



Celebrating 60 Years

Spirit of The Banda

Friday 19th September 2025

A WORD FROM THE HEADMASTER

I've had the pleasure of being in the UK this week for a meeting of IAPS Heads in Brighton. Not only has it been great to attend talks and seminars on a wide range of topics from wellbeing to sustainability to use of AI to entrepreneurship, to name but a few, but it has been very gratifying to see that what we're providing at The Banda very much mirrors what the top UK prep schools are also striving to do.

Whilst last Saturday's Colour Run certainly confirmed to me that my peak running days - such as they were - are now long behind me, it was fantastic to see so many families turning out for the first PTA event of the year. Much fun was had, energy expended and money raised.

Our first cricket matches took place this week and I look forward to catching up on the details on my return. As the weather does warm up, a reminder please that every child needs to bring a hat to school, both for Games sessions and break times.

James Moss-Gibbons



See Week 4 events overleaf

Follow us on:



Please Come and Join Us on Tuesday 23rd September at 4pm For A Parent Talk From Jon Taylor Which Will Cover Various Aspects Of Online Safety



Online Safety 4 Schools

Online Safety 4 Schools

Online Safety Awareness For
Parents & Carers - 2025



Author: Jonathan Taylor MSc – Social Media & Online Safety Consultant

Purpose: To provide parents and carers with essential insights and guidance on digital risks, responsible technology use, and safeguarding strategies.

1. New Risks in the Digital Age

Focus on threats from AI, Virtual Reality, and self-generated content (SGIs). Shift from traditional dangers to modern digital exploitation.

2. Common Online Dangers

Cyberflashing, grooming, sextortion, incel culture, scams, deepfakes, online gaming risks, and AI misuse.

3. Online Safety Act 2024

Regulates platforms like Meta, TikTok, and Snapchat. Enforces age restrictions, content removal, and accountability. Sanctions include heavy fines and legal action.

4. Online Usage & Devices

Discussion of pre-internet to immersive VR world. Emphasis on social media, messaging, gaming, and devices as access points to risk.

5. Mobile Phones by Age

Age-appropriate phone use:
0–10: no phone unless for care/safety
11–13: brick phones
13–14: limited smartphone access
14–16: supervised full access



6. Safety Spectrum & Online Competence

Behaviour types from Acceptable to Illegal. Online competence means using tech responsibly and with understanding—not just access.

7. Role of Parental Involvement

Online resilience is built through trusted adult involvement, modelling, support, and honest conversations.

8. Grooming & App Awareness

Predators exploit platforms with chat/video features. Parents should know app features: messaging, live streaming, GPS, and age limits.



9. Self-Generated Content & Sexting

Sharp rise in underage content shared via webcam or livestream. Mostly involves girls aged 11–13. Digital Footprint is permanent.

10. Online Challenges & Peer Pressure

Examples: Blue Whale, Momo, Skull Breaker. These prey on vulnerable children seeking social validation online.

11. Respectful Behaviour & Digital Permanence

Digital actions leave permanent marks. Unkind group chats, bullying, and inappropriate content sharing can have lasting effects. Joint Enterprise and being Guilty by Association

12. Misogyny, InCel Culture & Influencers

Online misogyny driven by figures like Andrew Tate. Harmful ideologies are spreading in youth spaces, influencing identity and respect.

13. Technology as a Double-Edged Sword

Algorithms can promote harmful content. Students must be taught media literacy and how to evaluate what they see online.

14. Sextortion, Deepfakes & AI Abuse

Blackmail using explicit real/fake images. Offenders use apps and bots to exploit kids quickly. Most victims are boys aged 14–18.



15. Trusted Adults & Safety Advice

Teach kids to recognize abuse, ask for help, understand pressure, and use reporting tools. Support them without fear or shame.

16. Positive Digital Identity

Encourage children to build a healthy online presence. Every post, like, and comment contributes to their digital 'tattoo'.

17. Parental Takeaways

Stay involved, ask questions, supervise screen time, model safe behaviour, and foster open dialogue.

