



Spirit of The Banda

Friday 2nd May 2025

A WORD FROM THE HEADMASTER

It was absolutely brilliant to be able to celebrate our Catering Team in this morning's assembly. As with all our support staff, they keep the school ticking on a daily basis and a good many of them have devoted years of their life to the school - indeed, four of the team have been here for more than fifteen years and a further three of them for over thirty years! It was great for all of us to learn more about what each of them do individually.

We welcomed a host of schools today for an entertaining Under 7 Football Festival and it's a busy weekend ahead with pupils representing the school at the IAPS Chess Tournament, the Turi Drama Festival and the Peponi Chamber Music Festival. Perhaps the rest of yesterday's public holiday was a welcome respite!

We're looking forward to our Sustainability Week starting on Monday with a number of activities taking place to promote our eco credentials. It will also be an opportunity for us all to learn more about the plethora of things that we already do here on this front, some more obvious than others, as well as things we plan to do in the future.

James Moss-Gibbons



See Week 3 events overleaf

Follow us on:    

Stop asking
"How was your day?"

**What's one thing
teachers love
but students hate?**



The Banda School

Word OF THE Week

Ravenous
Extremely hungry.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

Sustainability Week @ The Banda School



5th – 9th May 2025

Green points

Energy-free Tuesday

Green Friday - dress up day

Charity fundraising – Local Ocean Trust

Plastic free Wednesday

Scavenger hunts & nature walks

Upcycled fashion and weaving

Eco song writing & recycled instruments

Compost making

Using nature & recycled items in Art

History of Sustainability

Study of product impact

And lots more...



Sustainability Week
5 – 9 May
The Plan...



We are all set for our Sustainability Week next week. Teachers are busy planning a whole host of eco-focused activities, and we have a number of exciting visitors and speakers expected at the school during the week.

Here are some things that we would love your support with:

- Friday will be a charity fundraising day for Local Ocean Trust. Come to school dressed in something green, and a recycled accessory! Send any donations to Paybill number – 172749, Account: Local Ocean
- The Sports Department are collecting old/unused sports equipment to be donated to Nyumba ya Tumaini, a children's home we support in Ongata Rongai.
- On Wednesday we will have a small number of sustainability themed stalls at the U13 sports matches on the fields from 2pm – 4pm, come and see what's on offer!

Please encourage your child to do all they can to earn Green Points!



Sustainability Fair

Join us for The Banda Sustainability Fair on
Wednesday, 7th May from 2-4 pm.

Products on sale from these
environmentally friendly businesses



GREEN POINTS



Take a photograph of yourself doing anything environmentally friendly or sustainable. Show or send the photograph to your form tutor or class teacher. You will get a green point to add to your chart. Try to get the most Green Points in your year group!



How can you earn Green Points?



tree planting
(indigenous trees)



Have a zero
waste week

digital detox



biking or walking
to school

car pooling



using
renewable
energy



buying locally
produced
goods



plastic free
shopping



litter
picking



upcycling



recycling



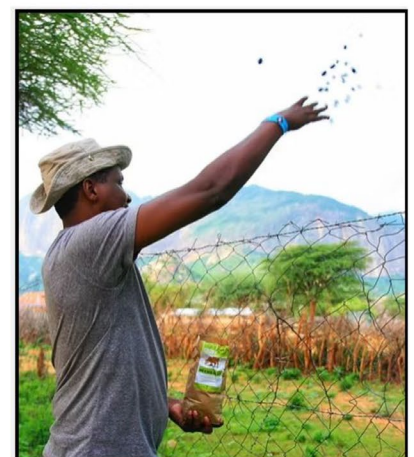
growing your
own
vegetables



composting

What can you earn with your green points?

- Stars for your house.
- A bag of seed balls
- Become the most **Sustainably aware** student at school.
- Earn certificates and vouchers.



NEW E-WASTE COLLECTION AT SCHOOL



As part of **Sustainability Week**, we are excited to launch a new system for collecting **electronic waste (e-waste)** in partnership with the **WEEE Centre** (www.weecentre.com).

The **WEEE Centre** is an organization focused on **managing electronic waste** to promote a **safe environment** and the **circular economy** in Africa – they take everything from old phones and chargers to broken computers and cables. Their mission is to protect the environment and promote responsible e-waste management across Kenya.

The Banda will now use the WEEE Centre to sustainably dispose of our e-waste.

E-WASTE DROP-OFF BINS AVAILABLE NEXT WEEK AT SCHOOL! (From Monday evening)

- Kisembe
- Main School Car Park
- Pegasus

Parents are encouraged to bring any unwanted or broken electronic items to school during **Sustainability Week**. Let's work together to keep harmful materials out of landfill and give our electronics a second life!



UMBRELLA COLLECTION by OLIVER ROWE



Do you have any working umbrellas at home that you no longer need?

For the last couple of years, I have been handing out umbrellas to people, on my way home from school, who are caught in the rains. With the rainy season almost here, I would like to collect an amount of umbrellas to give out to people walking home from work in the heavy rains getting drenched.

