

10 July 2020



What are we all truly capable of? What is impossible?

The answers to these questions seem to continuously change as human beings discover ways to push themselves further, harder and seemingly into the world of 'impossible'. For so many of the 'impossible' accomplishments there is however, a common thread.

*"The man who can drive himself further once the effort gets painful is the man who will win. I leap at the tape like a man taking his last spring to save himself from the chasm that threatens to engulf him. We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves."*

**Roger Bannister**

At the time of Bannister breaking the four minute mile barrier, doctors and athletics specialists said it could never happen, that it was physically and humanly impossible to run a mile in under four minutes. Since that famous day on the 6 May 1954, just under 500 athletes have broken that barrier. Bannister's incredible story of human endeavour provides ample stimulus for belief and achievement.

A less commonly used thought is the fact that Bannister's accomplishment was made possible by the two runners who acted as pace setters. **All great accomplishments require the assistance of others.**

In modern sport and to bring relativity to the table, we have quite recently witnessed the first sub 2 hour marathon. In a misty park in Vienna, Eliud Kipchoge ran a marathon in less than two hours. His time, 1:59:40, is the fastest any runner has ever covered 42,2km ... This incredible feat was again accomplished with a multitude of pace setters, who shared the responsibility of ensuring that Eliud Kipchoge was able to accomplish what many had thought to be impossible.





It is difficult to comprehend that Bannister broke the 4 minute barrier, running at a speed of 2m 29s per kilometre, for 1.6km, while Kipchoge ran 42,2 km at a speed of 2m 52s per km. Both incredible feats of athleticism, however, one can also identify with how far the human body and mind has progressed in 65 years. Soon this will become the new normal for professional athletes, until someone achieves the next “impossible”.

I believe we can learn an enormous amount from both of these sporting accomplishments - All great accomplishments require the assistance of others. In a small school like Musikili, the need for strong team work amongst all role players is especially important in order for the routines to run smoothly and for the programmes to be as broad as they are, thereby giving our pupils ample opportunities for development.

As we now reach the 11 th week of disrupted schooling, through measures completely out of our control, I must highlight, who are undoubtedly Musikili’s greatest partners – our PARENTS. Our school is now in its 33rd year and is no doubt facing its greatest challenge, through the dilemmas caused by Covid-19. But, thanks to the many parents and children who have etched their mark in our foundations, we are able to provide, as best as we possibly can, for those who are now under our care. Our current parents understand and appreciate the importance of their continued support and because of this, our great ‘little’ school will emerge stronger and wiser, to ensure the future generations get to enjoy what others have flourished in.

***All great accomplishments require the assistance of others.***

It is my wish for our pupils that they will display a hunger to learn, and that they will engage whole-heartedly with whatever educational opportunities present themselves over the final 4 weeks of this term. It would have been said impossible, to keep a school family together, children engaged and parents supportive while being physically so far apart... We are adapting, challenging ourselves, exploring new measures , daring to be different, learning new techniques and processes. Let us draw inspiration from Eliud Kipchoge’s quote below, as we race against the unknown and strive to emerge better and stronger.

*“I would say that Breaking2 was my best race because I was running against something no one had done before.”* **Eliud Kipchoge**



I am scheduled to attend meetings in Lusaka on Friday at the Ministry of General Education, to discuss the way forward for our non-examination classes and other educational administrative matters. I can appreciate that for parents the delay in concrete feedback is extremely frustrating, but I assure you that we are doing everything possible as a school to have our campus running as per normal.

Our staff are looking forward to meeting with our parents next week, at our Parent Teacher Consultations. Please don't forget to log onto Meet the Teacher, Mr. Connellan has sent out correspondence in regard to this process. The ability to make a booking ends on the 13 th July at midnight. I urge parents not to miss this opportunity, as you have by now all had a first-hand experience of working with your child / children over the past couple of months.

Mid-year school reports, will take a different format this Term, especially for the lower grades, again, Mr. Connellan will provide correspondence in this regard.

Mr. Weinrich will provide additional information and confirmation of the rescheduled Inter House events diarised to take place at the end of July, as we may again be forced into postponing these events and hosting them in the Third Term, when we are assured of a full student body.

Parents are encouraged to download the new D6 App, the updated version for the school will soon be launched. Please also refer to the letter that was sent out to parents. *Please do not delete the current App until you receive notification from the school.* Should anyone have any difficulties in the process, please contact Ms. Walisko to have her guide you through the process.

Have a great weekend and we look forward to catching up with parents next week at our Parent Teacher Consultations.





# July Birthdays

Umar Bhagoo  
Fatima Limbada  
Amber Thomas  
Montana Van Der Merwe  
Michaela Bignell  
Emmanuel Chama  
Caleb Coventry



## Beef & Onion Pie

### ingredients

#### FILLING

- 700g silverside/topside beef cubed
- 120g (1) tomato grated
- 160g (2) onion, peeled & 1/2 sliced
- 3 cloves garlic, peeled & crushed
- 1 stock cube
- 1 bay leaf
- 2 tsp black pepper
- 1/2 tsp salt
- 1 tspn tomato paste
- 2 tsp soya sauce
- 50 ml oil for frying
- 2 tspn flour mixed with water for thickening
- 750ml water

#### PASTRY

- 500g flour
- 250g marg
- 50ml cold water
- 1/2 lemon (juice only)

### directions

- **Pastry:** Mix all the ingredients to form a dough and put in the fridge
- **Filling:** Brown the beef cubes in some oil, remove from pot. In the same pot brown the onions till soft & brown then add in the garlic and fry until soft.
- Add in the rest of the ingredients (except thickener) and simmer for +- 45 mins until meat is tender.
- Add thickener. Pour into an oven dish and let cool while you roll out the pastry.
- **Pastry:** Roll out onto a floured surface to 5mm thick. Cut out the shape according to your dish. Cut out leaf and vine patterns from the extra dough.
- Brush with water onto the edges of your dish & place the pastry over your filling. Squash the edge of the pastry onto the side of the dish. Brush with egg wash. Place our leaf and vine shapes on top and brush with egg wash and poke a few holes in pastry to let steam escape.
- Bake at 180° until crisp & golden.

MUSIKILI PRIMARY SCHOOL

Enjoy!



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