



# Spirit of The Banda

Friday 9th May 2025

## A WORD FROM THE HEADMASTER

We've been promoting sustainability at school this week, with a plethora of events taking place across the school. Of course, we need to be pushing our efforts on this front the whole time, not just during a focus week, but we actually do an incredible amount already, including the extensive use of solar energy, waste water harvesting, recycling of food waste and e-waste, and composting and tree planting, to name but a few things, as well as the tremendous work done by our Planet Warriors team. There is always more that we can do and we'll continue to look at ways to do this, alongside sharing these initiatives with the school community.

Wednesday saw us hosting a mega afternoon of netball and rugby against Pembroke at both Under 11 and Under 13 level, alongside a Sustainability Fair. With a large parent contingent present and the rain thankfully staying at bay, it was great to witness such a fantastic atmosphere. The sporting focus shifts this weekend to the IAPS cross-country races at Turi.

And finally.... Many congratulations to our chess players who were crowned IAPS champions for the third year in a row at last weekend's tournament.

**James Moss-Gibbons**



See Week 4 events overleaf

Follow us on:    



Stop asking  
"How was your day?"

Did you hear a new  
song that you liked  
this week?



The Banda School

# Word OF THE Week

Turbulent

Windy, stormy or full of  
confusion.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!



# MUSIC ROUNDUP

The Term got off to a high note start with The Banda Vocal Festival. A diverse group of our pupils came together for this musical event, where they displayed their vocal abilities in a lively and enthusiastic setting. This time round, we had 2 stages, one at the Main Hall and the other in the Dance Studio providing plenty of opportunities for soloists, duets, quartets and quintets!

Following closely behind was the Peponi Chamber Music Festival that attracted instrumentalists who play obscure instruments and who may never get an opportunity to showcase their talents. This Festival, currently in its 15th year, gave the young musicians, even as young as 7 years old, a vibrant stage on which to showcase their skills and talents.

These celebrations of creativity, performance, and community have created a vibrant and motivating atmosphere to set us up for the term





# U7 FOOTBALL FESTIVAL

Last week The Banda hosted the annual Under 7 Football Festival. With over 12 different schools competing, including 4 of our own Year 1 teams, the day was set for a wonderful morning of football. It was fantastic to see so many children competing with a smile on their face and enjoying themselves. This year the Grayson Trophy was awarded for the school that best embodied the spirit and ethos of the day. This was awarded to Nairobi International school, who showed great sportsmanship, spirit and grace both in success and defeat.





# KIMMTA

On the back of the football tournament that was held on Friday, the KIMMTA children stayed on for an afternoon of arts and crafts as well as exploring our wonderful lower school library. It is always great to see our children engage and interact with their visitors.



## 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 here, I would like to collect 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!



# NATIONAL & IAPS CHESS REPORT



Mali Mistri and Aaliyah McKenzie both represented The Banda in the Kenya Schools National Chess Championship in Thika during the April holidays. Aaliyah was unbeaten in her category and emerged second overall with 8.5 out of 9 points while Mali scored 6.5 out of 9 points in his first national competition. Both qualified to represent Kenya in the Africa Individual Schools Chess Championship to be held at the Pride-In Resort in Mombasa later this month. We wish them the very best.

On Saturday, our team of 11 pupils went to Braeburn Gitanga Road for this year's IAPS Chess tournament on Saturday. From the 3 categories, we all played with tactical brilliance, gaining important points from every round of games. Special mention goes to our medalist: Aaliyah McKenzie who came first place in under 9 category, Max Miao, Silver in Under 11 and Henry Spring who took a silver in the Under 13 category. Banda won in the Under 13 category and all came 1st overall, for the 3rd year running. Well done to the team that has been working very hard through the year and many thanks too, to the parents and the chess coaches for supporting the children.







## GOLF REPORT

On Sunday the 4th Keith and Jamin travelled to Thika Sports Club to take part in the NCBA Junior competition. Keith played 4 over gross 40 on his 9 holes, tying with his biggest rival Paren Reel and pushing them into a playoff. Keith won it on the first extra hole with a par, adding another feather to his cap. Next Friday, the 10s and under will play again at Windsor. These are Declan, Jamin and Maxime who will be led by their captain, Keith. In the last competition there was an 8 and 9s age group, however, this is not being played this time round.

