



Spirit of The Banda

Friday 8th March 2024

A WORD FROM THE HEADMASTER

Our Year 8 pupils continue to achieve considerable success in their senior school scholarship applications. Following the news from Hillcrest and Peponi earlier in the term, I'm delighted to share the news of several further awards, bringing the total so far to an impressive twenty-four.

Olivia Birech and Allegra McGhie have both been awarded Art and DT Scholarships to Sherborne Girls' School; Maya Monte has won a Performing Arts Scholarship and Ava Stow a Drama Scholarship to Braeburn Gitanga; Serena Lakhani has gained a Sports Scholarship to Braeburn Garden Estate; and Millfield School have awarded Mia Marsh Academic Scholarship and Drama Scholarships, and Netty Childs Cricket and Netball Scholarships.

It's definitely been a week of fancy outfits with some fantastic imagination on show from Years 1 and 2 as they celebrated one hundred days of school on Thursday. This was then ramped up a notch today as the whole school celebrated Banda Book Day; very many thanks to Ms Thwaites for coordinating a great day of activities to promote reading. I'm sure that those parents attending the Banda Party this evening won't disappoint with their costumes either!

I would like to extend a huge thank you to everyone for embracing our 'Let them play' initiative in its first week, having been pitchside myself. We feel good being on the front foot with this and will be sharing it with other schools on our circuit.

And finally.... the very best of luck to our Under 13 and Under 11 girls' hockey teams at tomorrow's IAPS tournament, and wishing our Under 13 teams a lekker time in Cape Town next week.

James Moss-Gibbons



See Week 10 events overleaf

Follow us on:

SECONDARY SCHOOL INFO



Welcome to ISK's Virtual Open Day 2024!

Join us for a virtual exploration of the International School of Kenya's extraordinary Pre K-Grade 12 program on **March 26, 2024 from 2:30-3:30 p.m. EAT.**

Deadline for Registration: March 21, 2024

Scan the QR Code to
Register Today



Limited Spots
Available!

What to Expect:

- A glimpse into our enriching curriculum
- Q&A sessions to address your queries

Why Choose ISK?

At ISK, we don't just educate; we inspire. Our holistic approach to education focuses on academic excellence, character development, and global citizenship. Join us to see how we cultivate a love for learning that lasts a lifetime. #BeyondEducation



International School of Kenya

**BEYOND
EDUCATION**
Learning for Life

SQUASH REPORT

Two weeks ago, The Banda competed in the IAPS Squash Tournament. The girls hosted the event here at The Banda with the boys travelling to Braeburn Gitanga Road. Away from home, the boys performed admirably, winning many of the games against some strong opposition to finish in 4th place. Here at home, the girls found themselves in a tussle for first prize with Pembroke. Like many of these events, it came down to the wire and The Banda team came out on top to retain the title they also won last year.



BEYOND BANDA BORDERS

This has been a great term for our Flight Group 'Beyond Banda Borders'. During the first half of term we worked closely with KIMMTA in Kibera. We hosted a group of enthusiastic five year olds who enjoyed taking part in an obstacle course which we set up on the field. They then enjoyed a delicious lunch provided by Mala. We had great fun in our reciprocal visit to KIMMTA and Banda pupils put on a fantastic afternoon of arts and crafts which everyone enjoyed.

After half-term, we worked with our second link school, Edmund Rice School. We particularly enjoyed our visit to Ebulbul where our pupils took part in a series of team building activities before being given a tour of the school. Pupils from both schools were fiercely competitive in the team building challenges and it was a really fun afternoon.

It is fantastic to have such great links with these schools as there is so much to learn through our close partnerships. We are immensely proud of the enthusiasm our pupils always show when we host our guests and when we visit new places.



WANGARI MAATHAI MARATHON

Some of our Banda pupils participated in the Wangari Maathai Marathon held at Karura Forest last Sunday. The marathon which aimed at promoting environmental sustainability, human rights, democracy, peace, and the empowerment of women and children - all values embodied by Kenya's Nobel Laureate, the late, Prof. Wangari Maathai. Over 2000 people participated across 4 different categories - 21km, 10km, 5km and 2km races. Banda pupils who participated included Marshall (Year 5), William (Year 4) and Louis (Year 2) who participated in the 5km race. Leo (Reception), Ella (Reception), Clemmie (Reception) and Blake (Year 5) participated in the 2km race. Marshall placed 5th out of 140 runners in the men/boys 5km race! What an achievement!



