



Celebrating 60 Years

Spirit of The Banda

Thursday 9th October 2025

A WORD FROM THE HEADMASTER

The first half of term seems to have disappeared in a flash and it's certainly been a busy week of activities at school. Both Year 1 and Year 2 have had trips off site; whilst the Pegasus children have enjoyed a morning of fun and games, rounded off by a picnic with their parents.

The latest in our series of Parent Workshops - this one on Phonics - took place on Monday for Lower School and Pegasus parents. A huge thank you to the large numbers that attended; these events really do help to strengthen the bond between school and home.

Monday also saw our first athletics event of the term as we hosted the Nairobi West warm-up. We look forward to seeing how our athletes perform in the two big meetings in the second half of term.

Bon voyage to our intrepid group of pupils and staff who are off to France for Half Term. Wishing you all a restful break and we look forward to a busy seven weeks when school reopens on Tuesday 21st October after the public holiday.

And finally.... Best wishes to everyone celebrating Diwali next weekend.

James Moss-Gibbons



See Week 7&8 events overleaf

Follow us on:



Stop asking
"How was your day?"

Have you ever had
a hard time admitting
you made a mistake?



The Banda School

Word OF THE Week

Tenacious
Persistent and determined.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

SECONDARY SCHOOL INFO



ST ANDREW'S SCHOOL, TURI

Seeking the Highest since 1931

TURI

ASSESSMENT

WEEKEND



10th & 11th

OCTOBER 2025

- Cognitive Abilities Testing
- School Tour
- One-on-one consultation with admissions team

COST: KES 11,800



HILLCREST
INTERNATIONAL SCHOOL

Year 9 Scholarships 2026 Now Open

Application Deadline: **Friday 14th November 2025**
Scholarship Assessment Dates: **Friday 9th and Saturday 10th January 2026**
Scholarships will be offered by: **31st January 2026**
For details contact: **paula.iwalat@hillcrest.ac.ke**

#WeAreHillcrest

f @hillcrestKE @hillcrestschools

A Member of the Braeburn Group of Schools

hillcrest.braeburn.com



Braeburn Garden Estate
Summum Appeto



Scholarship Applications for September 2026!

Now open for students applying into year 9 and year 12

Deadline extended!

Closing Date : Monday, 20th October 2025

Shortlist Announced: Monday, 27th October 2025

Scholarship Assessment day: Thursday, 13th November 2025

All Round



Academic



Excellence



Scan the QR Code for specific details and requirements under each scholarship. Please note that application for scholarship must also include the completion of a formal school application form.

Remembrance Day Roll of Honour

Dear All,

As part of this year's Remembrance Day assembly I would like to include a roll of honour for The Banda community. Since The Banda is only 60 years old I am aware that there are no ex pupils from either WW1 or WW2 so I am asking for relatives ranging all the way from Rising Stars - Year 8. I will be asking children from across the Upper and Lower school to read them out in what I hope will be a moving Act of Remembrance.

I am sure many of you have relatives who have played a part in the war(s) and so I am asking for:

- Full name
- Title
- Relation to your child
- A photo (if you have one, but it doesn't matter if you do not, their name can still be read) of any relative who either represented their country in battle or lost their life in either WW1 or WW2.

Unfortunately, the time allocated for assembly will not allow for specific stories to be told (but, of course, you are welcome to send me them if you wish as I am sure there are many and I am always fascinated to read them).

Example: Captain J. R. England, Great grandfather to Hannah Foster 3HF.

Many thanks and I look forward to receiving them by October 31st latest.

