



Celebrating 60 Years

Spirit of The Banda

Thursday 30th April 2026

A WORD FROM THE HEADMASTER

As we reach the end of Week 2 (admittedly a second four day week!), term is properly up and running with our first round of netball and rugby matches having taken place against Cavina. In addition, Rising Stars parents enjoyed a 'Play and Stay' morning and our Year 6s braved the elements during a three day team-building and challenge trip to Kembu.

Our first silverware of the term also arrived, courtesy of our Under 9 chess team who triumphed at last weekend's IAPS tournament. Our Under 11 and Under 13 teams also performed admirably to leave us in second place overall, a mere single point short of retaining the trophy for the fourth consecutive year.

Many thanks to everyone who attended our inaugural Coffee by the Car Park event on Tuesday and we look forward to staging two more during the course of the term.

School will, of course, be closed tomorrow due to the Public Holiday. I wish you all a restful long weekend.

James Moss-Gibbons



See Jan Week 3 events overleaf

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Word OF THE Week

Omnipotent
Having unlimited power.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

Stop asking
"How was your day?"

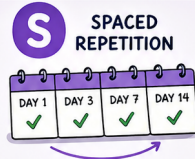
What is the oldest
memory that
you have?



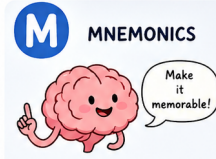
WHAT DID OUR STAFF INSET FOCUS ON THIS WEEK?

SMARTNESS

9 WAYS TO LEARN, GROW & SUCCEED



Review a little, often.
Make it stick!



Use memory tricks
to remember better.



Connect to what you
already know.



Practice changes
your brain.



Think about your thinking.
Learn better.



Use your senses.
Learn deeper.



Understand feelings.
Build strong relationships.



Learn step by step
with support.



Learn first, then dive deeper
together.

★ SMARTNESS = Strong Mind, Active Learner, Ready for Life! ❤️

wellbeing WALL

HELPING PEY CHILDREN BALANCE SCREENTIME

Discover simple, practical ways to help your child build healthy screen habits and a balanced relationship with technology. This guide shares easy tips from creating screen-free time to encouraging mindful media use that the whole family can adopt.

Find the [Pegasus Early Years - Screen Time info to parents here.](#)

COFFEE AT THE CAR PARK



THE BANDA BALL RAFFLE

The Friends of Dagoretti are thrilled with their donation from the proceeds of the Banda Ball raffle - please see their thank you letter in the next page. We were very pleased to invite Linda and Louise from The Friends of Dagoretti to our assembly on Monday.

We also heard updates on the Banda Book Box and Miss Brooke spoke to the children about how some of the money raised will be used to support this.



THANK YOU!

Dear parents, pupils and staff,

On behalf of us all at Friends of Dagoretti Children, thank you so much for your donation from the Banda Ball Raffle. It has already made a difference. That money is going to help children who live just a few kilometres from The Banda, in Dagoretti. The 47 young people we currently support are bright, but they face challenges that make it really hard to even stay in school. Their families struggle to pay school fees, buy uniforms, or even afford books.

Thanks to the money raised from your raffle, we will be able to pay school and university fees for young people who would otherwise have to drop out. And we'll also be able to give them supplementary help to support their learning and growth.

Let me explain what that looks like ...

Mentoring: our older university students come back and help the younger ones during the school holidays. We pay their travel expenses.

Food at school, and lunch during holiday tuition.

Uniform, travel and basic termtime supplies.

I would also really like to make other additions in future, like setting up computer classes during the school holidays, because most of them do not have access to laptops or tablets at home.

These things seem so normal to us, but to the children we support, they can change everything. Help them feel confident. Help them discover their talents. They help them believe that their dreams are possible.

I hope that your fantastic Banda Book Box initiative will come to visit us soon in Dagoretti. Linda Cuthbert and I really enjoyed hearing about it at Monday's assembly.

