



Spirit of The Banda

Friday 9th February 2024

A WORD FROM THE HEADMASTER

Following last week's scholarship news from Peponi, it was great to hear that Amanda Manduku has also been awarded a Sports Exhibition there. We then heard this week that ten pupils have received scholarships to Hillcrest. Many congratulations to Maya Kamiri and Sofia Keiser (all rounder); Mayian Douglas-Hamilton Pope, Ivy Fusco-Roberts and Zuwenia Lee (art); Serena Lakhani, Tatiana Lawrence, Jake McRae and Kayleigh Nann (sport); and Zahra Darker (drama).

As mentioned last week, the trips programme is in full swing: Year 3 enjoyed a day at Mlango Farm on Monday, Year 1 ventured out to Ocean Sole on Tuesday and Year 4 have been at the War Cemetery today. Furthermore, a group of Year 6, 7 and 8 pupils are currently enjoying a Science and Geography themed trip in Watamu.

The first half of term has seemingly passed in a flash and I wish you all a fun and restful Half Term before a further six busy weeks take us towards the Easter break.

James Moss-Gibbons



IAPS Triathlon Team

See Week 6&7 events overleaf

Follow us on:    

SECONDARY SCHOOL VISITS



pair

UK Boarding Schools visit The Banda School



We warmly invite The Banda families to meet and chat informally to Heads,
Deputy Heads and Registrars from UK Boarding Schools

Friday 23 February 2024 from 7.45am

at THE BANDA SCHOOL by the Wall, Main Car Park

UK BOARDING SCHOOLS

Bede's School • Cranleigh School • Kingham Hill School

Queen Ethelburga's Collegiate • Royal High School, Bath

Warwick School and King's High School

FUTURE SCHOOLS TALK

Thursday saw Banda host six international schools at our annual Future School's event, which was a great success. The Banda senior team provided advice on selecting schools and were ably assisted by educational consultants [Richard Foster](#) and [Andrew Walker](#)





PTA



The PTA held the much awaited Upper School Movie Night last week Friday.

We watched Night At The Museum, and we had giggles and laughter throughout the night. Special thanks to Mala for organising yummy popcorn and for helping co-ordinate the much loved shawarma stand.

Thank to Brad, Fleur, Ash, Grace & Carole for happily helping throughout the night.



The PTA held their coffee morning at Matbronze on Thursday this week.

I was really glad to see so many new faces.

Thank you to all the Reps who made it and helped organise everything.

I encourage everyone to attend the upcoming Quiz Night later on this term, don't miss out on the fun!