Please bring any unused umbrellas to The Banda and they can be left at the Main Office.

Thank you!

NETBALL & RUGBY SEASON KICKS OFF



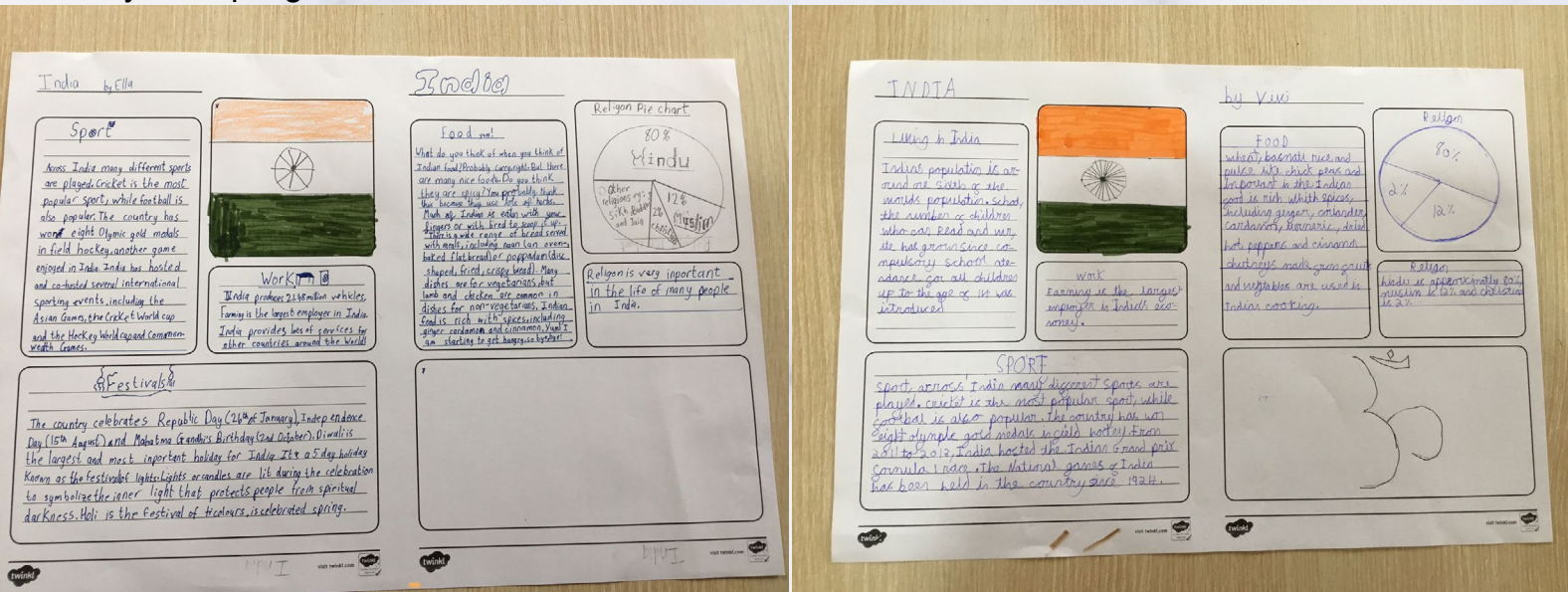


U11 TENNIS



YEAR 5

This term in English, Year 5 are being inspired by the country of India to develop skills in English. To kick things off, students have been busy developing Fact Files and a Biography on Rudyard Kipling.



LOWER SCHOOL - YEAR 3

This week in Year 3 we have been learning about reflection. We investigated which colours we could see best in the dark and how it changed when we used a light source. White and yellow came out as the winners for colours we could see.



YEAR 2

In Science we have begun our new topic, Materials and their Properties. This week we were investigating the bounciness of different balls! In Literacy we had fun working in groups to draw and label one of the settings from the story of George's Marvellous Medicine.



YEAR 1

This half term Year 1 are learning to program Bee-bots by giving directional instructions. Here they are working together in pairs to try and predict where the directions might take their Bee-bot. We decided that the order definitely does matter when giving instructions!



We made equal groups in Numeracy using stones we found in the playground! The children then used repeated addition to find how many they had all together, the first step to becoming multiplying masters in the future!





"Without my teddy I would be sad and lonely." - Tiva Binks



PEGASUS EARLY YEARS

NURSERY 2

We read "Can I have a T-rex, Dad? Please!" Picking our favourite dinosaur, we had a go at drawing it. We then came up with reasons why it would be a good pet and how to convince our parents to get one. We made a Shaposaurus, revising our shapes in maths, and a Wafflesaurus in cookery.



NURSERY 1

Our little Nursery 1s shone this week as they confidently practised writing the number 1, showing great focus and enthusiasm. A brilliant start to their number journey — well done, superstars!



RIISING STARS

The Rising Stars have learnt a lot about the cow. They enjoy sticking pieces of paper on a stencil of a cow, eating some products from a cow and washing the farm animals' toys.



