



Spirit of The Banda

Friday 27th June 2025

A WORD FROM THE HEADMASTER

The sporting year was rounded off in fine fashion last Saturday at the Ndume Sevens Tournament by our Under 11 boys' team who stormed to victory for the third successive year. They played some fantastic rugby and did so whilst displaying great sportsmanship; it was a fine all-round effort from the entire squad, as well as those boys who had been part of the bigger 12-a-side team during the term.

It's been a very colourful day in school with Year 2 immersing themselves in Egyptian Day and the Year 1s enjoying Superhero Day.

Year 8s have enjoyed a variety of activities during the week as part of their Leavers' Programme, including a hugely successful Enterprise Day for charity, an entertaining Trashion Show, trips to both Mayers Farm and a local community, and a code-breaking murder mystery challenge. We look forward to celebrating all the Year 8 pupils at Speech Day next Friday.

We also look forward to next week's performances of The Addams Family. It promises to be a busy but exciting end to the school year.

James Moss-Gibbons



See Week 11 events overleaf

Follow us on:

NOTICE BOARD



They are
aged
between
2 to 8
years old.

THESE CHILDREN NEED OUR HELP!

THERE ARE ALMOST 250 CHILDREN AT ANGEL KINDERGARTEN IN KIBERA. MANY OF THEM WALK TO AND FROM SCHOOL IN ILL FITTING, BROKEN SHOES, OR NONE AT ALL.

Please can your child bring in a pair of black school shoes that they may have grown out of? We have boxes placed around the school! At the end of term is ideal!



**Please contact Alix for any guidance on
a.daykin@bandaschool.com**

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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?"

Is there anything
coming up that
you're excited about?



The Banda School

Word OF THE Week

Morose

Gloomy, sulky or bad tempered.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

U13 BOYS & GIRLS RUGBY AT NDUME 7S

The Under 13 Boys and Girls Touch team were in action last Saturday at Pembroke's annual Ndume 7s Rugby 7s Tournament. In both competitions they come up against very strong opposition in their groups. The Girls were close to qualifying but could not turn closely fought draws into the 3 points on offer for a win. It was lovely to see so many girls enjoying their rugby and playing a free flowing brand of the game. There were also plenty of younger girls in the team which bodes well for future years. We also had a number of girls representing The barbarian team, made of a number of schools. Well done to those girls who played brilliantly for that invitational team too. The boys were up against the eventual winners, Kenton, in their group. After fighting well against them they played some lovely 7s rugby to beat Pembroke 2nds and kick start their day. Yet more tough opponents came their way in the form of Peponi, BGR and BGE meaning they did not qualify from a very tough group. The boys managed to play some great 7s this season with a particular highlight earlier on in the week with a wonderful display against St Christopher's.



UNDER 11A BOYS CROWNED NDUME 7S CHAMPIONS

Last Saturday, The Banda School's Under 11 rugby team set off bright and early to compete in the Annual Ndume 7s Tournament, hosted by Pembroke House School. Drawn into a strong group alongside Braeburn Garden Estate (BGE), Braeburn Gitanga Road (BGR), Kenton, St. Christopher's, and Pembroke House B, the boys faced tough competition from the outset. Despite the challenge, the team played an exciting and skillful brand of rugby, scoring an impressive 24 tries during the group stage—more than any other team in the tournament. Equally commendable was their defensive effort, conceding just 4 tries across all group matches.

These outstanding performances saw The Banda School top their group and progress to the semi-finals, where they faced Pembroke House A. Despite strong home support for the hosts, our boys remained composed and focused, securing a well-earned 20–5 victory.

In the final, The Banda boys came up against a formidable BGR side that had convincingly defeated Hillcrest 20–0 in the other semi-final. With a vibrant crowd cheering on both teams, the final was played over two fast-paced halves of seven minutes. The Banda team rose to the occasion, showcasing their teamwork, discipline, and passion. Their resolute defence and clinical attacking play led to a dominant 35–5 win, securing the title of 2024 Ndume 7s Champions.

To cap off a memorable day, Christopher Muchauraya was named the Most Valuable Player (MVP) of the Under 11 tournament — a well-deserved recognition of his skill, consistency, and leadership on the field.

