



# Spirit of The Banda

Friday 23rd February 2024

## A WORD FROM THE HEADMASTER

As the weather continues to heat up, so too does our calendar of events as we enter a particularly busy period of the school year.

Year 8 have had their French speaking and listening exams this week before sitting a full set of mock Common Entrance exams next week - we wish them all the best for these.

Our value for the half term is Teamwork and this ties in well with the numerous tournaments, galas and House events coming up, as well as the South African Hockey Tour. But it's also important that the pupils recognise all the other teams that they are a part of - class, year group, friends and family to name but a few - and play their full part in each of them.

Year 7 had a great opportunity to exhibit their teamwork skills during a day of activities and challenges at Peponi yesterday, along with the chance to see a senior school in action.

And finally.... the very best of luck to all those taking part in tomorrow's Banda Vocal Festival.

**James Moss-Gibbons**



**The Banda Chess Team**

**See Week 8 events overleaf**

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# SECONDARY SCHOOL VISITS



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## We're in Nairobi 21 - 26 February

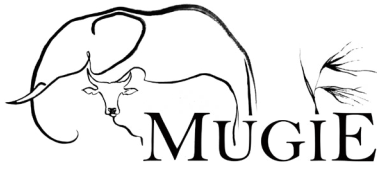
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# CHARITY DAY

On Friday 1st March The Banda will be fundraising for one of our charitable projects for 2024. The funds raised will go to the **Pokot Cultural Boma Self Help Group**, a women's beekeeping project that Mugie Conservancy supports.



**The funds will be used to support the group in doing the following :**

- Constructing 1 satellite honey extraction facility in Louniek
- Purchasing bee suits;
- Purchasing/building hives;
- Purchasing a honey uncapping table, honey extractor, honey filter, honey tank, refractometer and packaging equipment;
- Training women on beekeeping, honey and honey products;



On Friday 1st March a team from Mugie will give a talk to Lower and Upper School pupils, on the importance of bees for our environment and sustaining ecosystems, beekeeping, Mugie's beekeeping project and community outreach projects. We ask that pupils bring a minimum donation of **Ksh. 200**, but are not limited to this if they would like to donate more to the project. **Pupils may choose to wear a hint of yellow, black, bee or flower inspired clothing or accessory.**



Lipa na mpesa  
Paybill Number - 172749  
Account Number - Surname - Charity Day

**There will also be delicious honey from the Pokot Cultural Boma Self Help Group for sale at The Wall at pick up on Friday 1st March.**





# CHESS REPORT

Five Banda Chess players took part in the Microsoft International Schools Tournament at Brookhouse Runda. All played very well. Chanel and Henry qualified for final rounds played on Sunday where Henry got 2 points and Chanel got 4 points in very competitive rounds of top chess players in the country. Chanel emerged the top girl in the Under 14 category and was selected to represent Kenya in South Africa this June. We are wishing the best of luck to our other 6 chess players from Year 1 to Year 8 who are playing this Saturday.





# DUBAI OPEN SWIMMING CHAMPIONSHIP



Kidha (Year 7), Liseno (Year 5) and Ameya (Year 5) were selected to represent Team Kenya by the Nairobi County Swimming Association at the prestigious Dubai Open Swimming Championship, hosted at Hamdan Sports Complex, Dubai from 16th to 18th February.

The Children were not intimidated by the over 934 swimmers from 15 different nations and did impressively well, shaving their personal best times and winning heats. In both 100m and 50m breaststroke, Ameya came in 6th overall. Liseno placed 13th in 50m Fly and Kidha placed 22nd in 50m Fly.

## BRAEBURN MUSIC FESTIVAL

On Wednesday, a select group of sixteen singers from the Lower School Choir represented The Banda for the annual Braeburn Music Festival at the Braeburn Gitanga Road. They performed two pieces themed around caring for our environment. It was a thoroughly enjoyable day and inspiring to share music with children from 14 other schools.

Tomorrow (24th February 2024) The Banda hosts The Banda Vocal Festival for the Upper School and we wish our competitors success.





## PENN'S POST

Hello Everyone,

I thought I would send you an update following my visit to The Banda in January.

I travelled up country to Rongai in Nakuru County where I have been volunteering at The Vanessa Grant Girls' School. I so enjoy working in this school where there are approximately three hundred secondary boarders. This was my third visit and they were so pleased to see me, so perhaps I'm not so scary after all!