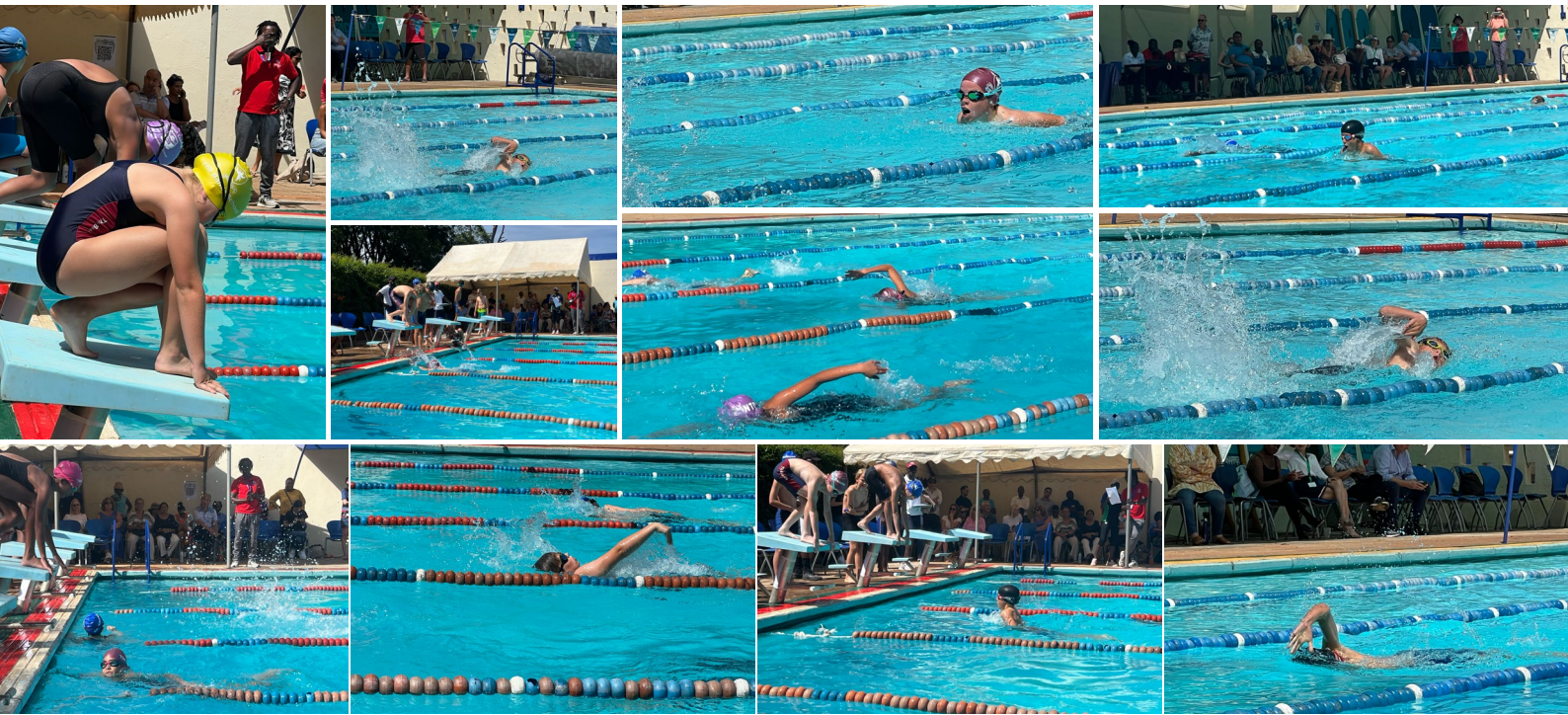
IAPS TRIATHLON

16 Banda children from Years 5-8 travelled to Braeburn Garden Estate for the IAPS Triathlon last Saturday. For the U11 children this involved swimming 6 lengths, cycling 4.3km and running 1.7km and for the U13 children swimming 8 lengths, cycling 6.7km and running 2.4 km. This was a fantastic event which really tested the stamina, perseverance and endurance of our athletes as well as their ability to transition quickly between each discipline. It was a wonderful effort from all of our triathletes but a special mention goes to Talia Sadron who came in 3rd in the U13 Girls' event, Maya Kamiri who came in 2nd (just 20 seconds behind 1st place!) and to Tristan Darker who won the U11 Boys category.



IAPS U11 WARM-UP SWIMMING GALA

Our amazing swimmers represented The Banda at the IAPS Under 11 Warm-Up Gala this week. The boys' A team secured 4th place, while the girls' team came 3rd, resulting in an overall 3rd place for the school. The boys' B team took 1st place, and the girls' team came 3rd, resulting in a 1st place overall. All teams did an incredible job!



RAMA'S FAREWELL

The parents organised a surprise farewell for Rama at Matteos with a great turnout from the swim teams and parents.