Best wishes,
Hannah Foster



SWIMMING RELAY WARM UP AT KENTON

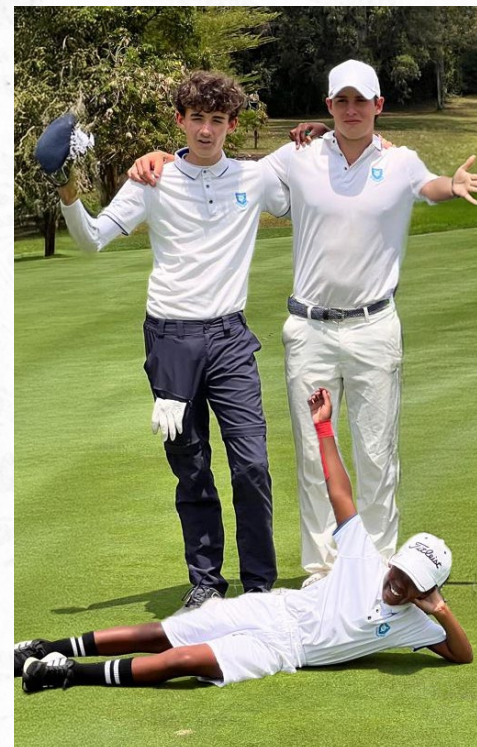
The Banda School swim team participated in the Kenton Relay Warm-Up on October 3rd, 2025, at Kenton College Preparatory School.

We had a total of 34 swimmers competing across three age groups. The team performed outstandingly well, especially given the limited training time. Every swimmer gave their best effort in various events and we placed 3rd in the boys' category, 2nd in the girls', and 3rd overall in the entire meet. We currently hold the Boys Under 11 IAPS Meet record of 2:38:07.



WINNING JUNIOR TEAM

On Sunday the final matches of the Junior Golf League were played. Karen faced Limuru at Karen and needed a win at home to win the overall League Championship. The first pair out for Karen were Lyndon Darker (Captain) and Jesse Frost (both Banda Alumni). In the second match Keith Masika (10 years) paired up with Muene Mutaka (16 years) playing off a 7 handicap. Their opponents were 2 lads aged 12 and 16, so Keith was by far the youngest in the fourball. Just like the last day of The Ryder Cup most matches went down to the wire. In the first match Lyndon had a 30 foot eagle putt on the 18th to win the match but it lipped out. Keith's match was also all square going down the 18th and he played an absolutely brilliant shot to 3 feet of the pin on the last to win their match. Karen won their other 3 matches to win the overall championship. I would encourage any parents that are members of Karen to get involved with the Junior program at Karen where your children can receive lessons from outstanding coaches free of charge. ~ **P.Walsh**



MATHEMATIX

MATHEMATIX

If n is a positive integer, the notation $n!$ (read as “ n factorial”) is used to represent the product of the integers from 1 to n inclusive. For example $5! = 1 \times 2 \times 3 \times 4 \times 5 = 120$. Which of the following is equal to a perfect square?

- a) $(20!)(19!) / 1$
- b) $(20!)(19!) / 2$
- c) $(20!)(19!) / 3$
- d) $(20!)(19!) / 4$
- e) $(20!)(19!) / 5$

IAPS NAIROBI WEST ATHLETICS WARMUP

On Monday 8th October, we hosted the IAPS Nairobi West Athletics Warm Up. There were 4 schools that participated: Hillcrest, Braeburn Gitanga Road, Brookhouse & The Banda. This was an opportunity for the pupils to showcase their athletic skills in a competitive environment.

Every Banda pupil that completed did us very proud and lots of personal best were achieved. Special mentions must go to: Liseno Waigwa (1500m), Samantha Pamba (200m), Jonty Williams (75m), Tristan Darker (Long Jump & 800m), Samuel Kaddu (High Jump), Mwhaki Gitau (800m), Lyla Allen (Turbo Javelin), Jacopo Moccia (Turbo Javelin), Ameya Sharma (200m), Ariela Katatumba (Long Jump & 75m) and both the Under 9 & Under 11 Boys 4 x 100m relay team. All these pupils won their events.

This gives us great preparation to head into our next couple of Athletics Meets, the Braeburn Athletics Event and the IAPS Hillcrest Athletics Meet.

Big thank you to Jo Osunga, Pete Nthiga and Barbara Simiyu for giving up their mornings to help our athletes train on Tuesday and Thursday mornings.









HOUSE SINGING

On alternate Tuesdays we practice our singing as an Upper School. This week we asked the pupils to sing in House groups, with House captains acting as section leaders. Mr Moss Gibbons reviewed the video and declared Swara the winner of this sing off! Congratulations!

The Music department was so proud of the amazing sound the Upper School made all together.