## RUGBY REPORT

Last weekend, a handful of our U9 boys; Jack, Max, Oscar, Njuguna, Atticus and Conall, played at a Nondies Rugby Tournament. They played so well and Digby was awarded Player of the Day! Well done, boys!





# PENN'S POST

Hello Everyone,

This week has been an important historic one and there have been celebrations throughout the country and across Europe. We have been commemorating VE Day, Victory in Europe Day, when on 8th May 1945, Prime Minister Winston Churchill made an announcement on the radio at 3.00pm to mark the day when fighting against Nazi Germany in Europe came to an end.

This was a time of great celebration as the fighting had stopped and street parties were held. VE Day was also a moment of great sadness and reflection, as millions of people had lost their lives or lost loved ones in the conflict.

Huge crowds gathered outside Buckingham Palace on VE Day and cheered as King George VI and his family, including Princess Elizabeth who later became Queen Elizabeth II, came out onto the balcony and waved. This very week, as we have celebrated 80 years since war ended, there have been similarities to the celebrations in 1945. We have witnessed marching troops, bands playing, aircraft flying overhead, the Royal Family in attendance and in addition some unusual and respectful gestures.

King Charles chose not to wear medals on his uniform, just as his Grandfather, George VI chose not to wear medals, as a mark of respect. He too wore the Naval No 1 dress uniform as worn by his Grandfather. Princess Anne wore a uniform similar to the one the late Queen wore 80 years ago – the uniform of the First Aid Nursing Yeomanry.

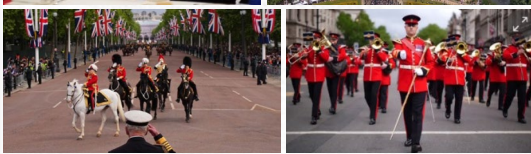
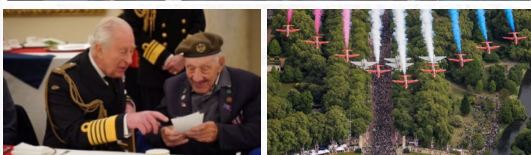
Queen Camilla wore a 12th Royal Lancers brooch to remember her late father, Major Bruce Shand, who fought in the Second World War and who was awarded a Military Cross in 1940.

The Princess of Wales wore a brooch of the Fleet Air Arm to commemorate her Grandfather and the Prince of Wales, wore his RAF No 1 uniform.

The Royal Family recognise the importance of such events and the children of the Prince and Princess of Wales, Prince George, Princess Charlotte and Prince Louis were all in attendance.

Like all of you, they are the generation of the future and these events must not be forgotten or repeated.

Yours, Penelope Kirk  
Banda Education Advisor





# SUSTAINABILITY WEEK ROUNDUP



Lower School had a visit from storyteller Ferdinand Omondi



Year 7 & 8 presentations on the History of Sustainability



**SMACHS**  
FOUNDATION  
For a better future

Smart Mechanized Agriculture & Climate Action for Humanity & Sustainability.

Year 7 talk from SMACHS foundation representatives about sustainability in agriculture.



On Friday, we listened to a panel featuring Ferdinand Omondi, Karjin de Bok, and Nina Schwendeman.



Student council, Planet Warriors & some Year 5's

## GREEN POINTS



Christopher buying locally produced goods



McAndrews boys & Alfie tree planting



Galleria Gardens gang car pooling



Magnus, Matthew & Louis car pooling



Ella and Talia tree planting



Anderson and Kora litter picking



Kylan making an eco brick



Meat free meal!



Christopher working in his shamba, growing his own vegetables



May growing herbs



Ashleigh growing vegetables



Ervena growing her own tomatoes



Jon growing cherry tomatoes



Lamu planting vegetables



Anderson separating rubbish for recycling



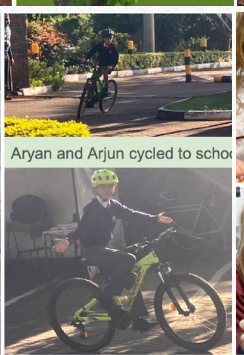
Riaan growing plants in milk bottles



Blackmore-Evans: electric car charged through solar!



