



Spirit of The Banda

Friday 15th March 2024

A WORD FROM THE HEADMASTER

It's reached that point in the term where there seems to be a big event on a daily basis and we very much look forward to a number of these in the closing weeks of term, including the House Shout, swimming galas, Boats finals and triathlons, the General Knowledge final and a Year 7 trip to the Aberdares, to name but a few.

All of these opportunities and experiences, plus many more besides, are what help to shape our pupils into the wonderful individuals that they are. Indeed, I received a great endorsement of this via e-mail this week from someone who 'had the privilege of being seated in the middle of your touring hockey team' on their flight to Cape Town. He, 'sat amongst the most beautifully behaved, joyful young boys and girls. Not only was their laughter infectious, but their manners were superb. You know you have a great school when the kids are both polite, happy and have the ability to speak to adults with consummate ease.'

Our domestic hockey season was rounded off in fine style by our girls' Under 11 and Under 13 teams at last Saturday's IAPS tournament with both being crowned champions - not only did they play some great hockey, but they did so with great spirit and attitude.

And finally.... good luck to all our swimmers at their different age group galas tomorrow.

James Moss-Gibbons



See Week 11 & 12 events overleaf

Follow us on:    

PHOTOS REMINDER

Dear Parents - this is just a quick reminder to let you know that it is technically never too late to request to view and/or purchase this year's school photos; because our system is online we keep the photos available all year round! Please also forgive us sending 'yet another' reminder but we have been told by many parents over the years that they actually want and/or need reminders as it's one of those things that they 'keep meaning to get around to' and sometimes don't actually do!

If you haven't yet requested to view this year's photos please send Jonathan an email to jcphotocooke@gmail.com or WhatsApp to +256(0)782 184080 remembering to give your child(s) name and current form(s).

Once we have received your request we will process and upload your images to your private gallery on our website and send you the unique password for viewing your gallery. The site is 100% secure and with the password you can view all of this year's images which are relevant to your family (and all previous years you've been attending The Banda), select any which you want to purchase (as with any online shopping site) and once you have finished your selections you can proceed to the checkout stage. At this point you will be given an option to pay securely online (via card) or offline (via Mpesa or Bank Transfer), although the card option is only available until you complete your order (as we don't have the facility to process card payments offline).

Sibling and individual portraits are charged at \$8 per image, and class photos are at \$12 per image. However, please contact us directly to discuss discounts if you want to buy multiple images over several years.

Once payment has been received (we request in the case of offline purchases to send the payment confirmation receipt) your high resolution digital images will then be sent to you along with the details for contacting our trusted print supplier in Nairobi.

Please also remember that at any stage during the process if you need assistance there is an online chat facility on the website or you can contact me directly on +256(0) 782 184080.

We look forward to hearing from you!

Many thanks,

Jonathan & Kerry

Have a lovely weekend!

CHARITY DAY

On Friday 1st March we enjoyed seeing an assortment of yellow, black and flowery outfits around the school as we were celebrating bees and learning a little more about what they do for us. Our Charity Day was focused on raising money for the Mugie Bee Self Help Project and we are very grateful for all the donations from our Banda families on that day - we raised a total of Ksh 42,800. This total will be added to during the PTA Quiz Night next week with the proceeds from a silent auction.

We are very grateful for the team that visited us from the project at Mugie and for the very interesting talks enjoyed by the pupils.





U13 & U11 GIRLS HOCKEY

The U11A and U13 1st teams were back at Peponi last Saturday for the annual IAPS Hockey Tournament. Despite slow starts which saw the U13s lose to Braeburn 0-1 and the U11As let a 1-0 lead slip to a 1-1 draw with Kenton, both teams managed to scrape through to the semi finals as runners up in their group.

The U11As faced hosts Peponi in their next game - a match which was filled with drama and emotion and that was even before the match went to extra time and then penalty shoot outs! The girls managed to hold their nerve with Andrea scoring a reverse stick flick on the 2nd penalty. Goal keeper Siiana forced the Peponi penalty taker wide on the next one to leave it to Jenna in Year 5 to win it for the team which she did with some clever stick play which found the back of the goal. In the meantime, the U13 1st team were dominating against BGE but were struggling to find the back of the net, forcing the game to extra time! Finally Eliana took matters into her own hands and self passed from outside the D and slotted the goal past the keeper to win the match.

The U11s were up against Kenton again in the finals and defended with determination and attacked with perseverance. This was rewarded by a well worked goal that found striker Nyssa at the top of the D. From then on, the girls put up a spirited defense to protect their one goal until the final whistle.

The U13s played Hillcrest in the finals in a game that they dominated but couldn't find the back of the net. The match went into extra time but the girls managed to score within the first two minutes which meant that they were eventually crowned the winners. We were very proud that the girls' Captain, Tatiana, was voted best player of the tournament for the U13 competition.