With sincere thanks,

Louise Dickson,

Chairperson,

Friends of Dagoretti Children



IAPS CHESS REPORT

The Banda Chess team delivered an incredible performance at the IAPS Chess Championship, hosted at Braeburn Gitanga Road last weekend. In the Under 9 category, Year 3 students Aaliyah Mckenzie, Aydin Daffi, and Christian Lekishon swept the podium for The Banda. Joined by Mali Mistri, the group secured the Under 9 team trophy. Notably, the three medalists recently qualified to represent Kenya at the African Youth Championship to be held in Entebbe, Uganda, next month. Aaliyah will also head to the tournament to defend her title as the reigning Under 8 African Champion. The Under 11 team finished strong with 9 points. Max Miao secured the silver medal with maximum points; remarkably, this marks the third consecutive year he has reached the tie-break play-offs in this competition. With every game counting for a point, Luca Gebouin Biteghe and Aiden Githaiga bravely stepped up to play in a higher age category to support Taiwa Kieti and Max, adding crucial points to our team's tally. Our captain, Henry Rosen, led the Under 13 charge alongside Kalayaan Gikonyo, Jayden Zhang, and Blake Elliott. Their collective efforts pushed the team into 3rd place within a highly competitive category. Overall, The Banda finished in a strong second place, missing the top spot by a single point and ceding the title we have held for the last three years.



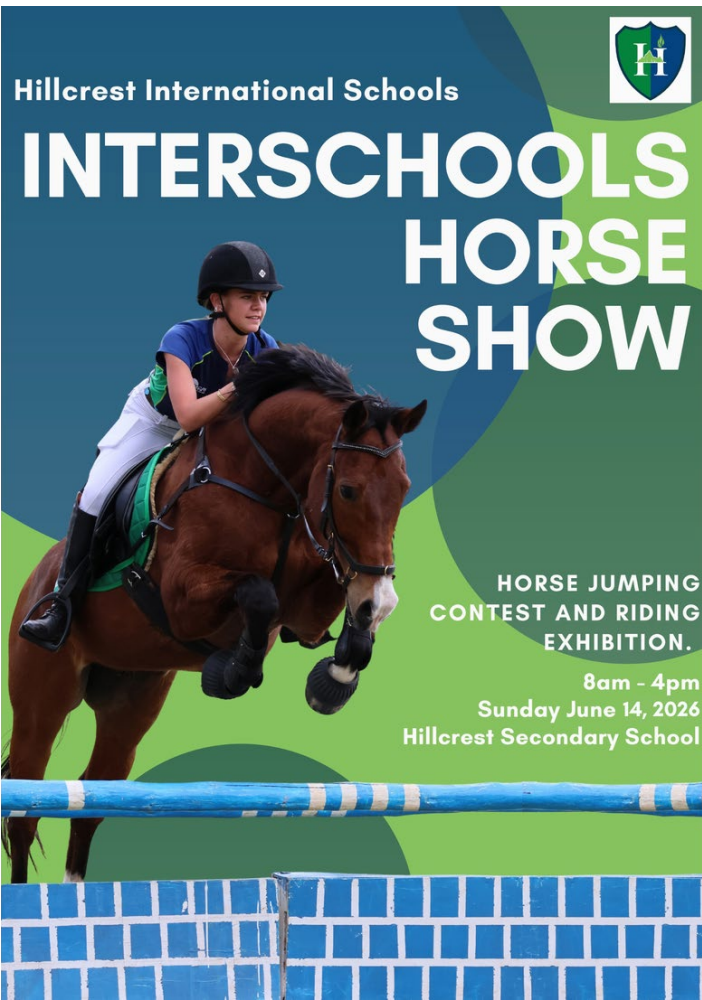
CONGRATULATIONS

Last weekend, a number of Banda children, and their families, participated in the Ololua Forest run. Very well done to all who took part, for a good cause. Elsewhere, Atticus in Year 4 won the 10 and under - Wildcard Tennis Tournament at the Nairobi Club!



HILLCREST INTER-SCHOOLS HORSE SHOW

Hillcrest School is very pleased to be able to invite you to participate in their annual Inter-Schools Horse Show featuring a horse jumping contest and riding exhibition. This event will take place on Sunday 14th June 2026 at Hillcrest Secondary School. Should your child be interested in competing, please email Claire Viljoen on c.viljoen@bandaschool.com indicating your child's name, pony name and the class. [Find the schedule here.](#)



YEAR 8

To continue with The Banda tradition, Year 8 Class of 2026 parents and children created a wonderful seating area and sensory garden. Earlier this week, they unveiled the beautiful plaque where their names will forever remain. Future pupils, staff and members of The Banda Community will cherish this space for years to come. A big thank you to Rachel Rosen and Pamela for organising this.

