



*Celebrating 60 Years*

# Spirit of The Banda

Friday 19th June 2026

## A WORD FROM THE HEADMASTER

Our Year 8 pupils have enjoyed a fun and thrill packed week at Sagana as the highlight of their Leavers' Programme, a great reward for their efforts in their recent examinations, with 99% of papers being graded A\* to C and an impressive 54% being either A\* or A. This beats the previous record set last year and represents the best set of results in the last decade and a half. Many congratulations to each and every one of our Year 8 pupils!

It has also been a successful period on the sporting front. Last Saturday saw a brilliant day here at The Banda for the IAPS Netball Tournament and our Secondary Schools' Fair. Our Under 13 girls battled extremely hard to reach the final but were ultimately unable to beat a very strong St Andrew's team. Our Under 11 girls, however, emerged victorious, having also previously won the IAPS cricket, football and hockey tournaments this year.

Meanwhile, our Under 11 boys peaked at just the right moment to carry off the Ngingi Sevens trophy at St Christopher's. They travel to Pembroke tomorrow, along with the Under 13 boys and the Under 13 girls' touch rugby team, to compete at the Ndume Tournament. We wish them all the very best of luck.

And finally.... It was great to see our youngest pupils out on the playing fields this morning with plenty of fun and activity taking place during the Pegasus Sports Morning.

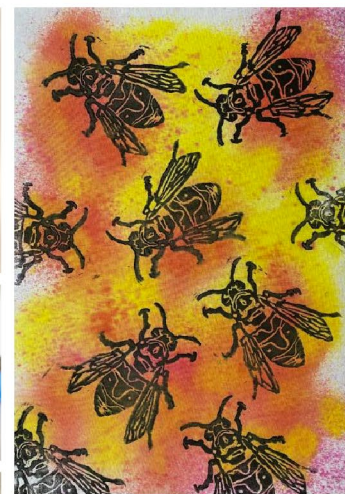
**James Moss-Gibbons**



See April Week 10 events overleaf

Follow us on:





You are invited to  
**The Banda School's Art & Design  
and Design & Technology  
Exhibition**

**Wednesday, 1st July 2026  
4:00 PM - 6:30 PM  
The Banda School Arts Centre**

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 exhibition – it's a celebration of the arts, a community gathering, and an opportunity to witness the future of creativity in action.

All are welcome – parents, pupils, families, and our local community. Don't miss this event at The Banda School – where imagination takes centre stage.

# Word OF THE Week

Autocratic

*Having complete control/making decisions without others' input.*

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

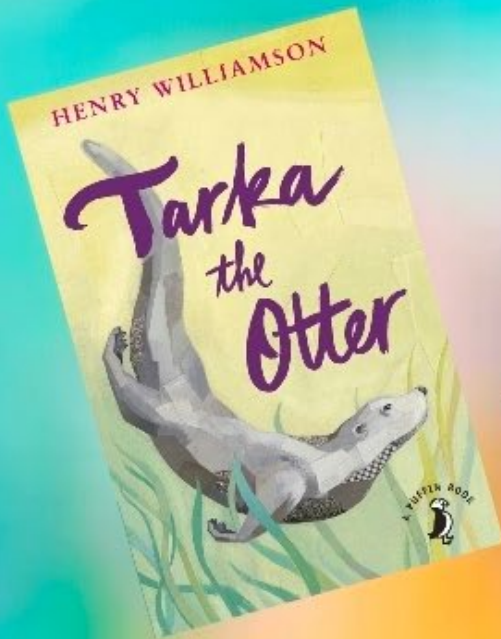
**Stop asking  
"How was your day?"**

**Can you tell me  
about a decision  
you had to  
make recently?**



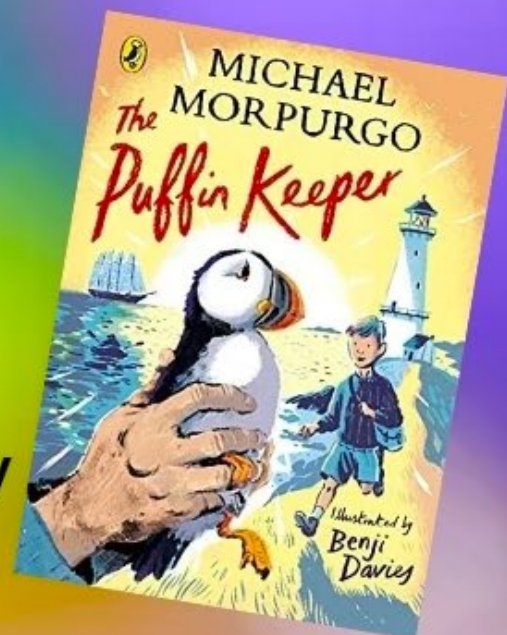
# Book Box Book Club

Have you read either of these books?  
Join us for a fun discussion!



