



Spirit of The Banda

Friday 23rd May 2025

A WORD FROM THE HEADMASTER

Years 5 and 6 have been knuckling down to some exams this week, whilst Year 8 have hit the home straight in their Common Entrance preparation. Years 4 and 7 have had an arguably easier week with trips to Sagana and the Dwa Estate near Kibwezi respectively.

Elsewhere, our Young Programmers' acquitted themselves very well at the last Friday's Peponi competition and our boy's rugby team did likewise against some stiff opposition during Saturday's IAPS tournament at Hillcrest. It was great to see the girls' team warming up for Ndume as we hosted a touch rugby mix-in between eight sides this afternoon.

All of this frantic activity means that pupils and staff alike are more than ready for a break before we regroup again and hurtle towards the end of the school year, with plenty planned for the final five weeks. I wish you all a restful Half Term and look forward to welcoming you back on Tuesday 3rd June, following the Public Holiday.

James Moss-Gibbons



See Week 7 events overleaf

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Stop asking
"How was your day?"

What's one thing
do you like most
about your friends?



The Banda School

Word OF THE Week

Ethereal

Delicate, light and almost
magical.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

YOUNG PROGRAMMERS COMPETITION 2025

On Friday, nine young programmers traveled to Peponi House to compete in the Young Programmers Competition. For the first time, an U9 team was assembled to participate in a plethora of computing activities, from Coding and Robotics to Hands on STEAM Activities. The festival atmosphere led to a celebration of Computational thinking with no winners or losers. But a focus on showcasing an exciting digital world which was an incredible experience for our three Year 4s. Well done Lauchlan, Joshua and Taiwa. You were commended by many of the providers there for your spirit and teamwork.

In the competition, we had a team of three U11s and three U13s.

The U11s excelled in their game design skills coming 3rd with a bronze medal in the Kodu challenge. An ambitious Scratch programming project led to some debugging issues that sadly the time frame of the task didn't allow for them to solve. I am still amazed by their creativity, so well done Charlie, Emily and Marshall for your excellent team work.

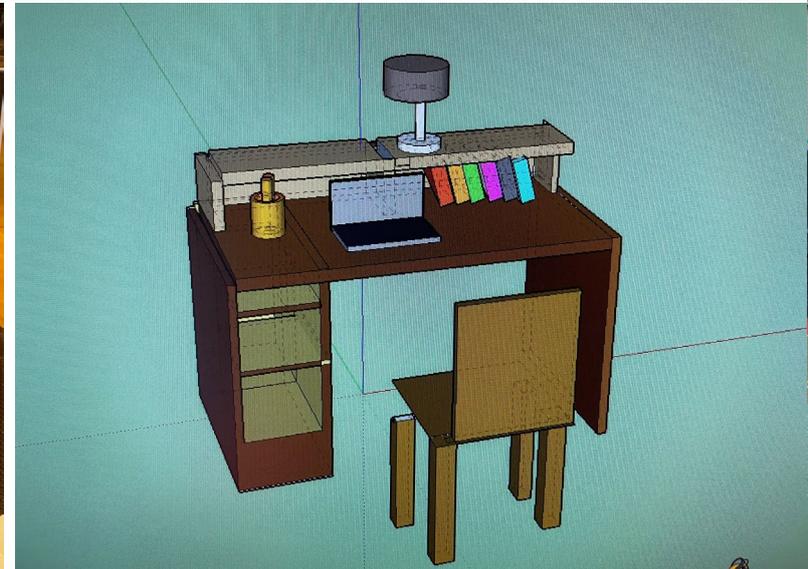
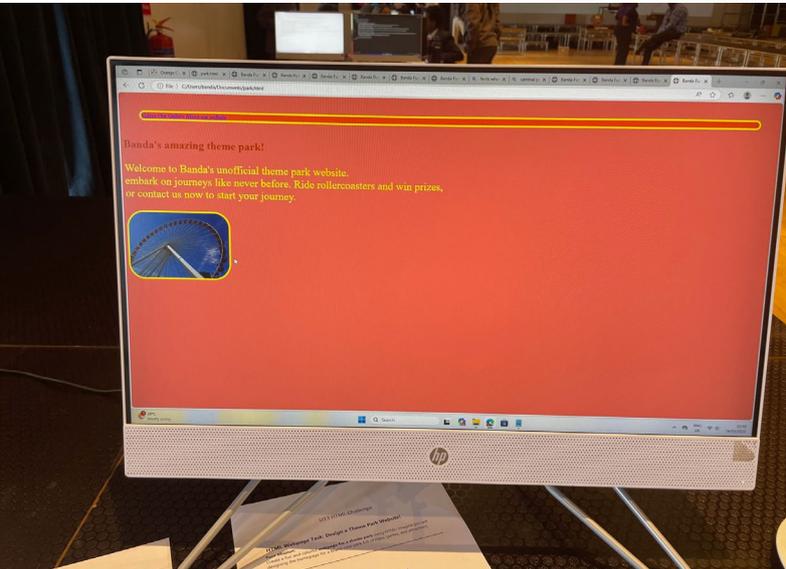
The U13s started strong in the competition with a creative and accurate 3D Model using Sketch up of a Desk with multiple storage solutions earning them 2nd place with silver medals to match. This wasn't the end of their achievements, lead HTML programmer Keli really let his skills shine to other teachers' amazement. This earned the team another silver medal and 2nd place in that round. Unfortunately the Python challenge wasn't to be this year, with a lesson on 'saving your work regularly' well learnt. I am impressed by how the team rallied together in those difficult circumstances showcasing their resilience. Well done Keli, Chao and Naima.