SAVE THE DATE

The Banda Ball

60

YEARS



07TH MARCH 2026

DETAILS TO FOLLOW SOON

SECONDARY SCHOOL INFO



DURHAM
INTERNATIONAL
SCHOOL

We warmly invite families with
children in Year 8 at The Banda
to attend our

Open Morning

Saturday 20th September
9.00am to 12.30pm

Durham International School
Rosslyn Campus
Off Kathini Avenue, Redhill Road, Rosslyn

Call 0110 300 300
or email: rosslyn@durhamkenya.com
to book your place

www.durhamkenya.com

Stop asking
"How was your day?"

Did any of your
teachers go to
The Banda when
they were younger?



The Banda School

Word OF THE Week

Whimsical
Playful and imaginative.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

FLIGHT

Last Friday, we took a group of children to Ololua Forest, where we met with the scouts from Friends of Ololua Forest, for a guided walk. The scouts take great care in managing and reducing the unimaginable amount of plastic waste, pollution and illegal dumping that happens on a daily basis. We are happy to support this cause. Here in School, the Dissection Club wore their dust coats and got onto dissecting a cow's heart to learn about the structure and function of a cow's heart by examining its chambers, valves, and blood vessels.



SILVERDALE SPECIAL CHALLENGE AND SHOW

Last weekend, Ella and India travelled to Northlands in Ruiru for The Silverdale Special Challenge and Show. The girls put up impressive performances and shared their experience and rosettes with us!



PTA COLOUR RUN

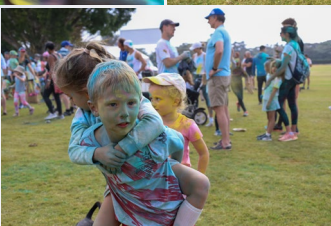
Last Saturday our school grounds burst into a rainbow of energy as we hosted our annual Colour Run and what a morning it was! With 330 participants, this was our largest turnout yet, with students, parents, and staff coming together for a morning of fun, fitness, and community spirit.

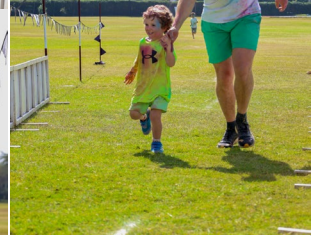
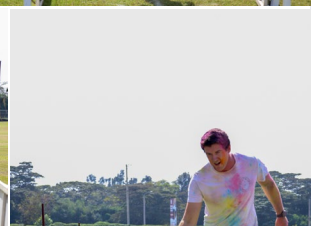
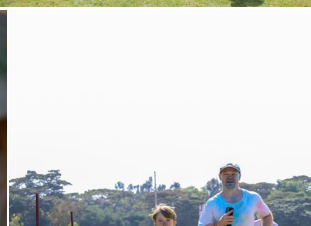
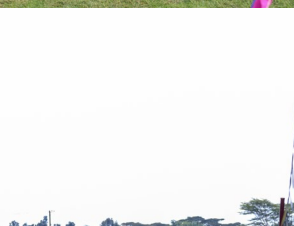
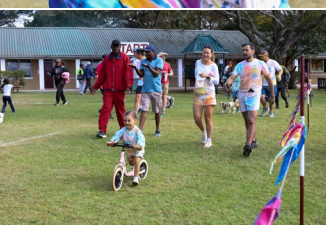
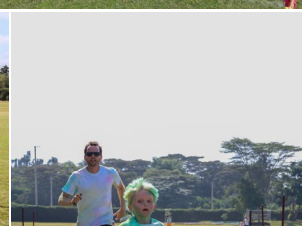
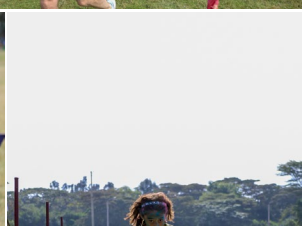
A heartfelt thank you to Emilly and her team, as well as our amazing volunteers who made the day possible: Leanne, Camilla, Ciiru, Kristen, Tanyth, Laura, and Monica — your enthusiasm and hard work ensured everything ran smoothly. Also, a special thanks to Nada and Skye for leading a lively warm-up that got everyone moving and smiling before the run began. We're so proud to see this event continue to grow, bringing families together and supporting our school community. We can't wait to make next year's Colour Run even more memorable!