**Tarka the Otter:**  
**Wed 24 June**  
**1h30 to 2pm**  
**Ms Brooke's classroom**

**The Puffin Keeper:**  
**Wed 24 June**  
**1h30 - 2pm**  
**Upper School Library**



**Discussion points: What did you like/dislike about the book? Which were your favourite characters? Can you relate to the book/characters from your own experiences?**

# wellbeing WALL



## 'SWITCHED ON TO PRIVACY' CAMPAIGN

Did you know your child could be sharing personal information online without realising? The UK's ICO has launched a 'Switched on to Privacy' campaign which has 3 easy steps to help: Chat, Choose, Check. [Free tips for parents.](#)



## CELEBRATING DIVERSITY

6IP treated us to a wonderful assembly on Monday which celebrated the diversity of the pupils within our school, and even involved a demonstration of TaiChi which Max has been teaching his classmates over the past year. This morning 7KB told us about some inspirational figures who started life as a refugee - their stories were fascinating. We are blessed with such a wonderful range of cultures and nationalities at The Banda which makes us so proud!





# 2026 FIFA World Cup



# The Banda Community Sweepstake

## GROUP A

- MEXICO | 1JT
- SOUTH AFRICA | 8KS
- SOUTH KOREA | 5SH
- CZECH REPUBLIC | 7KB

## GROUP B

- CANADA | 3HF
- BOSNIA & HERZEGOVINA | GROUNDS
- QATAR | 1LR
- SWITZERLAND | 2LK

## GROUP C

- BRAZIL | 2MO
- MOROCCO | 6MM
- HAITI | RSM
- SCOTLAND | ICT

## GROUP D

- USA | 5BS
- PARAGUAY | N2PO
- AUSTRALIA | 4DM
- TURKEY | GARDEN ART

## GROUP E

- GERMANY | ADMIN OFFICE
- CURACAO | 7AW
- IVORY COAST | 3LB
- EQUADOR | 8GR

## GROUP F

- NETHERLANDS | N2TF
- JAPAN | 4CN
- SWEDEN | WHITE AS SNOW
- TUNISIA | SECURITY TEAM

## GROUP G

- BELGIUM | 8CR
- EGYPT | 3GD
- IRAN | TEACHING ASSISTANTS
- NEW ZEALAND | 7RB

## GROUP H

- SPAIN | RNM
- CAPE VERDE | RISING STARS
- SAUDI ARABIA | BUS DRIVERS
- URUGUAY | 600

## GROUP I

- FRANCE | SHADOW TEACHERS
- SENEGAL | CATERING
- IRAQ | N1ML
- NORWAY | MAIN OFFICE

## GROUP J

- ARGENTINA | 1SO
- ALGERIA | MEDICAL TEAM
- AUSTRIA | TEACHING STAFF
- JORDAN | RML

## GROUP K

- PORTUGAL | N1EM
- DR CONGO | MUSIC PERIPATETIC
- UZBEKISTAN | 5MEV
- COLOMBIA | 4CM

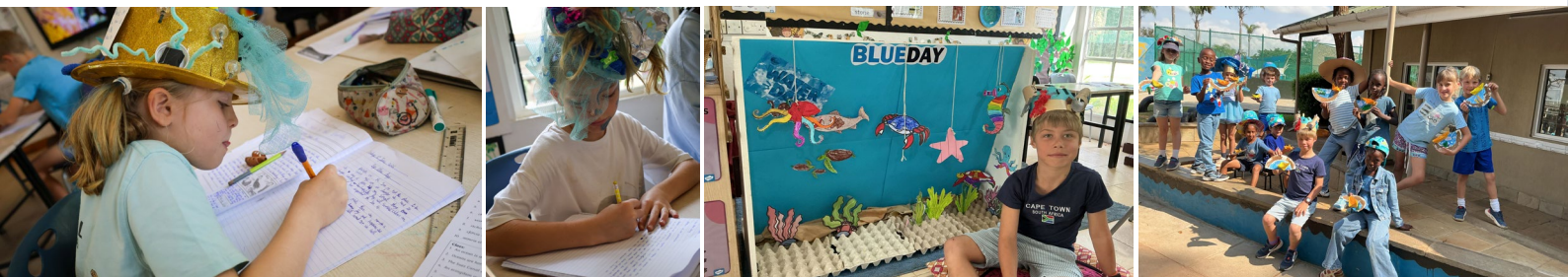
## GROUP L

- ENGLAND | 2FA
- CROATIA | EXTRAS PROVIDERS
- GHANA | MAINTENANCE TEAM
- PANAMA | 6IP

# BIG BLUE DAY

Our Big Blue Day last Friday saw a fabulous array of hats made from sustainable materials, a sea of blue clothing, a whole range of ocean conservation themed lessons, and lots of money raised for the Seas4Life Foundation - a total of Ksh. 48,210. Thank you all for your contributions. A highlight was our hat parade at break time involving pupils from all through the school, along with our assembly and sessions run by representatives from Seas4Life including former Banda pupil, Kira Evans. A great day celebrating a really important message.





# THE BANDA IAPS U13 & U11 NETBALL

Saturday was a truly memorable morning as we hosted our annual U13 and U11 IAPS Netball Tournament. The event brought together 320 girls from nine IAPS Kenya schools, with an incredible 76 matches played across the morning. The atmosphere throughout the tournament was outstanding, with players displaying skill, determination, sportsmanship, and, above all, a love of netball!

