



# Spirit of The Banda

Friday 20th June 2025

## A WORD FROM THE HEADMASTER

Last Saturday saw The Banda community out in full force as we hosted the IAPS Netball Tournament, alongside our inaugural Secondary Schools Fair. There was a tremendous atmosphere around the courts as we were treated to a feast of excellent netball. My thanks to everyone involved in making the day the huge success that it was.

If you are seeking further advice on senior school options, please do make an appointment via the School Office to come in for a chat. A clear timeline on the whole process will be sent out to parents in the near future.

This weekend, attention turns to the Ndume Rugby Tournament at Pembroke - very best of luck to our Under 13 and Under 11 teams, as well as our girls' touch rugby side.

Yesterday evening, we hosted a Leavers' Dinner for our Year 8s in the Hall, which had been superbly decked out by their parents. It was a pleasure to welcome Kenyan golfer Jacquie Walter to speak to the pupils. Jacquie is currently aiming to be the first East African woman to qualify as a PGA professional but held the pupils spellbound as she told about her incredible back story and shared words of wisdom with them as they look to their futures.

**James Moss-Gibbons**



See Week 10 events overleaf

Follow us on:    



# NOTICE BOARD

THE BANDA UPPER SCHOOL PRODUCTION



**SUITABLE FOR  
CHILDREN  
FROM YEAR 3  
UPWARDS**

## *The Addams Family*

**WEDNESDAY  
2ND JULY, 6.30PM**

**THURSDAY  
3RD JULY, 6.30PM**

**SCAN  
FOR  
TICKETS**



**ENTRY STRICTLY BY TICKET ONLY**



Stop asking  
"How was your day?"

**What is the  
most popular  
snack at school?**



The Banda School

# Word OF THE Week

Reverberate  
Echoing again and again.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!



# THE BANDA PTA FOOD FESTIVAL

The PTA hosted their much-loved Food Festival 2 Saturdays ago. This year Banda families showcased the following country cuisines: Belgian, British, Dutch, Ethiopian, Finnish, Italian, Kenyan, Nigerian, Polish, South African and Texan. Thank you to all the stall holders for all the planning, decorating and most of all delicious food that they served.

Thank you to Brad, Fleur and Sian for organising the event and to Mala, Cyrus and their team for all their help. Also, a huge thank you to the volunteers who helped out on the day: Beth, Cecilia, Harriet, Kali, Neha, Nyambura and Patrick, we could not have managed the day without all your help.

We managed to raise Kes 300,000 for the Team Pankaj Foundation which helps some of Nairobi's most underserved children. They feed 30k - 36k children daily, provide disaster relief and food aid, and run free eye exams and surgeries within Nairobi and rural counties.

Finally, thank you to you all for coming out to support us and helping to support such a good cause.





# BEYOND BANDA BORDERS

Last Thursday, the Beyond Banda Borders group were honoured to visit the Little Angels School in Langata, Nairobi. They were welcomed with smiles from children and teachers in the centre who were happy to host us in their school.

Little Angels is a school for a number of children from vulnerable backgrounds, some of whom are orphaned, abandoned or from extremely low-income households. Despite the limited resources and space, the staff exhibited commendable commitment, ensuring that the children receive quality education with dignity and love.

Apart from the warm welcome, The Banda School students got an opportunity to enter the classrooms and the play areas to interact with the children and teachers at the centre. They engaged in reading activities, which was impressive to observe, and games with the younger ones. The accompanying teachers also had moments of insightful discussions with the caregivers who emphasised some of the challenges they face. This included a lack of basic items such as shoes and school supplies.

Towards the end of the visit, our students had a reflection and narrowed down on a way they could further support the children at the centre. They agreed to conduct a shoe collection plea, with many of them admitting that they had shoes that they had outgrown and suggested donating this to the cause. This discussion was very welcomed by the teachers and we gave the children an undertaking to go ahead with the shoe donation plea.