Mr. De Wet would like to extend special thanks to:

- James Eddy, Dylan Nolan, Julius Olual, and Keon Gikonyo, who were part of the Under 11A squad this season but, due to tournament restrictions allowing only 10 players, did not participate on the day. Their contributions throughout the season were invaluable.
- Tong Juac, for ensuring the team stayed hydrated throughout the tournament—a small role with a big impact.
- Mr. Radcliffe, for his continued encouragement and moral support throughout both recent tournaments.
- And most importantly, our dedicated parents, whose unwavering support—be it attending matches, organising logistics, or getting the boys to early morning practices—has been essential to the team's success.

Congratulations to the entire Under 11 squad for their effort, commitment, and teamwork this season. We are incredibly proud of your achievement!

Mr De Wet





History of Golf at The Banda

The Past



The Stowe Putter Winner 2018
Saxon Hutton (C). The Banda Golfer of the Year award was donated by Saxon's family. **Celine Patel**: Played in The Ladies (British) Open 2019. **Lyndon Darker**:. Present Captain of Junior Golf at Karen Country Club. **Harry Sykes**. **Ewan Van Niekerk**: Returned to S.A. and plays off +3. **Troy Jacobs**: Left The Banda before Year 7

The Banda Trophy Winners 2017 and 2018
Celine Patel, Saxon Hutton (C), Ewan Van Niekerk and Lyndon Darker

Hillcrest Drive, Chip and Putt Winners 2018
Ewan Van Niekerk, Phillip Phillipov and Saxon Hutton (C). Celine Patel not in photo.

The Present



Nick Markham, the Karen Club Matchplay Champion. Former Banda pupil from 1991 - 1997.

Nick Markham with Lyndon Darker, runner up in the Matchplay Championship and Junior Captain at Karen Country Club.



The Future 2025 onwards



The Banda Trophy 2025 winners:
Keith Masika (C), Declan Walsh, Jamin Rono and Stasiu Limb with Sponsor, Mr David Masika.

Hillcrest Chip, Pitch and Putt Team



Targets for the Future

- Practice and play golf as much as possible
- Learn the rules and etiquette of golf, both on the course and around the clubhouse
- Compete for places on the School team
- Work hard to get a handicap to enable you to represent your club and compete for major championships
- Develop friendships that will last you a lifetime

TENNIS REPORT

It's been a busy week for our Banda tennis players. As I write this, the U11 boys and girls are playing at Peponi in the Goodwin Cup, the U13 boys are competing at Kenton for the Hemings Cup and the U13 girls are taking on 6 other IAPS schools in the Dod's Cup. More news on this in next week's Spirit! Sadly the U9 Tennis Festival was cancelled but we had an internal tennis event for 12 of our Year 3 and 4 players instead. This was a fantastic learning experience for all the players who improved their shot play, learnt clever tactics and had a great time playing some really competitive points!



Year 8 Girls Raising Money for Period Poverty in Kenya

On Friday, Fiona Fisher-Jones came and spoke to the Year 8 girls about Period Poverty. We learnt that 65% of girls and women in Kenya do not have access to period products. We thought about how difficult this would be and felt very sorry for these women. We also learnt that not having access to period products often means girls stop going to school and then cannot get an education.



Fiona also showed us some AfriPads which are re-usable pads that are made in Africa. These are much better than non-reusable products and one pack lasts for 3 years, so can literally change a girl's life!

Each packs costs around 3000Ksh and comes with 6 re-usable pads. We have therefore decided to try and raise as much money as we can so we can buy packs of these re-usable pads. These will then be handed out to girls in the local community who are in desperate need of them.

To raise money we will be having a stall selling sweet treats during the intervals of the play next week. Please come and support us!

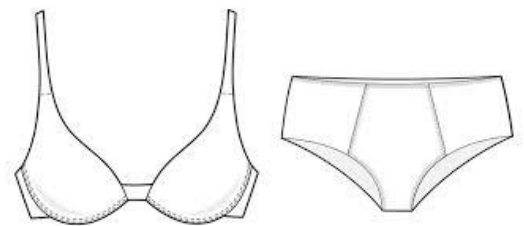
We are also asking for donations of clean pants, bras and bars of soap as we learnt that many girls in this country do not have those either.

We have set up an mpesa number for donations:

Paybill: 172749

Account: Period Poverty

Thank you!