Congratulations also go to the Netball and Rugby Captains, Lia and Valentine.



YEAR 7

This week in PSHE, the Year 7 pupils investigated the health risks associated with smoking and vaping. They were able to discuss ways in which they are harmful to the body and present their findings to the class. This was important to ensure they can make an informed decision about whether or not I choose to smoke or vape, and know how to resist pressure. Please help us by keeping the school a smoke and vape-free environment. They also tested the energy content of different foods in Science.



YEAR 6 TRIP TO KEMBU COTTAGES

On Monday, our Year 6 class set off for an impactful three-day camping trip to Kembu. This excursion was designed to cultivate independence and resilience, offering them immersive, hands-on lessons in environmental conservation and the unique geology of the Great Rift Valley. On Monday afternoon, they participated in a comprehensive course on rainwater harvesting and “Woodlander” studies, where they identified various tree species and discussed their vital roles within the local ecosystem. On Tuesday, after a morning lesson on cow milking, the group embarked on a trek through the Kiplombe Gorge. The hike proved to be both a rigorous challenge and a thrilling highlight of the trip. The final morning was dedicated to the art of wool production. They experienced the full process of sheep shearing, spinning, and knitting. To wrap up the adventure, they visited the Kenana Knitters shop to select handmade souvenirs.



YEAR 5

In Geography this term, Year 5 have been studying Weather and Climate. After learning about weather elements and instruments, 5SH took a particular interest in different cloud types. To put their knowledge into practice, the students created 3D cloud scenes. Using cotton wool, they recreated the sky's layers, placing Cirrus, Cumulus, Stratus, and Cumulonimbus clouds within the height layers where they are usually found in the atmosphere. They then added key information to their creations about the characteristics of each cloud type. 5BS made weather instruments in a timed challenge!



YEAR 5

Here are Year 5s being ecologists and using pitfall traps and sweep nets to investigate invertebrate populations around The Banda!



Word OF THE Week

JUNIOR

Authentic
Real or genuine.

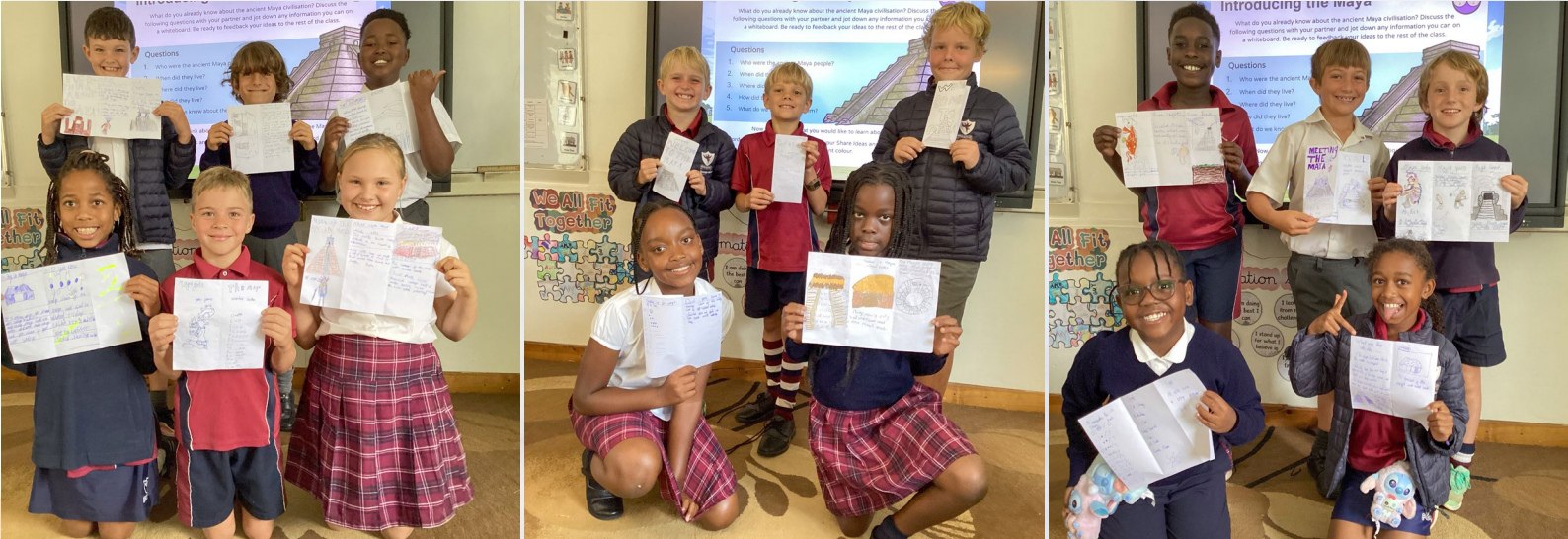
CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

