



Spirit of The Banda

Friday 2nd February 2024

A WORD FROM THE HEADMASTER

A number of our Year 8 pupils have completed scholarship assessments in the past few weeks and it's fantastic to be able to announce the following awards:

Olivia Birech and Maya Kamiri (All Rounder Scholarships), Maiyan Douglas-Hamilton Pope (Art Scholarship), Serena Lakhani (Sports Exhibition) and Chanel McKenzie (Academic Exhibition) to Peponi; Netty Childs (Sports Scholarship) to King's Taunton. Many congratulations to them all!

At the other end of the school, it was great to see the Pegasus swimming demonstrations going on this week and the children enjoying being in the pool. It's also been trips season in the Lower School with Year 2 visiting Brown's Cheese Farm at the start of the week and Years 1, 3 and 4 all venturing out in the coming one. These excursions are such an important part of their education, linking the outside world to what they're studying in the classroom.

A reminder that we are hosting a Future Schools' Talk for parents this coming Thursday from 3.40pm. We have a number of representatives from local senior schools, plus a couple of experienced educational consultants joining us, and I strongly encourage you (particularly if your children are in Years 5 to 7) to come along to find out more about senior schools and the application process, both here in Kenya and overseas.

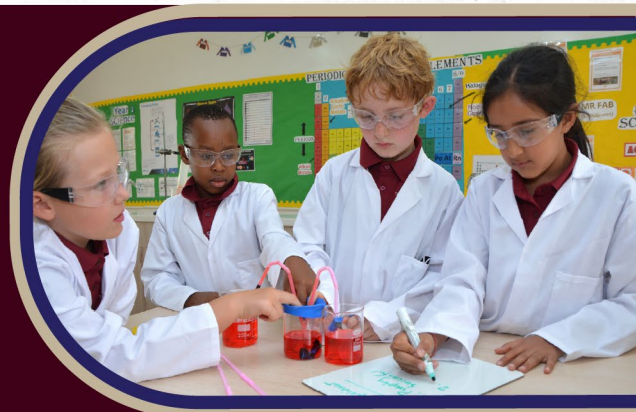
Jonathan Cooke was with us all the week before last taking our annual photographs. It was lovely to get the following endorsement from him:

'In all the years I have been providing the school photographs at The Banda I have always been amazed and delighted by the support and assistance I receive from everybody at the school, from the SLT through to the teaching, admin and even ancillary staff; no request is ever unanswered and no 'need' is ever overlooked. It is a truly amazing school and I actually feel honoured to be a small part of the Banda team, even if it is for only one week a year!'

James Moss-Gibbons

Future Schools Talk at The Banda

Thursday 8th February from 3.40pm



See Week 5 events overleaf

Follow us on:    

Future Schools Talk at The Banda

Thursday 8th February from 3.40pm



INTERNATIONAL SCHOOL OF KENYA
PASSION | CREATIVITY | AMBITION



On 8th February The Banda will be hosting our Future School's Presentation. At 4pm there will be a 45 minute presentation from the senior team at the Banda alongside educational consultant, [Richard Foster](#).

This will be an opportunity to hear more about how to choose the right senior school, the application process, scholarships, bursaries and other useful advice.

Before and after the presentation (from 3.40pm, and until 6pm) there will be an opportunity to speak to a number of schools from Kenya (including ISK, Peponi, St Christopher's and St Andrew's, Turi) who will be present as well as Richard Foster and Andrew Walker from Andrew Walker Education.



ANDREW
WALKER
EDUCATION AWE

Education's Best-kept Secret

Places at the 34 UK boarding schools run by the state are little-known but highly sought after. If you are a British passport holder, your child could attend a UK state boarding school for around £15,000 per annum.

Come along and find out more...