Edie cycled to school



Aryan and Arjun cycled to school



Elsy planted this tree in Year 3 and has been tracking its growth!



eWaste collected by our IT Team







Waste Weighing - Upper School  
 Results  
 Duran 1st: 117 grams  
 Simba 2nd: 153 grams  
 Tingo 3rd: 295 grams  
 Swana: 4th: 486 grams  
 Whole School: 1,051 grams  
 To add to photos

## Food Waste Free Fridays

# SUSTAINABILITY FAIR

With the focus being on our immediate environment and sustainability, this Wednesday, The Banda hosted a variety of Kenyan-based companies with an ethos and focus on sustainability within the Kenyan sector. We even had two alumni and three current Banda parents showcasing their products! It was great to see the variety of amazing things happening, and we as a school hope to continue moving forward with our aim to show our children the positive trends happening and to protect their natural and immediate surroundings. You can find the companies that visited us here: [Thenaturalmumscompany](#) | [Grounded](#) | [Grove and Meadow](#) | [Jani Beauty](#) | [Loop Pet Food](#) | [Pure Mountain](#)





# GREEN FRIDAY







## YEAR 8 - DRAMA FESTIVAL

On Friday 2nd May, six Year 8 pupils were given the opportunity to represent Banda at St. Andrew's Turi, in their first ever Drama festival. After a long and sickly journey, pupils had the opportunity to take part in adventure activities such as paddle boarding and mountain biking. They later got into mixed groups with pupils from other schools and were given a stimulus, such as 'The day everything was backwards'. Over the rest of the weekend pupils worked to create a piece of drama, participated in workshops, and performed it to an audience of Turi prep school pupils and parents. We were also treated to Rosie and Amelia's monologue performances. After a formal dinner, pupils happily camped, proud of their performances. For Ms. McDonald and Miss Brooke, it was a pleasure to take our amazing drama pupils, and to see them contribute such fantastic ideas to their groups.

Rosie had the following thoughts, *"Turi was a great experience, one in which I learned the importance of teamwork in drama. It helped me nuance my drama skills and make lots of new friends. Working towards the performance at the end of the weekend was tough but really enjoyable. In my group we did an adaptation of Titanic as a comedy and it was really fun to perform. It was an amazing experience which I would do again without a second thought if I had the chance!" ~Rosie*







## YEAR 7

7BO picking litter around and outside the School as part of the Sustainability Week activities.





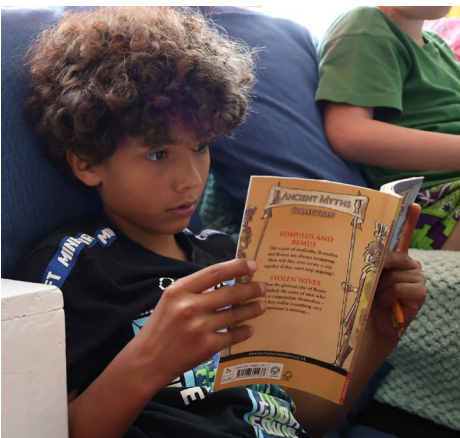
# YEAR 6

Year 6GG made Eco Bricks in Form Time.



# YEAR 6

Year 5 in PSHE and Library lesson.





# LOWER SCHOOL - YEAR 4

4DM making electrical circuits with our own bodies!



## YEAR 4 & 3 - TRASHION SHOW

Year 3 and 4 children made their pieces for the "Trashion Show" and enjoyed walking down the ramp to showcase their creativity!



