



Celebrating 60 Years

Spirit of The Banda

Friday 26th June 2026

A WORD FROM THE HEADMASTER

As we approach the final whistle of the school year, it was great to travel up to Pembroke last weekend for the final tournament of the term - the Ndume Sevens rugby. Our Under 13 and Under 11 boys teams, and our Under 13 girls, played some excellent rugby and, whilst they may not have come away with a trophy, the teamwork, camaraderie and sportsmanship that they all displayed was simply phenomenal. With the Under 13 boys in particular, who battled admirably in an entertaining final, it really was a case of them being greater than the sum of their parts.

Whilst this may be my summary of last week's rugby, it is also a reflection of The Banda as a whole, where pupils and staff - both teaching and non-teaching - pull together on a daily basis to make the experience here something really special. A great example this week has been how everyone pulled together to make the most of Thursday's online learning sessions.

The week ended today with the Year 8 Charity Enterprise Day - another superb team effort - with our Leavers' creativity, ingenuity and entrepreneurship to the fore.

James Moss-Gibbons



U13 Boys & Girls Rugby Teams

See April Week 11 events overleaf

Follow us on:



August hockey sessions

PAMOJA
better never stops

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

**JOIN GREAT BRITAIN OLYMPIC GOLD/BRONZE MEDALLIST CRISTA CULLEN
AND ZIMBABWEAN INTERNATIONAL NICKY WATSON**

WE WILL COVER

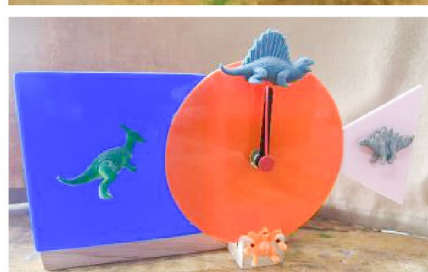
- TECHNICAL SKILLS – LOTS OF TOUCHES
- ATTACKING & DEFENSIVE SKILLS
- SHOOTING PRINCIPLES
- GAME PLAY

DETAILS

- VENUE: BANDA ASTROTURF
- AGES: YEAR 3 – YEAR 8
- TIMINGS: MORNING SESSIONS 8.30AM–11AM
- DATES: WEDS 26TH AUGUST &/OR FRIDAY 28TH AUGUST
- COST: 4,000 KSHS. PER SESSION PER CHILD

**CONTACT NICKY FOR REGISTRATION
+254 748 177108**





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.

THE BANDA ARTS TEAM PRESENTS...

School of Rock

AN UPPER SCHOOL PRODUCTION

WED 1ST JULY 2026
&
THURS 2ND JULY 2026
FROM 6.30PM

SCAN
CODE
FOR
TICKETS



Word OF THE Week

Interspersed

*Spread here, there and among
other things.*

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

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

**Which teacher
has the most patience?**



wellbeing WALL



BUILDING HEALTHY SCREEN HABITS

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. To find out more, [you can view the document here](#).



MENTAL HEALTH INSET

Our staff had an insightful INSET session this week from Paul Boyle, founder of the Albain Institute. We heard about the importance of minding your mental health to support yourself in order to support children more effectively.



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

U13 NDUME 7S REPORT

The sporting and rugby calendar is traditionally wrapped up in Gilgil for the annual Ndume 7s rugby tournament. After a strong 13 aside season we travelled north with a squad with high hopes to be in with a good chance of competing for a trophy that has eluded The Banda for many years. The boys had prepared well the day before but were still caught cold by a fantastic Kenton team in the first game, losing three tries to nil. There was no panic in the camp from the boys, who dusted themselves off to bounce back with a great win against BGE. Two wins against Pembroke B and Hillcrest would follow and a flurry of free flowing rugby and tries to go with them. The boys were starting to find the rhythm ahead of a crucial group qualifier with a strong St Christopher's outfit. A loss would mean dropping out of the competition in the group but even with the pressure on, The Banda found another gear to win and extend their day with group leaders on the opposite side of the draw, BGR waiting. On the main pitch in front of a large crowd this group of boys came up with arguably their finest 14 minutes of the season. Big tackles, organised and clever defence and some superb handling meant they sailed into a first Ndume final in 3 years and an opportunity to be the first team to win the competition since 1996.

On a big stage in front of a capacity crowd, the boys' day went full circle as they met Kenton once again, for the trophy. Their opponents flew out the blocks with two quick tries to lead 14-0 inside just 3 minutes. Instead of laying down, the boys in maroon dug deep and fought their way back into a high quality contest. The scores sat at 21-19 with just 4 minutes left on the clock. A bounce of a ball can often swing these types of games one way or the other and after a period of dominance, Kenton caught The Banda team on the counter attack to win the game and the tournament. Although, of course, disappointing to not be crowned champions in 2026, this group of boys were a credit to the school. Many of the specialist rugby coaches from other schools and visiting senior schools observed, commented on their team spirit, style of play and character. It was a squad effort from 1-10 and they should all hold their heads high after a wonderful day of rugby. 5 players were selected for the Nairobi West team, Henry Rosen, Valentine Oser, Sammy Kaddu, Tristan Darker and Michael Meek. They dusted themselves off on the Sunday to lead their regional team to victory against Nairobi East and the Up-country team, again playing some excellent rugby in the process.