PTA / BANDA BASH

We would like to thank our Banda Ball Committee for all their organisation for tonight's Arabian Nights party. We wish everyone a fun evening!



Rising Stars coffee morning organised by Carol

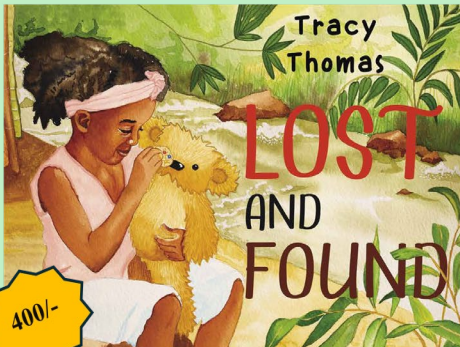


THE BANDA BOOK DAY

Thank you to everyone who came into school dressed as their favourite book character. There have been some fabulous outfits this year and a huge amount of time and effort has been put into these wonderful creations!

Children have been busy with an array of book-themed activities throughout the day, particularly enjoying the author workshops.

Tracy Thomas shared her book about the Ololua Forest with children from Reception to Year 6, and they had great fun taking part in different creative activities linked to the story. If you would like to purchase Tracy's book 'Lost and Found' please see the poster below.



LOST AND FOUND by TRACY THOMAS

Jess loves to take Ted to the forest, always exciting and full of adventures. This trip is no different but when the family stops for a picnic, Ted disappears! Where is Ted?

Join Jess and her teddy bear Ted as they journey through the forest, learning together as they share this special adventure.

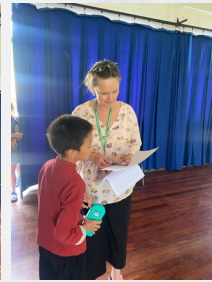
The story is set in Ololua forest, which is part of the Ngong Forest and is an important wildlife and biodiversity refuge in Nairobi.

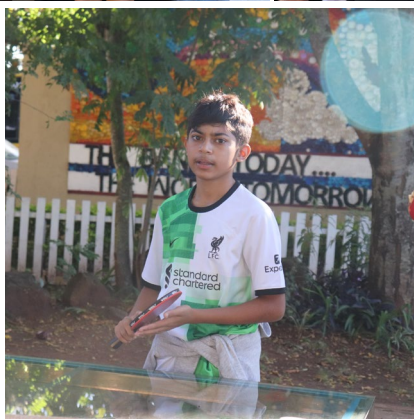


The Banda welcome Tracy Thomas to do readings of her new book with the children across the school. In addition, she will spend time doing fun activities to encourage children to understand and enjoy the process of writing.

Signed, personalised copies will be available on the day for Kshs 400/-. Please fill in the Excel sheet by clicking on the link below.

[The Banda Order Form](#)





EXTREME READING COMPETITION!



In order to celebrate our love of reading we have launched an 'Extreme Reading Competition'. It would be fantastic to have entries from children across the school.

Ask a parent to take a photo of you reading your book in an unusual place.

You have until the start of next term to send in your entries. Perhaps you can take an Extreme Reading Photo during the Easter holidays.

Please send in photos to k.thwaites@bandaschool.com

YEAR 7

Year 7 have been working on their Curiosity Projects this term. Each pupil chooses their own project about a subject they feel passionate about. They have to pose a project question and then widely research their topic in order to answer their question. This year we have been highly impressed by the range of ideas. Our pupils have been ambitious and innovative. Here are two examples:

Alba in 7MV visited Reception to read her book 'The Turtle's Tale' which she wrote and illustrated as part of the Year 7 Curiosity Project. She also answered some questions about turtles and how to draw them!

Freya, 7KL spent time with Year 4KD presenting her Curiosity Project on how 'Humans and Elephants Can Live Together Peacefully'



LOWER SCHOOL - U9 HOCKEY FESTIVAL

The Under 9 Swallows and Lions were in action this Thursday at the Under 9 Hillcrest Festival. This is a wonderful way to finish off the hockey season for our Under 9s. On a long, hot morning, both the boys and girls team played some great hockey and had a great deal of fun in the process. What was really noticeable and pleasing was the fluent style both teams were playing. The manners and behaviour of the Under 9s was also commended by the Hillcrest staff. Well done the Under 9s.



