



# Spirit of The Banda

Friday 22nd March 2024

## A WORD FROM THE HEADMASTER

More great Year 8 scholarship news has arrived in the past week from the UK with Maya Kamiri being awarded The Thomas Sanders Kenyan Scholarship and a Sports Scholarship by Blundell's School, and Isabella Sorensen gaining a Headmaster's Award for Art at Sedbergh School. This now brings the total number of awards for Year 8 to twenty-eight - an absolutely phenomenal achievement by this group of pupils and, indeed, a Banda record!

Thank you very much to those of you who supported this week's Triathlon and Lower School Swimming Galas. Year 7 have just enjoyed three days of activities and bonding in the Aberdares and Years 5 and 6 all immersed themselves in Drama today. Just a few of the highlights from another busy week, with plenty more to come in the coming six days.

Do enjoy looking through the latest edition of The Banda Log - it's a fantastic visual and interactive record of everything that your children get the opportunity to do here.

And finally.... a huge thank you to the PTA for a superb quiz last night in aid of the charity AJAR - Africa Justice and Restoration Kenya. Do you know what the world's loudest animal is or the country in which padel originated?

**James Moss-Gibbons**



**See Week 12 events overleaf**

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## MUSIC AT THE BANDA

We have experienced remarkable talent and exceptional performances as pupils from Pegasus, Lower and Upper School poured out their hearts through music. Kylan in Reception performed confidently on JSax on the day he turned 5 years old at the Pegasus Early Years Assembly this week.

The Lower School Informal concert had each performer stepping onto the stage with a blend of nerves and enthusiasm. From classical music to spirited instrumental solos, these budding musicians captivated hearts with their raw talent and infectious energy. We beamed with pride as the children showcased their musical prowess.

The Upper School Informal Concert focused on Year 7 & 8 and showcased some of our seasoned performers who took centre stage with confidence and poise. Their repertoire spanned genres, from classical melodies to contemporary hits, reflecting the diverse tastes and talents within the pupil body. Solo acts mesmerised the audience with soulful ballads, while ensemble performances showcased the harmonious collaboration fostered within our school's music programme.

All pupils performed to a high standard. They had proven that with hard work, dedication, and support from their community, anything is possible. In the end, the concerts were not just a showcase of talent, but a celebration of the incredible potential that lies within each and every pupil at The Banda.









# HOCKEY TOUR TO SOUTH AFRICA

Last week our Under 13 hockey players went to test their hockey skills in Cape Town. A city renowned for its sport seemed the perfect place for our tourists to go and see how good they are on an international stage. The girls off the back of a tournament win at Peponi, continued their fine form with a simply remarkable set of results against some of the best sporting schools in Cape Town. They drew their first game 0-0 with Somerset College before beating Bridgehouse (1-0), Wynberg Girls (3-0) and Sun Valley (5-0). To go on tour and not concede a single goal was far beyond the expectations we had for the girls but yet again they showed what a brilliant level of hockey they can play. The boys also had a very encouraging trip South with 2 wins against Sun Valley (4-1), Bridgehouse (2-1) and 2 loses against 2 very strong outfits from Wynberg Boys and Somerset College.

However, these tours are as much about off the field experiences as they are performances on it. The tourists were treated to trips to Table Mountain, a Cool Running toboggan track, surfing and a T20 at Newlands. From Stellenbosch to Central Cape Town via Franschhoek, they were able to soak up all Cape Town had to offer. The 30 pupils all got on brilliantly and showed the togetherness as a unit you need when you are a long way from home. There were plenty of laughs along the way, most notably Mr Foster's speed down the toboggan track (he went quicker in the lift going up), a tourist buying 2 litres of whole milk with their pocket money and plenty of singing on the bus. Perhaps the highlight of the week was the number of people that came to speak to the staff about how great our Banda pupils were. Comments were not just made about good behaviour and manners but the pleasant character and happy nature of the children. They were a credit to the school both on and off the astro and will take memories for a lifetime with them!









# IAPS SWIMMING GALAS

Last Saturday our swimmers finished off their inter- school swimming season with the IAPS swimming galas. The Under 9s travelled to Brookhouse, the Under 11s were here hosting at The Banda and the Under 13s were at Kenton. All three teams performed brilliantly given that there were injuries, absences and a busy end of term schedule to contend with. Overall, The Banda finished 4th. There were plenty of individual medals that were won on a gruelling morning against some top competitors. Well done to our swim squads who work tirelessly all year round for a brilliant season of swimming.