Thank you very much for all your donations to support this cause. We are proud to have raised Kes 132,600! We are buying exercise books from the Ajuma Foundation to donate to a local school.

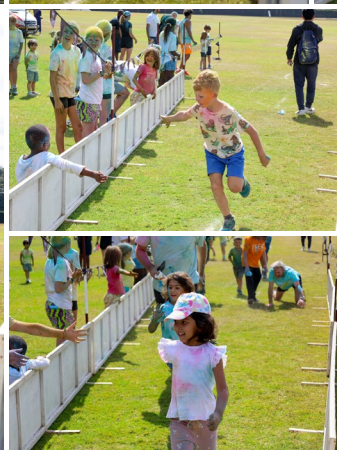
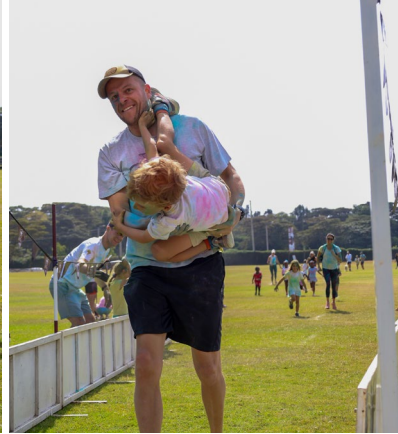
Lastly, we're very sorry we forgot the ice lollies this year — to make it up to everyone, we'll be handing out free ice lollies at the Banda Boot Sale on the 25th of October.