LOWER SCHOOL HOUSE CAPTAINS



YEAR 4

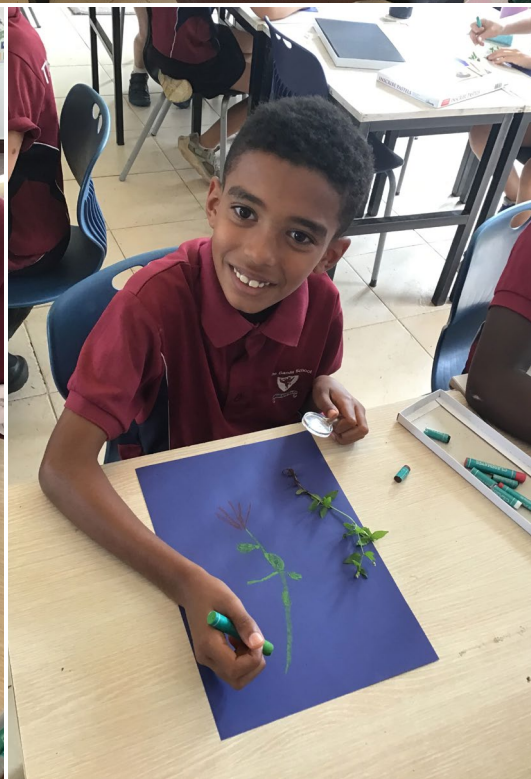
This week, the Year 4 historians began a fascinating journey into the past as we dived into our new unit on the Ancient Maya. To guide our research, we have been asking some big questions: Who were the ancient Maya people? Where in the world did they live? And what truly made them special? To share their findings, the pupils crafted brilliant travel brochures detailing the landscape of the Maya region, the majesty of their cities and the clever design of their houses.