The Banda was proudly represented by four teams: the U13 1st and 2nd teams and the U11 A and B teams. With both Trophy and Plate competitions on offer, every team had something to strive for, ensuring meaningful and competitive netball for all participants. The Banda U13 2nd team faced some very tough opposition throughout the day. Despite challenging matches, the girls never stopped competing, supporting one another, and keeping their heads held high. Their resilience and positive attitude were a credit to themselves and the school. The U11 B team produced an outstanding performance. They played some excellent netball throughout the morning and progressed all the way to the Plate semi-finals. There, they narrowly lost to the Kenton U11 A side, but they should be immensely proud of their achievement and the progress they showed across the tournament. Our U13 1st team enjoyed another exceptional tournament. They topped their group before overcoming Kenton 2 in their quarter-final match and then defeating a strong BGE 1st team in a tense semi-final to reach The Banda's seventh consecutive IAPS U13 final. The final saw them face a formidable and physically imposing St Andrews side. Although the girls finished as runners-up, they played with tremendous belief, courage, and determination, producing netball that was often above their usual level. Their journey to another final is a remarkable achievement and reflects the consistency and commitment of this talented group of players.

Congratulations must also go to Lia, Andrea, Malia, and Isla, who were selected to represent the Nairobi West team in their regional matches against Nairobi East and Upcountry Schools on Sunday. A special mention goes to Lia, who was chosen by her Nairobi West teammates to captain the side—an honour that reflects the respect she has earned both on and off the court. The standout story of the day, however, came from our U11 A team. The girls were simply magnificent, winning every match on their route to the final by comfortable margins. Their toughest challenge came against a talented Braeburn A side in the final, but they showed great composure, held their nerve under pressure, and demonstrated maturity beyond their years to secure the victory - becoming U11 champions for the first time since 2017. An extra well done to Vivi who was voted Player of the Tournament by the umpires and coaches. This triumph completes an extraordinary achievement for this group of girls, who have now won the U11 IAPS quadruple of Cricket, Football, Hockey, and Netball finals. In my ten years at Banda, this is only the second time such a feat has been accomplished, making it a truly historic moment that deserves to be celebrated.

Well done to every player who took part and represented The Banda with pride. Finally, a huge thank you to the incredible team of Banda staff, officials, umpires, and pupil helpers whose hard work ensured the day ran so smoothly and successfully. Events of this scale are only possible through the efforts of many people, and I am extremely grateful for everyone's support.

*Thank you!*







# U11 BOYS RUGBY TRIUMPH AT NGINI 7S

The Under 11 A rugby team competed in the St Christopher's Ngingi 7s Rugby Tournament on Saturday. The boys played attractive rugby throughout the day, executing the basics to a very high standard.

After progressing to the quarter-finals, they faced a spirited Pembroke side, securing a 4-0 victory at the end of the 10-minute match. In the semi-finals, they came up against the hosts, St Christopher's, who enjoyed substantial home support. Played over two halves of seven minutes, the Banda boys put on another excellent performance, starving the opposition of possession to win 4-0. The final brought a tough matchup against BGE, who had beaten a strong Hillcrest team 4-0 in their own semi-final and possessed several big, fast players. BGE scored within the first two minutes, but the rest of the half was a fierce, defensive contest. Just before half-time, The Banda earned a scrum in their own half and executed "The Move"—a set play practiced during Thursday training sessions—to score in the corner and level the field. With the advantage of playing downhill in the second half, the boys came out with great energy, scoring three further tries to be crowned the Ngingi 7s Champions for 2026.