Thursday 8th February 3.30pm onwards
The Banda School

contact@andrewwalkereducation.co.uk

ANDREW
WALKER
EDUCATION AWE

About Andrew Walker Education

Andrew is an education consultant, with over 25 years of school experience in both state and independent, primary and secondary education. He spent 24 years working in two boarding schools.

AWE provides consultancy services to families considering the UK as the next destination for their child(ren) who are between the age of 11-18.

Andrew is a registered agent with a carefully selected group of HMC boarding schools in London and the East of England, the leading state boarding school in the UK, and two outstanding sports schools in Wales. Two of his schools have recently been voted in the Top 20 Global Rugby Schools.

Andrew first visited Kenya in 2005, leading a Year 7/8 cricket tour. Since then, he has made over twenty further visits, working with schools, parents and sports clubs.

Andrew has two children, aged 18 and 13. His youngest son is a pupil at Wyndham College, the largest co-educational state boarding and day school in the UK, recently graded Outstanding in all areas by OFSTED.

HOG CHARGE HIGHLIGHTS



PTA

NEW TO THE SCHOOL?

The Banda PTA invites you to a

COFFEE
MORNING

THURSDAY 8TH FEB

Please join us for a coffee to meet your PTA reps and other new parents in the school.



8.15 AM
(after morning drop-off)
at
MATBRONZE CAFE



PTA reps Georgina and Katie, along with Mala handed out Dextrose tablets at the Hog charge. The PTA donated Dextrose tablets and ice lollies that were enjoyed by all competitors.



Year 2 coffee morning.

WELL DONE!



Chanel (Year 8) competed in the Kenya National Adults Chess Championship (Women's section). The championship, held in 3 phases to select 5 female and 5 male players for the 2024 Olympiad team, saw 49 of the top female players in the country compete. Chanel managed to qualify in the top 24 which earned her another chance to qualify for the team in the 2nd phase.

The 2nd phase for the National Team Selection took place last weekend with 24 female players battling it out for 8 spots. Chanel in another feat, managed to come in 7th place making her one of only two juniors who qualified in a tightly contested championship. Since Chanel has a busy school schedule as a Year 8 pupil, will unfortunately miss out on the final phase of the Team selection.



In other chess news, the brother and sister duo of Abdullah (Year 2) and Aliyah (Year 4) competed in the 5th edition of the Oshwal Open Junior Chess Tournament playing in the U8 Open category and U10 girls category respectively. Abdullah placed 8th with 4.5/6 points while Aliyah placed 28th with 3/6 points. The tournament had over 500 children participating in various categories. This was their 2nd competitive tournament and they did very well against some chess heavy weights.



Elsewhere, Ashleigh (Year 1) swam in the NCAA Level 1 Swim Meet two weeks ago. She competed in the Girls 6 and under category placing 5th in the 100m IM, 25m Freestyle, and 25m Backstroke, as well as 6th in the 25m Breaststroke and 25m Butterfly.

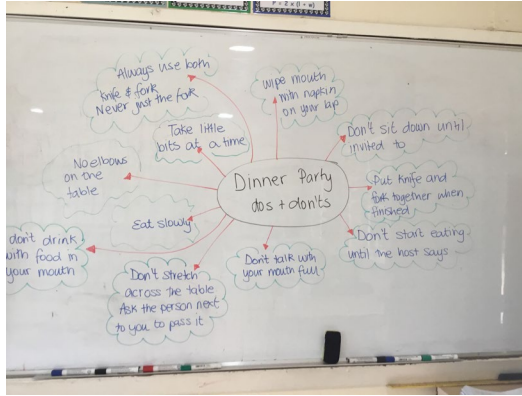
PLANET WARRIORS

Last Friday the Planet Warriors and the flight group went to Ololua Forest for a clean up walk. Unfortunately, after a successful river clean up last year, the river is already clogged with a massive amount of plastic, used diapers, sewage and pollution. It was terrible to see. On a positive note, the forest is looking green and beautiful with plenty of wild flowers, birdlife and stinging nettles! We were met by Chris and his scouts, one of whom sang a song he has written about the forest. The Planet Warriors take this opportunity to remind everyone about the importance of careful waste disposal and to be mindful of the amount of single-use plastic that families use in their homes.