Did you know singing bonds teams together by helping trust, communication and a sense of community. The act of singing in a group releases endorphins and oxytocin, hormones that reduce stress and enhance feelings of connection. By singing together we create a positive inclusive environment where individuals feel more comfortable working together. At The Banda, we sing together for all these reasons and many more.

The Music Team is enjoying rehearsals as the children polish up their parts ahead of the Orchestral Weekend at St Andrew's, Turi after Half Term. It's coming together nicely and we can't wait to watch them perform the legendary pieces.



YEAR 8

Year 8 pupils have been working to refine their Ordnance Survey map skills as a key part of their revision for upcoming mock exams. They've been navigating various challenges, putting their understanding of grid references, reading direction and interpreting land use to the test. 8CR were doing their comprehension tasks in English to find out how well they could understand, analyse, and explain the text.



YEAR 7

While one group were sitting their end of topic tests, the other group were factorising algebraic equations in their respective Maths lessons.



YEAR 6

In Geography, Year 6 continued exploring their topic on volcanoes. This time, they took on the role of volcanologists, journaling their observations and discoveries as if they were studying real eruptions in the field; putting their literacy skills to work.

In Science, the children Investigated the number of stomata on different areas of the leaf (doing peels and observing them under a microscope) and testing leaves for starch in their plant biology lesson.



YEAR 5

To end our topic on Directions in Kiswahili, the Year 5s wrote simple directions to a location within the school and challenged their classmates to find it. It was a lot of fun moving around the school. There was much shouting of instructions, "enda moja kwa moja!" and a little getting lost.

The children investigated how different shapes affected the speed at which plasticine travels through oil.