# PTA

PTA had their most awaited Quiz Night at MatBronze yesterday. The turnout was awesome. It was a great night with delicious food and brain trivia. Thank you to Neha and Claudine for organising everything behind the scenes. It takes numerous emails back and forth to make sure everything is perfect on the night. MatBronze was generous enough to donate a beautiful trophy which will be circulated amongst the winning team every year. Thank you Claudine and Neha for organising this also. Congratulations to the winning team consisting of Ann, Elizabeth, Lilian, Shiko, Adrian and Catrina. Well deserved trophy! Congratulations to the runners up, Artificial Intelligence. I would like to thank the quiz master Brad for taking the time to come up with all the questions. Thank you to the assistants Fleur, Grace, Jazzy, Salem and Corrie. We appreciate all your help.







Afternoon playdate for Nursery 2 organised by Corrie

## YEAR 8

At the start of this term, Year 8 went to Loldia Eburru and collected data for their Geography coursework in the Eburru Forest. Their fieldwork was an impact study to answer the question “Is biodiversity more prevalent where there are indigenous trees?” Since the trip, they have been working hard on writing up their coursework, which involved an introduction with background information, aims and hypothesis, then a write up of the methods of data collection, presentation of data, a data analysis section and an evaluation. Last week they completed their projects. This will count for 20% of their final CE Geography grade. Well done Year 8!



Loldia Eburru Biodiversity Assessment  
Is biodiversity more prevalent where there are indigenous trees?  
Aisling McGhie  
The Banda School, Nairobi, Kenya  
Geography Common Entrance Coursework  
Academic Year 2023/2024



# YEAR 7 - SCIENCE

Year 7 pupils explored displacement reactions between various metals and metal salts through hands-on experimentation, recording observations to deduce the reactivity series. Emphasis was placed on observations, precise measurement techniques, and critical thinking to analyse experimental outcomes. The children also made parachutes to look at surface area and forces.





# UPPER SCHOOL TRIATHLON

On Tuesday the Upper School all took on the annual Banda Triathlon. Each discipline of swimming (6 lengths for U11s/ 8 lengths for U13s) Cycling (3 laps of The Field - 2km) and Running (4 laps of the track 1.6km) are challenging in their own right. Put them together continuously and you have a very tough task. However ALL our Upper School pupils took on this feat with enthusiasm, character and determination to complete it. There were some notable performances which will be acknowledged in assembly on Monday but what was most inspiring was the spirit and camaraderie on display over the course of the morning. A wonderful morning of House spirit and fun. Well done the Upper School pupils.









## YEAR 5

Our budding authors have been hard at work during their ICT lessons, crafting their very own children's books! From honing their word-processing skills to unleashing their creativity through writing and drawing, these pupils have embarked on an incredible journey of storytelling and skill-building. And the culmination of their efforts? A heartwarming moment as they proudly shared their tales with eager listeners in the Reception class.

The children in Science made posters on chosen habitats. They researched climate, flora, and fauna adaptations, showcasing understanding through visual aids. Emphasising research skills, creative expression, and oral presentation, pupils engaged in collaborative learning, which helped foster an appreciation for ecological diversity and adaptation.





# LOWER SCHOOL - YEAR 4

Monday was Year 4's World War 2 Day. Children came to school dressed in a wide variety of outfits. We had soldiers, doctors, nurses, evacuee children, an Anne Frank, a spy, the French resistance, women's land army - it was very impressive.

We started the day with a talk from Anna Kaminski and her son Rhys. It was an inspiring talk and we had some really interesting questions from the Year 4s. We are very grateful to them for sharing their family's story with us.

Children also practised communicating with torches and Morse code, played games that children would have played 70 years ago, evacuated to the black-out shelter when the sirens went, created some multi-media art work and were put through their paces in some good old boot camp.





# YEAR 3 - GREEK DAY

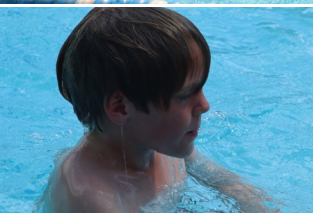
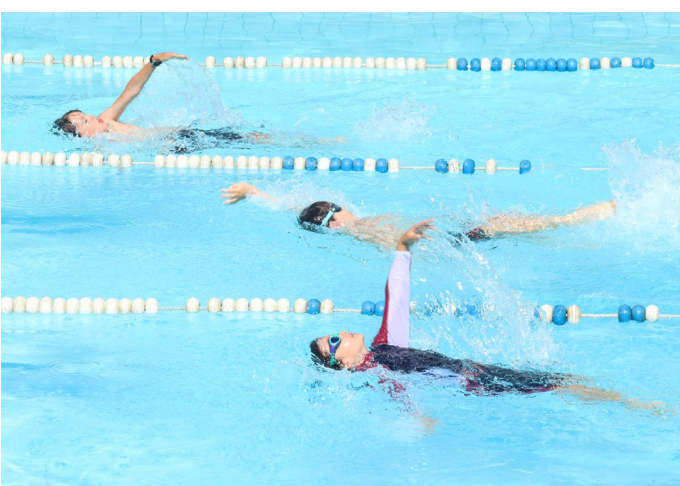