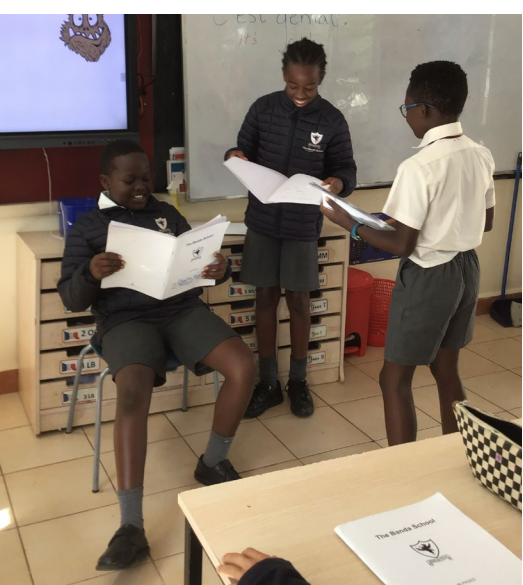
ETIQUETTE CLUB

Pupils attending the Etiquette Flight programme have enjoyed learning about social graces, why we have manners and what is accepted in different cultures and how not to offend. Each 3 week session is rounded off with a British etiquette dinner party where pupils have to set their own table setting for a 3 course meal and learn how to hold the cutlery in the correct way, eat well and are expected to bring eloquent conversation to the table.



YEAR 6 FRENCH

"What is your favourite subject?" "Is your teacher too strict?" Year 6 are learning to share their opinions on school matters. The children prepared and presented their own dialogues for the class. The attention to detail and pronunciation was impressive. Bravo!



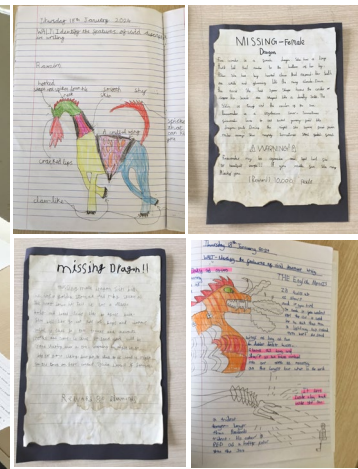
YEAR 5

Year 5 pupils were very excited to finally get their chance to reenact The Battle of Hastings and act out the scenes from history which they had learned over the past few weeks. Each pupil went to great lengths to produce a wonderful shield for the occasion which only added to the excitement on the day. Throughout the reenactment, they showed great enthusiasm and a very detailed knowledge of the battle. Just like in 1066 the Normans won out, but unlike then everyone had a wonderful time on Wednesday!