The team received numerous compliments from opposing coaches for their basic skills and cohesive teamwork. Adding to the day's success, Rhys Cullen was named the tournament's Most Valuable Player (MVP). This achievement was a true team effort. Credit goes to all the Under 11 coaches and players who test and support the A team during weekly drills, helping them improve every session. Mr De Wet would like to extend his thanks to Mr Radcliffe for his support on the day, as well as to every Banda pupil and parent who came out to cheer on the team.

The boys now look forward to competing this Saturday at the Ndume 7s tournament.





## CHIP, PITCH AND PUTT COMPETITION REPORT

On Wednesday, we took a team of 12 players to Hillcrest Prep for their annual Chip, Pitch and Putt competition. It is run in three age groups, Under 9, Under 11 and Under 13 with two boys and two girls in each team. The conditions of play were very tricky indeed as the putting was played on a cricket crease with a heavy bias to the left of the putting surface. Both the chip and pitch targets were quite small and very difficult to get close to. This did not deter our players who all enjoyed the day off school. There were impressive performances by Tiva Binks 2nd and Stanislaw 3rd in the Under 9 age group. In the Under 13 Kyla finished 2nd and Lesedi was 3rd. In the overall competition we finished third.



# CONGRATULATIONS

Congratulations to Apolonia in Year 4 for achieving a High Merit in her Royal Academy of Dance, Grade 2 examinations. Achieving a High Merit in a RAD examination is a significant accomplishment, reflecting a strong standard of technique, musicality and performance. The achievement is a testament to Apolonia's dedication and hard work, having trained with Dance Centre Kenya for the past six years.



A number of our children took part in the Loop Safari Gravel Series event at Hell's Gate, tackling a gruelling course in sweltering conditions. Alex Power completed the challenging 20km ride alongside adult competitors and finished an impressive 2nd in the 7–9 age category of the children's race. Farrin Savage also secured 2nd place in the 10–12 age category, while Oliver Bowers and Luke Davies successfully completed their respective races. Max in Rising Stars was recognised and awarded as the youngest competitor at the event.



IT'S OKAY  
TO NOT BE  
OKAY.

IT'S OKAY  
TO TALK.



Celebrating 60 Years

THE  
**BANDA**  
SCHOOL

STRONG MINDS.  
STRONGER  
FUTURES.

# THE BANDA SCHOOL MEN'S MENTAL HEALTH AWARENESS BOOT DRIVE

**DONATE BOOTS. SUPPORT CHANGE. MAKE A DIFFERENCE.**

Your donation can help someone else take their next step forward. Together, we can break stigma and build a stronger future for everyone.



**FOR CHILDREN AGED 6 TO 14**

Kids can donate from any part of the school.



**ALL FOOTBALL BOOTS, TRAINERS OR RUGBY BOOTS**

must be in at least **GOOD CONDITION** to be able to wear them.



**DEADLINE:  
TUESDAY  
23RD OF JUNE**



**DONATE TODAY.**  
HELP SUPPORT OTHERS.  
HELP SUPPORT CHANGE.



COLLECTION WILL BE  
**AT THE WALL.**



THERE WILL BE A BUCKET  
AT THE WALL  
BEFORE AND AFTER SCHOOL  
**FROM MONDAY.**

TOGETHER,  
WE CAN KICK  
AWAY STIGMA  
AND BUILD A  
STRONGER  
FUTURE.



**DONATE  
TODAY.**

**CHANGE LIVES.** ♥



**BE KIND. BE SUPPORTIVE. BE THE DIFFERENCE.**



## Year 8 Girls Removing the Stigma and Raising Awareness for Period Poverty

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 also learnt that not having access to period products can stop girls from going to school and then they cannot get a proper education. We thought about how difficult this would be.

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

Each pack costs around 1000Ksh 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 be handed out to girls in the local community who are in desperate need of them. Marian Lawrence will be helping us with this.

**To raise money we are putting on a bake sale on Monday after school and we will be selling ice cream during the intervals of the play in the final week. Please come and support us!**



# BAKE SALE



**MONDAY 22<sup>ND</sup> June, Main Car Park and Kisembe!**



# Period Packs!

The Year 8 Girls want to also collect and donate other practical items for girls that promote dignity and comfort during their period, and allow them to keep going to school. They want to be able to donate as many 'period packs' as possible.

