of filmmaking.

Alfred Msadala, a highly acclaimed published poet from Malawi who shared his journey and insights on the craft of poetry. Constance Thyangathyanga, a gifted curator with Jacaranda and an artisan, who talked about the art of curation and shared her experiences as an artist.

Smith Likongwe, a highly respected published scriptwriter and academician from the University of Malawi, shared his knowledge and experience in scriptwriting. Samuel Banda, a well-known arts and culture journalist with the Times group, talked about the importance of arts and culture in society. Fumbani Phiri, an award-winning director and scriptwriter, shared his journey in the art of filmmaking, and Ellis Singano, a Picasso-inspired batik visual artist, shared his techniques and experiences as an artist.

The event was an excellent opportunity for the learners to gain insights and inspiration from some of the most influential mentors in the art industry. The goal of the workshop was to motivate and inspire the learners to pursue their artistic endeavours, and it was a huge success. The school is immensely grateful to all the mentors who took the time to interact with the learners and share their knowledge and experiences.

Central High International School believes in the importance of offering arts lessons to its learners. These lessons help students develop essential skills such as creativity, critical thinking, and self-expression. Additionally, the arts provide students with a platform to explore their interests, develop their individuality, and build confidence. The school recognizes that a well-rounded education goes beyond academic subjects and seeks to offer opportunities for students to discover and cultivate their passions.



Ms Nicole Kamwendo giving her presentation



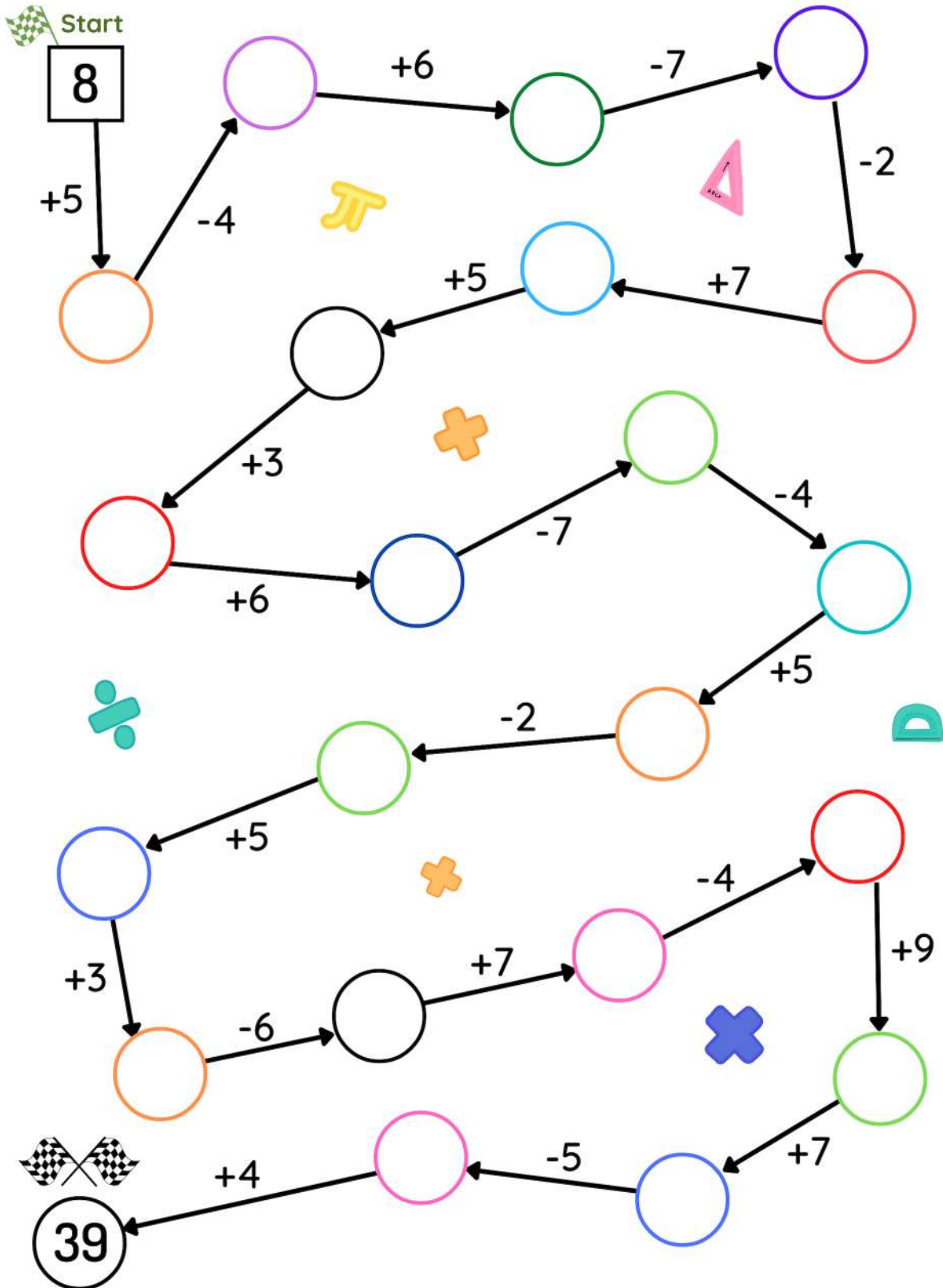
"The purpose of art is to wash the dust of daily life off our souls." - Pablo Picasso



Step by Step Calculation



- Find the empty boxes in the puzzle by calculating.



Emotions Word Search

Can you find the words hidden in the puzzle?



V A S A D M T I R E D C
H X L P N I R O M I N L
S A N G R G I E B S S A
H A P N E N R H H U L N
N M E P G F C Y R R T E
S S J O Y F U L L P O R
C T C G U G P I L R R V
A A H B O R E D E I T O
R R L F O S E D U S E U
E A R M L E R O T E I S
D F C O N F U S E D E N
G W O R R I E D O K E T

BORED

JOYFUL

CONFUSED

SAD

ANGRY

SCARED

SURPRISED

CALM

HAPPY

WORRIED

NERVOUS

TIRED



CYLCONE FREDDY DONATION APPEAL



THEY NEED US!

CHIS IS LOOKING FOR DONATIONS TO HELP THOSE AFFECTED BY THE TROPICAL CYCLONE FREDDY IN MALAWI'S SOUTHERN REGION.

MOST NEEDED ITEMS:



FOOD ITEMS:RICE,MAIZE FLOUR,SOYA PIECES,SUGAR,SALT OIL,TINNED FOOD, ETC.



CLOTHES,SHOES, SANITARY ITEMS



PLASTIC BUCKETS,PLASTICS PLATES & CUPS,BLANKETS AND ANY DONATIONS AS YOU MAY WISH

DONATIONS CAN BE DROPPED OFF AT THE SCHOOL'S RECEPTION AREA BEGINNING MONDAY, MARCH 20 2023. THE DONATIONS SHALL BE DISTRIBUTED TO CHARITABLE AND RELIEF ORGANIZATIONS, AS WELL AS TO THOSE IN NEED.

CONTACT US :
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www.centralhighmw.com



THE PRISM NEWSLETTER

IMPORTANT SCHOOL DATES

4th April: Report Collection -Day IGCSE to A-Level and Form 3 Cambridge Checkpoint Mock Examinations (01:10 pm -3:00 pm)

6th April: End of Second Term Break begins

9th April: Easter

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