# UNDER 9 SWIMMING GALA



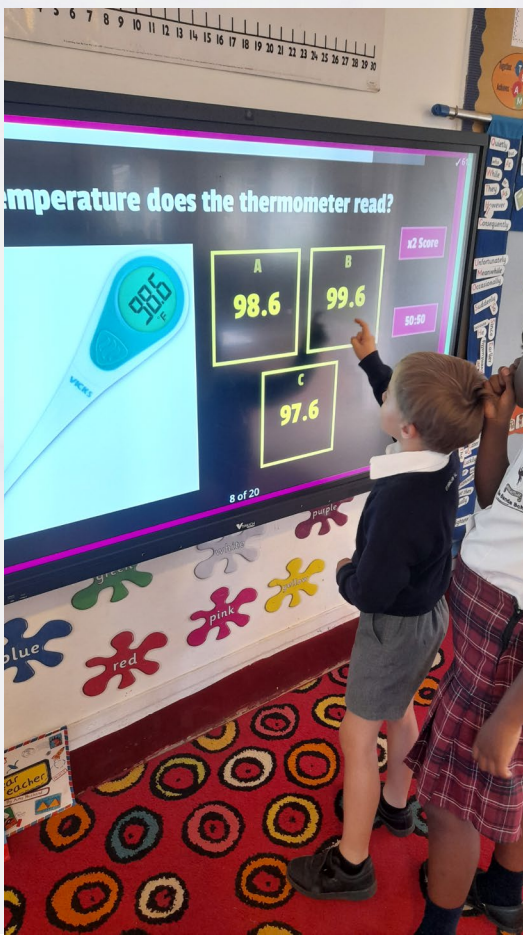
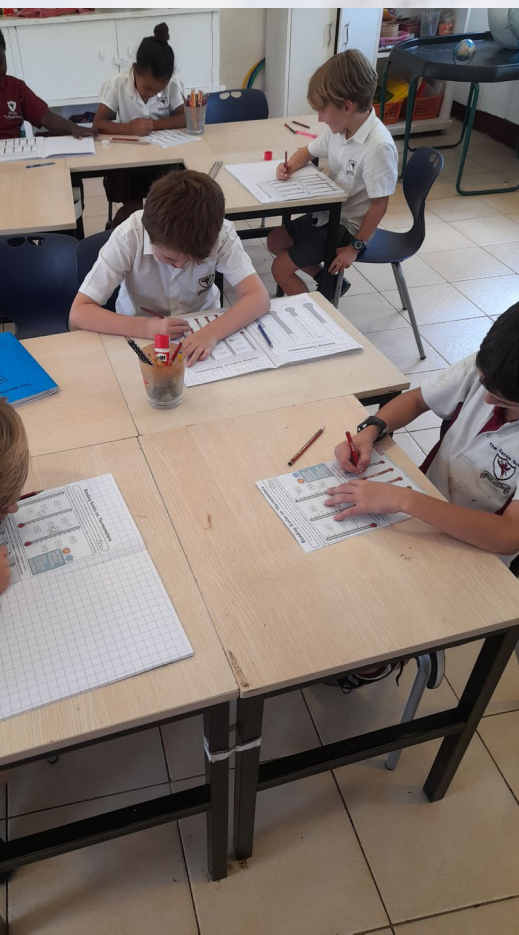