Word OF THE Week

JUNIOR

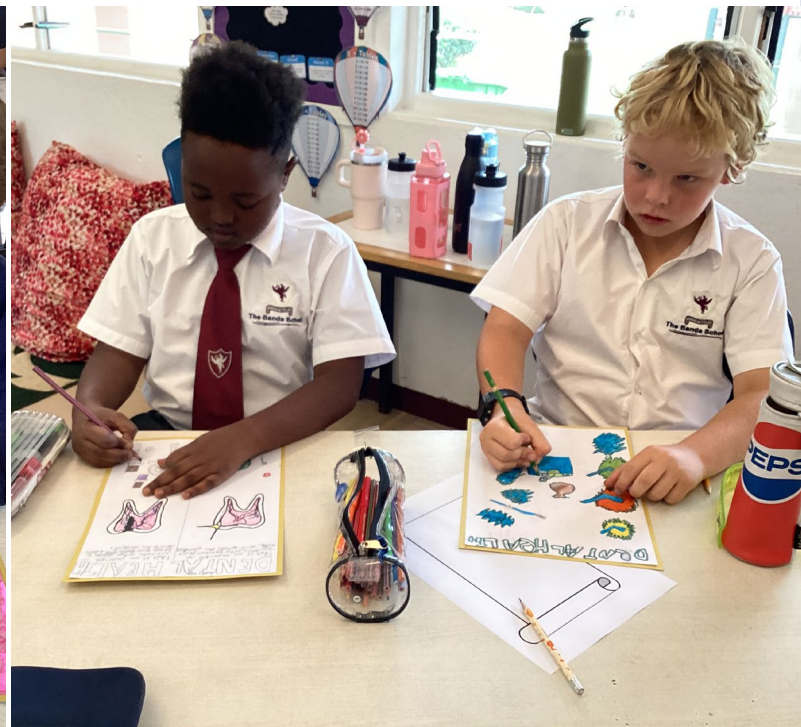
Skitter

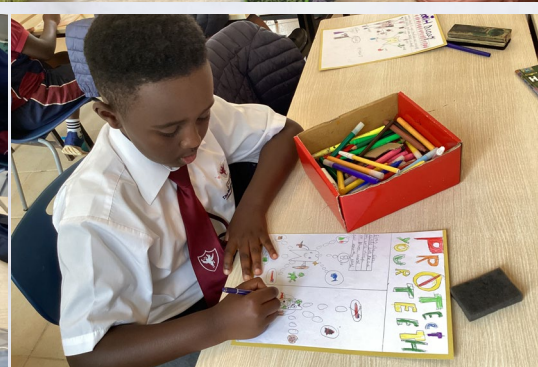
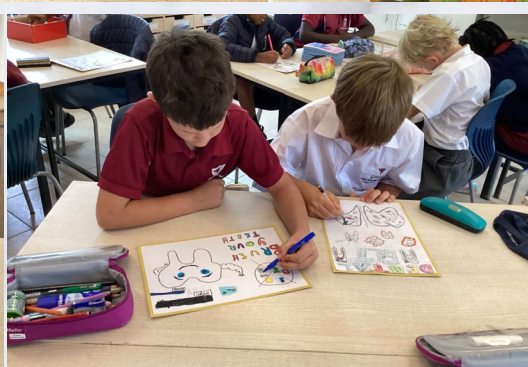
To move quickly with short, light steps.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

LOWER SCHOOL - YEAR 4

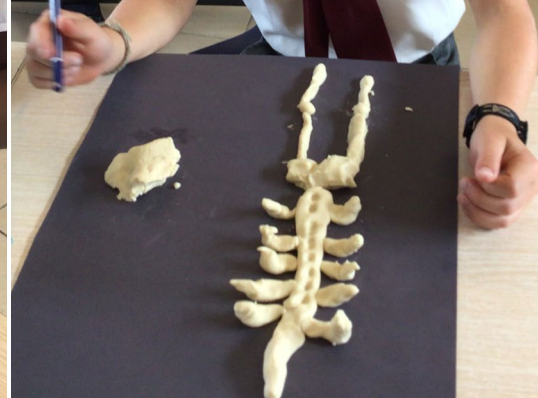
This week, the class focused on the importance of dental hygiene, learning all the necessary steps for maintaining strong and healthy teeth. The children crafted informative posters aimed at teaching younger children throughout the school on the best practices for caring for their teeth. The key messages included: brushing twice a day for 2 minutes, visiting the dentist regularly, flossing and choosing healthy snacks over sugary treats.





YEAR 3

3GD Dove into Dictionaries! The children enjoyed vocabulary challenges and got to grips with the concept of alphabetical order. 3HF had fun creating a salt dough Turkana boy!