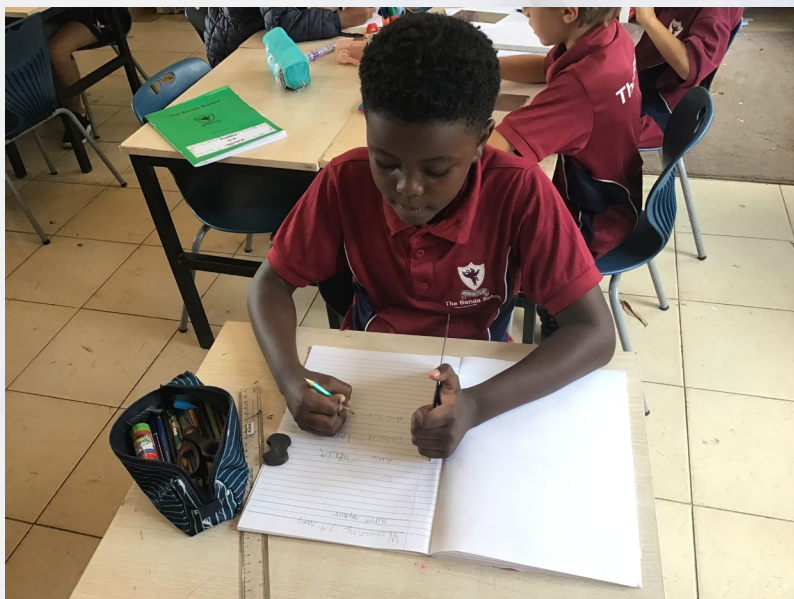
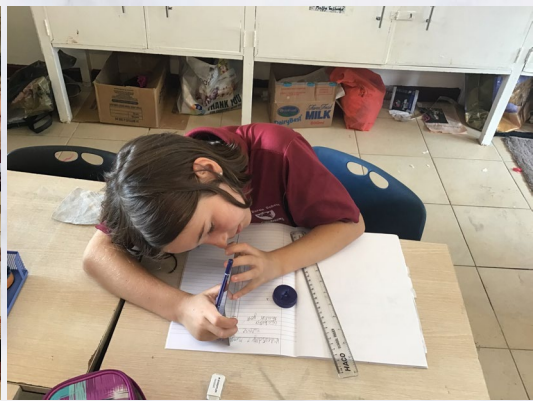
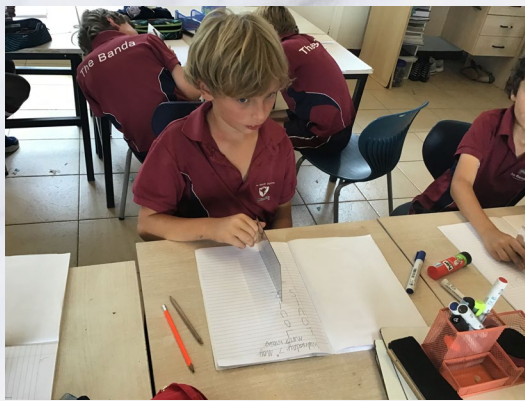






# YEAR 3

This week in Science we have been coding! It is amazing how we can use mirror images to write in secret code to each other!