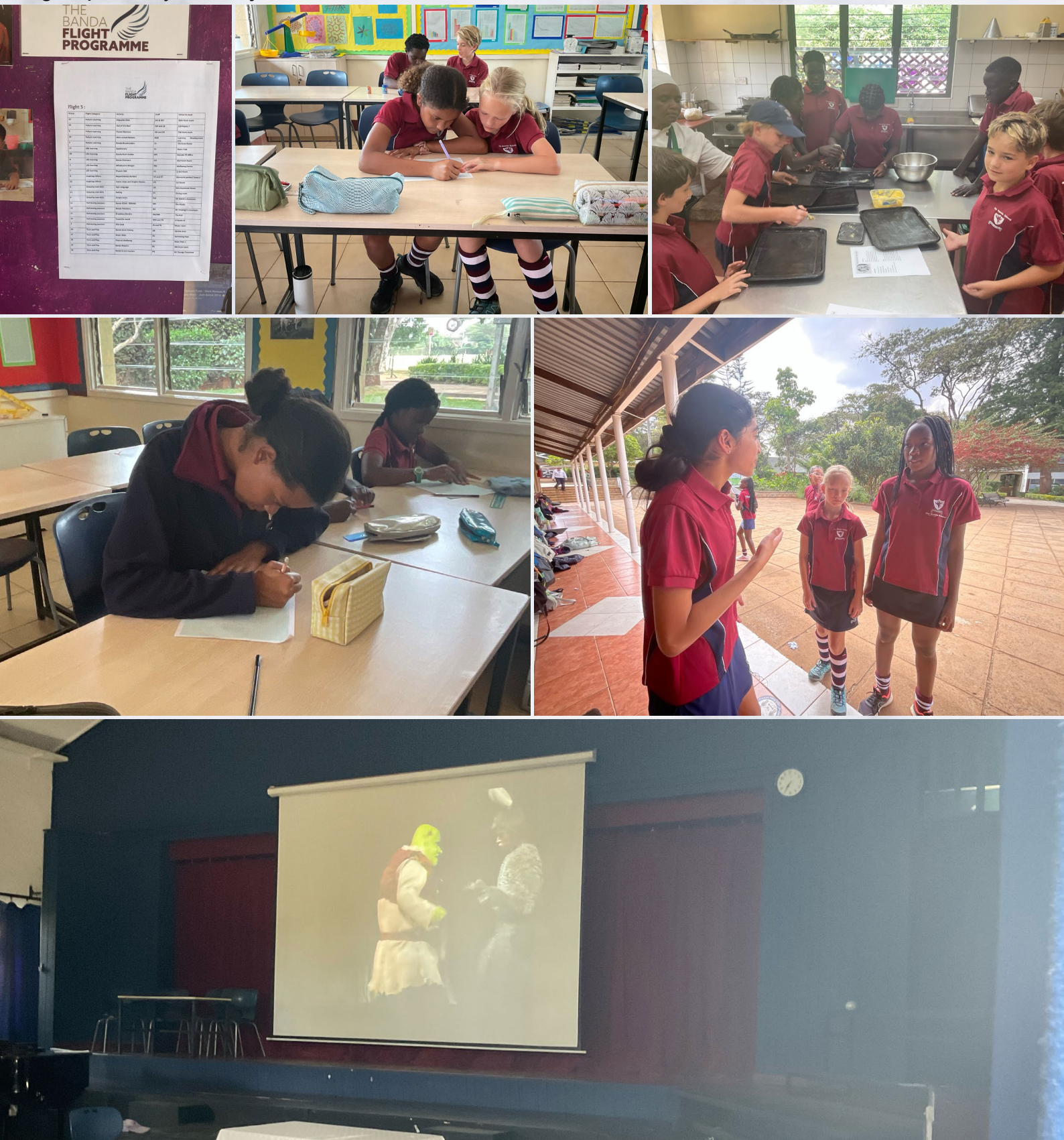


FLIGHT

Within the Banda school, there is a programme called FLIGHT. Flight stands for Future learning, Life learning, Inspiring others, Grasping new skills, Harnessing passions and Train and play. There are a variety of FLIGHT activities that you can do within The Banda. However, we can guarantee that from the classrooms at one side of the school, to the fields at the other, FLIGHT is fun for everyone.

Some examples of FLIGHT that are the pupils' favourites are: Sign Language, Planet Warriors, Apothecary, Baking and Broadway Bandits. Apart from these, there are many other FLIGHT groups that you can join.

~ Summer Mills



YEAR 5

Year 5 extension activity in Art: painting shadows influenced by Hundertwasser's use of line, colour and love of nature. In Science, the children learned about Tectonic plates using (and eating) jam and oranges!



LOWER SCHOOL YEAR 4

This week in PSHE, Year 4 have been talking about love and loss. This meant different things to different people. It could mean losing someone we love when they pass away or leaving a friend in a former school. We created Memory Kites where we drew pictures and wrote about our memories. Then we had lots of fun trying to make them fly!

Who did we remember?

'My two friends in South Africa'

'My friends in Mauritius; they were playful and nice. I did not get to say goodbye to them.'

'My friend Harper in South Africa.'

'My Uncle Neville, he died of cancer because of smoking'

'We moved house and I did not get to say goodbye to my neighbours, but I see them often on Roblox.'



YEAR 4

Following a presentation from Simon Bendry from the Commonwealth War Graves Commission in London, the Year 4s visited the Nairobi War Cemetery today as part of our study of World War 2. Learning about the work of the Commission was a useful foundation for our trip. We learnt about the service of the soldiers buried at the cemetery, the symbols to look out for on the headstones and what they represent. At The Nairobi War Cemetery, we were met by Isabel Kimani from their Nairobi office, who welcomed us and introduced the different sections of the cemetery. It is a beautifully maintained memorial and this is what our students had to say about it:

'I was surprised by how beautiful it was.'

'I was flabbergasted when I saw all the graves, I didn't know it was going to be that beautiful.'

'I loved the drawing task. The dragon emblem was my favourite.'

'I liked how beautiful the gardens were.'

'I enjoyed looking for the different headstones.'

'I liked learning about the people who died, where they came from and their ages.'

'It was amazing.'