# UNDER 11A SHINE AT NGINI 7S TOURNAMENT

On Saturday, 14th June, the Under 11A rugby team proudly represented The Banda School at the Ngini 7s Rugby Tournament, hosted by St. Christopher's. Drawn into what proved to be the toughest group of the day, the boys rose to the challenge and topped their group with some outstanding performances. Their skill, teamwork, and discipline on the field earned praise from spectators and coaches alike.

In the quarter-finals, the team delivered an impressive 20–5 victory over the hosts, St. Christopher's. Unfortunately, two key players sustained injuries during the match, leaving us two players short for the semi-final against a strong BGR side. Despite this setback, the boys showed incredible resilience. The match ended in a draw, leading to a tense golden try extra-time period. Our defence was superb, holding BGR at bay for nearly the full five minutes. Sadly, with just seconds remaining, BGR managed to cross our try line, narrowly ending our tournament run.

Although it was a heartbreaking way to exit, the boys gained valuable experience and showed tremendous character throughout the day. They can be incredibly proud of their efforts and conduct, both on and off the pitch.

A special congratulations goes to Christopher Muchauraya, who was named Most Valuable Player (MVP) of the tournament—an extraordinary achievement considering there were nearly 300 of the best U11 rugby players in Kenya competing.

We now look ahead to the Ndume tournament this coming weekend, where the team is determined to build on their success and show the rest of Kenya what Banda rugby is all about. I'm sure the whole community will join me in wishing the boys the very best of luck as they aim to bring the trophy home!





# THE BANDA IAPS NETBALL TOURNAMENT

Under a blazing sun and a cloud free sky, The Banda played proud host to a spectacular day of netball at the IAPS U13 and U11 Netball Tournament on Saturday, 14 June. With 320 girls competing across 76 matches, it was a festival of energy, teamwork and sporting spirit. Four of The Banda's teams – the Under 13 1st and 2nd teams and the Under 11 A and B teams – represented the school with immense pride and determination.

The school grounds were alive with the buzz of spectators and supporters, and the 14 visiting secondary schools who had set up stalls added a wonderful vibrancy to the day. There was an undeniable sense of community spirit, with pupils, parents, staff and visiting teams coming together to celebrate not just netball, but friendship, connection and healthy competition.

## **Under 11 A & B Teams**

The U11 A team were outstanding in the group stages, playing their best netball of the season. Their defensive organisation and attacking flair saw them concede just one goal in the entire group phase. Despite their excellent form, they were narrowly knocked out in the quarter-finals of the Trophy, but they should be incredibly proud of their efforts.

The U11 B team also rose to the occasion, exceeding expectations to beat an Under 11 A team to finish second in their group and earning a place in the Trophy quarter-finals. Their progress is a testament to the depth and strength of Banda's netball programme and the determination of every player on the court.

## **Under 13 2nd & 1st Teams**

The U13 2nd team battled hard in their group and got through to the semi-finals of the Plate competition. Their resilience and teamwork shone through, and they played with heart and enthusiasm throughout but were unlucky to go out to a team who they beat in the group stages. The U13 1st team were a standout force on the day, winning their group before progressing confidently through the quarter-finals against Peponi and a fiercely contested semi-final victory over Kenton. In the final, they came up against an excellent Pembroke side and, despite a close-fought game, were narrowly defeated. Their runner-up finish was richly deserved, and their composure, teamwork and grit throughout the day were exemplary.

What stood out most across all teams was the excellent effort, commitment and enthusiasm shown by every Banda player. They wore their school colours with pride and demonstrated true sportsmanship on and off the court. This tournament isn't just about scores and trophies – it was also a shining example of the Banda spirit, and the girls represented their school with distinction, both in play and character.

A huge thank you also goes to all the Banda staff and volunteers who made the day run so smoothly - it really is a true team effort!

Congratulations to Inaya, Kera, Athiei, Alexandra and Eliana who were selected for the Nairobi West regional netball team and an extra special congratulations to Kera who was voted one of the 'Players of the Tournament'.