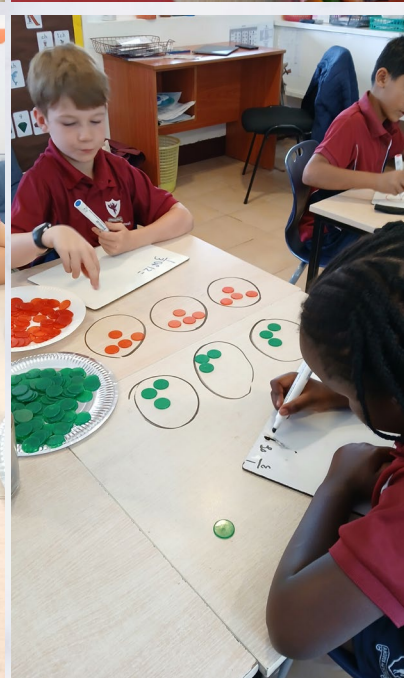
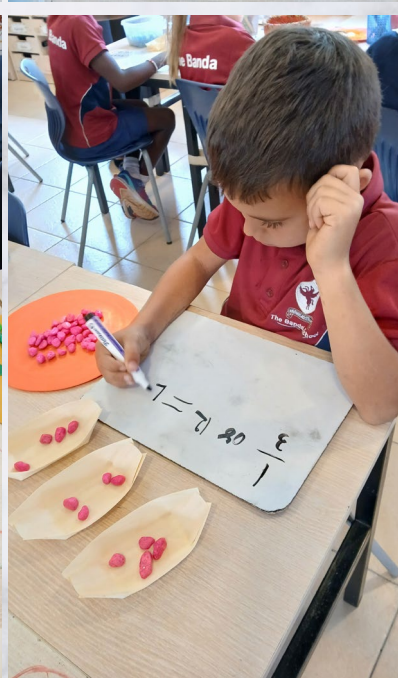
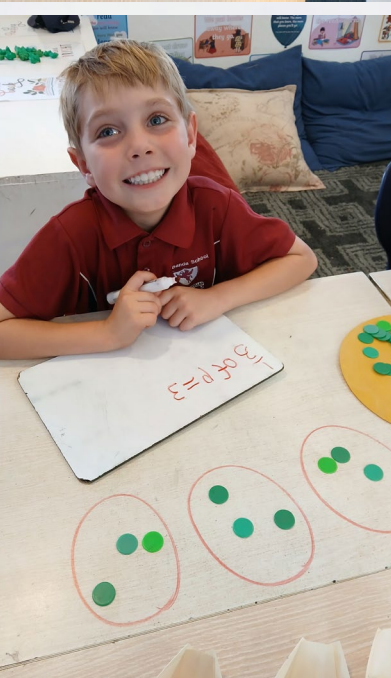
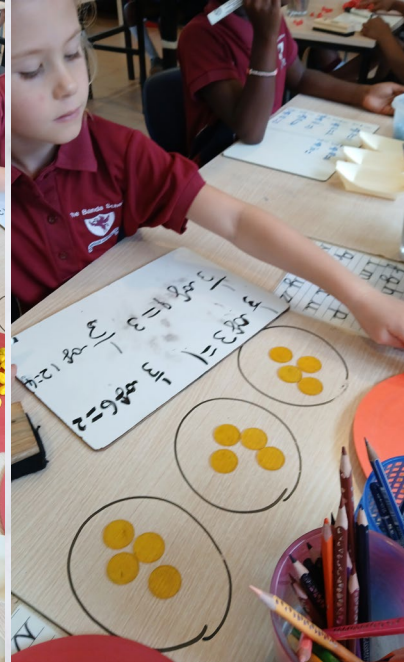




We enjoyed our practical activity using objects to further our understanding of thirds.



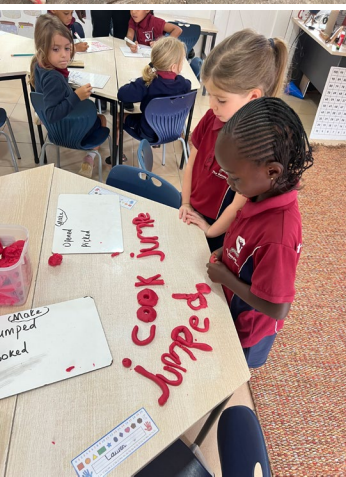
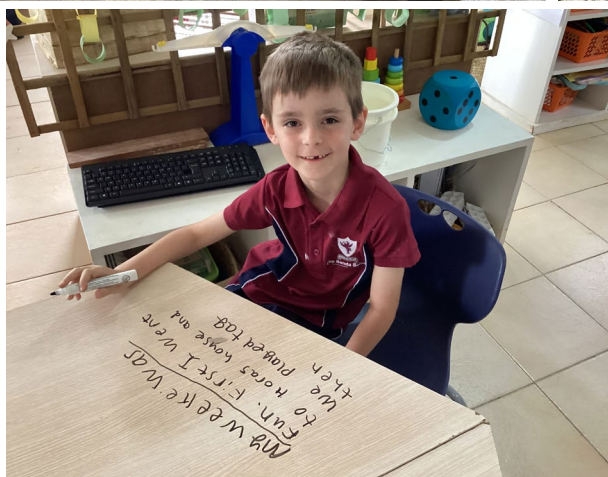






# YEAR 2 & 1 PAPER FREE DAY

Being paper free didn't stop us from writing this Monday! The children loved using whiteboards, tabletops and chalk to express themselves in writing and share their weekend news.