YEAR 4

In History, 4CN explored the preparations made at the outbreak of World War II to ensure people's safety and readiness. This included the use of gas masks as a precaution against potential poisonous gas attacks. To be prepared, we even constructed boxes for our gas masks, recognizing that Hitler would send no warning!



YEAR 3 TRIP TO MLANGO FARM

Year 3 visited Mlango farm in Limuru. The children were so excited to explore the farm, sampling and smelling all the fresh produce. They discovered so much about plant processes and how fruit and vegetables are essential for a healthy lifestyle. Everyone agreed the best part was cuddling the fluffy bunnies!

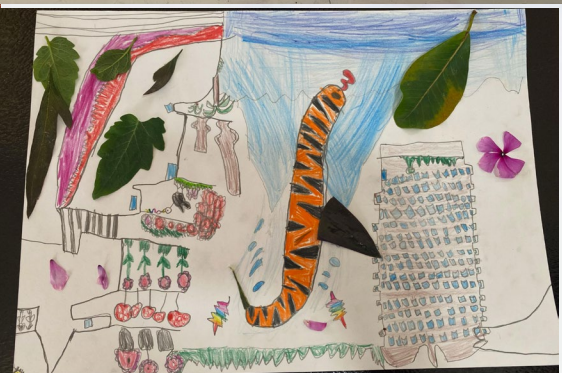


Year 3 have been learning about the skeleton. We have sung songs, drawn skeletons and labelled each other with the names of some of the bones.



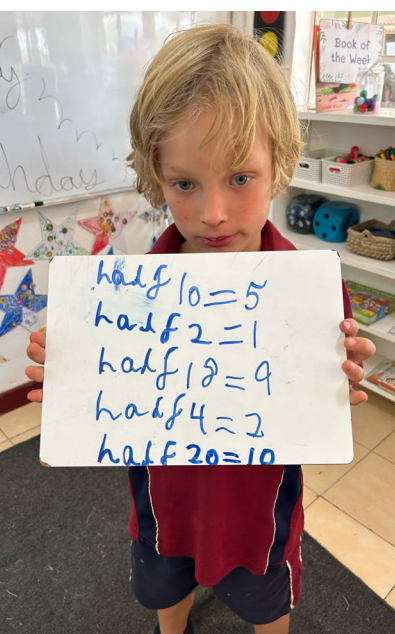
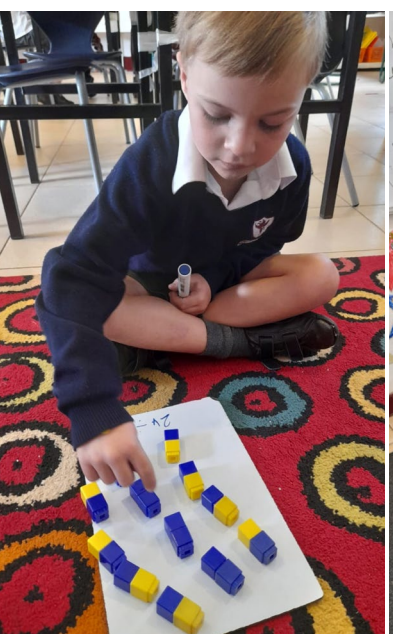
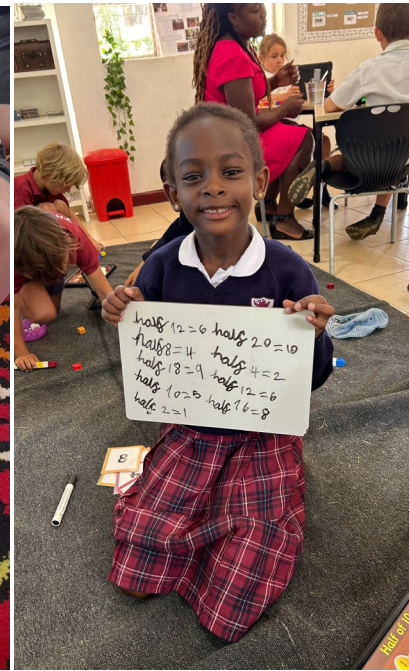
YEAR 2

In Humanities the Year 2s are really enjoying learning about the ancient Wonders of the World. We learnt all about The Hanging Gardens of Babylon. We created our own versions of these ancient gardens and in Art we went on a scavenger hunt looking for leaves and petals to decorate them.



YEAR 2

Year 2 had a Numeracy lesson to further our understanding of division. In PSHE, 2OG we worked in teams to create an end product.