U11 NDUME 7S REPORT

The Under 11 A rugby team competed in the Ndume 7s tournament last weekend, where they faced a number of strong and well-organised sides. Although the boys did not progress to the final stages, they produced some excellent rugby throughout the day, demonstrating impressive teamwork, resilient defence and confident ball handling. They created several well-worked tries through quick passing, intelligent support play and determined running, refusing to be discouraged by tough opposition. The tournament provided another valuable opportunity for the team to test themselves against quality competition, and the boys represented the school with great sportsmanship, commitment and pride.



CONGRATULATIONS

Last Saturday, The Banda's Gymnastics Team's Girls' squad, comprising Anita, Ella, Isabella, Maya, Sarata and Zimela, took center stage at the Kids Gymnastics Acro-Gymnastics School/ Club Competition, held at the Ulinzi Sports Complex. The team delivered a stellar performance, showcasing their dedication, teamwork, and the rigorous training they've undergone. Their hard work paid off as they secured 3rd place out of 8 competing groups in their category. The event, themed "Showcase. Challenge. Celebrate.", was a vibrant celebration of athleticism and sportsmanship, very much aligned with Banda's philosophy. Banda's Gymnastics Team continues to embody the spirit of "Building Healthy Kids", and their achievement is a testament to their perseverance and passion for the sport. Congratulations to Anita, Ella, Isabella, Maya, Sarata and Zimela for making the school proud!



Sam in Year 7 has spent the last few years climbing mountains, earning merit badges and building skills that go far beyond the classroom, with the Boy Scouts of America (BSA) in Kenya. Recently, after about 6 – 8 months as full Scout, Sam was awarded the Scout rank of Tenderfoot which represents the mastery of fundamental outdoor survival, basic first aid and citizenship skills. [Read more of his story here](#). Congratulations, Sam!