WEEK 3**MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK**Pinwheel
Cookies
FruitSandwiches

FruitCarrot & Zucchini
Cake
FruitFlapjacks

FruitJam Cookies
Fruit**LUNCH:****SOUP**Leek & Potato
Soup, CroutonsCream of Tomato
Soup & Bread**MAINS**Vegetable Pasta
Bake
(crunchy cheese
& breadcrumb
topping)Beef & Carrot
GoulashChicken in Mild
Masala

Beef Lasagne

Sandwich Bar
with Roast Chicken
(other options
below)**VEGGIE /
SPECIAL
DIETS**Channa Daal &
Rice
Gluten Free
Vegetable Pasta
BakeRed Bean
HotpotPalak Paneer
Vegetable CurryVegetable
Lasagne

Gluten Free Beef
LasagneEggs, Cheese,
Tomato

Gluten Free Bread

SIDES

Carrots

Rice
Ugali & Sukuma

Saffron Rice

Broccoli &
Cauliflower

Salad Bar

**DESSERT
MAIN SCHOOL**

Vanilla Yogurt

Fruit Platter

Fruit Salad &
Custard

Ice cream

Fruit Salad & Yogurt

**DESSERT
PEY**

Yoghurt & Honey

Fruit Platter

Fruit Salad

Yogurt & honey

Fruit Salad & Yogurt

- From sauces and chutneys to flapjacks and focaccia, 95% of our what we serve is cooked on-site by our catering staff
 - We cater for varied food preferences in our menu and always have Halal and allergen free options
 - All eggs are free range and organic as well as many of the vegetables

Menu is subject to change



CRÈME BRÛLÉE



Ingredients

- 2 $\frac{2}{3}$ cups all-purpose flour, or more as needed
- 1 cup white sugar
- 1 tablespoon baking powder
- 1 tablespoon vanilla extract
- 2 pinches salt
- 3 eggs
- $\frac{3}{4}$ cup milk
- $\frac{3}{4}$ cup vegetable oil

Method

1. Preheat the oven to 175 degrees C. Grease a 9-inch cake tin with cooking spray and line with parchment paper.
2. Mix flour, sugar, baking powder, vanilla extract, and salt together in a large bowl. Add eggs, milk, and vegetable oil; mix by hand or beat with an electric mixer on low speed until smooth. Add more flour if the batter is too runny. Pour into the prepared pan.
3. Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 1 hour. Cool on a wire rack for 5 minutes. Run a table knife around the edges to loosen. Invert the cake carefully onto a cooling rack. Let cool completely.
4. Caramelize remaining granulated sugar, and pour a thin layer all over the surface of the chilled custards.

NOTICE BOARD



The Banda Quiz night is back!
So choose your teams wisely and brush up on your
general knowledge..there is a TROPHY and
BRAGGING rights at stake!



THURSDAY 8TH MAY
6.30PM MATTBRONZE



TEAMS OF 8 PLAYERS
REGISTER YOUR TEAM BY EMAILING
PTA@BANDASCHOOL.COM

3750/- PER PERSON (INCLUDES A BBQ BUFFET DINNER
PAYBILL: 172749
ACCOUNT: QUIZ NIGHT

NOTICE BOARD



WEEE CENTRE
Managing e-Waste for a Safe Environment

**The WEEE Centre:
Green and Safe E-Waste
Management in
East & Central Africa**



**Waste Electrical and Electronic Equipment Centre
For Safe and Clean Environment.**

OUR SERVICES

- E-waste Management
- Secure Data Destruction
- E-waste Awareness Creation
- E-waste Management Training
- Managing E-waste from Medical Equipment
- Refrigerant Recovery

HOW TO DISPOSE WITH US?

- 📞 Call WEEE Centre HQ Utawala
- 📍 Safaricom Shops Country Wide
- 📍 Collection Points at Carrefour Supermarkets
- 📍 WEEE Collection Points: Kisumu, Nakuru, Mombasa, Eldoret & Nyeri
- 📍 Shamba Cafe & Ecandi Eco Shop
- 📍 Total Energies - Gigiri and Ngong Rd Service Centres
- 📍 MP Shah Hospital

+254 701 819 559 | info@weeencentre.com | www.weeencentre.com



WEEE Centre

MATTEO'S EVENTS

Happy Mother's Day! Mums get 1 FREE glass of Prosecco!

KIDS BEACH PARTY

11 May 2025 | 2pm – 6pm

Puppet shows | recycling crafts with Ocean Sole painting | cookie decorating | bubbles
Bouncy Castle | Party Games
shared pizza dinner for kids

Early bird: 2000Ksh per child
At door: 2500KSH per child
Phone: +254 718 283 233

LIPA NA M-PESA
BUY GOODS & SERVICES
TILL NO
572 5053

Matteo's Events, Ngong Rd & Karen Rd Junction

PUPPET 254
puppets.co.ke

**Mr De Wet, from DT is looking
for loads and loads of
Polystyrene. If you do have
some at home, please drop it
off in the DT Class,
at the Arts Centre.
Thank you.**