PUPILS ON TOUR

This week 30 of our Under 13 hockey players have been in South Africa enjoying the Cape Town Sun and all it has to offer. 4 matches, surfing, a trip up Table Mountain and an evening at Newlands to watch T20 cricket have all been on the menu. A wonderful week down south and more to come next week!

Coincidentally, Netty and Mia also hopped to the UK for their Netball Tour. This is Netty's stint as the IAPS Kenya Netball Team Captain. We also wish Francois (Captain), Jake and James all the best as they head to the UK this evening as part of the IAPS Kenya Rugby Team.



PTA / QUIZ NIGHT

If you are looking for something fun and interesting to do on Friday evening please come to Tin Roof Cafe at House of Treasures, Karen to hear Kyle tell us all about snakes.

NORMAL MENU
CASH BAR
CHILDREN WELCOME

FUND RAISER

FREE ENTRY

ALL ABOUT SNAKES!

WHY ARE SNAKES SO IMPORTANT TO OUR ECOSYSTEM?
WHAT TO DO WITH A SNAKE IN THE HOUSE?
HOW TO RESPOND TO A SNAKEBITE?

JOIN KYLE RAYE CURATOR
WATAMU SNAKE FARM
AND GET ANSWERS TO
THESE QUESTIONS AND
MORE!

DATE: MARCH 15TH 2024
TIME: 17.30
VENUE: HOUSE OF TREASURES
+254 (0)702160191
EAT@TINROOF.CAFE

THE BANDA PTA

QUIZ NIGHT

TROPHY & BRAGGING RIGHTS UP FOR GRABS!

21 MARCH 6.30PM **MATBRONZE CAFE** **3500 PER PERSON**

ENTRY FEE INCLUDES QUIZ ENTRY AND BBQ DINNER

Register your team of max 8 people by sending mpesa to:
Paybill number 172749 Account: Quiz Night
then email your team name to **pta@bandaschool.com**

A PORTION OF THE PROCEEDS WILL BE DONATED TO
AJAR KENYA & MUGIE BEE SELF-HELP PROJECT

Put your thinking caps on for our annual PTA Quiz Night! A fun evening of trivia and friendly competition!

Trophy and year-long bragging rights up for grabs!

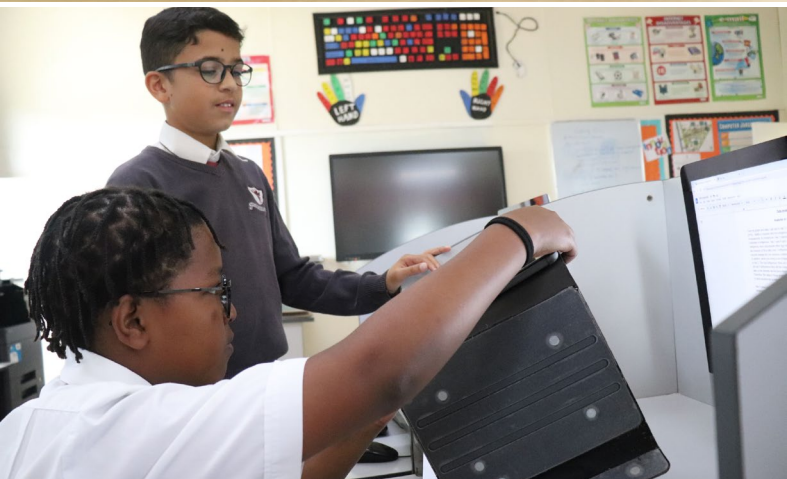
Register your team of maximum 8 people by sending Mpesa to the payment details on the poster above, then email your team name to pta@bandaschool.com.

If you would like to participate and don't have a team, please send an email to pta@bandaschool.com and we will do our best to place you with a team.

Date: 21st March 2024 at Matbronze
Time: 6.30pm for a 7pm start
Cost: 3,500 per person

YEAR 8

Year 8 have had a busy week! Here are some highlights from their Kiswahili and History lessons and polishing up their Geography coursework in the Senior Computer Lab.



YEAR 7

Year 7 greatly enjoyed their Science lessons!



YEAR 6

Year 6 thrived in their RS, Geography and French lessons!



YEAR 5

Year 5 set off to the National Museum of Kenya to visit the Turkana Boy exhibition, set up pitfall traps to compare the amount of organisms in two different areas and loved sharpening their literacy skills.



EXTREME READING COMPETITION!

Extreme reading

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.