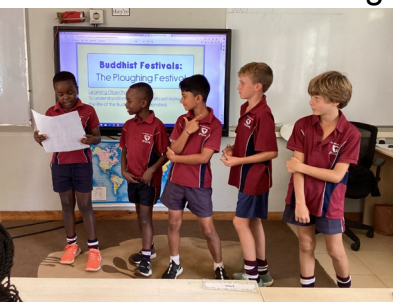


LOWER SCHOOL YEAR 4

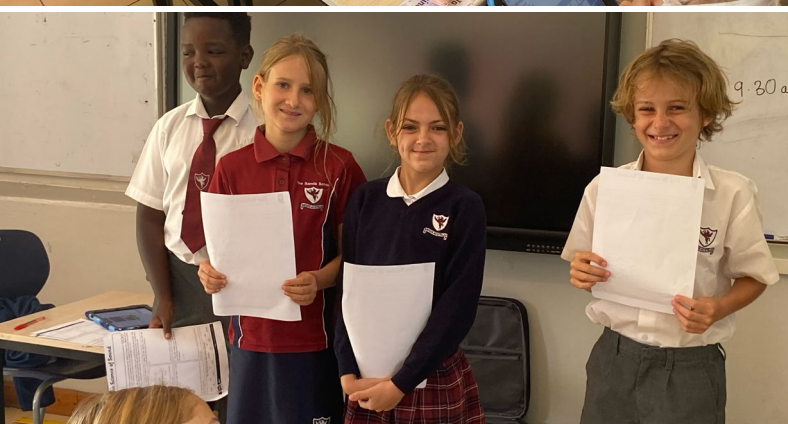
In Literacy, as part of our Imaginary Worlds unit, we have created our own dragons and developed vivid written descriptions, which have been incorporated onto these fantastic missing dragon posters. Do let us know if you see them!



In RS, the children in 4CN explored the Ploughing Festival, an important celebration in Buddhism that signals the beginning of growing rice and remembers a crucial time in Buddha's life. The children turned their understanding into a wonderful performance, hoping to share with others the interesting cultural details and the significance of this special tradition.

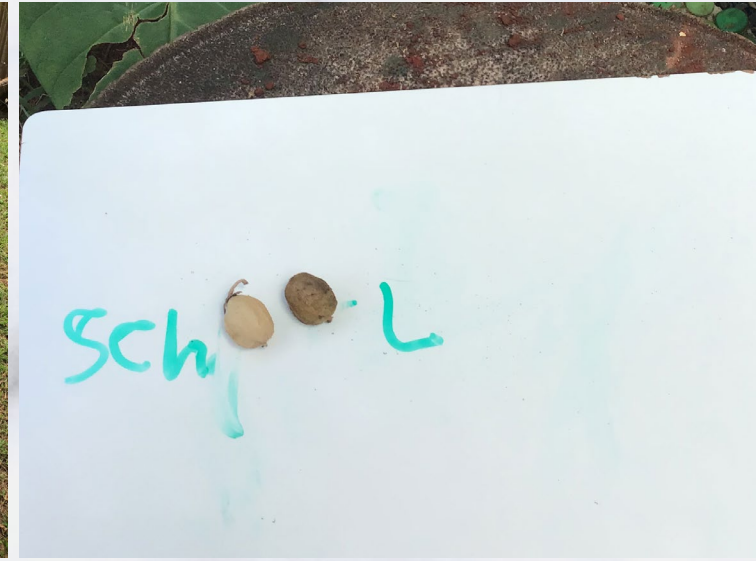


Year 4 pupils took on the exciting task of creating a news programme all about the science of sound. They worked together to explore how sound travels, experimented with different materials, and shared their findings in a lively and informative news segment.