YEAR 3

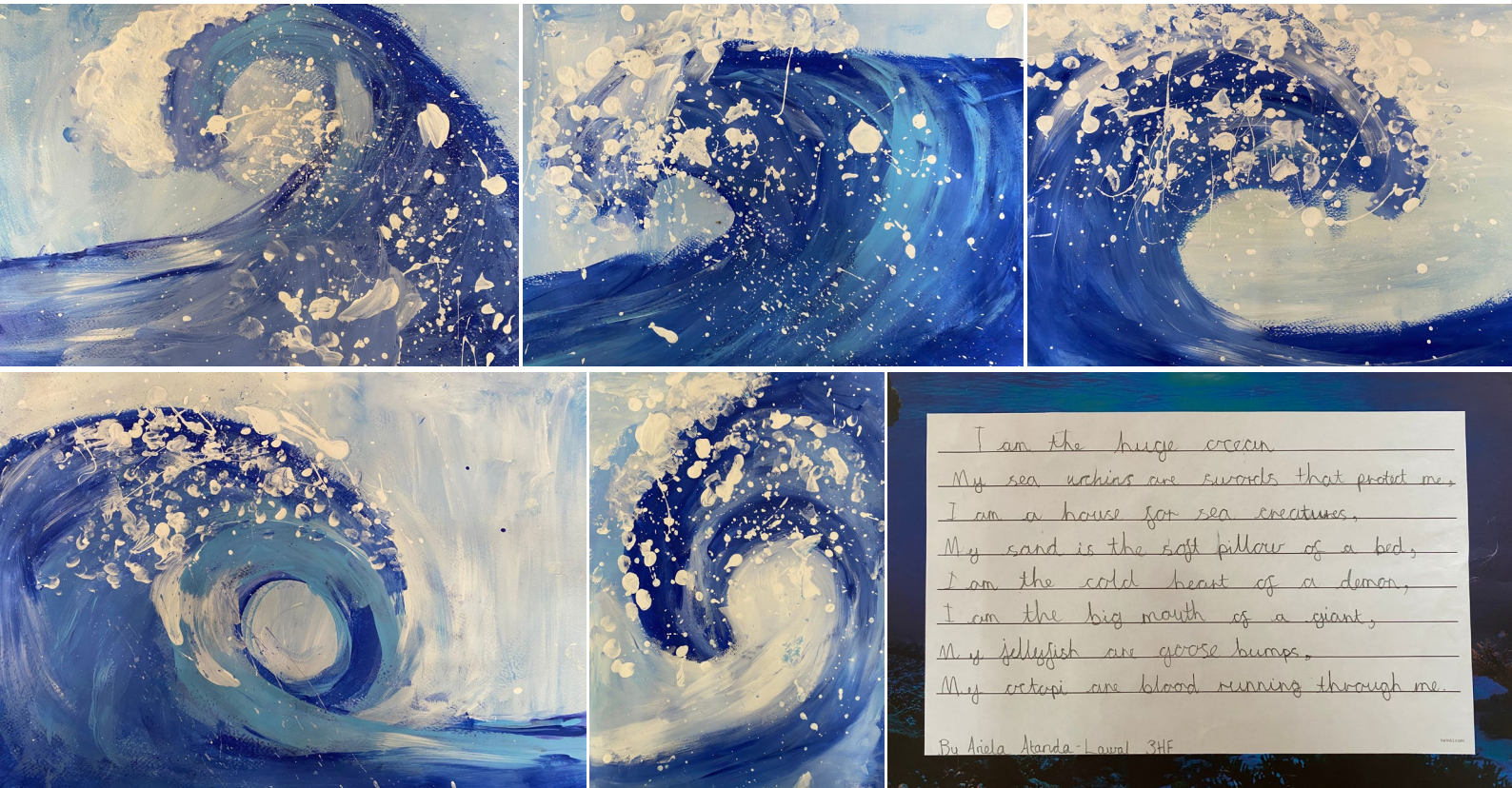
3HF enjoyed testing rocks. They had to test four different elements: Hardness, Magnetism, Acidity and Permeability. They then recorded this on a table in their books. Such fun!

3LB investigated the type of soil at The Banda. Is there life in soil? Any organic matter? What is the texture like and how long does it take to drain? Our soil experts are analyzing if we have healthy soil.



YEAR 3

Year 3 pupils have successfully connected their Art and Literacy lessons by creating striking paintings of waves, each one accompanied by an original poem that captures the sea's movement and emotion.