YEAR 3

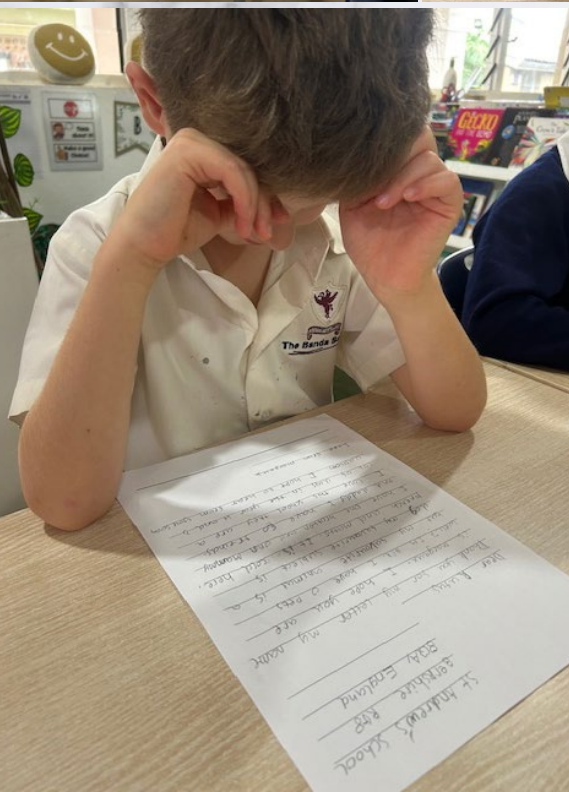
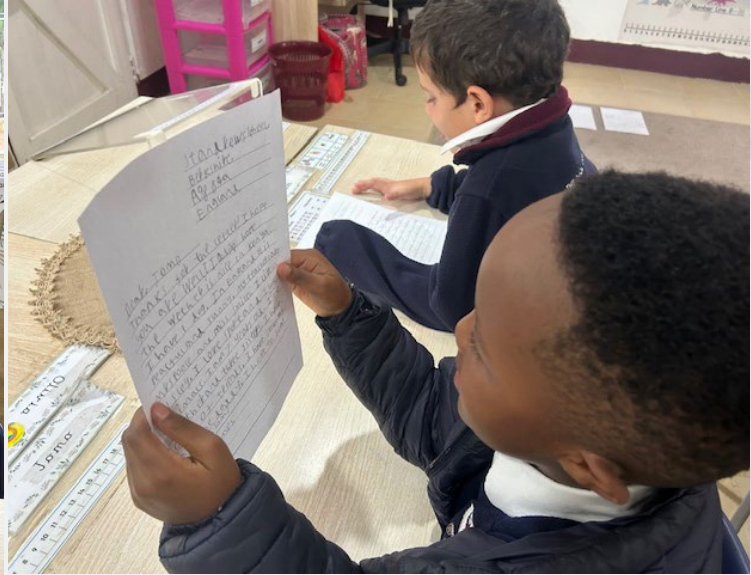
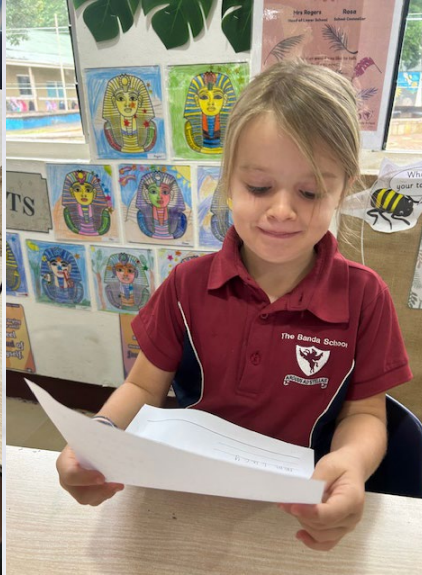
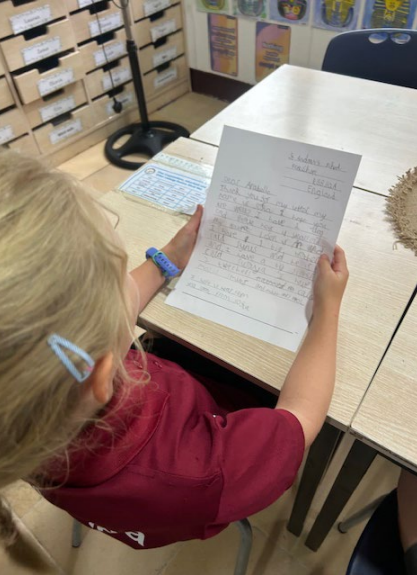
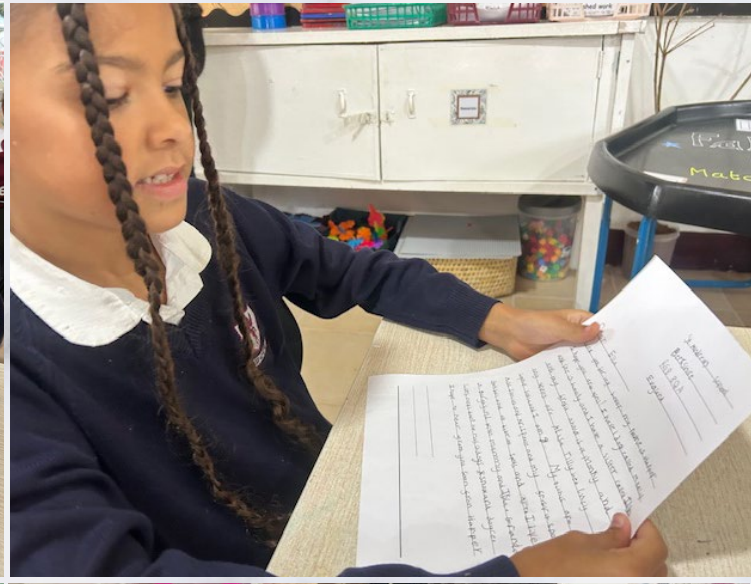
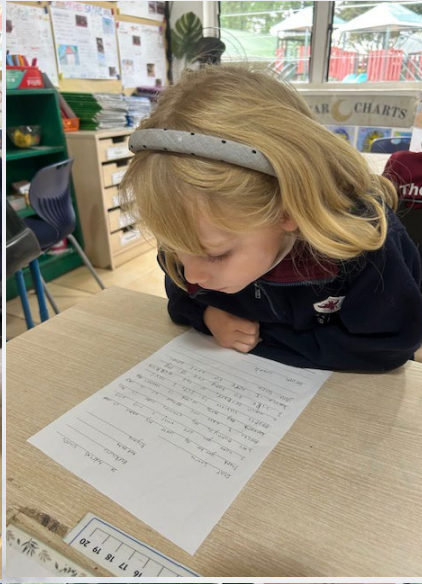
We are botanists in Year 3. We enjoyed learning about plants before going to find our own (roots included!). We then used a magnifying glass to study the details and after that we drew our findings on black paper, labeling each part. Finally, we created some observational drawings on some new species at The Banda.