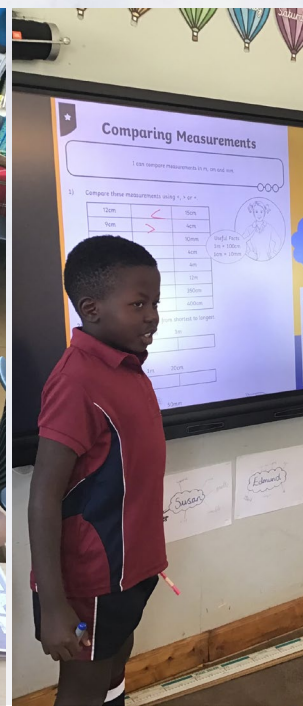
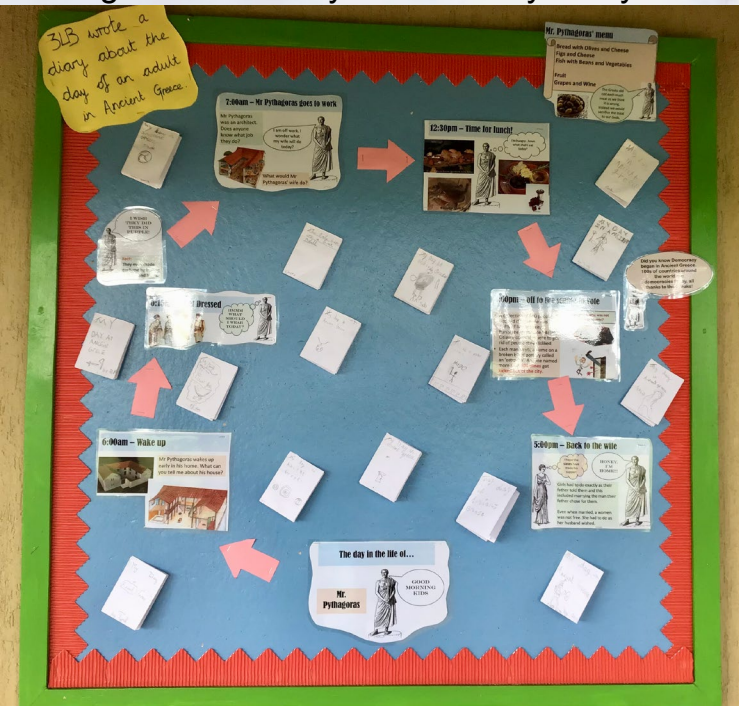


YEAR 3

Year 3 took to nature to practise their spellings. We spelled our words using natural elements in the Planet Warriors garden.



In History we have been researching the daily lives of Ancient Greek adults and children. Many children wanted to be a Spartan before the lesson but then changed their minds as we discussed their lives. We were also lucky to have two new 'teachers' this week as Gold and Joshua took charge of Numeracy and Literacy. They did a Great job!!



YEAR 2 TRIP TO BROWN'S CHEESE

Year 2s had such a great trip to Brown's Cheese Farm on Monday, what a way to start the week! The children learnt how cheese is made and they made their own delicious cheesy pizzas. Here are some reviews from some of the children;

"The pizza was yummy and the ice cream was my best!" ~ Eliana

"The trip was super fun because we got to see how cheese is made and my favourite bit was the walk in the farm." ~ Njuguna.

"My favourite bit was seeing a rabbit giving birth." ~ Akila

"I loved the honeycomb and rosemary ice cream." ~ Mrs Haq

"I loved all of it!" ~ Conall

"My favourite part was going around the farm and seeing animals." ~ Johnny



YEAR 2

In Art we painted some amazing pictures of the Pyramids of Giza - tying into our Humanities lesson as we explored our first ancient wonder of the world. The children blended colours to make the background sunset and finished off with a silhouette of the pyramids!



In Science we learnt about healthy hearts and how exercise impacts our heart rate. We discussed how exercise makes the heart work harder and is an essential part of a healthy lifestyle. We did various activities to observe and compare the effects of exercise. We then recorded our data in a simple table.



YEAR 1

In Humanities, we explored traditional Chinese cuisine. The children enjoyed the experience of sampling Chinese dishes, particularly enjoying the challenge of using chopsticks to eat noodles—a skill that proved to be quite tricky!



Stretchy learning! We learnt the importance of challenge and made our own stretchy flowers to represent the growth made by facing challenges.



YEAR 1

The Year 1's enjoyed searching in the garden for the little creatures that call it home. We spotted munching caterpillars, worms, bees, butterflies, aphids and some beautiful sunflowers full of pollen.