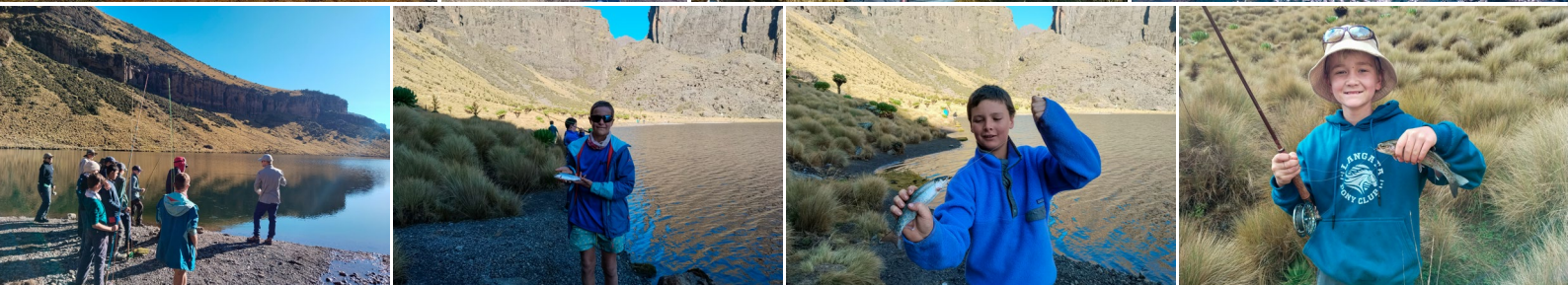




YEAR 8

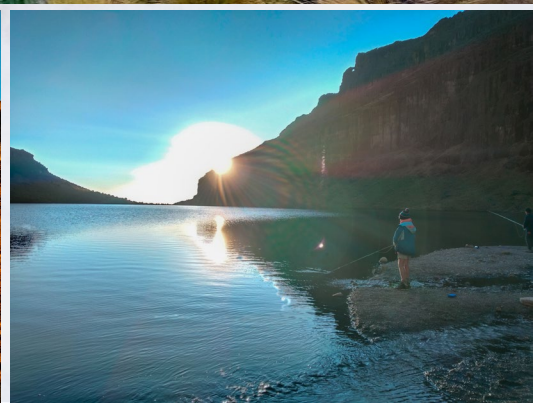
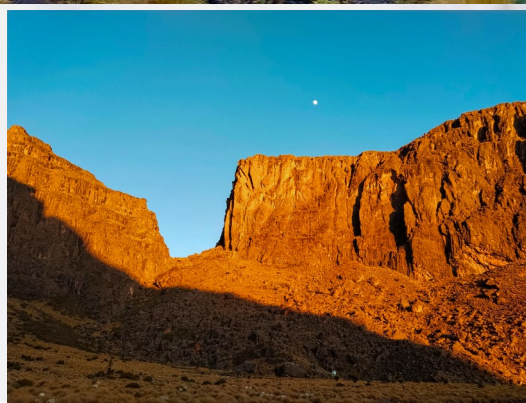
Last week, Year 8 took on their greatest challenge yet, climbing Mount Kenya. This time, they spent a lot more time exploring the lakes and even fly fishing. Their efforts were rewarded by a huge tusker who passed by their base camp!







The sights were breathtaking too! Here are a few to take in...



YEAR 7

Year 7 used their iPads to research various locations for their Geography lesson. In ICT, 7KB dove into the world of binary language to sharpen their typing skills! The class logged on to the online Typing Club portal and put their fingers to the test. It was a brilliant way to warm up for their new Computing topic. The children worked hard to up their ranks, and their determination was clear. In PSHE, they had a chance to evaluate their personal goals for the year to see if they met the criteria. Every goal needed to be Specific, Measurable, Achievable, Relevant, and Time-bound. What better way to start the term than by learning the importance of setting up SMART goals?



YEAR 6

In RS, Year 6 learned and queried the Buddhist's four Noble Truths: Dukkha (Suffering), Samudaya (Cause of Suffering), Nirodha (Cessation of Suffering) and Magga (The Path to Cessation). In Geography, they engaged in a plate boundaries carousel activity that furthered their knowledge of the plate tectonics topic.



YEAR 5

Year 5 were very excited to be leaving for their first bonding trip in the Upper School. Look out for the photos and a report next week.





Word OF THE Week

JUNIOR

Fragrant
Having a pleasant smell.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

LOWER SCHOOL HOUSE CAPTAINS

Please meet the Lower School House Captains for the September 2025 Term



YEAR 4

The Year 4s have started creating their own stories based on the stories by Horrid Henry. They have created their own “Horrid Henry” characters using a variety of writing techniques. We then looked at various features in poetry. The children loved finding various features in their poem books. Lastly, we spoke about the importance of rules to keep us safe and everyone had a say and added a special point to their Year 4 CM democratic chart.



YEAR 3

Year 3 continued their hands on exploration of rocks this week by creating a model of the fossilisation process. Luckily our model did not take a million years to form, but it did help us understand how layers of sedimentary rock form and create fossils over time. We then became archaeologists. After many days of digging in the hot desert we were lucky to find part of a jaw. This led to finding a skull, some tools and fossils. We can now piece together the evolution of man. Great digging everyone! The children headed back indoors where we consolidated our times tables through fun board games.



YEAR 3

3HF has been very busy! In PSHE we spoke about feelings. How would we feel if this school had no rules? Mrs F gave the class examples of feelings and they had to show each one with their facial expressions. One of the feelings was 'anxious' and many children didn't know how to show it. Mrs F chose two children to hold a balloon and close their eyes. Which one would she pop? Once it had burst, everyone then understood what it meant. 3HF caught up with their peers and made honeycomb in Science. This was to show the process of lava becoming igneous rock. India made a fabulous creation with our class magformers. A few children showed great courage in getting up and presenting their election speech for the student council. Ariela prepared a particularly good one and her delivery was flawless. No wonder she was selected by her peers!