LOST AND FOUND



Please note that all Lower and Upper School Lost & Found items can be searched for from the lost and found area. They are no longer at Mrs Rogers office.

YEAR 4

Year 4 designed and carried out their own investigations on evaporation, considering the role of temperature, wind and surface area.



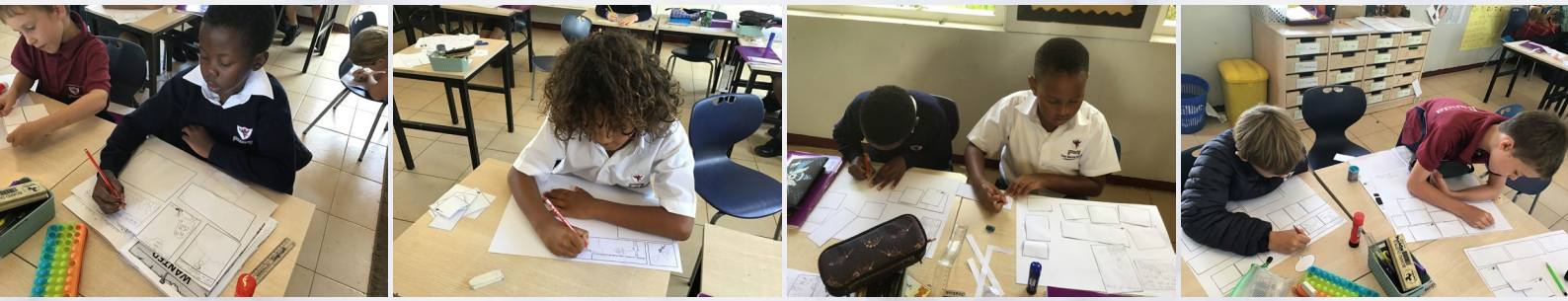
YEAR 3

Some Greeks popped into The Banda to create their shields. I wonder if there is a battle brewing!



YEAR 3

This week we are planning and writing our own Ancient Greek myths. There are some very exciting adventures.



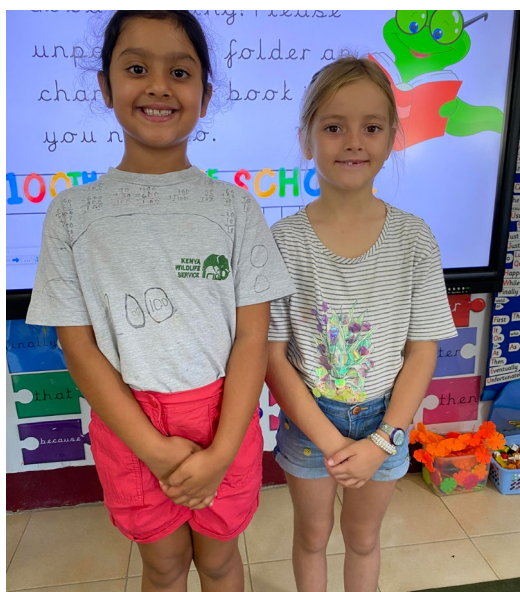
YEAR 2

In Numeracy, we were measuring mass using non standard units. The children used cubes to weigh various objects around the class.

In Science we learnt that habitats can be small and local but also very extensive. Year 2s worked together to create a habitat with living things that belong there. They then went on to label their diagram with suitable adjectives and explained how the living thing is suited or adapted to survive in the habitat.



100 DAYS OF YEAR 1 AND YEAR 2





YEAR 1

In Science the children learnt about the Earth's rotations and why we have day and night. The children investigated shadows and how they change over the course of the day in line with the movement of the Sun. The children made their own shadow puppets and had fun experimenting with them outside!