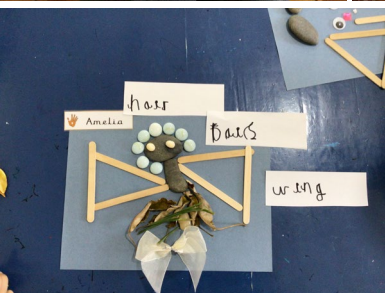
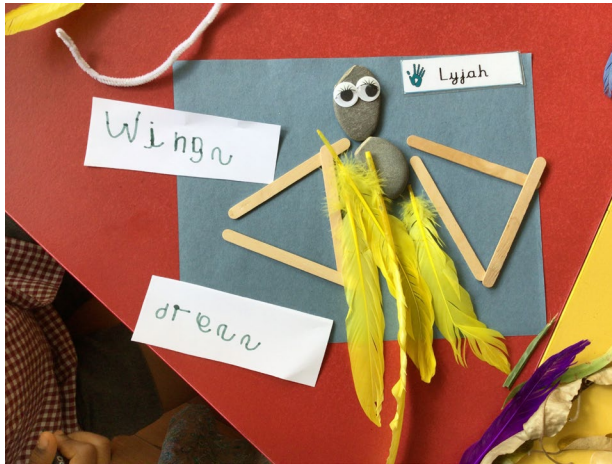
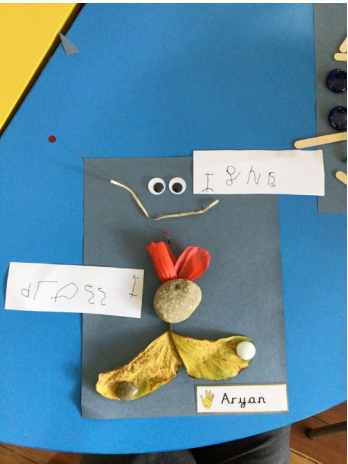
Thank You...

Thank you to Miss Margaret who helps the Year 3 and 4 children.

Mrs Rogers

PEGASUS EARLY YEARS RECEPTION

In Reception we went on a fairy hunt to see the fairy doors in our playground. We then created our own fairies in Literacy and had a go at labelling different parts of the fairy. In Science, we played with magnets!



NURSERY 2

As colours blend on the palette of shared spaces, each stroke tells a story of unity and connection.



NURSERY 1

In Nursery 1 we are working on manipulating playdough by pinching and rolling little pieces of playdough to make balls, even just squishing it in our hands works the muscles. Playdough is fantastic for developing hand strength.



RIISING STARS

In Rising Stars, these are some of the things we love to do. Listen to stories, create music, construction play, making play dough crocodile teeth and beautiful feathers.



WEEK 5**MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK**Home Made
Flapjacks &
Fresh FruitPinwheel Cookies
Fresh Fruit

Cake & Fruit

Jam Sandwiches
& Carrot Sticks

Popcorn & Fruit

LUNCH:**SOUP**Cream of Leek &
Potato Soup**MAINS**Cheese
MacaroniChicken Nuggets
GF Chicken
Nuggets

Lamb Curry

Stir Fry Beef &
VegetablesFish Goujons
Chicken Goujons
(PEY)**VEGGIE**Macaroni in
Salsa SauceLentil & Potato
Nuggets

Palak Paneer

Stir Fry Tofu &
Vegetables

Haloumi Goujons

SIDESGrated Cheese
Seasonal
VegetablesBaked Beans in
Tomato SaucePeas Pilau
UgaliPita Bread
GF Pita Bread
GuacamoleChips
French Beans &
Carrots**DESSERT
MAIN SCHOOL**Bread & Butter
Pudding
Custard
Fruit

Fresh Fruit Platter

Ice Cream
Fresh FruitPineapple in
Syrup with
Crumbed Biscuit

Fresh Fruit Platter

**DESSERT
PEY**Bread & Butter
Pudding
Custard
Fruit

Fresh Fruit Platter

Yogurt & Honey
FruitPineapple in
Syrup with
Crumbed Biscuit

Fresh Fruit Platter

SALAD BAR - an assortment of salads is served every Tuesday, Wednesday & Thursday

Lettuce, Tomato, Cucumber, Coleslaw, Carrot Sticks, Beetroot, Quinoa, Grated Cheese, Grated Carrots, Couscous, Two Beans Salad, Pasta Salad, Egg Salad, Roast Chicken, Roast Beef, Avocado