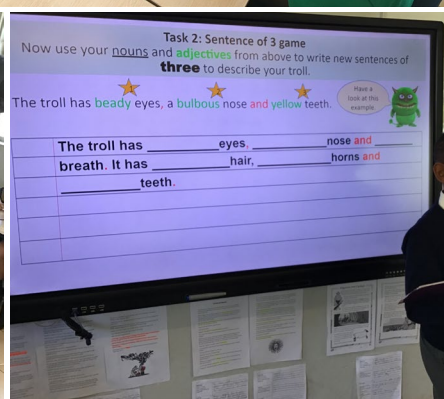
You have until the start of next term to send in your entries. Perhaps you can take an Extreme Reading Photo during the Easter holidays.

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

YEAR 3

This week we were testing ourselves on some location knowledge! It was tricky as we all thought we knew where all the countries were located or the flags that belonged to each nation, alas we have a lot to learn before we travel the world!

This week in Literacy Joshua wrote a great description of a troll. He then described it to the class and they had to draw it. Are they the same? Did his description work?



YEAR 3 AND YEAR 2 AT THE KARAGOZI SHOW

On Friday, March 8th, 30 Year 2 and 3 pupils enjoyed a memorable school trip filled with interactive fun. The Karagozi Show welcomed them with colourful costumes and whimsical sets, creating an engaging atmosphere. The beautiful music added to the enjoyment, enhancing each moment of the performance. The children were captivated from the start, actively participating in the interactive elements of the show. With a strong environmental message, it was clear that the trip had made a lasting impression on all the children (and teachers!).



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 2

In Numeracy we started looking at capacity and volume and had lots of fun investigating how many cups it would take to fill various containers. We finished the week measuring in litres and millilitres.



YEAR 2

2OG had fun using different scales to compare mass and measure in grams and kilograms.



YEAR 1

We had a fantastic time at Matteo's Restaurant!

In our PSHE lesson, we were excited to visit the school nurse and learn more on Medicine Safety.



Thank You...

Thank you to Margaret who helps our Year 2 children

Mrs Rogers



PEGASUS EARLY YEARS RECEPTION

In Reception we have been learning our number bonds to 10. We used coat hangers and pegs to create different number bonds to 10. In Science, Reception TM learnt about building structures and created their own towers and boats using only straws and tape.



NURSERY 2

From Lego to brushstrokes, our tiny hands weave patterns, colours, and imagination.



NURSERY 1

Nursery 1 have been busy practising our hand eye coordination skills. Children had a go at various activities to enhance their hand eye coordination as well as fine motor skills.



RIISING STARS

We have been talking about mangoes. During Cookery we made 'mango lollipops'. We cut fresh mangoes into cubes then gave the children popsicle sticks. They then had fun creating their own fruity treat.



WEEK 11 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

Pinwheel
Cookies
Fresh Fruit

Home Made
Flapjacks & Fruit

Cheese Straws
Fruit

Jam Sandwiches
& Carrot Sticks

Cake & Fruit

LUNCH: SOUP

Cream of Leek &
Potato Soup

MAINS

Cheese
Macaroni

Chicken Sautéed
with Onions &
Peppers

Bangers & Mash
GF Pork & Apple
Sausages

Hungarian Beef
Goulash

Fish Goujons
Chicken Goujons

VEGGIE

Macaroni in
Tomato & Basil
Sauce

Falafel
Guacamole

Red Bean Burgers

Chick Pea
Curry

Vegetable Cutlets

SIDES

Grated Cheese
Seasonal
Vegetables

Pita Bread
GF Pita Bread

Fried Onions
Baked Beans in
Tomato Sauce

Saffron Rice

Chips
French Beans &
Carrots

DESSERT MAIN SCHOOL

Pineapple
Crumble
Custard
Fruit

Fresh Fruit Platter

Ice Cream
Fresh Fruit

Chocolate Mouse
Fruit

Fresh Fruit Platter

DESSERT PEY

Pineapple
Crumble

Fruit

Fresh Fruit Platter

Yogurt & Honey
Fruit

Cake & Custard
Fruit

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

POTATO BALLS



Ingredients

- | | |
|---|----------------------------|
| a. 6 white potatoes, boiled and mashed | e. ½ teaspoon salt |
| b. 4 slices of bread, soaked in water briefly, remove and squeeze out water | f. ¼ teaspoon black pepper |
| c. 2 small onions, chopped small | g. 100gm corn flour |
| d. 4 tablespoons coriander, finely chopped | h. Oil for deep frying |

Method

- Mix all ingredients from a to f and form like a dough
- Take a small amount of mixture and roll into 4cm balls till all the mixture is over
- Roll the balls in the corn flour and set aside
- Heat the oil in a wok and fry a few balls at a time till medium brown and crunchy
- Serve with tomato ketchup and mayonnaise