# YEAR 1

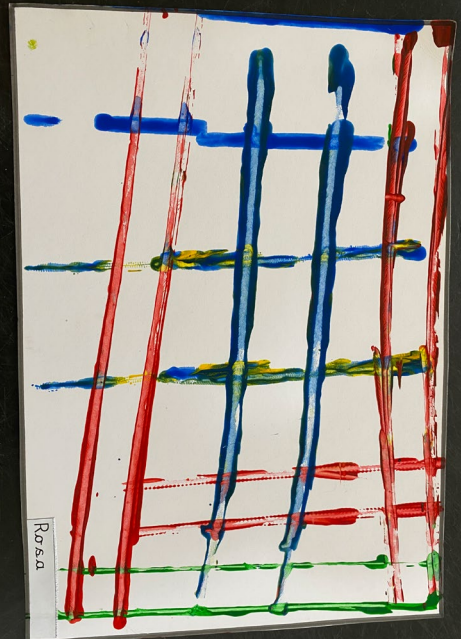
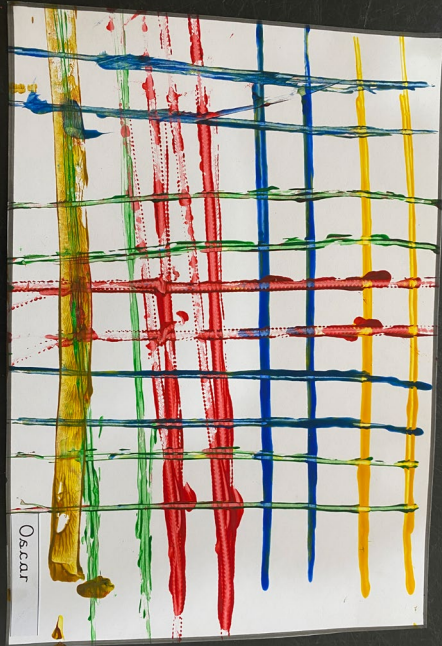
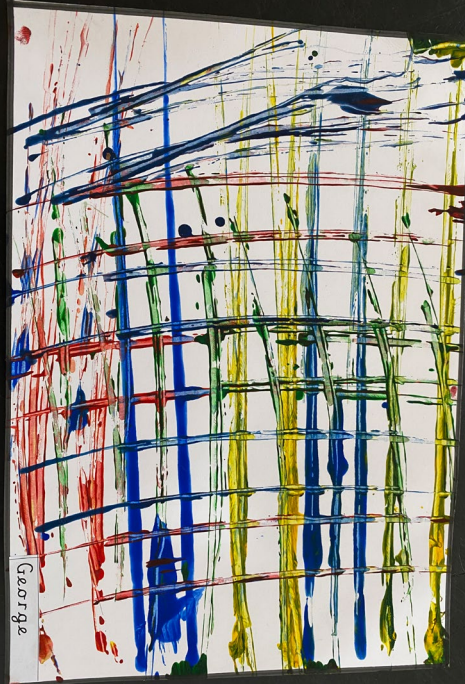
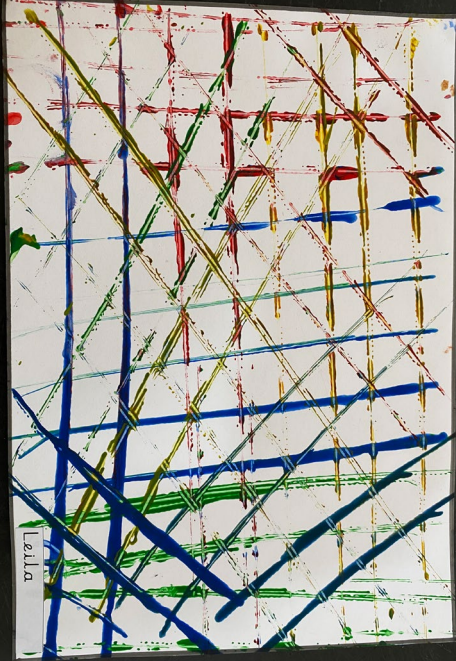
This week in Science the children investigated magnets, they learnt that not all metal is magnetic and that magnets attract or repel each other. They were given a challenge to rescue a paperclip from the bottom of a water filled beaker without getting anything wet or pouring out the water. Try it at home and see if you are as clever as our Year 1 scientists!