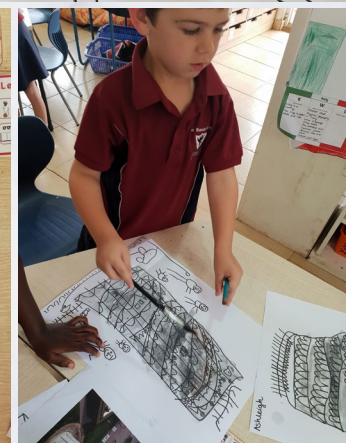
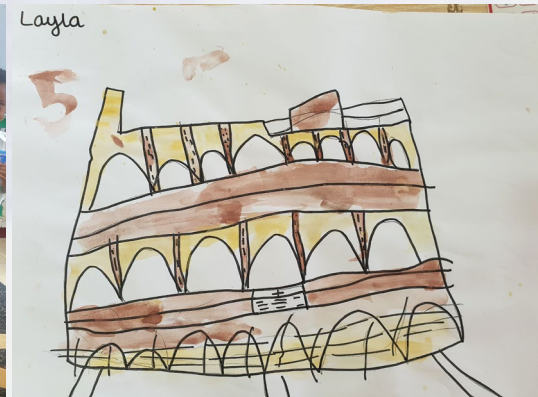
In Humanities we learned about the Venice Carnival and the festivities around it.



YEAR 1

In Religious Studies, we explored special books from various global religions, and the children happily shared their own special books with each other.

Year 1 also drew detailed drawings and paintings of Italian landmarks.



PEGASUS EARLY YEARS RECEPTION

In Reception this week, we have been learning all about the Minibeast Spiders. We followed a Step by Step video and drew a spider using a black marker pen. We then painted the spider very carefully using watercolour paint. Aren't they masterpieces!



NURSERY 2

Step into the world of caring and compassion of nurses! From bandaging boo-boos to comforting hugs, these snapshots capture the heartwarming moments of these everyday heroes.



NURSERY 1

In Nursery 1 we have been engaging in sensory play with different types of textures whilst developing language skills, motor skills, and social skills.



RIISING STARS

We have been talking about a variety of fruits. We wondered what are the different things you can do with fruits?



WEEK 10 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

Sugar Snaps
& Fruit

Cake & Fresh Fruit

Sandwiches & Fruit

Jam Cookies &
Carrot Sticks

Veg Springrolls
Home Made
Flapjacks & Fresh
Fruit

LUNCH:

SOUP

Cream of Tomato
Soup

★ **Chinese Day** ★

MAINS

Beans & Carrot
Goulash

Chicken Masala

Beef Pot Pie
Topped with
Melted Cheese

Spaghetti
Bolognese

Chicken in Black
Bean Sauce
Shredded Beef &
Peppers Stir Fry

VEGGIE

Paneer & Pea
Curry

Red Lentil Crock
Pot

Vegetable Pot pie
Topped with
Melted Cheese

Vegetable
Lasagne
Vegan Lasagne

Tofu & Peppers Stir
Fry
Vegetables in Black
Bean Sauce

SIDES

Rice

Naan

Crunchy
Vegetables

Seasonal
Vegetables

Fried Rice, Rice
Noodles
Sweet & Sour Sauce
Onions in Vinegar

DESSERT

MAIN SCHOOL

Fruit Salad

Yogurt
Fresh Fruit

Fruit Platter

Pineapple in
Golden Syrup
Biscuit Crumble

Ice Cream
Fresh Fruit

DESSERT

PEY

Fruit Salad

Yogurt &
Biscuit Crumble
Fruit

Fruit Platter

Pineapple in
Golden Syrup
Biscuit Crumble

Yoghurt
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



FOCACCIA BREAD



Ingredients

- 1 ⅓ cup warm water
- 3 ½ cup all-purpose flour
- ¼ cup olive oil, plus more for drizzling
- 2 tsp of honey
- 1 ½ flaky sea salt
- 10g instant yeast
- 2 sprigs fresh rosemary

Method

- In a large bowl mix flour, salt, yeast
- Rub in the olive oil to the mixture of flour
- Add the honey to warm water and knead the dough with it
- Spray the dough with olive oil
- Keep the dough covered in a warm place for 30 to 40 minutes
- Turn the dough onto a floured surface and roll it out in a large circle
- Grease a baking tray and heat the oven to 204°C
- Use your fingers to poke deep dents on rolled out dough
- Drizzle a tablespoon of olive oil evenly over the top of the dough and sprinkle fresh rosemary evenly
- Bake for 20 minutes or until the dough turns golden brown
- Remove from the oven and drizzle a little more olive oil. Slice and serve warm