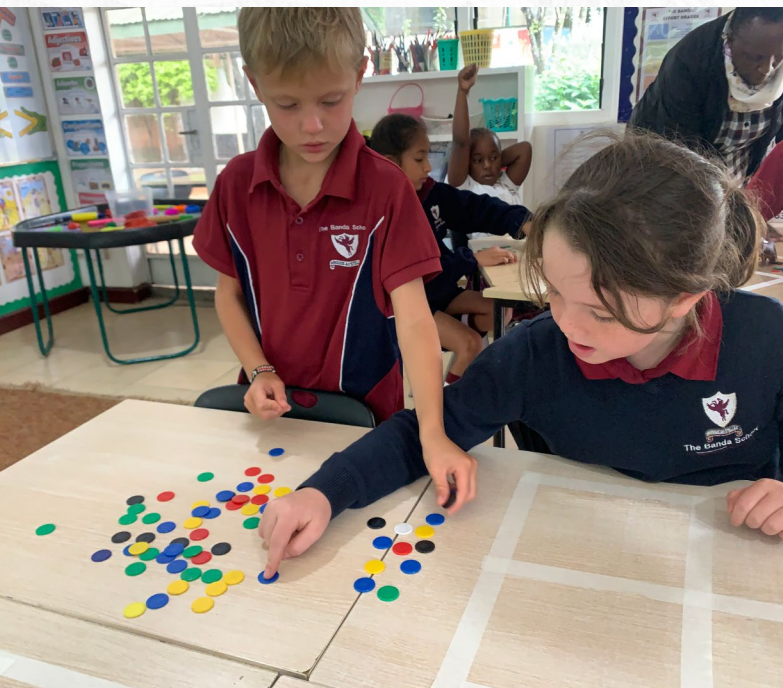
YEAR 2

Last term, Year 2 wrote letters to Mrs McVey's Year 2 classes. They have recently received their replies and really enjoyed reading them. We are going to send them a reply on Monday! We love having pen pals!



YEAR 2

During our Numeracy lesson, the children explored the concept of finding quarters of various amounts using cubes and counters as concrete aids. They practised the art of sharing equally across 4 groups.



YEAR 1

In Science in Year 1 we learnt about materials and their properties. The children enjoyed making a material robot and labeling what they used.

In Humanities, we learnt about the Terracotta army. The children were later tasked to make their own little statues using clay.



Pegasus Word of the Week

shy



PEGASUS EARLY YEARS - RECEPTION

We learnt to play a new game in phonics. Rolling a dice, quickly subitising the value, checking the word it correlated to and writing it on a big fun piece of paper!

