



Spirit of The Banda

Friday 12th September 2025

A WORD FROM THE HEADMASTER

As I write this, our Year 8s are in the process of leaving Mount Kenya and returning to school after an amazing week on the mountain that has tested their endurance, problem-solving skills, teamwork and leadership, and we very much look forward to hearing about it all in more detail next week.

If you have been in the vicinity of the Hall this week, you will hopefully have seen our new Scholars Boards which have been put up as part of our 60th Birthday celebrations. The boards list all the Banda pupils who have gained awards to senior schools - see how many current staff and parents you can pick out amongst them!

Following some brilliant internal warm-up matches this week, we very much look forward to our first inter-school cricket matches against Peponi next week. Hopefully, the weather will warm up too!

And finally.... Do get involved in the PTA's first event of the year as we host the Colour Run here tomorrow morning.

James Moss-Gibbons



SECONDARY SCHOOL INFO



PEPONI
SCHOOL

Peponi School 13+ Scholarships Key Dates

- ★ Friday, 12th September 2025 ☉ Applications Open/Information Available on Website
- ★ Monday, 1st December 2025 ☉ Deadline for Applications
- ★ Friday, 9th to Sunday, 11th January 2026 ☉ Scholarship Assessment Weekend

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SECONDARY SCHOOL INFO



UK Boarding Schools Expo Kenya 2025



Register for
more details



bit.ly/academic-families-expo-bandia

We're coming to Nairobi

Meet representatives from top UK boarding schools and receive personalised advice from our Education Experts.

Where to find us



Village Market
10:00 - 17:00



The Hub Karen
11:30 - 17:30



Zen Garden
16:30 - 19:00

+44 7883 328264

enquiries@academicfamilies.com

Stop asking
"How was your day?"

Do you prefer learning
about your own
country, or the rest
of the world?



The Banda School

Word OF THE Week

Audacious

*Bold and daring, often in a
surprising or risky way.*

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!



GOLF NEWS

On Sunday 7th September, World No. 2 Rory McIlroy was busy winning The Irish Open held at The K Club in a spectacular play off on the 18th hole. Whilst in Limuru, Keith, The Banda No 1, was winning a US Golf for Kids tournament also in a play off. He and 2 other boys were tied on 5 over gross for 9 holes. Keith won the title with a par on the first extra hole. Over the long holidays Keith was given his first handicap of 20 and with hard work has brought his stroke index down to 14.4, the lowest handicap recorded by a 10 year old, at The Banda. Well done Keith!

Later in the term, Monday 29th September, we will be taking a 4 pupil team to Pembroke to participate in the annual Stowe Putter competition. Please keep me informed of any progress that your child may have made over the holidays or if they are playing or practising regularly (at least twice a week)

~ Mr P Walsh

A VISIT FROM A HARAMBEE STAR

On Monday afternoon, The Banda had a very special surprise visitor — Michael Olunga, the captain of the Harambee Stars! Word of his arrival spread like wildfire, and soon excited pupils were lining up for autographs and photos with the Kenyan football star. Olunga then headed over to the pitches, where he watched our Under 9 boys and girls in action with Express Soccer. He was hugely impressed by the passion and numbers of young players at The Banda, remarking that this is exactly where the next generation of football talent begins. One of our Year 7 pupils boldly asked him, “What does it take to be a professional footballer?” His answer was simple yet powerful: “Discipline — discipline in the classroom, discipline outside the classroom, and most importantly, discipline when no one is watching you.” A lesson that applies far beyond football. We look forward to welcoming Michael Olunga back in the future, perhaps to share his expertise on the training ground. For now, we wish him the very best as he leads Kenya into the next round of World Cup Qualifiers against Burundi and Ivory Coast — where he continues his quest to become the nation’s all-time leading goal scorer.





EXTRAS

There are lots of Extras on offer, providing pupils with opportunities beyond the classroom. It is wonderful to see their enthusiasm as they turn up eager to take part, whether to learn a new skill, practise a hobby, or try something completely different. Along the way, they are also building friendships and enjoying the sense of community that comes from shared activities.