# CHIP, PITCH AND PUTT GOLF REPORT

On Wednesday we took a team of 12 players, 4 Under 9s, 4 Under 11s and 4 Under 13s to the annual Hillcrest Chip, Pitch and Putt competition. Each age group was composed of 2 boys and 2 girls. The chipping competition was to a green 20 yards from the tee box. The closer to the pin you got the more points you made. The chip was more or less the same but 40 yards from the tee box. The third discipline, putting, was made very tricky with a very fast surface having a severe break on it. When the results were announced, there was first, second and third places for boys and girls. We got off to a flying start when Gia was crowned best Under 9 girl. Unfortunately we did not get any more placing but had five 4th places which was good enough to secure us 4th place overall out of 9 schools. The team was made up of: Under 9: Stasiu, Jaylan, Michaela and Gia. Under 11: Keith, Declan, Lesedi and Kyla. Under 13: Tristan, Jamin, Erin and Alexa (Y7).



## ENDURO 3 CORRECTION



We would like to apologise for some incorrect information published with regards to the recent Enduro. Frederick came first in the last two enduros, and we are delighted to hear that he is leading the JC1 championship. Well done!

### E3 Malu National results.xlsx



MSFK Enduro Championship 2025

Pos	Name	No.	Total Time	Laps
JC1 WEEKEND RESULTS				
1	Frederick Kwoleck	251	1:01:45 am	3
2		77	1:09:19 am	3
3		116	12:57:47 am	2
4		38	DNS	0



# YEAR 8 ENTERPRISE PROJECT



- PLASTIC FREE



- LIMITED  
SUGAR ACCESS



- KSH  
500PP

- TICKETS WILL BE  
AVAILABLE FROM CLASS  
TEACHERS

- LOTS OF FUN  
ACTIVITIES AND TREATS





# YEAR 8 - WHAT ARE YEAR 8 GETTING UP TO NOW?

Following their Common Entrance exams and an adventure-packed week in Sagana, our Year 8 pupils have enjoyed a vibrant and enriching week packed with diverse learning experiences designed to be both educational and fun.

They began with an engaging cooking session as part of their life skills programme, learning basic culinary techniques, kitchen safety, and the value of teamwork while preparing simple yet delicious dishes.

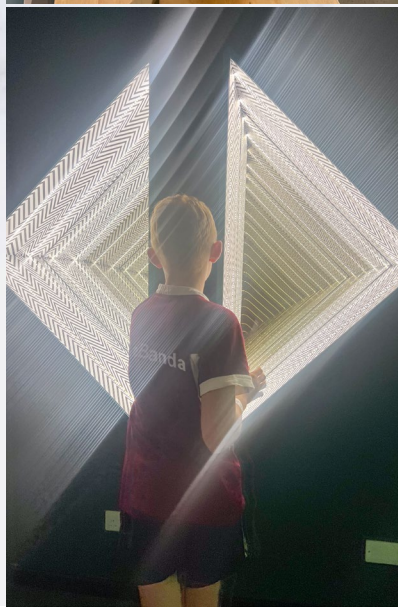
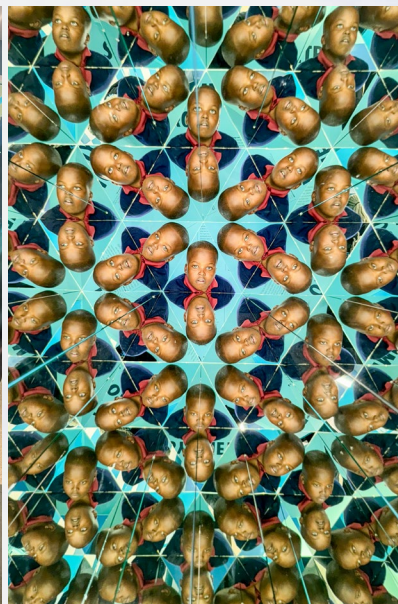
This was followed by two interactive first aid workshops led by external trainer Beth Lamb. Pupils explored essential life-saving skills including assessing danger, checking casualties, performing CPR on dummies, the recovery position, treating burns, bleeds, and choking, and recognising signs of heat exhaustion. Teachers also got involved in lively staged incidents—Mr Roberts and Mr Nthiga featured in a dramatic bike accident, while Ms Simiyu added flair with a convincing panic attack. A big thank you to all involved in making this such a valuable, hands-on learning experience.