YEAR 1 TRIP TO OCEAN SOLE



In Humanities, the children enjoyed assuming the role of television presenters to deliver a segment titled “Facts about China”. In Science, we made Observational Art work of plants.

We also spent some time with Rosa this Wednesday to discuss our Well-Being. We learned that we can see the good in ourselves even when we have challenges through thinking positively and having a “can do” attitude.





Thank You...

Thank you Paul, for all your support in Year 3 and 4 classes- and for always making time to play football with the Lower School children during break times.

Mrs Rogers

PEGASUS EARLY YEARS RECEPTION

In Maths this week we have been learning about odd and even. We had to sort out Mr Radcliffe's socks onto the washing line into even pairs. We had great fun !!



NURSERY 2

Valentine's Day came early to Nursery 2. Happy Red Day!



NURSERY 1

Nursery 1 children explored different painting techniques as they continue to develop their fine motor skills by using different stamps.



RISEING STARS

... we wondered what animals we could find in the jungle.



WEEK 7

MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

LUNCH: SOUP

MAINS

VEGGIE

SIDES

DESSERT
MAIN SCHOOL

DESSERT
PEY

Honey
Pancakes
& Fruit

Cake & Fresh Fruit

Sandwiches & Fruit

Cheese Straws &
Carrot Sticks

Home Made
Flapjacks & Fresh
Fruit

Cream of Tomato
Soup

Beans & Carrot
Goulash

Roast Chicken

Beef Pilau

Spaghetti
Bolognaise

Sandwich Bar
Assorted Meats

Paneer & Pea
Curry

Vegetable
Croquets

Green Lentil Pilau

Vegetable
Lasagne
Vegan Lasagne

Cheese, Eggs
Salads

Tortilla Wraps
GF Tortilla Wraps

Parsley Potatoes
Spinach
Gravy

Yogurt Sauce
Kachumbari

Corn on the Cob

Jacket Potatoes
Baked Beans in
Tomato Sauce
Butter

Fruit Salad

Ice Cream
Fresh Fruit

Fruit Platter

Pineapple in
Golden Syrup
Biscuit Crumble

Yogurt
Fresh Fruit

Fruit Salad

Yogurt &
Biscuit Crumble
Fruit

Fruit Platter

Pineapple in
Golden Syrup
Biscuit Crumble

Yogurt
Fresh Fruit

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



ANTIPASTO SALAD



Ingredients

- Romaine lettuce, chopped (used as the base for this Italian Salad)
- Black olives, halved
- Cherry tomatoes, sliced in half
- Mozzarella cheese balls, sliced in half
- Young Gouda cheese, cut into cubes
- Garlic salami
- Green olives, halved
- Red peppers, cut into squares
- Mini pepperoni
- Artichoke hearts

Method

- Toss romaine, olives, tomatoes, pepperoni, red peppers, salami, mozzarella, artichoke hearts, and young Gouda cheese in a large bowl.
- In a small bowl, whisk together the olive oil, lemon juice, and seasoning to make the lemon olive oil dressing.
- Pour the dressing over the salad and toss to combine.
- This salad can be made a day before serving. Additionally, sliced mushrooms, anchovies, and chopped celery can be added if desired.

NOTICE BOARD



Because your family deserves the best!

Welcome to TIBU Health Karen clinic - where kids can be kids and parents can relax!

Our space is designed to cater to your family's health needs in the most delightful way. From same/next-day appointments that start on time to medical doctors who listen, we make getting exceptional care for your whole family as painless as possible.

Our Services

- Medical consultation
- Laboratory tests
- Paediatric care
- Vaccinations
- Annual Wellness
- Pharmacy

Our Location

MyTown Mall Karen, 1st Floor.



CALL TO BOOK
AN APPOINTMENT

0111 151 200



HALF TERM ART WITH JAS

10TH TO 18TH FEBRUARY

8AM ONWARDS

AGES 7 & UP

**CHARGES (INC. MATERIALS) -
3000/-**

**PREPARATION FOR SCHOLARSHIPS
ALSO OFFERED**



**FOR BOOKING AND INQUIRIES
CONTACT JAS.
TEL - 0733910298**

THE BANDA BALL COMMITTEE INVITES YOU TO THE BIG BANDA BASH

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

Arabian 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



NOTICE BOARD

KAD'S *Kenya Amateur Dramatics* **SHREK** **The Musical**

Braeburn Gitanga Road Theatre

Thursday 29th February – 7pm

Friday 1st March – 7pm

Saturday 2nd March – 6pm



Scan for ticket information
<https://theatres.braeburn.com>
1500 kes

This is our story, 2024...