Although we didn't walk away with a trophy this year, everyone had a great day out learning more about each software and getting an opportunity to showcase their skills.

Well done to all the children who took part, you were excellent role models for The Banda. Until next year....

Mrs F Scott





TENNIS SEASON

Our Tennis players have been busy this half of term with regular squad sessions and 2 fixtures against Kenton and Peponi. Some excellent doubles tennis have been played and the team is trending nicely for the end of season tournaments coming up in the penultimate week of term. Well done the tennis players!



BEYOND BANDA BORDERS

On Friday afternoon some children from KIMTA in Kibera came to visit The Banda. We took them to Pegasus where they had a wonderful time playing with the Reception children and the Beyond Banda Borders Flight group in the Pegasus playground.





ENTRIES CLOSE ON 23RD MAY 2025

The Hillcrest Interschools Horse Show will be taking place on the 8th June 2025. Should your child be interested in competing, please email Claire Viljoen on c.viljoen@bandaschool.com indicating your child's name, pony name and the class.

Click for the Hillcrest Interschools Horse Show Schedule 2025

ENDURO REPORT

A number of Banda pupils, Amber, Mariella, Freddy, Ivan and Max, took part in last weekend's Enduro. Sadly Ivan had a bit of a tumble after leading his class JC3 but still managed to finish with a hurt wrist. Max gained second place in his class JC2 & Freddy second in JC1.



CHESS REPORT

Last Saturday, three pupils represented The Banda with distinction at a recent Chess challenge. Abubaker secured Second Place Overall, earning the school a trophy, along with a Silver Medal in his individual category. Additionally, Jayden and Max both won Bronze Medals in their respective categories. This outstanding performance highlights their dedication, teamwork, and skill, and we're incredibly proud of how they've embodied the spirit of Banda school.



IAPS U13 RUGBY REPORT

The 1st Team rugby players were in action at Hillcrest for the 13 a-side tournament last Saturday. With a lot of good teams in the mix this year, it was always going to be a highly competitive morning of rugby. The Banda team drew their first game with St. Andrew's Turi 7-7 in a brilliant end to end game of rugby. A draw with BGE followed as both teams struggled to break the deadlock in a tight affair. There was then a convincing 21-7 win against St Christopher's leaving the team needing a win against the eventual winners, Kenton. Sadly they lost that game three tries to none, leaving them out of the competition at the pool. The boys played some great free flowing rugby and showed great improvement from where they were at the start of their 13 aside campaign.