The week concluded with an exciting trip to Nairobi's Museum of Illusions, where pupils explored mind-bending optical illusions, holograms, and interactive exhibits such as the Tilted Room and Vortex Tunnel. They examined how perception can be manipulated, sparking discussions on the science behind visual deception and deepening their critical thinking.

Altogether, it was a week full of energy, practical learning, and memorable moments, rounding off the term on a high note.









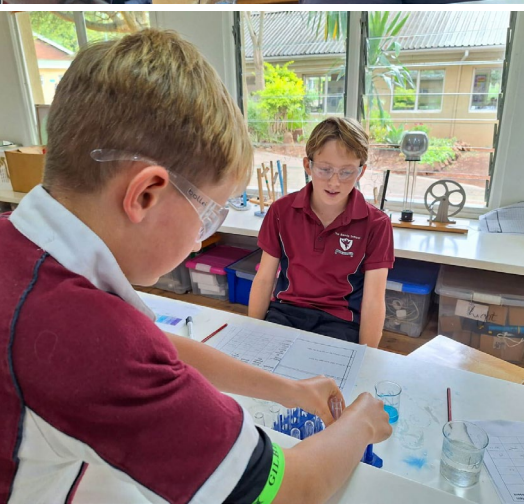
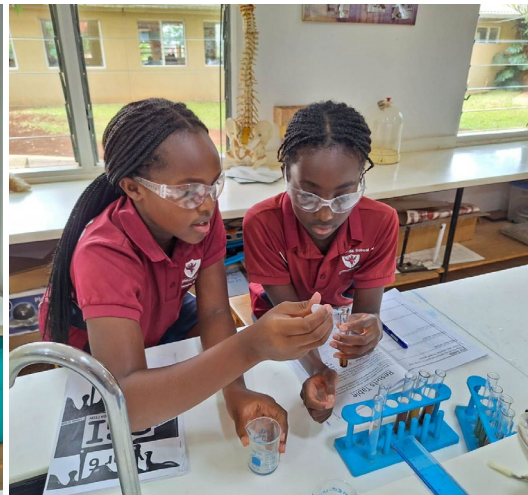
## YEAR 7

Each armed with a click on their device, each question harder than the next! It's loud, it's strategic, racing against the clock! What better way to end the year than to review our topics in competitive History quizzes.



## YEAR 6

Year 6 CSI team testing 'urine samples' for glucose and protein to find out who killed Mr.FOSTER





# YEAR 6 TRIP REPORT

In Week 7, our Year 6 pupils set off on their long-anticipated annual form trip to Kembu. After a long drive from Nairobi, 43 excited pupils arrived at the farm and wasted no time setting up their tents, ready to embrace a few days of outdoor adventure.

The group was split in two for a guided tour around the farm, where they learned about the vital role of trees in sustainable farming, including an introduction to hybrid species. A session on water harvesting sparked some real-world maths application as pupils used Pi to calculate the volume of water collected in storage tanks—bringing classroom learning to life.

After a delicious chicken curry dinner, we were caught in a rain shower and quickly scurried off to our tents for the night. The next morning began bright and early with a hearty breakfast before we set off to Kiplombe Gorge. The challenging hike through the gorge tested everyone's endurance, but the pupils showed tremendous resilience—even in the face of minor scrapes and bruises. Their efforts were rewarded with a bottomless pizza feast back at Kembu, which was enjoyed with such enthusiasm that not a slice was left!

Rested and recharged after another sound night's sleep, the final day brought more hands-on experiences. Pupils took part in sheep shearing, cleaning and spinning wool, and even tried their hand at knitting. We finished the morning with a walk to the Kenana Knitters shop, where pupils eagerly picked out a few handcrafted souvenirs to take home.