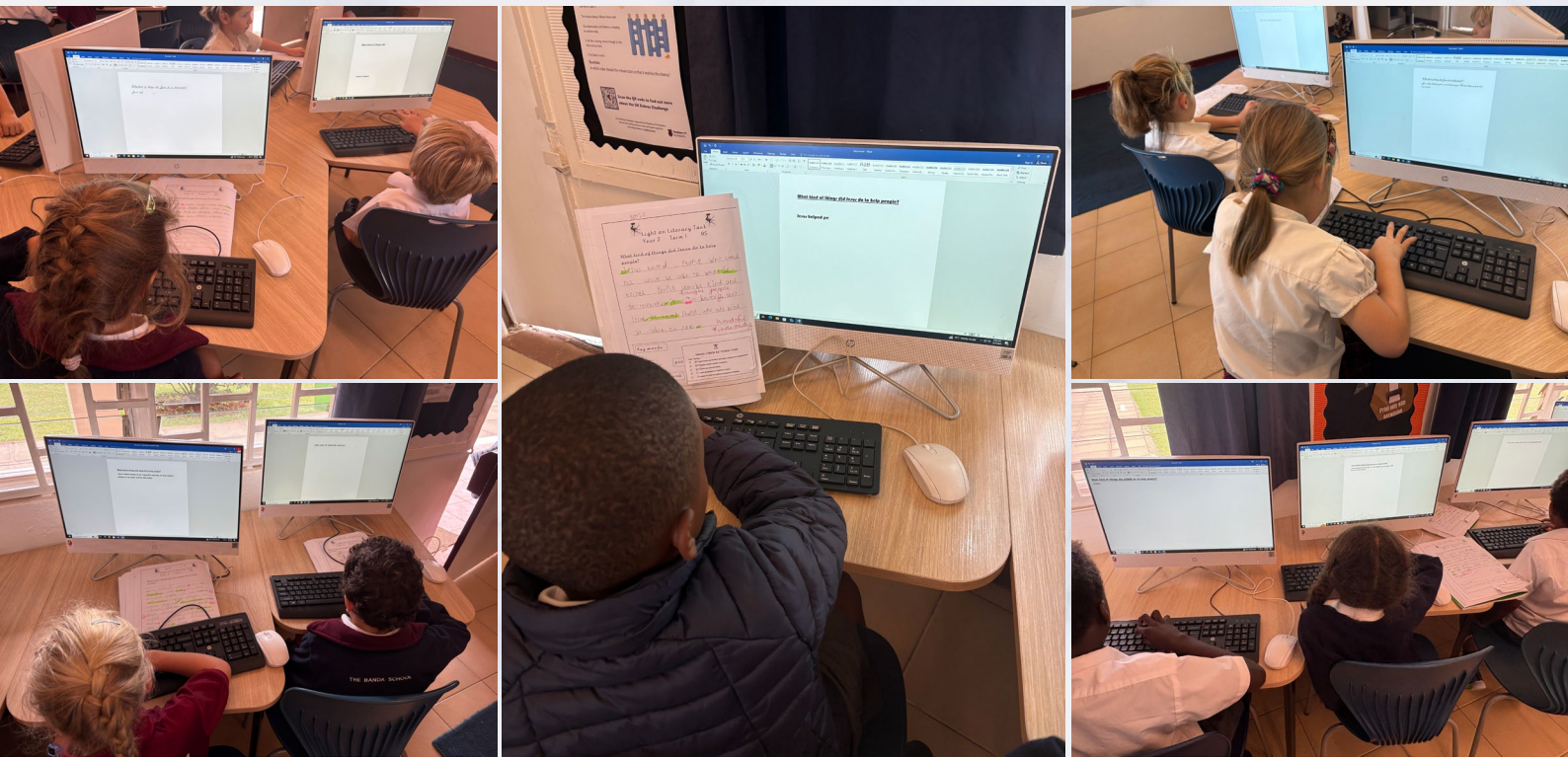
YEAR 2

Year 2 were lucky to have a special visitor to talk to them all about Plants. Mrs Steyn came in with a whole selection of plants, food and vegetables. We learnt about what the different parts of the plant do and about many of their special characteristics. We were so lucky to get a strawberry plant each to take home and nurture.



YEAR 2

Year 2 pupils put their newly learnt word processing skills into practice this week in Computing as they typed up their 'Light on Literacy tasks'. They focused on using different keys on the keyboard to make sure their grammar and punctuation was correct. They used different tools in Word to make their titles stand out.



YEAR 2 TRIP TO BROWN'S CHEESE

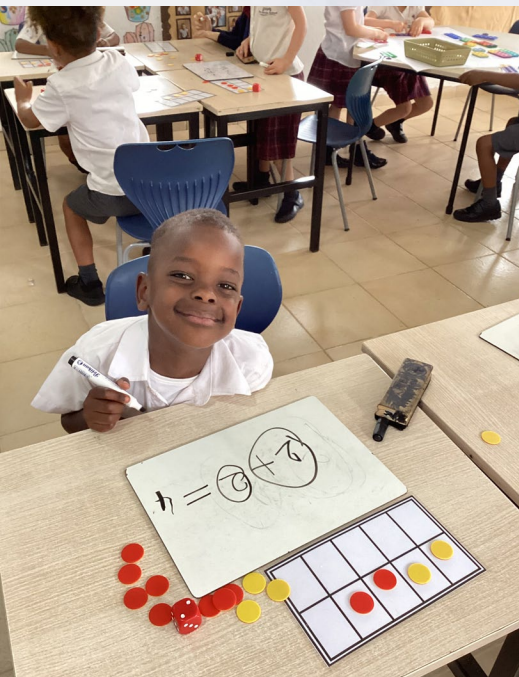
Year 2 had a lovely time in Limuru at Brown's Cheese Farm. They took part in a tour of the factory where they saw both ice cream and cheese being made. Then they did a scavenger hunt in the vegetable gardens and saw some pigs and bunnies. They finished off by making pizza for their lunch.