## They would like each period pack to include:

- A pack of reusable sanitary pads (AFRIpads)
- 3 pairs of cotton underwear (UK sizes 8–14 / ages 12–16)
- 1 bar of laundry soap
- A small flannel for washing
- A small waterproof bag for storing used pads until washing



## How you can help:

- Donations of any listed items above are welcome!
- Children are welcome to make their own complete packs
- Clean second-hand underwear or bras can also be donated
- Regular sanitary pads are also appreciated!
- Come and support our bake sale on Monday and ice cream stall during the play.



## You can also donate!

We have also set up an mpesa number for donations:

Paybill: 172749

Account: Period Poverty

Please bring any items for donations to Mrs Sweetnam's lab.

Please email [k.sweetnam@bandaschool](mailto:k.sweetnam@bandaschool) if you have any questions



# Thank you Neli and Co!

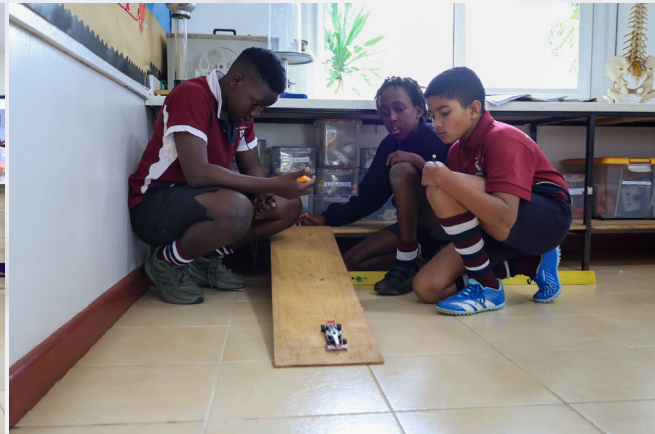
Neli and Co. have already donated several big boxes of their lovely products; bamboo night time pads for our charity drive, along with some gifted bamboo toilet rolls and panty liners for our Year 8 girls. These products are much safer for us to use without added chemicals and better for the environment too with less plastic and made from sustainable bamboo.

Thank you Neli and Co!



# YEAR 7

Year 7 investigated gravity and speed in their Science lesson. They were learning about independent and dependent variables such as how the height of the ramp affects the time the car took to travel down the ramp and the distance it travels.



# YEAR 6

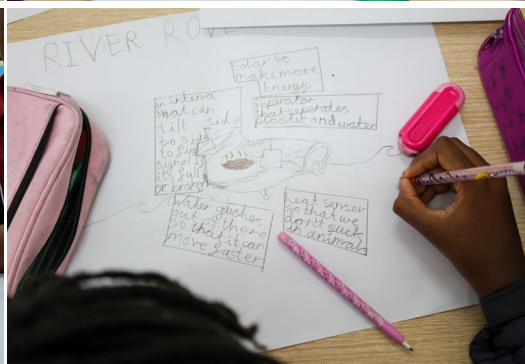
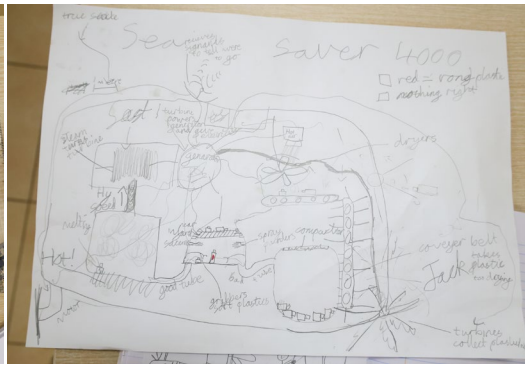
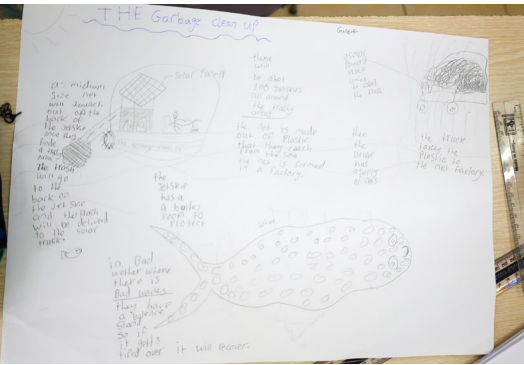
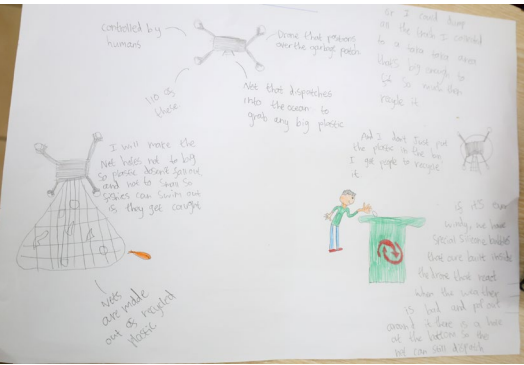
In Maths, Year 6 were simplifying their algebraic equations by combining like terms.