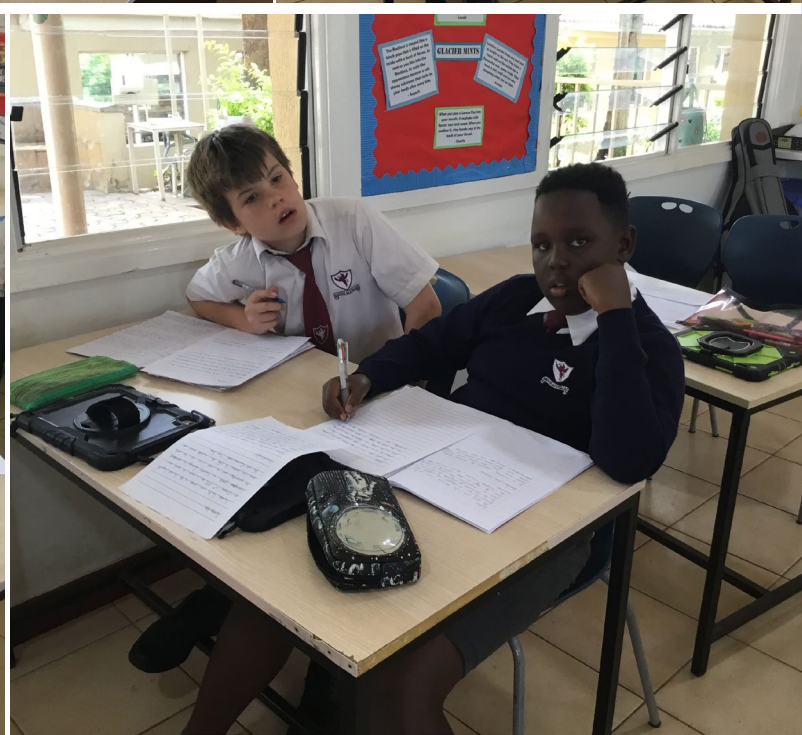
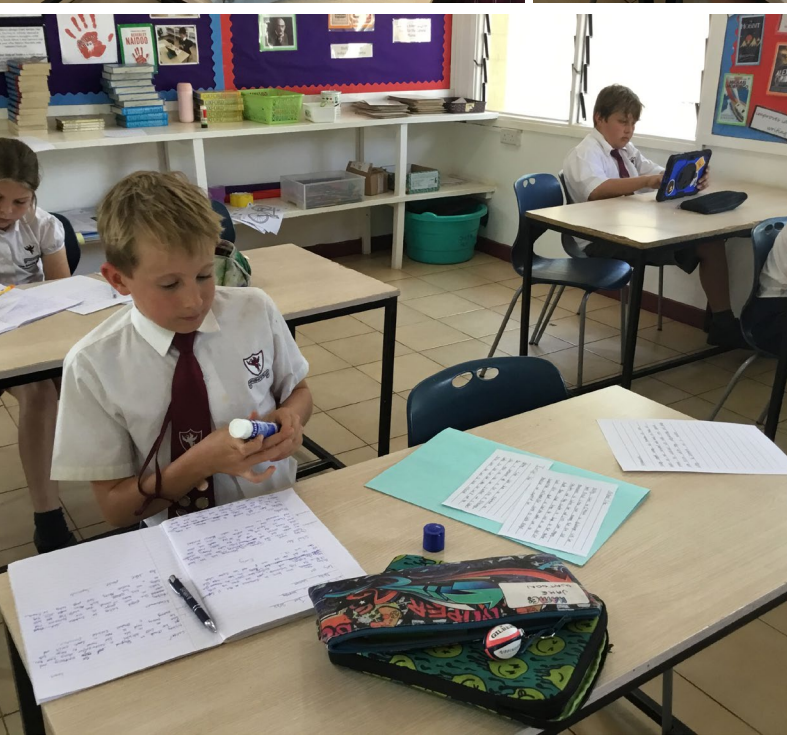
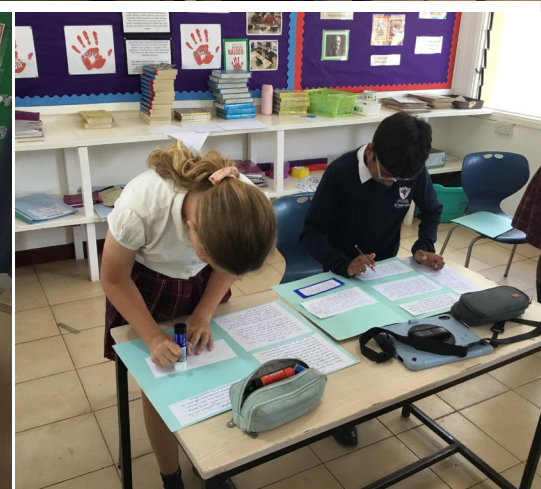