# YEAR 1

In Humanities, we explored the invention of the wheel and how it has changed the world. We then used toy cars and paint to create these beautiful track art, showing our appreciation for the importance of wheels in our lives today.





# PEGASUS EARLY YEARS RECEPTION

Reception learnt the importance of recycling during Sustainability Week. We collected lots of cardboard boxes and egg cartons. We then created our very own pieces of artwork using them to go on display in our classroom. In conjunction with our story of the week, Jack and the Beanstalk, the Receptions used some tissue rolls to create a castle for the giant. Isn't it magnificent?





## NURSERY 2

This week we enjoyed learning about which dinosaurs are carnivores, herbivores and omnivores. Our scissor skills are getting impressive! We enjoyed sponge painting and selecting dinosaur silhouettes to make a beautiful collage, and we made a Pancakesaurus! Thank you for all the bottles and toothbrushes; we look forward to making our eco-bricks over the course of the term.





# NURSERY 1

As part of our Sustainability Week celebrations, we enjoyed a calming nature walk that encouraged us to connect with the environment and reflect on ways to care for our planet. We concluded our walk by creating beautiful nature collages, using the natural treasures we discovered along the way.





# RIISING STARS

The Rising Stars listened with keenness as Mr Seth of Garden Art explained why it is important for us to take care of our environment. They were happy to work together with the men as they watered the beautiful flowers. Bravo little Green Warriors!!





WEEK 4	MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING BREAK</b>  <b>LUNCH:</b>		Flapjacks Fruit	Lemon Cake Fruit	Cookies Carrot Sticks	Sandwiches Fruit	Banana Loaf Fruit
	<b>SOUP</b>	Cream of Tomato Soup & Bread Rolls			Butternut Soup	
	<b>MAINS</b>	Margarita Pizza	Sausages	Sweet & Sour Chicken	Sautéed Beef with Peppers and Onions	Fish Goujons & Potato Wedges
	<b>VEGGIE / SPECIAL DIETS</b>	Gluten Free & Dairy Free Pizza	Lentil Croquettes  GF Sausages	Sweet & Sour Tofu and Cauliflower  GF Sweet & Sour Chicken	Sautéed Paneer with Peppers and Onions  Sautéed Vegetables (Vegan)	Chickpea Cutlets GF & Egg Free Chicken Goujons
	<b>SIDES</b>	Corn on the Cob Grilled Zucchini & Peppers	Carrots, Corn & Peas Roast Potatoes, Gravy	Noodle/ Rice	Guacamole Wraps GF & DF Wraps	French Beans & Carrots
	<b>DESSERT MAIN SCHOOL</b>	Yogurt & Honey	Drop Scones GF & DF Drop Scones	Fruit Salad & Custard	Honey Hedgehogs	Fruit Platter
	<b>DESSERT PEY</b>	Yogurt & Honey	Drop Scones GF & DF Drop Scones	Fruit Salad	Honey Hedgehogs	Fruit Platter

- 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





## ZUCCHINI FRIES



### Ingredients

- 500gm Zucchini sliced long like chips
- Salt and pepper to taste
- 100gm corn flour
- Little water to make thin batter
- Oil for deep frying

### Method

1. Rub salt and pepper into the zucchini chips and keep aside
2. In a small bowl add corn flour and make a thin batter
3. Heat oil on high heat and then lower the fire to medium flame
4. Dip the zucchini in the batter and deep fry till crisp and golden brown.
5. Serve as a side vegetable or a snack with a dip



# NOTICE BOARD

## 12<sup>th</sup> EDITION THE BUTTERFLY TRUST CONCERT



### Date of Auditions

**Sat, 14th June 2025**

**9.00AM  
to 12.00PM**

### Date of Concert

**27th September 2025**

**2.30PM  
to 4.30PM**

**Below 18yrs  
Kes 1000**

**Adults  
Kes 1500**

**Above 60 yrs  
Kes 1000**

**Venue: Kenton  
College Hall**



## JOIN US FOR A MUSICAL AUDITION

**DATE: SAT, 14th JUNE 2025 | 9AM - 12PM | @ KENTON COLLEGE HALL**

### MAGICAL BEINGS, COME TOGETHER!

ATTENTION ALL GIFTED STUDENTS FROM PREPARATORY SCHOOLS! JOIN US AT A CHARMING AUDITION EVENT WHERE YOU CAN SHOWCASE YOUR MUSICAL TALENTS IN A SPIRIT OF KINDNESS. THIS MAGICAL GATHERING WELCOMES ASPIRING MUSICIANS TO PROUDLY REPRESENT THEIR SCHOOLS. LET MUSIC RESONATE IN THE AIR FOR A NOBLE PURPOSE. EACH PARTICIPANT IS ENCOURAGED TO PERFORM A CAPTIVATING MELODY TO ENCHANT THE AUDIENCE!