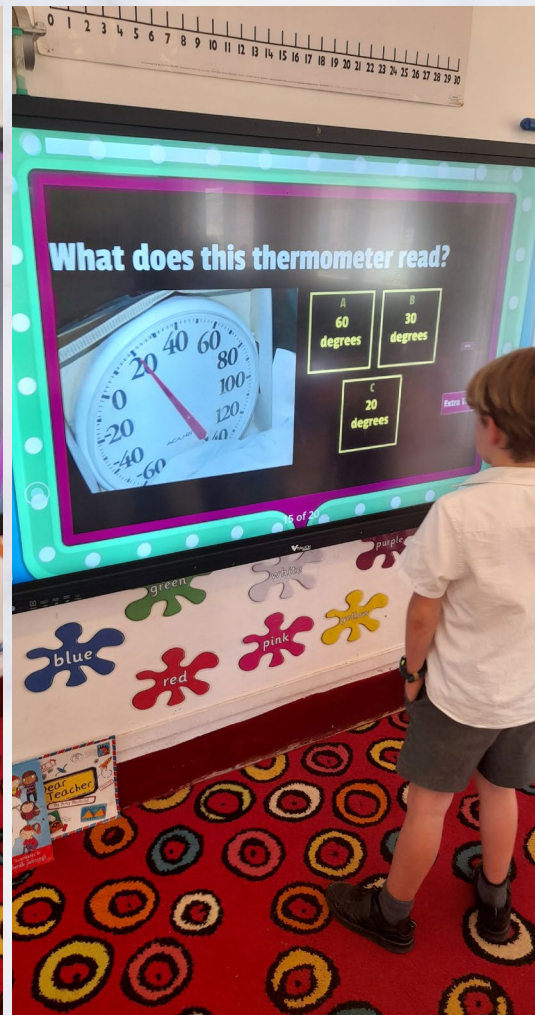
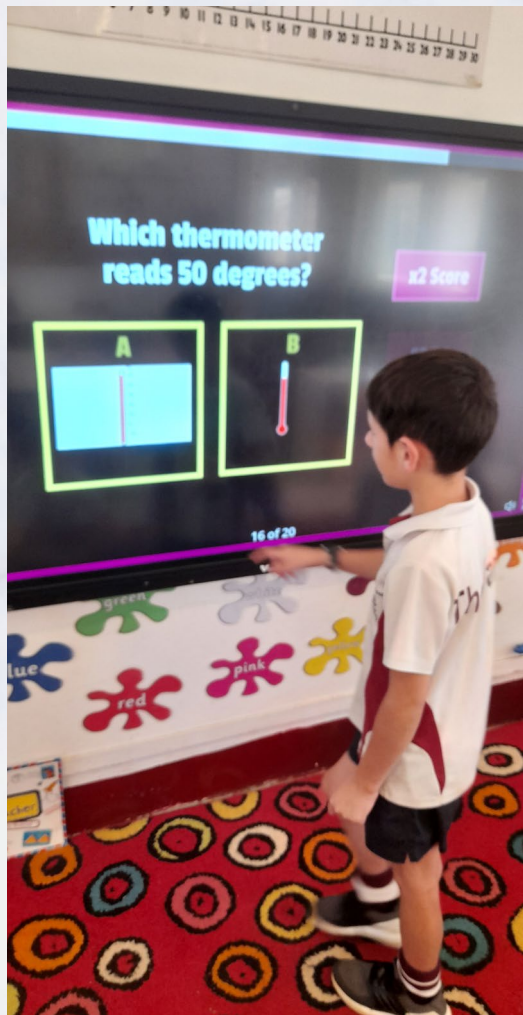