# YEAR 5

As part of their Big Blue Day learning in Geography, Year 5 explored one of the ocean's most pressing environmental challenges - the Great Pacific Garbage Patch. The children discovered the scale of this vast floating mass of plastic waste and were introduced to real-world solutions, including the work of Boyan Slat and The Ocean Cleanup project. Inspired by what they'd learned, the children were then set their own design challenge: to invent a device to help clean up the Garbage Patch. Thinking like real engineers, they had to give their invention a catchy name, include detailed annotations explaining why each feature was there, consider a clean power source, and think carefully about what happens to the plastic once collected. The results were wonderfully creative and ambitious - an example of the children connecting their learning to the real world with imagination and genuine care for our planet.

Also in Geography, Year 5 have been exploring microclimates and the Urban Heat Island effect: the way cities trap heat and become warmer than the surrounding countryside. The pupils were challenged to redesign an urban area to reverse this effect and keep the city cool. From green roofs, tree lined streets and reflective surfaces to urban waterways and phase change materials built into walls, they came up with a fantastic range of creative, sustainable strategies.



## YEAR 5

This week in French class, Year 5 children discovered the joy of playing boules, also known as pétanque. They practised tossing metal balls with focus and laughter, learning both vocabulary and teamwork. The activity brought culture to life, blending language with play, and left everyone eager for the next match.



# Word OF THE Week

## JUNIOR

*Feral*

*Wild, especially an animal that was once domesticated.*

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!



# YEAR 4

The Year 4s got all creative with their circuit building challenge this week in Science.



## Task 1: Circuit Challenge

You have 15 minutes in your group to try and build a working circuit using the equipment that you have been given.

Think about:



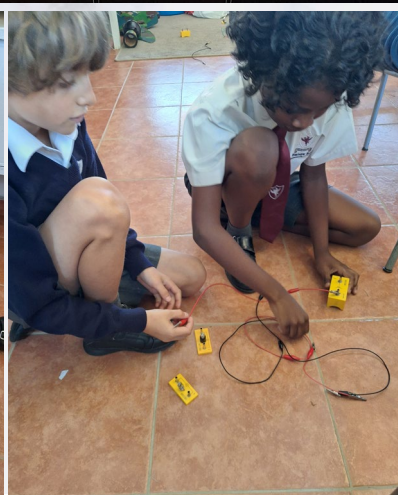
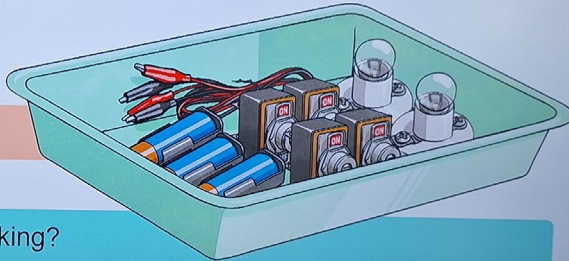
What do the different parts do?



How do I know if the circuit is working?