INTERNAL FIXTURES - CRICKET

This week gave us a real taste of match-day excitement with our internal cricket fixtures. Every pupil from Year 3 to Year 7 took to the field, facing off against their peers in spirited contests. The concentration, enthusiasm, and sheer enjoyment on display were fantastic to see. Pupils showcased their batting, bowling, and fielding skills with real confidence, giving the spectators plenty to cheer about. It was the perfect start to the cricket term, and the performances made it clear that our teams are more than ready to take on Peponi next week. A huge well done to everyone who played!





YEAR 7

The Science labs hosted enthusiastic researchers from Year 7. Equipped with their iPads, they engaged in independent research to explore scientific ideas in greater depth. To consolidate their learning, they tested their knowledge through interactive quizzes, making the session both informative and enjoyable.



YEAR 6

In Music, we learned the basics of musical notes, starting with whole notes, half notes, and quarter notes. We explored how each note has a different value and length, which helps create rhythm in music. It was exciting to practise using a floor tom, drum sticks and african drums to understand how the notes work together in a piece.



YEAR 5

In Year 5 Drama we have had some exciting first lessons, learning how to work as a team, playing ice breaker games, and delving into storytelling. The Year 5 pupils have shown great courage and enthusiasm, even if a few were initially reticent. We are excited to see how they develop their skills over the coming term.



YEAR 5

In English, we received our new reading books and were excited to begin exploring fresh stories. In History, we created personal timelines to reflect on important moments in our own lives. We then shared our stories with a partner, which helped us practise communication and learn more about each other.



Word OF THE Week

JUNIOR

Vivid
Clear, bright and full of life.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

LOWER SCHOOL - YEAR 4

Year 4 has been learning about digestion through a creative hands-on activity—making digestive organs out of dough. This method supports tactile learning, increases engagement, helps pupils understand the scale and connections between organs, and encourages problem-solving. The fun and interactive approach made the lesson both memorable and impactful.



YEAR 4

In Design & Technology, pupils explored materials science, learning how to select the right materials for design challenges and developing precision skills with marking tools. Building on Year 3 foundations, they are now applying their knowledge to solve problems creatively and turn ideas into finished products.

In Art, Year 4 studied the vibrant animal-themed works of Tracey Keller and created their own pieces inspired by her style. They transferred animal outlines using carbon paper, added texture with hessian, and will complete their artworks with natural tones and colourful squares to bring energy and movement.



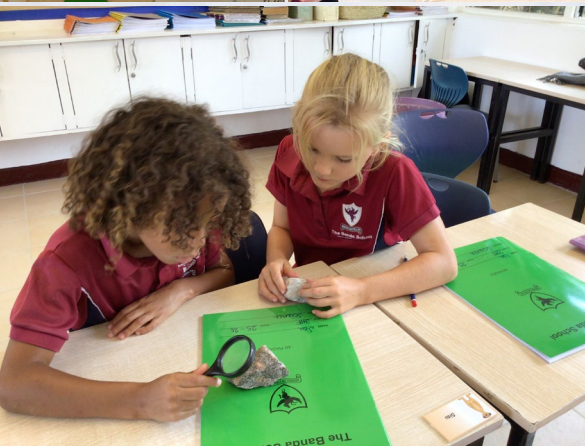
YEAR 3

This week in spellings we created our spellings using plasticine. Then we wrote them out in alphabetical order. Sounds easy until you get three words starting with the same letter!



For Science, Year 3 cooked up some "lava" in the kitchen, using sugar, syrup and bicarbonate. The process helped us to understand how magma erupts and cools to form igneous rock. 3HF enjoyed a hands-on Science lesson investigating rocks. They used magnifying glasses to identify different features of rocks and enjoyed working in pairs. There was a huge variety, but the most popular, by far, was definitely obsidian.





YEAR 2

We have been learning about place value and how to partition numbers into tens and ones. We used various resources to solidify our understanding.