## YEAR 2

This week we were learning to read thermometers to tell temperature using different scales. We also had a few real thermometers that we used to compare the temperature outdoors and in the classroom.





# YEAR 1

Year 1 children have enjoyed Science over the last two weeks with our investigations into weather patterns! We made windsocks, rain gauges and kites!

We also tried to answer, is it heavier or lighter?



## WELL DONE, JOSHUA

Joshua in 1SKM is only 6 but has been moved up to play in the 8 and under - red ball category. Over the last few weeks, he has competed in 3 tournaments so far with the following results in his category; a Semi Finalist in the Extreme tennis 10s, Won the Wild Card tennis 10s and Runner up in the Bumblebee tennis 10s. Joshua enjoys playing tennis as well as playing in the tournaments and is looking forward to the next one.





# YEAR 1 & 2 SWIMMING SHOWCASE





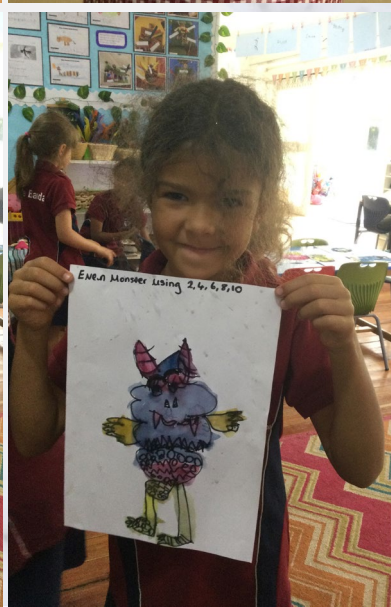
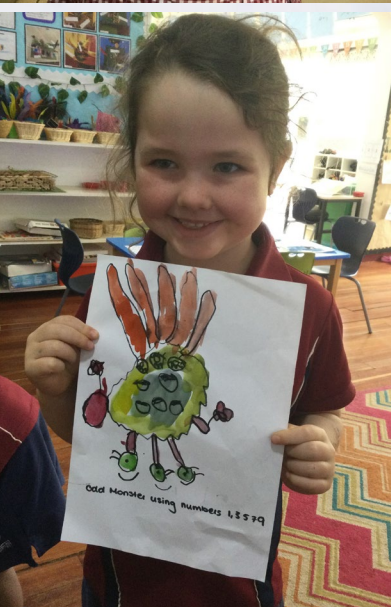
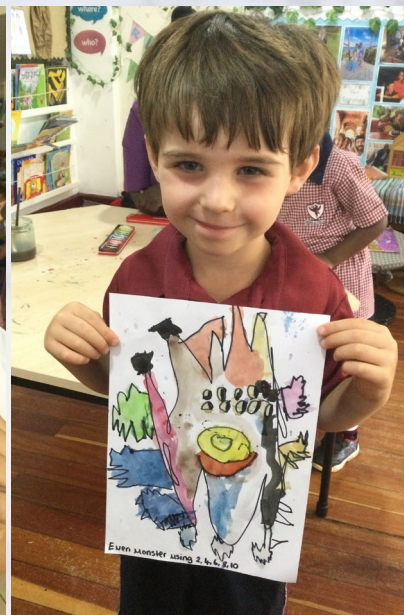




# PEGASUS EARLY YEARS

## RECEPTION

In Reception this week we learnt how to draw a dragonfly. We followed the step by step video and drew the butterfly. We then painted the dragonfly using watercolour paint. In Maths we learnt about Odd and Even Numbers. We then created our very own odd and even number monsters and painted them using watercolour paint.





# NURSERY 2

"Brushing teeth each day keeps the dentist away!"





# NURSERY 1

The children were so delighted to explore our sandpit which was full of puddles. Play developed to who could make the biggest splash and they later adventured to building and baking with the wet sand.





# RIISING STARS

We have been talking about pineapples and tangerines. We cut holes in slices of pineapples. The children then pushed a string through it using different methods. Many also attempted to peel the skin off a cut tangerine successfully. We then enjoyed our pineapple on a string and organic tangerines. They were delightful.





**WEEK 12 MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK**

Flapjacks &amp; Fruit

Focaccia &amp; Fruit

Cheese Straws &  
Fresh FruitHome Made  
Cake & Carrot  
Sticks**LUNCH:****SOUP**Cream of Carrot  
Soup

End Of Term

**MAINS**Penne in Tomato  
Sauce

Beef Pilau

Chicken Slices

**VEGGIE**Penne in Pesto  
Sauce

Vegetable Pilau

Cheese, Eggs

**SIDES**Grated Cheese  
Seasonal  
VegetablesYogurt Sauce  
KachumbariSelection of  
Salads, Breads,  
Butter, Dressings**DESSERT  
MAIN SCHOOL**Fruit Salad &  
CustardIce Cream  
Fresh Fruit

Fruit Platter

**DESSERT  
PEY**Fruit Salad &  
CustardYogurt & Honey  
Fruit

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





# PINEAPPLE CRUMBLE



## Ingredients

- 1 medium size pineapple bits
- 1 small can pineapple slices
- 1 cup plain flour
- ½ cup castor sugar
- ½ cup unsalted butter
- ¼ tsp grated nutmeg
- ¼ tsp ground cinnamon
- 2 tsp castor sugar

## Method

- Mix flour, castor sugar and butter with your fingertips till it resembles breadcrumbs. Keep it aside
- Open the cans of pineapples, but the bits in the oven proof dish with the syrup. Spread the crumbled mixture on top of the pineapple bits
- Cut the pineapple slices into half and place in corners of the dish
- Sprinkle all the nutmeg, cinnamon and two teaspoons of castor sugar on top of the crumble and bake on medium heat in the oven till golden brown
- Serve hot with custard



# NOTICE BOARD

## EASTER ART CLASSES WITH JAS

1ST TO 20TH APRIL

8AM ONWARDS

AGES 7 & UP

CHARGES (INC. MATERIALS) -  
3000/-

PREPARATION FOR SCHOLARSHIPS  
ALSO OFFERED



FOR BOOKING AND INQUIRIES  
CONTACT JAS,  
TEL - 0733910298



GIPSEA

One time chance !  
Come discover  
the new collection  
Saturday March 23rd  
From 10am to 1pm  
Hosted by Hanna  
Handmade  
handprinted  
dresses & bikinis  
Find us at  
5 The Mew's, Kuwinda  
Road