DRESSINGS - Honey Vinaigrette, Cocktail Sauce, Mayonnaise

Menu subject to change. All meats are Halal



FALAFEL BURGERS



Ingredients

- 1 cup dried chickpeas
- 1 cup chopped onion
- 1 cup finely chopped fresh parsley
- 1 tsp salt
- 4 crushed cloves of garlic
- 2 tsp cumin
- 1 tsp ground coriander
- 1 tsp baking powder
- 4 tbsp all-purpose flour

Method

- Soak the chickpeas overnight in a large bowl of water
- Drain the chickpeas and add them along with onion, parsley, garlic, cumin, ground coriander
- Blend in a food processor till it is coarse and grainy
- Transfer to a bowl and add baking powder and all-purpose flour
- Line a small baking sheet and make four balls of the mixture. Place on the tray and gently press with your palm to form patties
- Refrigerate the patties for 4 hours
- Heat a skillet and add oil
- Cook the patties on the skillet for 2 to 3 minutes and then turn over.
- Serve in pita bread or burger buns with lettuce and tomato.

NOTICE BOARD



Upper School
MOVIE NIGHT

BEN STILLER
NIGHT AT THE MUSEUM

FRIDAY
2ND FEBRUARY

POPCORN FOR THE KIDS &
SHAWARMA'S AVAILABLE FOR
THE ADULTS (NO ALCOHOL AND
REMEMBER YOUR CHAIRS!)

TIME: SUNSET - 6.30 FOR 7PM
IN FRONT OF THE HALL
COST: 500 (CHILDREN) 300 (ADULTS)

MPESA:
PAYBILL NUMBER: 172749
ACCOUNT NAME: MOVIE



THE BANDA BALL COMMITTEE
INVITES YOU TO
THE BIG BANDA BASH

WHEN: FRIDAY 8TH MARCH 2024
WHERE: MAIN SCHOOL FIELD

Arabic Nights

TICKETS: 8000/- PER PERSON
INCLUDES WELCOME DRINK,
LEBANESE FEAST,
THE BEATHOGS BAND

DRESS: ARABIAN NIGHTS
(THINK ALADDIN)

PAYBILL NUMBER: 172749
ACCOUNT NUMBER: BANDA PARTY

THE BEATHOGS
A BIG FUNKIN' BAND

Friends of
Dagoretti
Children

WE ARE PLEASED TO ANNOUNCE THAT
WE'VE BEEN NOMINATED FOR THE:

THE 3RD ANNUAL
**KENYA
THEATRE
AWARDS**

Kenya Amateur Dramatics is delighted to have been nominated for 10 Kenya Theatre Awards for their production of 'Rokk of Ages'!

Directed by Jeni Stow (Year 8 mum), musically directed by Emma Withill and choreographed by Rainbow Field (Year 6/ Nursery mum) the show took place in May 2023 and we are honoured and delighted to be nominated, especially with so many of The Banda community represented!

Nominations include:

- **Best Musical Theatre Production** - KADS, led by Jeni Stow
- **Best Production** - KADS, led by Jeni Stow
- **Best Female Actor in a Lead Role (Musical)** - Rainbow Field
- **Best Female Actor in a Lead Role (Musical)** - Emma Withill
- **Best Female Actor in a Supporting Role (Musical)** - Lizzie Grounds (former Banda parent and PTA Chair)
- **Best Stage Manager** - Kate Gardiner (Banda alumna)
- **Best Choreography** - Rainbow Field
- **Best Musical Adaptation** - Emma Withill
- **Best Lighting Design**
- **Best Sound Design**

If you love KADS or loved our show, please consider taking a moment to vote for us! Every vote counts!

Look out for 'Shrekk The Musical' later this term!

To vote, please visit:

<https://voting.kenyatheatreawards.com/>