This week in Literacy, 2FA talked about their feelings and ideas, and read the story of 'The colour Monster' who was able to identify how it felt, and use colours to represent this. They brought their creativity to life by making their own Monster puppets using a range of materials in their own creative way, and used them to act out little role play scenarios. They also used different adjectives to describe the monsters they made and then moved onto learning about synonyms, using the new words to describe their feelings.

In Science, we were learning about parts of a plant, and what plants need to grow and so they set out to identify these from the resources around the school: the plants.





YEAR 1

In 1JT Science we painted our hands and feet and made prints and then measured them with paper clips to see how much we had changed over time.



PEGASUS EARLY YEARS - RECEPTION

In Literacy, we continued practising mark making using different chalks. The children drew different line choices on the pavements outside. They also continued practising writing their names.



NURSERY 2

We had a wonderful week exploring colours. We sorted, mixed and tasted different colours! In cookery we had a smashing time making a fruit rainbow crumble cake. We based our craft on the Nursery Rhyme "Incy Wincy Spider" and working on our fine motor skills we weaved a web and made a spider. We also had a great time in the library, reading and borrowing books!



NURSERY 1

Nursery 1 children joyfully discovered the colour red and expressed their learning by creating vibrant handprint art, turning their little hands into colourful masterpieces!



RISING STARS

The Rising Stars are settling in well and their confidence in exploring different activities at school is gradually growing. They enjoy play based learning as they enhance their fine and gross motor skills.



WEEK 3

MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

Pinwheel
Cookies
& Fruit

Cake & Fresh Fruit

Cheese Straws &
Carrot Sticks

Drop Scones
Cucumber Sticks

Jam Sandwiches
Fruits

LUNCH: SOUP

Cream of Tomato
Soup

MAINS

Margarita
Pizza

Shepherd's Pie
Rice & Mince (PEY)

Chicken &
Peppers Tikka

Beef Pilau
PEY Chicken Pilau

Chicken in Batter
Baked Beans

VEGGIE

Margarita
Pizza
GF Pizza

Vegetable Pie
GF & Vegan Pie

Paneer &
Vegetable Tikka
Vegan Kebab

Veg Pilau
Vegan Pilau with
Chick Peas

Quiche Lorraine
Vegan Quiche
Tofu Quiche

SIDES

Potato Salad,
Coleslaw, Sweet
Corn, Tomato,
Cucumber, Egg

Crunchy
Vegetables

Tortilla Wraps
Salsa Sauce
Sautéed Spinach

Yoghurt &
Coriander Sauce
Kachumbari

Roast Potatoes

DESSERT MAIN SCHOOL

Yoghurt

Fruit Platter

Cake
Custard

Fruit Salad

Ice -Cream

DESSERT PEY

Yoghurt &
Honey

Fruit Platter

Fresh Fruits

Fruit Salad

Yoghurt and Honey

- 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

NOTICE BOARD



ORCHIDS THROUGH LEGENDS

16th - 19th OCTOBER 2025

SARIT EXPO CENTRE- LOITA HALL

| BEAUTIFUL ORCHID DISPLAYS | CHILDREN'S ART COMPETITIONS
| ORCHID PLANT SALES | LIVE DEMONSTRATIONS AND TALKS

ENTRANCE: KSHS. 200 PER PERSON | CHILDREN UNDER 12 YEARS: FREE

**OPENING HOURS: THUR TO SAT: 10:00AM - 5:30PM
SUNDAY: 10:00AM - 3:30PM**

NOTICE BOARD



AN ECHO EVENT

PIAZZA, THE HUB, KAREN

SAT 20 - SUN 21st SEPTEMBER 2025

SCAN HERE FOR MORE INFO OR TO JOIN THE CHALLENGE!

TICKETED BY
MADFUN

MAZOEZI FOR MOBILITY



TO PARTICIPATE ON
SATURDAY



TO PARTICIPATE ON
SUNDAY

**JOIN JONATHAN LEONARD AS HE TAKES ON
24HRS OF NON-STOP BURPEES
TO RAISE FUNDS FOR MOBILITY AIDS AND SERVICES
FOR THOSE LIVING WITH DISABILITIES**

@MAZOEZIFORMOBILITY

IN SUPPORT OF:



Have a lovely weekend!