YEAR 1

We have been learning about number bonds within 10 in Numeracy. We played a game where the children had to roll a dice. The children built the first number using yellow counters, the second number using red and then had a go at writing the number sentence. In Science we made sensory bottles to conclude our senses topic.





PEGASUS EARLY YEARS RECEPTION FUN MORNING

Reception children had a little bit of fun this morning. Thank you to the PTA for the dance session with Skye! It was a massive hit!



NURSERY 2

We have had a colourful week in Nursery 2. Exploring weather, listening to the crack of thunder, the pitter patter of rain, and different water sounds, jumping in splashy puddles and creating rainbows. We also made a puddle splash craft and the outcome was amazing.



NURSERY 1

Wipe, Toss, Wash – We've Got It! Our Nursery 1 stars are learning the importance of keeping noses clean as part of their personal hygiene journey!



RIISING STARS

The Rising Stars have been exploring and learning about their five senses. They smelled the flowers, tasted the yummy grapes, listened to the simple instructions of what to do with the flowers and enjoyed looking at pictures of the touchy-feely books.



WEEK 8**MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK****LUNCH:****SOUP****MAINS****VEGGIE****SIDES****DESSERT****MAIN SCHOOL****DESSERT****PEY**Jam Cookies
Carrot SticksCream of
Vegetable Soup

Beef Goulash

Paneer Makhani
Vegetable Curry
(vegan)Steamed Spinach
Ugali & Rice
KachumbariFresh Fruit
PlatterFresh Fruit
PlatterSandwiches
FruitMediterranean
Chicken

Lentil Cutlets

Lyonnais
Potatoes
Crunchy
Vegetables

Yoghurt

Yoghurt

Flapjacks
FruitSpaghetti
Bolognese
GF Beef LasagneVegetable
Lasagne
Vegan LasagneBroccoli &
Cauliflower

Fruit Salad

Fruit Salad

Lemon Cake
Cucumber SticksCream of Carrot
SoupGrilled Sausages
Baked BeansChickpea Cutlets
GF SausagesSteamed Carrots
Corn & Peas
Fried PotatoesHoney
HedgehogsHoney
Hedgehogs

- 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.

NOTICE BOARD

BANDA PTA

CAR BOOT SALE



OCTOBER 25TH | 10AM-1PM
MAIN SCHOOL CAR PARK

3K TO REGISTER YOUR CAR BOOT
MUST REGISTER IN ADVANCE USING FORM

[Click To Register](#)



NOTICE BOARD

COMPULSORY FOR THE SESSION – EQUIPMENT LIST:
STICK, SHINPADS, HAT/SUNSCREEN AND MOUTHGUARD

CRI5TA
CULLEN

AUTOGRAPHS AND
OLYMPIC MEDAL PHOTO
OPPORTUNITIES

OCTOBER

25TH

**OLYMPIC GOLD
MEDALIST AND NICKY WATSON
WITH KENYAN INTERNATIONALS**

VENUE: BANDA SCHOOL ASTROTURF
CONTACT NICKY FOR REGISTRATION:
+254 748 177108
KSHS.4,500 PER CHILD

LIMITED SPACES

WE WILL COVER

FUNDAMENTAL TECHNICAL SKILLS
SPECIALIST SKILLS
DEFENSIVE SKILLS
ATTACKING SKILLS
TACTICAL PLAY

MORNING SESSION:
8-10 YEARS OLD
(08:30 – 11:30 AM)

AFTERNOON SESSION:
11-13 YEARS OLD
(15:00 – 18:00)

PRESEASON SESSIONS



YOUNG ENGINEERS INTERSCHOOL COMPETITION

Theme: Tech for a Better Tomorrow: Innovating for
a Healthier and Sustainable Future

SUSTAINABLE DEVELOPMENT GOAL 3 – GOOD
HEALTH AND WELL-BEING

Date: 1st November 2025

Time: 9am – 3pm

Ages: 4-16 Years

Venue: Braeside School, Lavington

REGISTER NOW

Early bird registration: **Ksh.2500**

Gate: **Ksh.2700**

10% Family discount (Siblings)

Certificates and prizes to be won

Paybill number 769274 Account : name of the child

20% discount for Jumbo Junior Account holder

SCAN ME



CO-OPERATIVE BANK



EDTECH
EAST AFRICA



Braeside School



youngengineers_ke



www.youngengineers.org



0701 415 987
0722 338 954

Kenya Horticultural Society
NAIROBI DISTRICT

PLANT SALE

CALLING ALL
GARDENING ENTHUSIASTS!