I work with the teachers, observing their lessons and supporting them in developing their skills whilst aiming to instil independence and resourcefulness in the girls. It is one of the most rewarding activities I have ever undertaken and I enjoy using my thirty eight years of accumulated educational experience to support this wonderful school.

As well as observing lessons and spending time with the girls, I have been running some block printing workshops which was great fun. The Indian Block Printing Company near Oxford in the UK donated yet more blocks for me to bring to Kenya again this year. In addition, The Banda donated some of their redundant text books in English and Maths which I was able to take to the school. They were absolutely delighted with this gift and so grateful.

I'm off back to grey and cold England soon but rest assured I will be back!

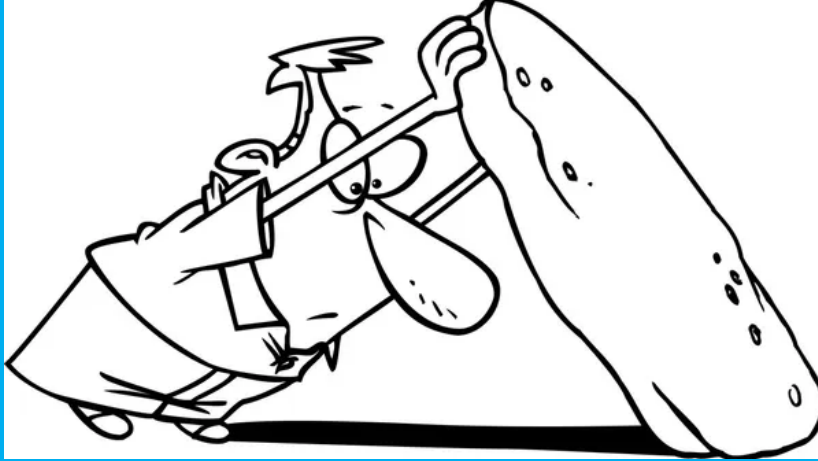
Yours,

Penelope Kirk - Advisory Governor to The Banda





## YEAR 8



### **No Stone Left Unturned** *by Mayian Douglas Hamilton-Pope*

A dark and dingy beach was being battered by relentless waves crashing against the rocky shore; cliffs stood tall and proud as they rose ominously from the concealing mist of the night. Birds sang a lonely song as they danced through the air. Beyond the birds and shore, lay a restless sea tossing and turning like a child in its crib.

A flash of lightning lit up the night sky as a figure stood silhouetted against the sea of blinding white, watching it like an emperor. Covered by fur coats and crowned by lightning. The figure watched the darkening sky.

Strongly, the figure turned prowling across the cliff edge like a predator looking for prey; its eyes were on the flying waves but its flaking claws were curled around the crumbling cliff edge, beaten by the wind, the figure slunk on, unnaturally graceful. Seagulls far up high soared unaware of the danger beneath, the cloud swallowed more of the sky as the rain grew stronger. The figure restlessly shifted at the edge of the cliff seemingly unbothered by the pounding rain and wind, its glistening gray gaze drifting for prey, every muscle tensed like an athlete at the start of the race.

Far, far away seagulls easily dodged the beating sea, drifting ever so closer to the rocky beach bruised by air currents. The seagulls were oblivious of the danger below, started searching for a perch, not seeing dark figures below as they glided closer beneath the seagulls the figure had tensed up and prepared to leap as the wind pushed the seagulls closer to the ground, the figure leapt soaring easily up to the gull and capturing it with cruel twisted claws. Frantically, the gull beat its wings desperate to escape below it the figure's body contorted, still gripping strongly to the gull, becoming more predatory, more catlike, more of a beast, but as the beast came crashing down the seagull went with it.

Swiftly, the beast sunk its festering teeth deep into the gull's feathery neck; struggling to survive, the gull thrashed back and forth, desperately hoping to survive. As its struggling grew weaker the beast snarled, baring its long, decaying fangs, realising that it had won, tore it apart savagely, devouring it in a few famished gulps. Abandoning the scene of the crime the beast surged forward and away. The sea in the end had left no stone unturned looking for its long lost friend.