YEAR 2

Have you ever imagined yourself having tea with a tiger? We had a beautiful tea party in Year 2, until a big, furry, stripy tiger came and rudely interrupted, gobbling down all our sandwiches and drinking our tea and our milk! We read the story of "The Tiger Who Came to Tea", did a story map of the story, acted out the story in groups and wrote sentences from the story using adjectives.



YEAR 2

The Cheese Rolling Festival in Gloucestershire is an annual event, as crazy as it sounds! Year 2 loved pretending they were in the cheese race and had fun celebrating their win! Then they interviewed the winners.



In Art Year 2 made a life drawing. We studied some plants from our 'Shamba' and sketched them carefully before using watercolour paints.



YEAR 1

In Numeracy, we blasted off our rockets by counting down from ten to zero then found one less using objects outside. In Humanities, we explored different landmarks around the world whilst making some landmark art. In RS 1JT learnt about the story of the prophet of the ants from the Muslim religion and made a bug hotel.



PEGASUS EARLY YEARS - RECEPTION

In Maths this week Reception have been busy matching and sorting. Here are a few of the activities we took part in inside and outside of the classroom!



NURSERY 2

This week we learnt about “Old Macdonald’s Farm”. We planted seeds and are looking forward to watching them grow. We “milked a cow” in our very realistic role play corner, and then we made different farm animals; exploring a variety of painting techniques.



NURSERY 1

Nursery 1 children explored fine motor fun through cutting and sticking, tweezers sorting, playdough modeling and lego building strengthening their hand-eye coordination while enjoying creative play.



RIISING STARS

The Rising Stars have been exploring different textures of play materials using their hands and fingers. They enjoyed squeezing stuffed gloves and finger painting as they made a beautiful handprint tree.



WEEK 4**MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK**Vanilla Cookies
Fresh FruitCheese Straws
Carrot SticksMarble Cake
Fresh FruitSandwiches
Fresh FruitBanana Loaf
Fruit**LUNCH:****SOUP**Cream of
Butternut Soup**MAINS**

Bean Goulash

Sausages
Baked Beans in
Tomato SauceSweet & Sour
Chicken

Beef Pot Pie

Roast Chicken
in Gravy

GF Sausages

(Onions & Peppers)

**VEGGIE /
SPECIAL
DIETS**

Vegetable Rice

Lentil Croquettes

Sweet & Sour
Paneer

GF Sweet & Sour
ChickenVeggie Pot Pie

Seasonal
VegetablesChickpea Cutlets

Lyonnais Potatoes**SIDES**Seasonal
Vegetables

Maxim Potatoes

Steamed Rice

Assorted Salads

French Beans &
Carrots**DESSERT
MAIN SCHOOL**Pineapple
Crumble

Fruit Platter

Fruit Salad &
Custard

Yoghurt

Honey Hedgehogs

**DESSERT
PEY**Pineapple
Crumble

Fruit Platter

Fruit Salad

Yoghurt

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

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



TO PARTICIPATE ON
SATURDAY



TO PARTICIPATE ON
SUNDAY

MAZOEZI FOR MOBILITY

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:



1 hour / 1000 ksh

AERIAL SILKS WITH MANON

Kids learn basic aerial skills, including climbing, hanging, and spinning on the fabric.

Benefits:

These classes help children develop physical strength, flexibility, balance, coordination, body awareness, and confidence.

More info:

Amina 0717774475

Did you know? Every Non-Kenyan Child needs a Student Pass

As your child returns to school, remember that a **Student Pass** is a **legal requirement** for all students in Kenya, not just paperwork.

- **Who needs it?** - any child aged 5 years and above who is not a Kenyan citizen and is enrolled in school.
- **When is it needed?** - at the start of the school year, or if renewing or changing schools.
- **Why it matters?** - it is required by law, having a valid pass ensures your child can attend school without interruptions.

Our experienced team will guide you through every step, from applications to renewals.



LANGATA LINK
Essentials Admin

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www.langatalink.com



NOTICE BOARD

Save the New Date!

BANDA PTA
CAR BOOT SALE



OCTOBER 25TH

VENUE: KISEMBE CAR PARK

MORE INFORMATION COMING SOON!