THE WATERFRONT MALL
KAREN
NOVEMBER 1, 2025
9AM - 5PM

PLANTS AND PLANTERS
PLANT CARE PRODUCTS
KIDS ACTIVITY ZONE

LANG'ATA ROAD
MEDIAN PLANTING

DONATE, BRING OR BUY A PLANT

*SEE SEPARATE POSTER FOR DETAILS



YOUNG ENGINEERS

Pan Africa STEM Competition 2025

Aligned SDG: Sustainable Development Goal 3 – Good Health and Well-being



Theme: Tech for a Better Tomorrow: Innovating for a Sustainable Future

UGANDA

Date: 7th November 2025

Time :9am-4pm

AGE 6-16YRS

Costs

Option A: 6th - 8th November 1,000USD

Option B: 6th - 9th November 1,200USD

Inclusive:

Return Flight, Accommodations, Excursion,
Dining Expenses, Enrollment Fees

Certificates and prizes to be won

PAYBILL NUMBER 769274 ACCOUNT : NAME OF THE CHILD

SCAN ME



0701 415 987
0722 338 954



www.youngengineers.org



youngengineers_ke

NOTICE BOARD



KENYA HORTICULTURAL SOCIETY
Gardening Kenya

klda



Help us to green Lang'ata Road

STAGE 1: NOVEMBER 1 2025 - THE WATERFRONT MALL, KAREN.
9AM-5PM
AT THE
KHS NAIROBI PLANT SALE

PLEASE DONATE PLANTS AND/OR COMPOST!

- Drop suitable plants off at the donation tent at the KHS Plant Sale, OR
- Donate money for KHS to buy plants for you to TILL No 584472 and then send a message to 0721549720 with the amount paid, your name and "LANGATA ROAD" OR
- Buy suitable plants at the KHS Plant Sale and drop it at the donation tent
- To donate compost, leaf mould or red soil - call 0721549720 for more details

Suitable plants:

- Succulent shrubs
- Salvia species
- Agave species
- Euphorbia species
- Aloe species
- Bauhinia tomentosa
- Cadia purpurea
- Draceana species
- Thunbergia erecta
- Justicia species
- Nerium oleander
- Gardenia ternifolia
- Washingtonia, Phoenix, Caryotis & Chamaerops palms
- Plectranthus species
- ** NO HIBISCUS PLEASE (due to cattle)

DONATE FOR PLANTS
500/-: SMALL PLANT
1,000/-: SMALL SHRUB
1,500/-: LARGE SHRUB
TILL NO 584472



RAINBOW
SPORTS

HALF-TERM CAMP

Hillcrest Prep School, Karen

Mon 13- Fri 17 Oct 2025

8:30 am - 11:30 am

ksh 2,000 per session

RAINBOW TOTS
SENSORY PLAY



0-2 years

RAINBOW ROCKETS
CREATIVE PLAY



3-6 years

RAINBOW REBELS
CRICKET



7-13 years

Everyone welcome - girls and boys of all abilities!

What to bring: - Water bottle, Snacks, Sports clothes, Hat, Sun cream.

Message us on WhatsApp
+254 797 768099

Book online
www.rainbowsports.co.ke



SIX

QUEENS IN CONCERT



DIVORCED

BEHEADED

LIVE

Date Thursday 13th Nov 7:30 PM and Friday 14th Nov 7 PM

Venue: Matteo's event space - Tickets 4,000 per person

Buy tickets through

www.KENYABUZZ.com

(price includes a welcome cocktail & finger food)

KADS

Kenya Amateur Dramatics



Have a lovely Half Term!