YEAR 7 TRIP TO KIBWEZI

Early on Wednesday morning Year 7 set off to the KSGR train station to head on their end of year trip to Dwa Estate in Kibwezi. We had a beautiful view of Mt Kilimanjaro from the train and a rhino sighting. On arrival at Kibwezi station we were transferred to Dwa Estate. Our first visit was to Dwa Estate School, this is a government run school set up for children of the estate workers. It was a valuable experience for The Banda children and allowed them to understand how rural Kenyan schools are run. They visited classrooms, helped serve lunch and ended the visit by exchanging some songs. After lunch we saw the biomass plant where the estate uses the sisal waste products to generate power. The plant generate so much power that they have excess and can also mine bitcoin using the power. We were then taken to some of the sisal fields where we viewed a T40 drone crop spraying. This was exciting as the Year 7's got to see their learning from the Geography classroom in action. On Thursday morning, we learnt about how the sisal is harvested and watched this in action. We then went to where squash plants and seedless watermelons are grown to produce seeds. At the horticulture site we were able to see another drone in action and learn how it operates. We then went to the sisal factory where we saw the whole process from harvested sisal leaves to bundled fibre, ready for export. In the afternoon the children enjoyed cooling off with water shooter games and a dip in the Miller's pool. The evening was a highlight when we were taken to a look out rock from where we could see the whole estate and the surrounding Chyulu Hills and Yatta Plateau. Some quiet mindfulness time on top of the rock was appreciated as a favourite part of the trip by many of the children. A huge thank you to Shaun Miller for organising such an engaging and enriching experience.