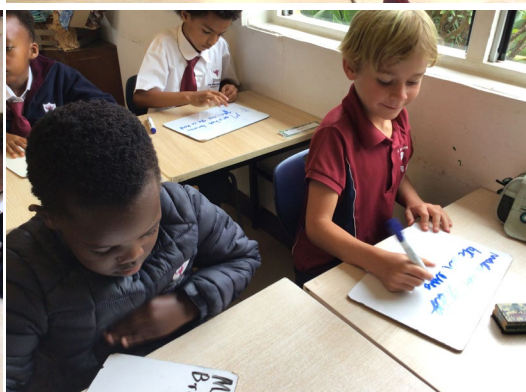
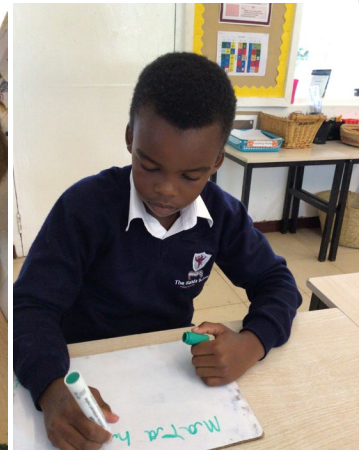
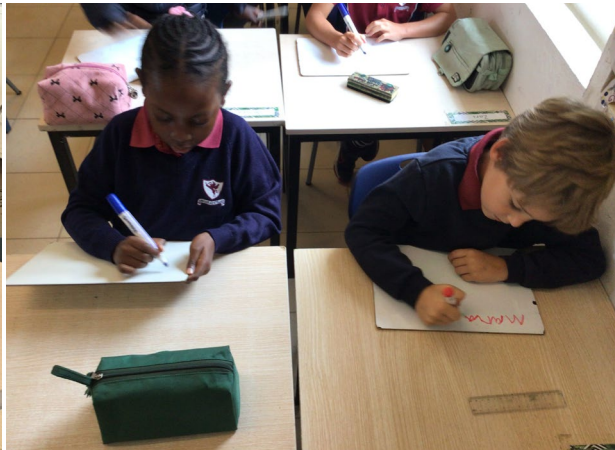
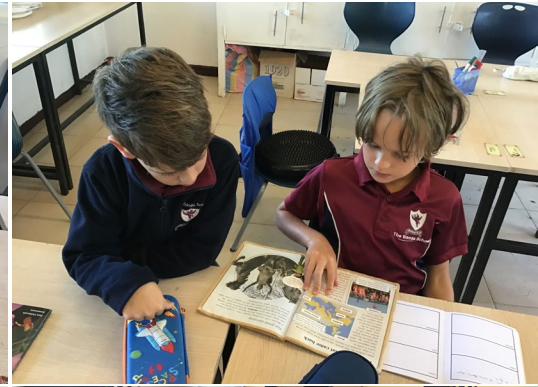
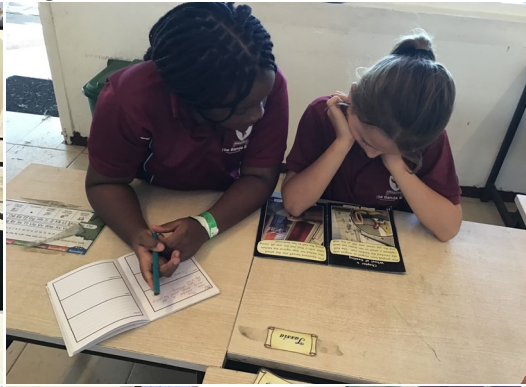


What are the key things that I need to do to get a circuit working?



# YEAR 3

We all enjoyed using whiteboards in Literacy on Thursday to help us with character descriptions then enjoyed some paired reading.



# YEAR 2

Year 2 have enjoyed following step by step instructions on how to draw a pharaoh. After they had sketched the outline they used watercolour paint.



Year 2 enjoying their Ancient Egyptian Day



# YEAR 1

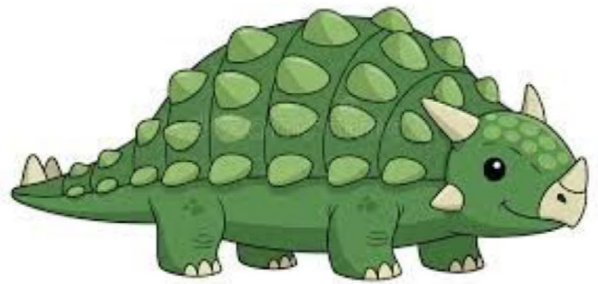
In Religious Studies, we had a special visit from T'Chiwo's mum who taught us about important Christian places. We learned about churches, Bethlehem, Nazareth, the Jordan River, and Rome. These places are special because they help Christians remember the life of Jesus.



# Pegasus

## Word of the Week

**bumpy**



**PEGASUS SPORTS MORNING**





# RECEPTION

It's all about Space in Reception and this week was about the planets Earth and Mars. The children used their fine motor skills and made some amazing pieces of art.



# NURSERY 2

Our class braved the perilous desert to uncover the secrets of wildlife survival! We were absolutely blown away by the "Ship of the Desert," the magnificent camel, learning how they endure weeks without water and chug massive amounts in one go. To celebrate, we brought the dunes to life by cutting and pasting painted brown paper to give our camels real texture, setting them against a stunning desert backdrop!