In Numeracy, the children reviewed digraphs and either constructed words using the respective digraphs or wrote them down. In Maths, they children learned about missing numbers by cutting and sticking which helps with concentration, pincer grip, eye hand coordination, number recognition and sequencing.





NURSERY 2

We read 'Can I have a T-rex, Dad? Please!' then picked our favourite dinosaur, we had a go at drawing it. We then came up with reasons why it would be a good pet and how to convince our parents to get one. Our scissor skills are getting impressive! We enjoyed sponge painting and selecting dinosaur silhouettes to make a beautiful collage, and we sequenced plates with numbers one to five on a Stegosaurus back.



NURSERY 1

The children explored number 1 by showing it on their fingers, building it with blocks and decorating a cut-out with crepe paper, making learning fun and hands-on.



RIISING STARS

The Rising Stars celebrated World Earth Day through taking a nature walk to see our school. They also enjoyed painting on a leaf and using recycled water bottles during sensory play with coloured rice.





Did You Know?

Did you know that we no longer use jam in sandwiches at school?

AOB

Last week, I met with the PTA Food Committee. It was lovely to meet them, and we are all excited about working together in the future.

Please share your favourite home recipes with your PTA class rep on WhatsApp.

Recipe to Try at Home

Tomato Soup

Key Ingredients

- 10-12 Tomatoes
- 1 Large Onion
- 2 Table spoons of Butter

Method

1. Toss everything into a pot. You can use water in this soup, vegetable broth, tomato broth, or chicken broth.
2. Bring everything to a low simmer and cook for 40 minutes.
3. Blend until smooth. Adjust the soup with salt and pepper, then grab a bowl and enjoy!

WEEK 3	MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK		Vanilla Cookies Fruit	Cheese Sandwiches Carrot Sticks	Potato Veg Balls Fresh Fruit	Banana Loaf Cucumber Sticks	Tomato Sandwiches Fresh Fruit
LUNCH:	SOUP					
	MAINS	Macaroni in Salsa Sauce	Chicken Pilau	Mild Beef Curry	Mediterranean Chicken	Spaghetti Bolognese
	VEGGIE	Macaroni in Pesto Sauce	Vegetable Pilau	Chana Daal Curry Veggie Wraps (GF & Vegan)	Baked Veggie Nuggets	Veg Bolognese Marinara Sauce GF Rice Noodles
	SIDES	Grated Cheese Potato Salad Coleslaw Tomato, Egg Cucumber	Yoghurt Sauce Kachumbari Peas & Corn	Chapati Seasonal Vegetables	Wedge Potatoes Crunchy Fresh Vegetables	Grated Cheese Fresh Seasonal Vegetables
	DESSERT MAIN SCHOOL	Fruit Salad Custard	Apple & Pineapple Flan	Strawberry Yoghurt Fruit	Fresh Fruit	Cake Custard
	DESSERT PEY	Fruit Salad	Apple & Pineapple Flan	Natural Yoghurt & Honey	Fresh Fruit Platter	Apple Slices

SALAD BAR - an assortment of salads is served every Tuesday, Wednesday & Thursday

Lettuce, Tomato, Cucumber, Coleslaw, Carrot Sticks, Beetroot, Quinoa, Grated Cheese, Grated Carrots, Couscous, Two Beans Salad, Pasta Salad, Egg Salad, Roast Chicken, Roast Beef, Avocado

DRESSINGS - Honey Vinaigrette, Cocktail Sauce, Mayonnaise

Menu subject to change. All meats are Halal

NOTICE BOARD

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Ila's Adventures

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* Location

Banda Hall

* Tickets:

KSH 1000

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Ac/No: Ila's Adventures

* 13th May

2:30-3:15pm



Call: 0790499377

Email: dance@academyonline.me



13th Edition
The Butterfly Trust Concert

Save the Date: 26th September 2026
Time: 2.30PM - 4.30PM
Venue: Kenton College Hall

The Butterfly Trust

AUDITIONS ON:
SAT, 27TH JUNE 2026
2.30PM - 4.30PM
KENTON COLLEGE HALL

REGISTRATION DEADLINE: 29TH MAY 2026

Info & Details, Contact:
butterflytrustkenya@gmail.com

Have a lovely weekend!