THIS EVENT IS NOT A COMPETITION; RATHER, IT'S A CHANCE TO SHOWCASE MUSICAL TALENTS IN FRONT OF AN AUDIENCE USING ANY INSTRUMENT OF CHOICE. PRIMARY SCHOOL STUDENTS ARE WELCOME TO PARTICIPATE AND ARE ADVISED TO PREPARE ONE SHORT MUSICAL PIECE FOR THE CONCERT. PARTICIPANTS SHOULD REGISTER THROUGH THEIR SCHOOL, WHICH THEY WILL BE REPRESENTING AT THE EVENT. LETTERS CONFIRMING SELECTION WILL BE SENT TO ALL PARTICIPANTS, AND CERTIFICATES OF PARTICIPATION WILL BE DISTRIBUTED AFTER THE CONCERT.

SUPPORTING "THE BUTTERFLY TRUST" CHARITY  
WE INVITE YOU TO PARTICIPATE IN OUR TWELFTH MUSICAL CONCERT DEDICATED TO RAISING AWARENESS AND FUNDS FOR THE BUTTERFLY TRUST. YOUR INVOLVEMENT CONTRIBUTES TO OFFERING ASSISTANCE TO INDIVIDUALS FACING ILLNESSES OR ON THE PATH TO RECOVERY, ENABLING THEM TO RECEIVE CARE WITHIN THE FAMILIAR SURROUNDINGS OF THEIR HOMES.

**Date of Concert | Venue: Kenton College Hall**

**27th September 2025**

**2.30PM  
to 4.30PM**





# NOTICE BOARD



**OLIVER!**

BRAEBURN PLAYERS PRESENTS

**DATES:** Friday 9<sup>th</sup> May 7:00 pm  
Saturday 10<sup>th</sup> May 5:00 pm  
Sunday 11<sup>th</sup> May 3:00 pm  
Friday 16<sup>th</sup> May 7:00 pm  
Saturday 17<sup>th</sup> May 5:00 pm  
Sunday 18<sup>th</sup> May 3:00 pm

**TICKETS:** Advance: 1,500 KES  
Gate: 2,000 KES

Tickets at: [theatres.braeburn.com](http://theatres.braeburn.com)

[@BraeburnTheatres](https://www.facebook.com/BraeburnTheatres) [braeburn\\_theatres](https://www.instagram.com/braeburn_theatres)

## Oliver- Braeburn Players

Dear Parents, Guardians and Caregivers,

Braeburn Players, a cornerstone of Nairobi's theatre scene since 1987, invites you to experience their vibrant and imaginative production of the timeless masterpiece, **OLIVER!**

This is more than just a show; it's a rich tapestry woven by Kenya's finest creative talents. From stunning choreography and a powerful musical landscape, brought to life by a deeply talented ensemble of actors in a dazzling array of costumes, all lead by insightful direction!

Step off the page and onto the stage with a fresh and dynamic energy, and enjoy an enduring story of hope and resilience! We are certain that Braeburn Players' **OLIVER!** will be an unmissable theatrical event.

For any group inquiries, please feel free to reach out to [Kelly.bell@braeburn.ac.ke](mailto:Kelly.bell@braeburn.ac.ke).

### Show Dates:

- Friday 9<sup>th</sup> May & 16<sup>th</sup> May - 7pm
- Saturday 10<sup>th</sup> May & 17<sup>th</sup> May - 5pm
- Sunday 11<sup>th</sup> May & 18<sup>th</sup> May - 3pm

Tickets can be bought at -  
[theatres.braeburn.com](http://theatres.braeburn.com)

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.