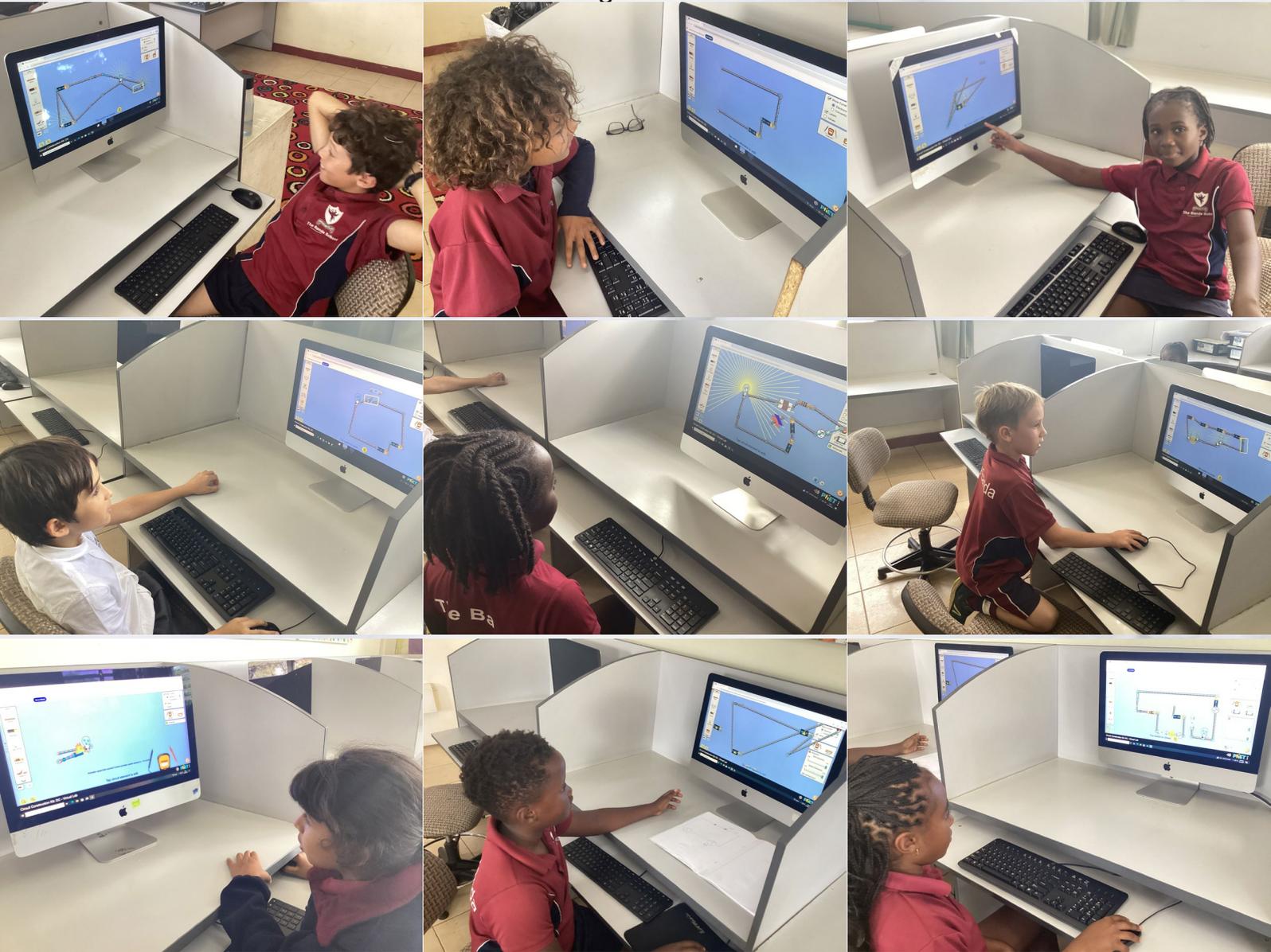
LOWER SCHOOL - YEAR 4 TRIP TO SAGANA

Early on Monday saw us load our gear and head off to Sagana with much excitement! The children had the opportunity to White Water Raft, rock climb and zipline among other team building activities. Rooms were designated and peers had fun with pillow fights, scary stories and lots of giggling! A sing off was held to decide the order in which the children got to make and gobble their marshmallow smores! Pirating on the rafts was a highlight, especially when one of the raft guides was stolen off his boat and on to another, leaving one boat guideless! An awesome trip had by the Year 4 children and an exhausting one had by the Year 4 staff!