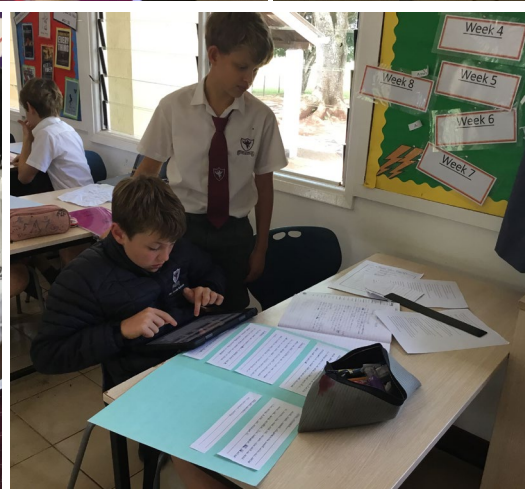
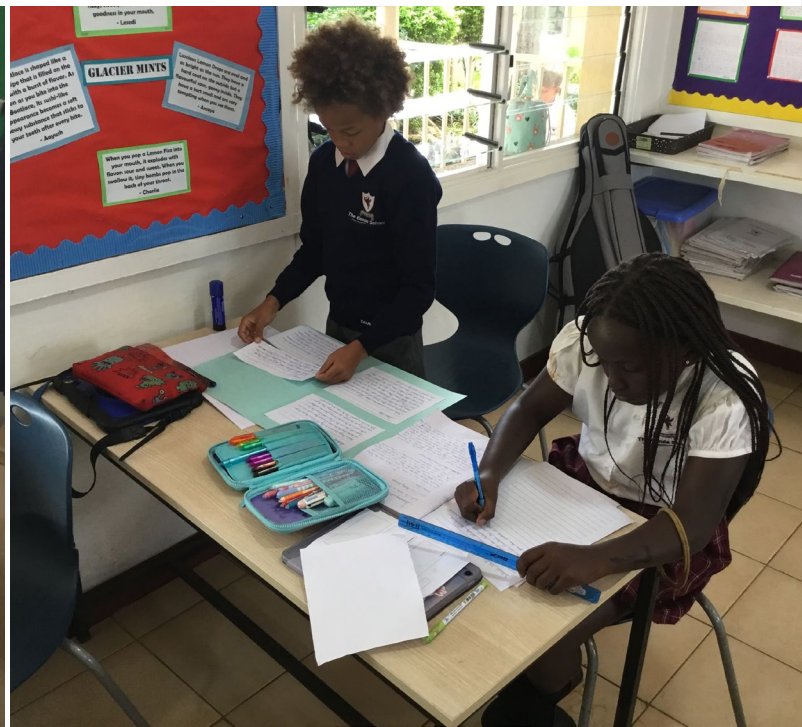
YEAR 8 - 'TRASHION SHOW'