# YEAR 7

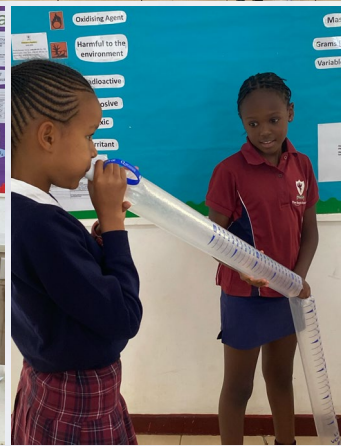
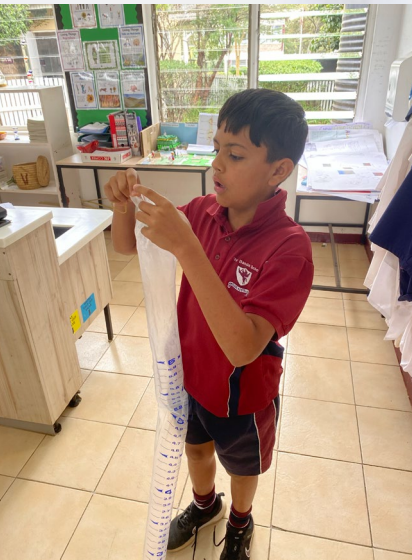
Yesterday Year 7s visited Peponi Secondary School for the annual SMART Day. The pupils took part in Science, Maths and Art sessions in the morning, enjoying 'elephant's toothpaste', online challenges and painting pots. This was followed by some fun and hot recreation where they played basketball, tennis and spent some time working out in the gym! Lastly they took part in an amazing array of Teambuilding activities including a challenging assault course, exciting mountain biking and archery. All in all a very fun, engaging and challenging day and the pupils should be very proud of all of their achievements.





# YEAR 6

Year 6 investigated lung volume in Science...





## YEAR 5

Year 5 have been learning about the structure of the earth and plate tectonics. 5MV did a sticky activity with oranges and jam to help visualise their learning. They peeled the orange and divided the peel into pieces, to represent the plates which make up the earth's crust. They then smothered the orange in a thick layer of jam to represent the mantle. They then placed the peel back on the orange so that the pieces fit together and then experimented moving the pieces in different directions, like different plate boundaries.



## LOWER SCHOOL YEAR 4

This week, 4SI have been researching Japan as part of Global Location. We learnt lots of information about this island nation, including their cultures and traditions. We held our own tea ceremony, which was admittedly not as calm, quiet or zen as we would have experienced in Tokyo! Verdicts on the green tea tasting ranged from minus 100 (yuck!) to 10 out of 10 (awesome!)





## YEAR 4

This week in Religious Studies, 4CN delved into the narrative of Palm Sunday, immersing themselves in the account of Jesus's triumphant entry into Jerusalem, which they later brought to life through a vibrant reenactment.



The 4CN children also worked in groups, analysing World War 2 poetry features like rhyme, similes, alliteration, metaphors, personification and onomatopoeia. They also unravelled the poem's deeper meanings and emotions, fostering a deeper appreciation for poetry and honing their analytical skills.