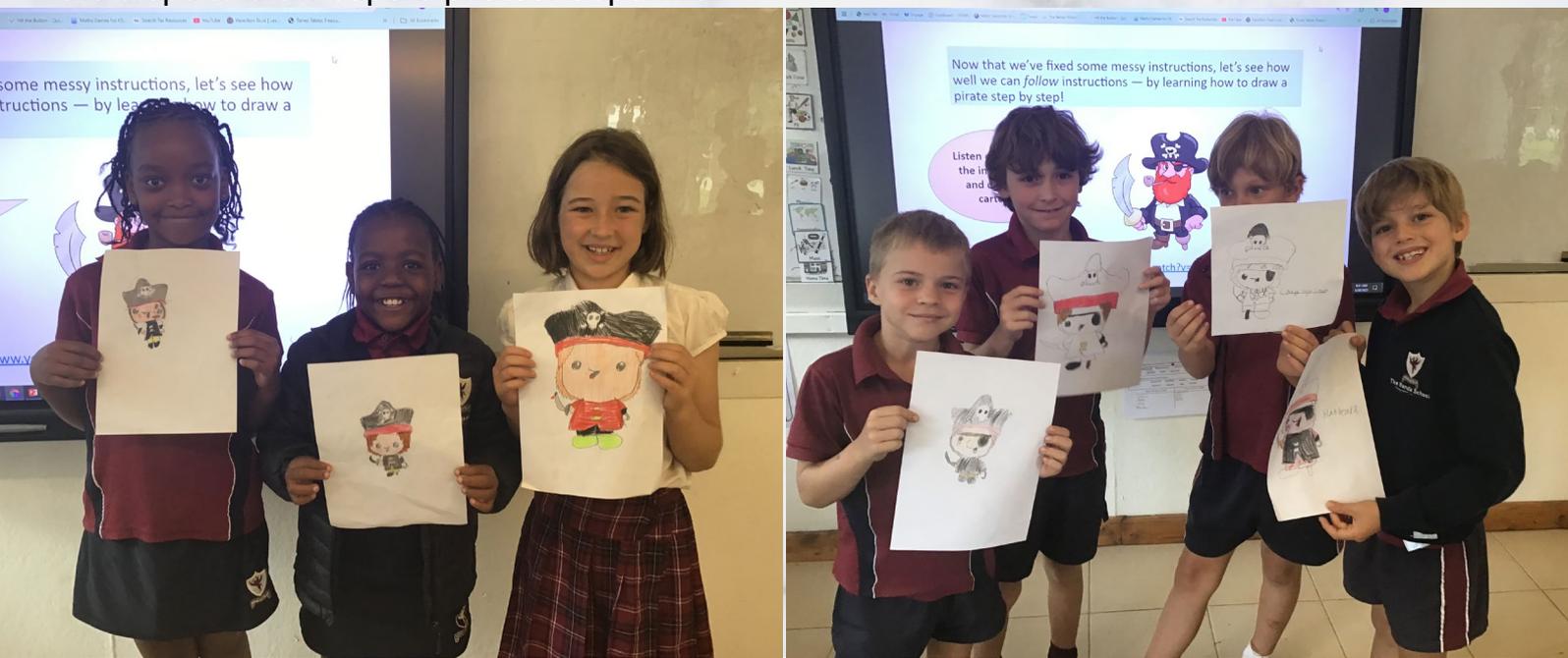
YEAR 4

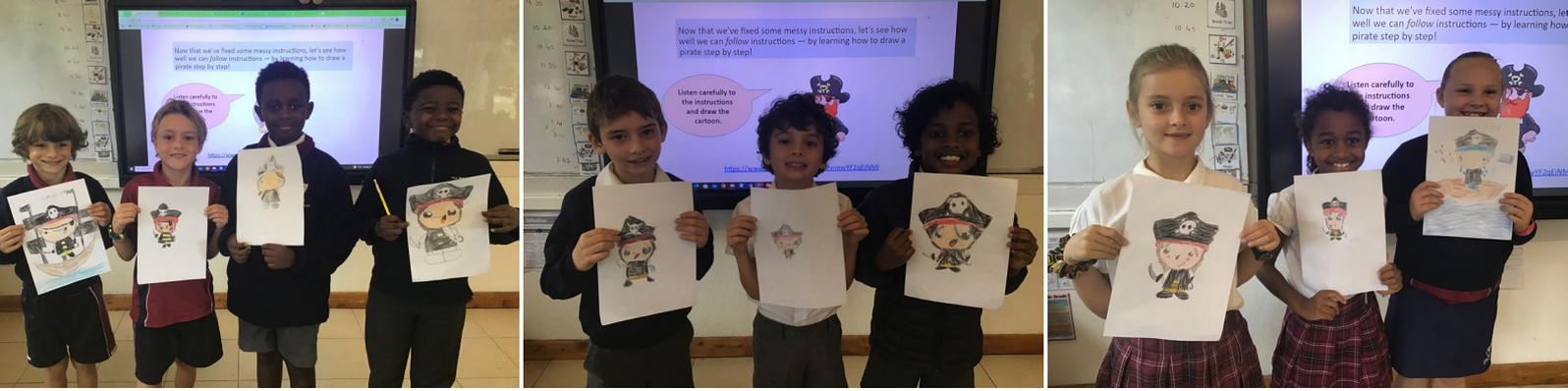
The children have been creating their own online circuits in Science.



YEAR 3

Can you follow an instruction? Year 3 children are great at following instructions. They followed the steps to draw superb pirates. Superrrrb.





Year 3 had a great time exploring light and shadow in Science. 3GD came up with a creative idea for shadow art. We had to discuss and figure out direction of the light source and the position of the sun based on the time of day.



YEAR 2

This week Year 2 started to make scarab beetles out of clay. We carefully molded the clay step by step to create texture and lines. We can't wait for them to dry and paint them after half term.

We also had lots of fun learning about the mummification process. First we learnt about the steps that the Ancient Egyptians followed, then we made our own mummies using toilet paper.





YEAR 1

We are loving the topic “Everyday Materials” in Science. This week the children worked in groups to build houses from edible materials. They explored their mini village to assess which structures were strongest and shared the challenges they faced. The activity ended with a tasty treat as they enjoyed their custard, watermelon, carrot, and toasted bread houses. What a fun and memorable lesson!