The Year 8's put on a 'Trashion Show' on Thursday. They designed their outfits last week and had just 45 minutes to put them together. Their work culminated in a wonderful and entertaining show for some of the Upper School. On display was a show of sustainable fashion and brilliant creativity. They were all excellent and each team should be proud of their 'clothing'. Miss Daykin and Mrs Viljoen were the expert judges and results will be announced in assembly on Monday. Enjoy the pictures!



YEAR 6

This week, Year 6 has been writing a biography on a member of their family. Students have learnt about the features of biography writing and have had fun interviewing a family member and learning more about them and their childhood exploits!



YEAR 5

During our PSHE lessons, we've been exploring our relationship with technology and the importance of a balanced approach to its use. We've learned that a significant part of staying healthy involves being outdoors, engaging in play, and stepping away from screens and gadgets. With this in mind, we started our lesson by putting these principles into practice.



YEAR 3

This week we have been writing our own dialogue following the silent animation 'Soar'. We then acted out the dialogue to see if our play-scripts were any good. There is also a Year 3 crochet club that has started! Great work girls!



YEAR 2

Year 2 tested out the property of wax crayons this week. We drew some lovely pictures in wax crayon and painted over them with water colour paint. We found out that wax resists water, making it waterproof!



YEAR 2

Year 2 enjoyed Egyptian Day in some fantastic outfits! They did Pharaoh Art, learnt how to write their name in hieroglyphics and solved Egyptian Maths!



YEAR 1

Thank you to Ben Stenning, Clemmie's dad for visiting and telling us all about his exciting rowing trip across the Indian Ocean. The children loved hearing all about the expedition and were feeling inspired and excitedly planning their own future adventures. We also had some awesome Numeracy work in Year 1, recognising and adding amounts of coins.



YEAR 1

Year 1 superheroes zoomed into action on Friday with full energy and force. They were successful in their missions to free innocent creatures trapped in ice and create their own superhero pop art sound!



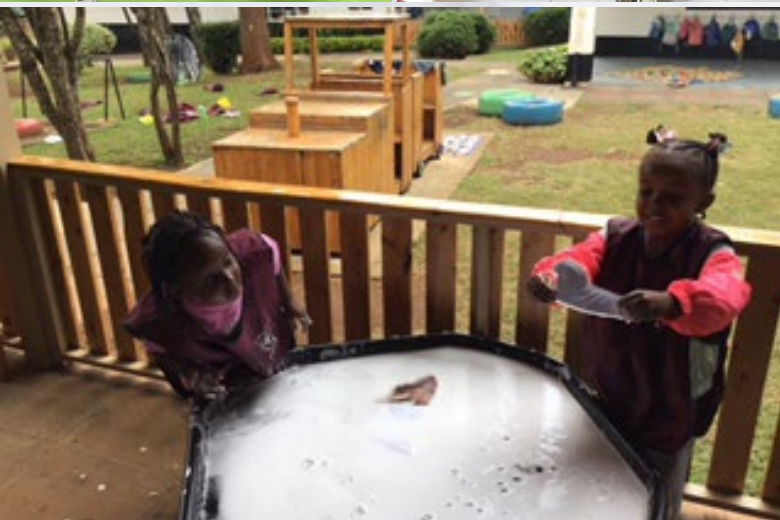
PEGASUS EARLY YEARS - RECEPTION

In Reception Numeracy, the children drew a map of their journey from home to school as they developed map skills and spatial awareness. This activity helped the children understand how to represent their environment graphically, incorporating landmarks, directions and routes.



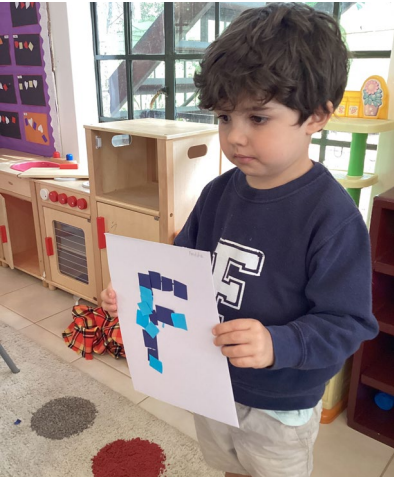
NURSERY 2

This week we took a walk in the Arctic, learning about polar bears, beluga whales, arctic hares and foxes. We made a stunning polar bear collage, and saved some arctic creatures that were stuck in chilly icebergs.



NURSERY 1

We have embarked on an exciting journey of recognising our names! To help cement this crucial skill, the children had an absolutely brilliant time, meticulously cutting out vibrant paper strips and carefully adorning the first letter of their names with them. They took great pride in their beautiful creations!



RIISING STARS

Nature walks are so much fun for The Rising Stars. They see a lot of beautiful things such as the flowers, the grasshoppers and a slug. Nature is beautiful.