## YEAR 3

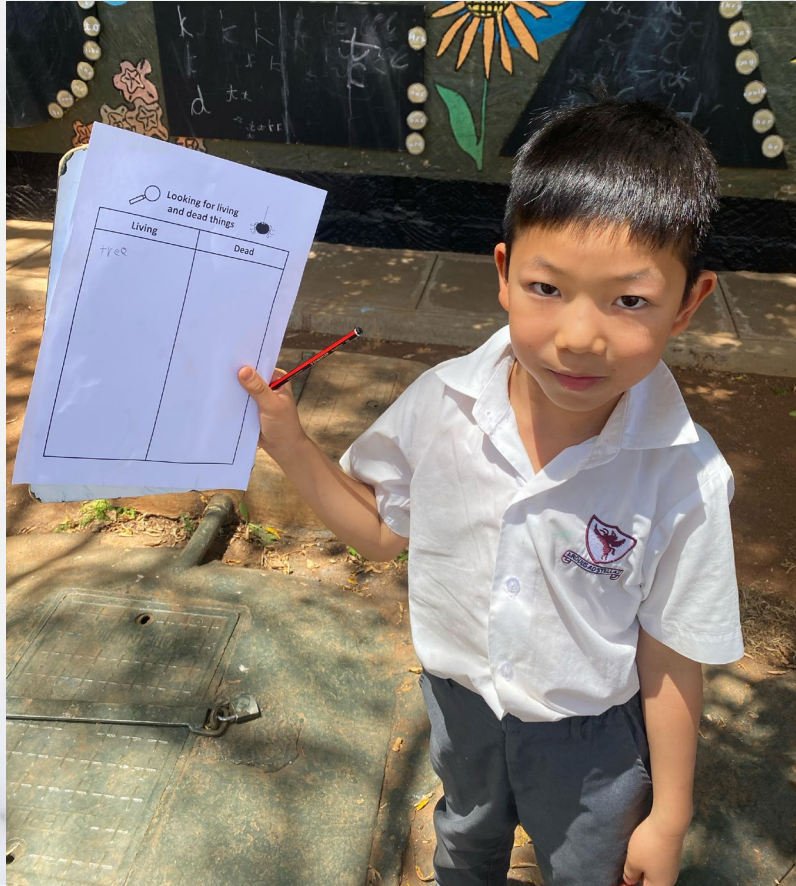
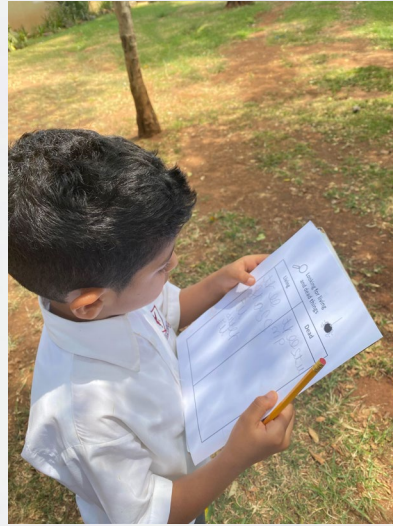
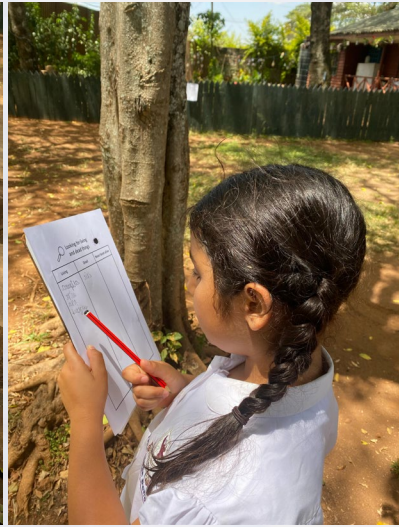
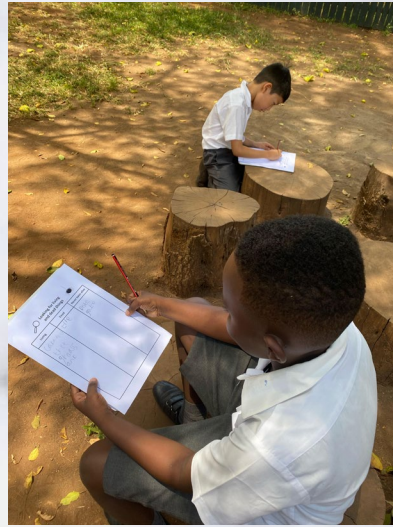
Year 3 have been studying Greek myths in Literacy and History. We had great fun acting out various myths. Can you spot Medusa, Cyclops and the naughty spirits lurking behind Pandora's box?





## YEAR 2

In Science we are learning about Living things and their habitats. We discussed the features of those things which are living, dead and have never been alive! We then went on to explore our garden to find living and dead things and things that have never been alive!





## 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 1

In Science we had a lovely time doing some observational drawing and watercolour paintings of the structure of flowers we found around the school.





# YEAR 1

Year 1 enjoying quiet reading in the Library.



*Thank You...*

Thank you to Rahab, our amazing assistant in Year 2!

Mrs Rogers





# PEGASUS EARLY YEARS RECEPTION

The Reception children have had another busy week in school. In Science, we explored ice and how it changes from a solid to a liquid. It was a great activity for the hot weather we have had this week!

In Art with Miss Pauline, the children enhanced their drawing skills (which really are becoming quite brilliant!) by challenging the children to draw a giraffe and then paint a scene for the giraffe to be attached to. The children did a fantastic job of adding lots of detail to their drawings.