This year's trip was the perfect blend of fun and challenge. We are incredibly proud of the resilience, curiosity, and positive spirit shown by all our Year 6 pupils throughout the experience.





# YEAR 5 TRIP TO NAIVASHA

On Thursday, Year 5 set off to Naivasha on their overnight camping trip. We went straight to Grants Biotech which is a biogas plant where they use off-cuts and damaged flowers to produce biogas through anaerobic digestion. The biogas is used to produce electricity and cooking gas for the Bohemian flower farm. We then went to Carnelley's camp site and set up camp. In the afternoon we went for a guided walk in Sanctuary Farm where we saw lots of wildlife including giraffes, zebras, waterbuck and wildebeest. In the evening we were treated to a buffet dinner at Carnelley's restaurant. After a quiz about what they had learnt that day, the children enjoyed a campfire and marshmallows before going to bed. Friday morning involved a visit to the Oserian solar and geothermal power plant. Year 5 have been learning about the Rift Valley in Geography and about why it is a great place for geothermal energy. It was fantastic to see their learning in action. Well done Year 5 for all your excellent questions at the power plants and for putting up and taking down your tents so confidently.

## ***Here are some quotes from the Year 5 children about the trip:***

*Kingori: My favourite moment was when we saw the hippos right next to the fence*

*Danny F: My favourite part of this trip is when we sat around the campfire*

*Keith: My favourite moment was when we were going to Sanctuary and looking at all the animals*

*Emma: My favourite part was finding all the obsidian in the dirt*

*Mila: My favourite moment was making memories with my friends and teachers*

*Mikki: My favourite moment is when we put up the tent because it had to use teamwork*

*Honor: My favourite moment was the food, especially the burger*

*Daniel A: My favourite moment is when I thought I heard a hippo and I jumped over Jason and Kian*

*Ella: I liked the geothermal site and being able to ask lots of questions*





## LOWER SCHOOL INFORMAL CONCERT

Tuesday evening was full of joy and music as our Lower School lit up the stage with their talent and energy. From lively rhythms to sweet melodies, each performance was a heartwarming reminder of the magic that happens when young musicians come together. It was a beautiful celebration of creativity, growth, and the power of music.







## YEAR 3

In Science we have been investigating which is the strongest magnet by seeing how many paper clips it could hold in a line. We were also creating magnetic worms! In Numeracy we were looking at lines: horizontal, vertical, diagonal, symmetrical. The challenge was to find out how many lines of symmetry a circle has! This group tried very hard.







## YEAR 2

Our RS topic for the second half of term is Leaders and Teachers. This week we discussed the qualities of a good leader and then enjoyed a session of role-playing a good teacher and a bad teacher.