WEEK 11 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK
LUNCH:

SOUP

MAINS

**VEGGIE /
SPECIAL
DIETS**

SIDES

**DESSERT
MAIN SCHOOL**

**DESSERT
PEY**

Flapjacks
Fruit

Sandwiches
Fruit

Crunchy Cookies
Fruit

Banana Loaf
Fruit

Jam Cookies
Fruit

Cream of Carrot
Soup

Mac & Cheese
Bake

Meatballs in
Manchurian
Sauce

Mediterranean
Chicken with
Tomatoes & Olives

Beef Pilau

(PEY Mince & Rice)

Pasta in Salsa
Sauce

Vegetables
in Manchurian
Sauce

Mediterranean
Vegetables with
Tomatoes & Olives

Vegetable Pilau

GF Pasta in Salsa
Sauce

Crunchy
Vegetables

Stir-Fried
Cauliflower &
Broccoli

Rice

Yogurt Sauce
Sweetcorn & Peas

Fruit Crumble
& Custard

Yogurt & Honey

Fruit

Cake & Custard

Fruit Crumble

Yogurt & Honey

Fruit

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



CHICKEN PIE



Ingredients the filling

- ¼ kg boneless thigh
- ¼ kg boneless breast
- 1 medium size onion peeled
- 3 pieces' cloves
- 1 medium size carrot peeled
- 1 bay leaf
- 4 peppercorns

For the pastry

- Lyons Maid puff pastry

For the sauce

- 125ml whole milk
- 30gm butter
- 30gm all-purpose flour

Method

1. Place the chicken thigh and breast in a saucepan. Stud the onion with cloves and add it to the pan with carrot, bay leaves and peppercorns. Cover with cold water and bring to the boil, then reduce heat and simmer until chicken is cooked. This will take about 15- 18 minutes
2. When the chicken is cooked, remove from heat and place on a plate. Put the pan back on the heat and reduce the liquid to about 100ml. Strain the reduced liquid in a jug and leave to cool.
3. When the chicken is cool, cut into ¾ inch cubes.
4. For the sauce, remove the cloves from the onion. Put the onion in a food processor with the reserved stock and blend until smooth, then add the milk and set aside.
5. Melt the butter on a pan and stir in the flour. Gradually add the stock and milk, then bring to a boil stirring continuously. Reduce the heat and simmer for 4-5 minutes to cook out the taste of the flour. Season to taste salt and pepper. Then add chicken cubes to this white sauce and set aside to cool.
6. Preheat the oven to 210 C. Roll out the pastry and cut into squares of 3 inches by 3 inches.
7. Spoon the cooled chicken mixture in the middle of the pastry, leaving ½ inch space on top, bottom and right side.
8. With a brush apply beaten egg to the edges of the pastry and seal all 3 sides using your finger or use a fork to press down the edges. This forms a pattern on the edges. Repeat this till dough is all used
9. Then with a fork pierce some holes on the top to let the steam out of the pie.
10. Glaze the top of the pie with the beaten egg.
11. Place the pies in a greased oven tray and bake for 20 to 25 minutes or till golden brown.
12. Serve hot as a snack.

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 art exhibition - It's a celebration of the arts, a community gathering and an opportunity to witness the future of creativity in action. An outstanding selection of pieces from Reception to Year 8 will be on display on the day.

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.

Summer Art Camp

Ksh 3,800
per
Session

All resources
will be
provided.

Draw & Paint
with Mr. Kiragu Frank

2 weeks at The Banda School
L.S Art Room, Monday to Friday.
2 Sessions 9:00 AM to 10:00AM and
10:00AM to 11:00AM
14th to 18th July and 21st to 25th July
For Ages
8 years to 14 years.

Pay through
paybill
522533
Acc.
7581113

0708447599, f.kiragu@bandaschool.com

#KMC2: THE 2ND ANNUAL KAI MEMORIAL CUP TOUCH RUGBY TOURNAMENT



Join us on **Saturday the 5th of July** as we celebrate the life and memory of Kai Edwards, by entering your team into our annual touch rugby tournament.

Team Categories:

- U5
- U7
- U9
- U11
- U13
- U15
- Open/Senior

- Teams can be male, female or mixed
- Each team must be 6-10 players
- Team entry is KES 6,000 and includes lunch for players and coaches
- KES 200 entry for spectators
- We encourage teams to have their own kit or t-shirts
- Medals for winners of each category
- Food and drinks vendors will be present
- A fun day out for the whole family!



NONDIES CUBS

@NONDIES CUBS RUGBY CLUB
NGONG RACECOURSE
FIRST MATCHES START @ 9 AM

Call/Whatsapp - 0795994177
E-mail: nondiescubs@gmail.com



NONDESCRIPTS
RUGBY FOOTBALL CLUB
SINCE 1991