In Maths this week we have introduced time and the children were learning about analogue clocks and learning to tell when it was an O'Clock time.





# NURSERY 2

We continue growing, learning, and making memories together.





# NURSERY 1

After a very successful Nursery 1 Sports showcase before half term, pupils have graduated out of the studio and on to the astro. With far more space and a different environment to negotiate, the Nursery children have even started ball skills work in their sports lessons. They are developing very quickly and have a great deal of fun in the process. The Future is certainly Bright!!!



In Nursery 1 the children have been engaging in activities that build their fine motor skills as well as their hand-eye coordination. Our hand-eye coordination skills developed as we scooped and poured water to fill the bottles. We had a terrific time finding out how many beads we could push through the skewers.





# RIISING STARS

We have been talking about sweet bananas. We washed them, ate them, painted them and threaded them. It was a great way to 'go bananas'.





# WEEK 8

# MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MORNING BREAK

Pinwheel  
Cookies  
Fresh Fruit

Cake & Fruit

Sugar Snaps  
Fruit

Jam Sandwiches  
& Carrot Sticks

Home Made  
Flapjacks & Fresh  
Fruit

## LUNCH:

## SOUP

Cream of Leek &  
Potato Soup

## MAINS

Cheese  
Macaroni

Chicken Nuggets  
GF Chicken  
Nuggets

Lamb Pot Pie  
Lamb Goulash  
(PEY)

Stir Fry Beef &  
Vegetables in  
Noodles

Fish Goujons  
Chicken Goujons  
(PEY)

## VEGGIE

Macaroni in  
Salsa Sauce

Lentil & Potato  
Nuggets

Vegetable Pot Pie

Stir Fry Tofu &  
Vegetables

Haloumi Goujons

## SIDES

Grated Cheese  
Seasonal  
Vegetables

Baked Beans in  
Tomato Sauce  
Corn on Cob

Steamed Rice  
(PEY)

Rice Noodles (GF)  
Sweet n Sour  
Sauce

Chips  
French Beans &  
Carrots

## DESSERT

MAIN SCHOOL

Bread & Butter  
Pudding  
GF & Dairy Free  
Bread Pudding  
Custard  
Fruit

Fresh Fruit Platter

Ice Cream  
Fresh Fruit

Pineapple in  
Syrup with  
Crumbed Biscuit

Fresh Fruit Platter

## DESSERT

PEY

Bread & Butter  
Pudding  
Custard  
Fruit

Fresh Fruit Platter

Yogurt & Honey  
Fruit

Pineapple 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 Bean Salad, Pasta Salad, Egg Salad, Roast Chicken, Roast Beef, Avocado

**DRESSINGS** - Honey Vinaigrette, Cocktail Sauce, Mayonnaise

Menu subject to change. All meats are Halal





# SPAGHETTI BOLOGNAISE



## Ingredients

- ½ tablespoon olive oil
- 500g minced beef
- 2 dried bay leaves
- 400g spaghetti
- 2 garlic cloves crushed
- 2 tbspn tomato paste
- 2 sprigs fresh thyme
- 1 onion finely chopped
- 800g tomatoes grated or blended
- Salt and pepper to taste
- 50g Parmesan cheese finely grated

## Method

- Heat the oil in a large pot over medium heat. Add onion and garlic, cook till onions are golden brown.
- Turn heat up and add beef mince. Cook, breaking it up until browned.
- Add remaining ingredients except for salt and pepper. Cook for 20 to 30 minutes without a lid, adding water if the sauce gets too thick.
- Add salt and pepper right at the end.
- In a pot boil water and add spaghetti. Boil as per directions in less than 1 minute.
- Scoop a mug of spaghetti cooking water and set aside, then drain the pasta
- And pour the mug of water over the spaghetti and drain.
- Serve hot, bolognese sauce over the spaghetti, sprinkle with parmesan cheese.



# NOTICE BOARD

ORIGINS DANCE COMPANY  
PRESENTS

WEDNESDAY  
**28**  
FEBRUARY



# HOME

A NEW DANCE WORK BY ELLIE MARSH

**Ticket Prices**

Adult: **1000/-**  
Child: **500/-**

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A/c number: **Home Tickets**

ALLIANCE FRANÇAISE NAIROBI  
7.00PM

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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





# 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...