# NURSERY 1

As we explored the sense of smell, children used bell peppers to create colourful prints on their card. They enjoyed noticing the peppers' fresh scent while experimenting with the unique patterns and shapes they made in their artwork.



# RISING STARS

Physical Development is an important area of learning for the Rising Stars. Crawling helps the children enhance their motor skills.





## A NUGGET



### Some feedback from our Mexican Tuesday Menu:

*'I liked the wrap and the chicken but not the vegetables'*

*'I like the wrap'*

*'The mango salsa was delicious!'*

*'I would like it more spicy!'*

### Recipe to Try at Home

## Meat balls

### Key Ingredients

- ½ kg minced beef
- 2 cloves garlic, crushed
- Ginger, grated
- ¼ tsp ground coriander
- ¼ tsp cumin
- ¼ tsp black pepper
- Thyme
- Salt
- Vegetable oil
- 5 ripe tomatoes
- 1 green pepper, chopped
- Dhania, chopped

### Method

1. Mix the minced beef with garlic, ginger, spices, thyme, and salt.
2. Shape into meatballs and bake until browned.
3. Sauté garlic in oil, then add tomatoes and cook into a sauce.
4. Add a little hot water and the meatballs. Simmer until cooked through.
5. Stir in the green pepper and dhania.
6. Serve hot.

## WEEK 10 MENU

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### MORNING BREAK

Vanilla Cookies  
Fresh Fruit

Cheese Sandwich  
Fresh Fruits

Honey Drop  
Scones  
Carrot Sticks

Savoury Bread  
Sticks  
Fresh Fruit

Tomato Sandwiches  
Fresh Fruit

### LUNCH: SOUP

Tomato Soup

### MAINS

Meat Balls in  
Marinara Sauce  
Spaghetti

Grilled Sausages  
GF Sausages  
Maxim Potatoes

Chicken Stir-Fry  
Noodles

Beef Stroganoff  
Steamed Buttered  
Rice

Honey & Lemon  
glazed Roast  
Chicken  
French Fries

### VEGGIE

Veggie Balls in  
Marinara Sauce  
Vegan Balls  
Spaghetti

Lentil croquettes  
Veg Sausages  
Maxim Potatoes

Vegetable Stir-Fry  
with Tofu  
Noodles

Bean Stroganoff  
Steamed Buttered  
Rice

Chickpea Cutlets  
Vegan Chickpea  
Cutlets  
French Fries

### SIDES

Grated Cheese  
Seasonal  
Vegetables

Baked Beans in  
Tomato Sauce  
Fried Onions

Garlic Butter Soy  
Sauce  
Assorted Salads

Glazed Carrots  
& Baby Marrow

Cauliflower &  
Broccoli

### DESSERT MAIN SCHOOL

Fruit Platter

Fruit Salad &  
Custard

Yoghurt

Apple Crumble  
& Custard

Fruit Platter

### DESSERT PEY

Fruit Platter

Fruit Salad

Yoghurt & Honey

Apple Slices

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

# NOTICE BOARD



## CREED

Creative Education  
Through Drama.



Montessori Learning  
Centre (MLC),  
Grevillea Grove,  
Brookside  
OR  
Academy of Dance &  
Art-Karen

## HOLIDAY DRAMA JAM



## 13 - 24 JUL

LEVEL 1: 3-6 YEARS  
LEVEL 2: 7-12 YEARS

9:30 AM - 11.30AM  
MON - FRI



fun  
creative  
expressive  
coaching



[www.apertureafrica.com](http://www.apertureafrica.com)  
/holidayjam  
+254 716805795



## DRAMA MUSICAL THEATRE EXPRESSIVE STORYTELLING



# NOTICE BOARD




## PONY SUMMER CAMP 2026



### WHY PARENTS LOVE GALLOP PONY SUMMER CAMP

- ☑ Pony interaction, grooming & riding
- ☑ Fresh air and nature-based learning
- ☑ Confidence-building and social development
- ☑ Fun outdoor games and creative activities
- ☑ Beautiful photo opportunities and lasting memories
- ☑ Caring, safe, and guided environment
- ☑ A refreshing break from screens and everyday routines
- ☑ Painting and coloring sessions
- ☑ Team-building and social skills development

 Age: 3-10 Yrs

 6th July – 28th August 2026

### CHARGES

KES 10,000  
{80 USD}  
Per Week



SCAN TO RESERVE  
YOUR SPOT

 +254 798 424242

 [info@gallogostables.com](mailto:info@gallogostables.com)

 [www.gallogostables.com](http://www.gallogostables.com)