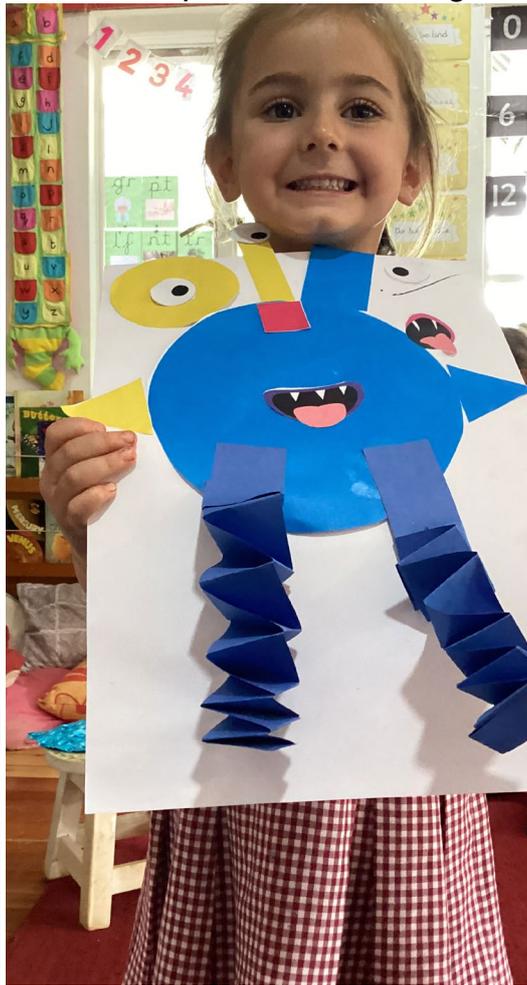
PEGASUS EARLY YEARS PLAY





RECEPTION

In Maths this week Reception have been learning about 2D shapes. We created our very own 2D shape monsters using different 2D shapes and we then gave them springy legs.



NURSERY 2

This week we finished our topic on Dinosaurs. We had a wonderful debate on how they became extinct, and then we chose our favourite dinosaurs to "show and tell"; discussing their key characteristics and why we picked them. Finally we made a 3D stegosaurus to wrap up another fantastic half-term. Wishing you all a wonderful break!



NURSERY 1

As we explored the concept of measurement, we have been learning to use words like big, small, medium, long, and short. Hands-on activities with everyday objects made our learning even more exciting, helping us see, touch, and compare sizes in real life!



RISING STARS

We love anything to do with painting. Rising Stars braved being tickled on their foot to make a beautiful brown footprint. We painted a cat and a dog, man's best friends.



WEEK 7

MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

BREAK

Cookies
Carrot Sticks

Lemon Cake
Fruit

Flapjacks
Fruit

Sandwiches
Fruit

Banana Loaf
Fruit

LUNCH:

SOUP

Cream of
Tomato Soup

Butternut Soup

MAINS

Spaghetti in
Tomato Sauce

Sausages
Baked Beans in
Tomato Sauce

Sweet & Sour
Chicken

Sautéed Beef with
Peppers and
Onions

Roast Chicken
in Gravy

Spaghetti in
Homemade
Pesto

GF Sausages

**VEGGIE /
SPECIAL
DIETS**

GF Pasta in
Tomato Sauce
and/or
Homemade
Pesto

Lentil Croquettes

Sweet & Sour
Cauliflower

Sautéed Paneer
with Peppers and
Onions

Chickpea Cutlets

Jacket Potatoes

GF Sweet & Sour
Chicken

Sautéed
Vegetables
(Vegan)

SIDES

Corn on the Cob
Broccoli

Roast Potatoes

Noodles / Rice

Noodles/Rice
Sweet & Sour
Sauce

French Beans &
Carrots

**DESSERT
MAIN SCHOOL**

Yogurt & Honey

Drop Scones
GF & DF Drop
Scones

Fruit Salad &
Custard

Fruit Platter

Honey Hedgehogs

**DESSERT
PEY**

Yogurt & Honey

Drop Scones
GF & DF Drop
Scones

Fruit Salad

Fruit Platter

Honey Hedgehogs

- 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



LENTIL PATTIES



Ingredients

- 200g red lentils
- 1 red onion finely chopped
- 2 large garlic cloves chopped
- 1 chili pepper seeded and finely chopped ½ cup
- 60g chickpea flour
- 2 tsp cumin
- 2 tsp paprika powder
- Salt and pepper to taste
- 1 tsp olive oil + more for frying the patties

Method

1. Cook the lentils in salted water for 10 minutes
2. Heat 1 teaspoon of olive oil in a frying pan and sauté the onions for 2-3 minutes until translucent.
3. Then add the garlic and sauté for another minute.
4. Combine the cooked lentils with the fried onions, garlic, chopped chili pepper, nutritional yeast flakes, cumin, paprika powder, chickpea flour, and some salt and pepper in a bowl.
5. Then chill the mixture for 1-2 hours (or overnight) in the refrigerator. (If the mixture is still too soft after chilling, you can add more flour. However, the mixture should also not be too firm, or the patties won't be as creamy inside.)
6. Form about 12 flat patties from the mixture using slightly moistened hands.
7. Heat some oil in a non-stick pan over medium-high heat and fry the patties for about 4-5 minutes on each side until golden brown and crispy.

