



# Springfields Secondary School

## June 2025 Newsletter

### Exam Reflection

As I sit down to reflect on my IGCSE final exams, I realize how much this period has been a rollercoaster of emotions — stress, hard work, growth and eventually, relief.

The weeks leading up to the exams were intense! For me, the biggest challenge was managing time and staying focused. There were days when I felt overwhelmed by the sheer amount of content I needed to cover. But I managed — all thanks to the support of my teachers, friends, and family.

During the exams themselves, I felt a mix of nervousness and excitement. Walking into the exam room, I could feel my heart racing, but once I started, I tried to focus on the questions and not let anxiety take over.

Some papers were tougher than I expected, while others felt

surprisingly easier. I discovered how important it is to stay calm under pressure and to read each question carefully before answering.



The IGCSE exam period was one of the most intense experiences I've had in school so far. It wasn't just about remembering facts or writing essays, it was about managing time, staying disciplined, and keeping myself motivated through weeks of pressure.

Overall, the experience has taught me valuable lessons beyond just the syllabus! about resilience, time management, and self-belief.

While I'm relieved that the exams are finally over, I'm also proud of the effort I put in and hopeful about the results. Whatever they may be, I know I did my best and that's what matters most.

Looking back, the IGCSE exams weren't just an academic milestone. They were an opportunity to grow, to push myself, and to prepare for the challenges ahead. I'm grateful for the journey and ready to take on whatever comes next.

For anyone still preparing or stressed about exams, my advice is: stay organized, ask for help when you need it, and remember to breathe.

*Written by*  
**Anaya Johnson**  
*Former Student*

# Annual School Debate Competition



The recent Annual School Debate Competition was one of the most exciting and memorable events this term. As an A Level student, I was really looking forward to the senior round – and it did not disappoint. The topic, “Cyber security is an invasion of privacy” was extremely relevant in today’s digital age, and it sparked passionate discussions and strong opinions from both sides.

From the moment the speakers took the stage, the atmosphere in the room changed. There was a buzz of anticipation, and everyone – the students and teachers alike were fully engaged.



The speakers came well prepared, confident, and ready to defend their side with soled arguments real – life examples, and bold statements. What I found especially impressive was how they managed to present such a complex topic in a way that was clear, balanced and easy to follow.

The debate on “Cybersecurity is an invasion of privacy” featured strong arguments from both sides. Those supporting the motion raised concerns about constant surveillance, data tracking, and the loss of personal freedom. In contrast, the opposing side emphasised the importance of cybersecurity in protecting individuals and nation from cyber-crimes, hacking and online threats. The exchange of ideas was intense and engaging, with confident speakers and sharp rebuttals making the debate feel dynamic and professional.

What truly stood put was the balance between passion and



respect. The audience responded enthusiastically, with applause, thoughtful silence and occasional laughter,

making the event both educational and entertaining. As an A level student, I felt proud watching my peers represent our level so skilfully. The debate showcased the power of communication and critical thinking, reminding us that such events are not just about winning but learning, expressing ourselves and growing through respectful dialogue.

**Written by**  
**Tiya Patel**  
**A3 Student**



# World Environment Day



The world environment day, orchestrated on June 5, 2025 was truly a day to remember. My schoolmates and I had the privilege of delivering various presentations. One, a divine poem and I concluded with a speech which is outlined below:

## Ending Global Plastic Pollution

The guest of honour, your worship the Mayor of Lusaka, Ms. Chilando Chitungala, ladies and gentlemen. My name is Chipo Chiyoowa, A Level student at Springfields Secondary School and I stand before you today, honoured to be granted this divine opportunity to address you on this World Environment Day, with a plea to confront a growing threat that is

slowly but surely degrading our shared home: the Earth.

But to bring it home, our mother and homeland, Zambia. Plastic pollution is an environment scourge that harms our water bodies, endangers wild life, and poses a serious threat to human life.



Furthermore, the combustion of plastic is nothing short of an ailment causer. Respiratory diseases arise from the mass burning of plastic. While the aim may be reduce plastic waste from the land, at what cost to our health and environment.

Before you is a cry from a 19 year old girl. A plea to not only Zambia, but the entirety of the globe as a

whole. Together we can. Together, we can enact alternatives to cease the scourge. Together we reduce single use plastics, recycle properly with the incorporation of appropriate recycle bins spread across the state, support bans on single use items and adopt reusable and ecofriendly options. These solutions are not news to us. But if only we hold our hands in retaliation to plastic pollution, together we can make the world a cleaner and safer for you and for me. **TOGETHER, WE CAN!**

Written by  
Chipo Chiyoowa  
A1 Student



"END IS NOT THE END IF FACT E.N.D. MEANS "EFFORTS NEVER DIES.

Dr. A.P.J. Abdul Kalam

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Knowledge with Integrity

Springfields is an independent non-residential educational institution which commenced operations in February 1999. Pupils sit for Grade 9 examination under the auspices of Examinations Council of Zambia (ECZ). However, upon completion of Grade-9, the Pupils have an option to sit for examination of ECZ or University of Cambridge.

The institute offers IGCSE Ordinary Level ('O'-Level) academic programme for grades 10 & 11. The Centre also offers GCE Advanced Level programme of the University of Cambridge.

We are an attached Centre with the British Council. All Cambridge University International Examinations are conducted at Springfields campus here in Lusaka.

## Annual Paper Presentation



On Wednesday, 11 June 2025, our school proudly hosted the annual A-Level Paper Presentation, an event that showcased the academic excellence and critical thinking of our A-Level students. The event brought together students, teachers and our Head of School to celebrate months of rigorous research and dedication.

The presentations covered a wide array of subjects, from Humanities, Commercials and the Sciences and each student had the opportunity to present their research findings.



Their professionalism and clarity impressed both staff and peers alike, reflecting the high standards of academic inquiry encouraged at our institution.

We extend our sincere appreciation to all who contributed to the success of this event and look forward to continuing this proud tradition in the years to come.

**Written by**  
**Ananya Menon**  
**A3 Student**