## YEAR 2

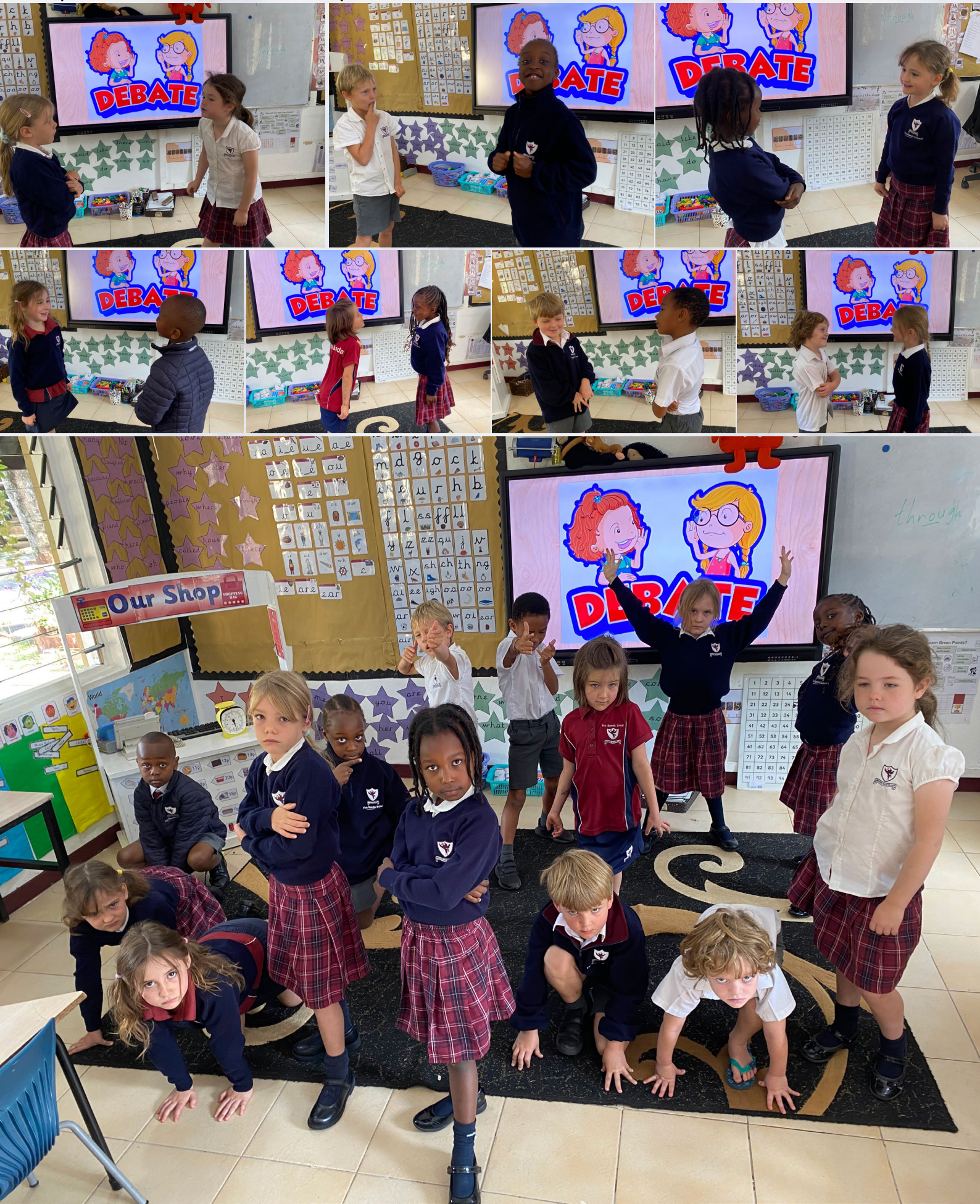
We had fun exploring and investigating the difference between man made and natural objects by paint printing patterns! In Art 2LK followed step by step instructions to draw Tutankhamen. We used oil pastels to create the final effect.





# YEAR 1

We explored superheroes in Literacy, discussing what makes them heroic and special, and sharing our favourites. The children then debated in pairs, explaining why their chosen superhero was better than their partner's.





# PEGASUS EARLY YEARS SPORTS MORNING

After a 'not long enough' year of PE activities, the children were keen to show off the different skills they had picked up along the way. The children were in high spirits despite the slight drizzle as they came into school. Some of the activities involved team work on the parachute, football, sprinting on a 50m track, an obstacle course for them to show off their agility, balancing benches and swift feet through the ladders. Even though the children were exhausted by the end, it was a fun filled day that the children and their parents enjoyed.











## RECEPTION

In Reception this week we have been learning about repeating patterns. We created our own streets using triangles and rectangles and the rule was the street had to be repeating. Take a look at our repeating street houses. Then Buzz, Alfie's grandpa gave an interactive talk about the eighth man to land on the moon. The children were so engaged, and we could see their excitement and curiosity about space growing. It was wonderful to see them so interested in learning and to have a look at an actual moon rock.







## NURSERY 2

We explored the perilous desert and learnt how different animals adapt to the harsh conditions. We focused particularly on the "Ship of the Desert"; the camel. We were quite amazed by how hardy they are; especially how long they can go without water, and how much they can drink in one go! We made a camel, cutting and sticking painted brown paper to make its fur and painting a beautiful desert backdrop.