NOTICE BOARD

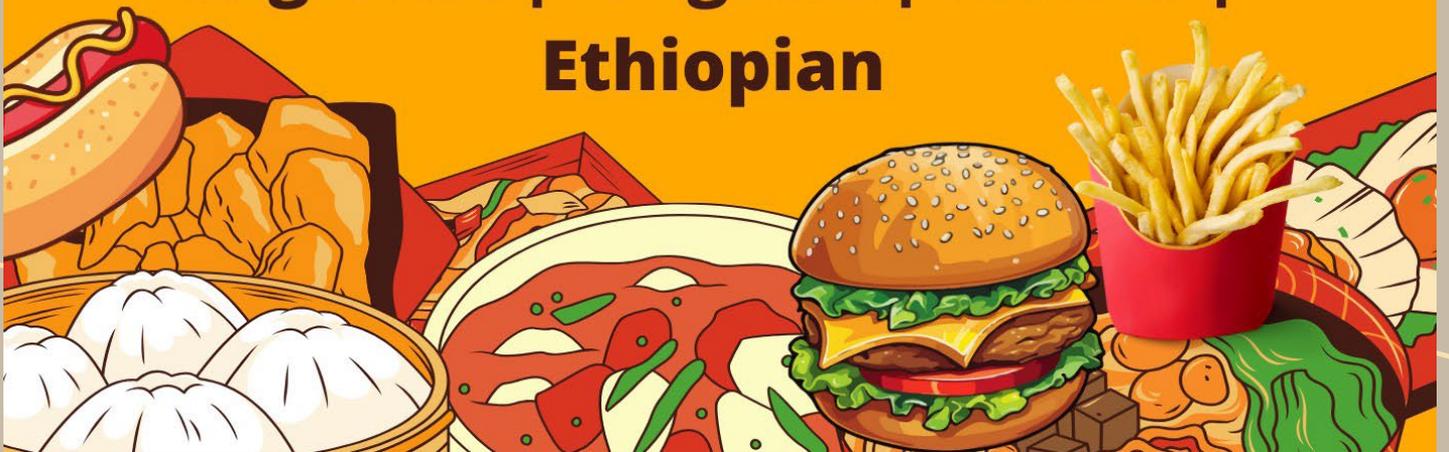
SAVE THE DATE

THE BANDA PTA FOOD FESTIVAL

**PONY RIDES | BOUNCY CASTLES
| HENNA ARTIST | SOCCER**

**June 7th 2025 | Main School field | 10am - 2pm
Entertainment wrist bands: 2000/- on entry**

**Italian | Dutch | British | South
African | Texan | Kenyan | Polish |
Nigerian | Belgium | British |
Ethiopian**



NOTICE BOARD



Karibu Kenya
KARIBUKENYA.CO.UK



WELLBEING SPACE AT ORGANIC FARMERS MARKET

SATURDAYS IN KAREN

previously Purdy Arms

9am - 10am

**Yin Yoga
RACHANA**



10:30am - 11:30am

**Breathwork and Asanas
ORIANE**

12 noon - 1pm

**Aerial Silks
SADDY**



1:30pm - 2:30pm

**Vinyasa Flow
TAMARA**

SUNDAYS IN KILIMANI

Kilimani Primary School



1.45pm - 2.45pm

**Power Yoga
SADDY AND TEAM**

3pm - 4pm

**Cardio
SADDY AND TEAM**



FOR THE KIDS ON SATURDAYS AND SUNDAYS

11:00am - 1:00pm

**Healing through
Creative Arts
OBU LAMU**



Fun, imaginative, transformative sessions of painting, drawing, storytelling, music, dance, yoga, mindfulness, life skills and more.



RATES

Adults' sessions:

One adult - 1,500 Ksh
Aerial Silks - 2,000 Ksh

Kids' sessions:

One child - 800 Ksh
One child with an adult - 1,500 Ksh
One child with two adults - 2,000 Ksh

BOOKING

Please reserve your place at:

tamara@karibukenya.co.uk
+254 734 608201 (WhatsApp message)

Priority will be given to those who book in advance. However, if you show up without booking, you're welcome to join as long as there is space