## NURSERY 1

As we continue exploring our senses, the children joyfully stamped bright bold patterns using cut bell peppers. This fun hands on activity sparked creativity and wonder through colour, texture and scent!









# RIISING STARS

Nature walks are fun. The Rising Stars get to see different minibeasts in the environment. The children also enjoy exploring sensory play and messy activities with paint and spaghetti.





# WEEK 10

## MENU

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## MORNING BREAK

## LUNCH:

### SOUP

### MAINS

### VEGGIE / SPECIAL DIETS

### SIDES

### DESSERT MAIN SCHOOL

### DESSERT PEY

Lemon Cookies  
Fruit

Cream of  
Tomato Soup &  
Bread

Beans Hotpot

Spinach

Rice  
Ugali

Vanilla Yogurt

Yoghurt & Honey

Sandwiches  
Fruit

Chicken in Mild  
Curry

Vegetable Curry  
Naan  
  
Naan  
Gluten Free

Fruit Platter

Fruit Platter

Carrot & Zucchini  
Cake  
Fruit

Fish in Batter  
(PEY - Chicken in  
Batter)

Paneer Cutlets  
  
Chicken Goujons  
Gluten, Dairy & Egg  
Free

Ice Cream

Fruit Salad

Focaccia  
Fruit

Spaghetti  
Bolognaise

Vegetable  
Lasagne  
  
Beef Lasagne  
Gluten & Dairy Free

Sautéed Broccoli  
& Cauliflower

Fruit Salad &  
Custard

Yogurt & Honey

Jam Cookies  
Fruit

Cream of Vegetable  
Soup, Croutons

Sandwich Bar  
with Roast Chicken  
(other options  
below)

Eggs, Cheese,  
Tomato

Gluten Free Bread

Salad Bar

Fruit Platter

Fruit Platter

- From sauces and chutneys to flapjacks and focaccia, 95% of 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





# CHICKEN VINDALOO



## Ingredients for paste

- 1 ½ tablespoons coriander seeds
- 1 teaspoon cumin seeds
- 10 black pepper corn
- 2 inches' cinnamon stick
- 4 cloves
- ½ teaspoon mustard seeds
- 1 tablespoon chili powder
- 3 tablespoons vinegar
- 2 ½ tablespoons garlic paste
- 1 tablespoon ginger paste

## Method

1. Grind all the whole spices
2. Add vinegar, garlic and ginger paste and mix well into a thick paste
3. Add the paste to the chicken, with salt and turmeric and let it rest for 2 hours

## Ingredients for chicken

- 1kg chicken bone in
- ½ teaspoon turmeric
- 1 teaspoon salt
- 3 tablespoons oil
- 2 onions finely chopped
- 2 tomatoes finely chopped
- 1 tablespoon vinegar
- 1 teaspoon sugar
- ½ cup hot water

## Method for vindaloo chicken

1. Heat oil in a deep pot and sauté onions till golden brown
2. Add in chicken, sugar, vinegar and sauté for 5 minutes.
3. Cover and simmer till chicken is cooked
4. Add the vindaloo paste and cook on low heat till the sauce is thick.
5. Serve with rice.



# NOTICE BOARD



## *The Banda School's Art & Design and Design & Technology Exhibition*

Join us for a vibrant celebration of creativity, innovation and imagination at The Banda School's inaugural Art & Design and Design & Technology Exhibition – a spectacular showcase of our pupils' incredible work.

Come and experience stunning artwork and innovative projects. This is more than an exhibition – it's a celebration of the arts, a community gathering and an opportunity to witness the future of creativity in action.

All are welcome – parents, pupils, families and our local community. Don't miss this event at The Banda – where imagination takes centre stage.

**Wednesday, 2nd July, 2025     3:30 PM – 6:30 PM, The Banda School Arts Centre.**

*Have a lovely weekend!*