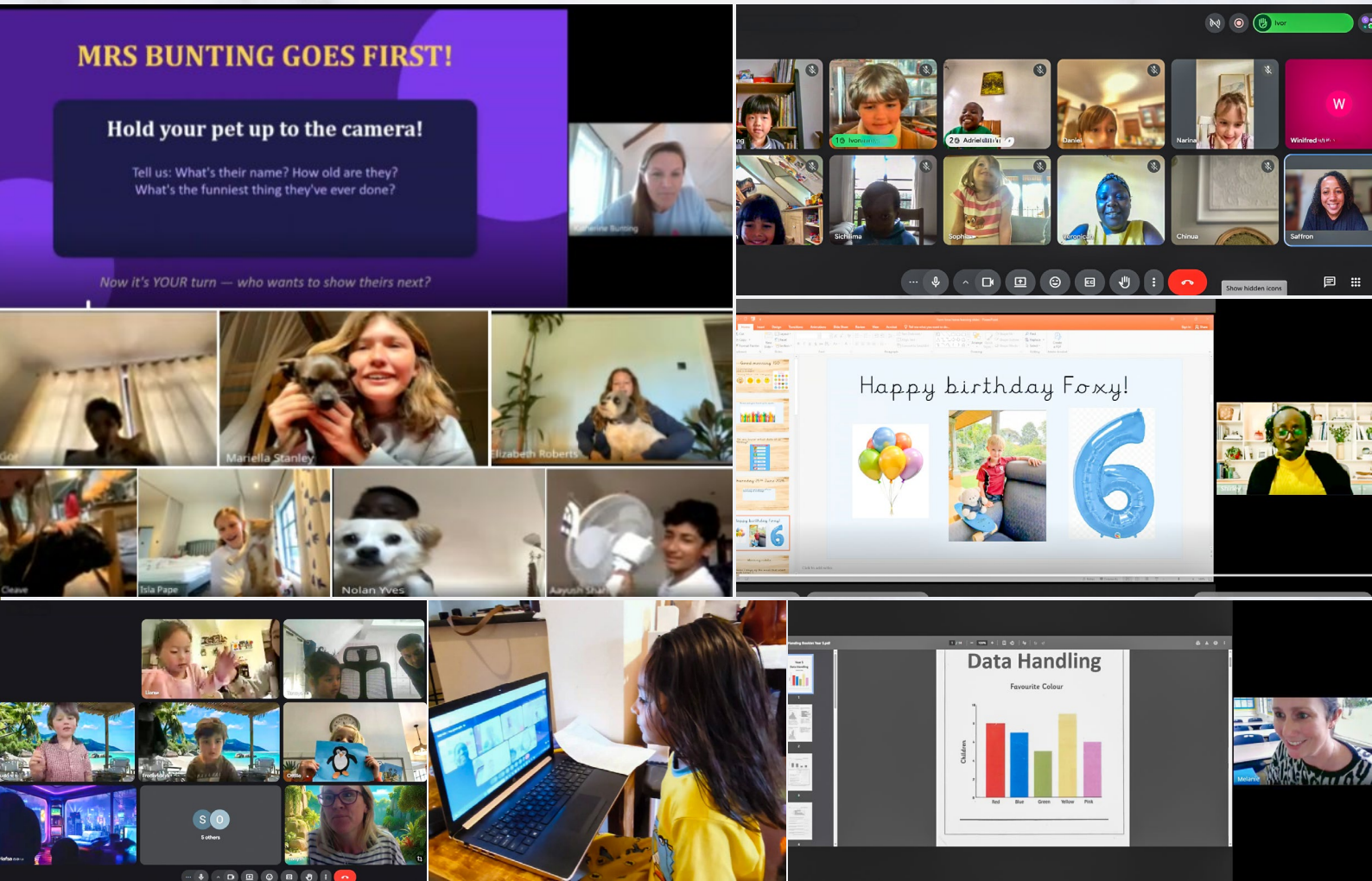
AI IN EDUCATION

On Saturday, Mrs. Scott was invited to serve on an expert panel for an AI in Education Summit hosted at Brookhouse School. There were invaluable insights into the future of education, specifically regarding strategies for ethical AI integration. At The Banda we will continue to ensure that our integration of technology remains safe and is used intentionally to enhance pupil learning.



THURSDAY ONLINE LEARNING

Our pupils and teachers moved their learning to online Google Meets on Thursday due to potential national safety concerns. The day kicked off with Form/ Tutor time and it was wonderful to see so many excited faces eager for the day of learning. Whilst Upper School pupils had experienced such an opportunity during COVID, for most of our younger pupils it was their first time having a lesson on a screen rather than in person in their classrooms. Lessons ranged from Phonics and Rhyme Time to Literacy to Science to Maths to French and so many more! Whilst there were some difficulties logging in for some (which have hopefully been sorted out!), much fun was had by most of our pupils but we are delighted to be back in school in person for the final day of the week! Thank you to our teachers, our pupils and parents for all the hard work and support on the day.



LOCATION KNOWLEDGE



This week, the Geography department hosted a Location Knowledge Showdown for pupils who have achieved Legend or Master location knowledge status, or consistently excelled in global location tests. The event involved five demanding rounds of geographical trivia: fast-paced capital city relays, a Mystery Country round where pupils raced to identify nations from progressively easier clues, a round featuring quick fire lateral geography knowledge, journey tracing across multi-step global itineraries to identify a final destination, and Border Control where, in a timed solo turn, each student had to name every land border of a specific nation. Well done to Henry, Seb, Devansh, Sade, Juliet, Liseno, and Jason for putting on a stellar performance and for making it a close competition, and congratulations to the overall winner, Mateo in Year 7. Mateo would now like to be referred to as the Location Knowledge Emperor!

HILLCREST INTER-SCHOOLS RIDING COMPETITION

The Hillcrest Interschools Riding Competition is now happening on the 20th September 2026. [Please have a look at the schedule](#) and send your entries to Mrs Claire Viljoen at c.viljoen@bandaschool.com. Thank you for the entries I have already received. We have limited spaces still available for Regional Team Jumping (4 - 6 spaces) and Grass Roots Team Jumping (3 spaces). Unfortunately the places for the 2 Gymkhana Games Teams have already been filled.



YEAR 8

As part of their Post Common Entrance programme, Year 8 usually spend some time in the school kitchen. This year, they learnt how to fold, cook and eat Chinese dumplings. As is the Banda way, they then raced in teams to see who could move the most popcorn using chopsticks in half a minute. Group stages were very tight; the ultimate Banda Chopstick Champions of 2026 were: Ella & Esha, Alex & Sade and Devansh & Kalayaan.



YEAR 7

The Year 7s spent Wednesday morning this week off timetable for Leadership and team building sessions. It was a fun and dynamic morning involving a variety of different sessions delivered by staff. It started with some energiser team building games on the field before a leadership workshop in the studio. After break the Year 7s were tasked with cracking codes from three problem solving activities to ultimately find the hidden clue that would take them to finding the golden padlock on the school bell. After much excitement and a great deal of teamwork, they headed into a Q&A with a panel of young leaders and ex Banda pupils. Lyndon Darker, Warimu Gitau and Nakami Nyakairu kindly gave up their time to come and answer questions articulately and insightfully on being in leadership roles in schools, the challenges it presents and the individual journeys they have been on. This capped off a really worthwhile and fascinating morning that should set up the Year 7 year group nicely to take on the top of the school in September.





YEAR 6

This term Year 6 have covered autobiography (reading Ronald Dahl's Boy) and biography writing. Over the last week and a half, they selected a member of their family, did research and wrote about that relative using the features of biography writing: using the third person, writing chronologically, using facts etc. The children have written about grandmothers, great grandmothers, fathers, mothers, grandfathers. It has been an enriching experience for them all.



YEAR 5

What better way to develop effective research and data-sourcing skills than by investigating a real-world topic? In their Computing lessons, the Year 5 pupils are currently researching Kenya and creating informative slideshows to present their findings.



Word OF THE Week

JUNIOR

Emboss

To create a raised design on a surface.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

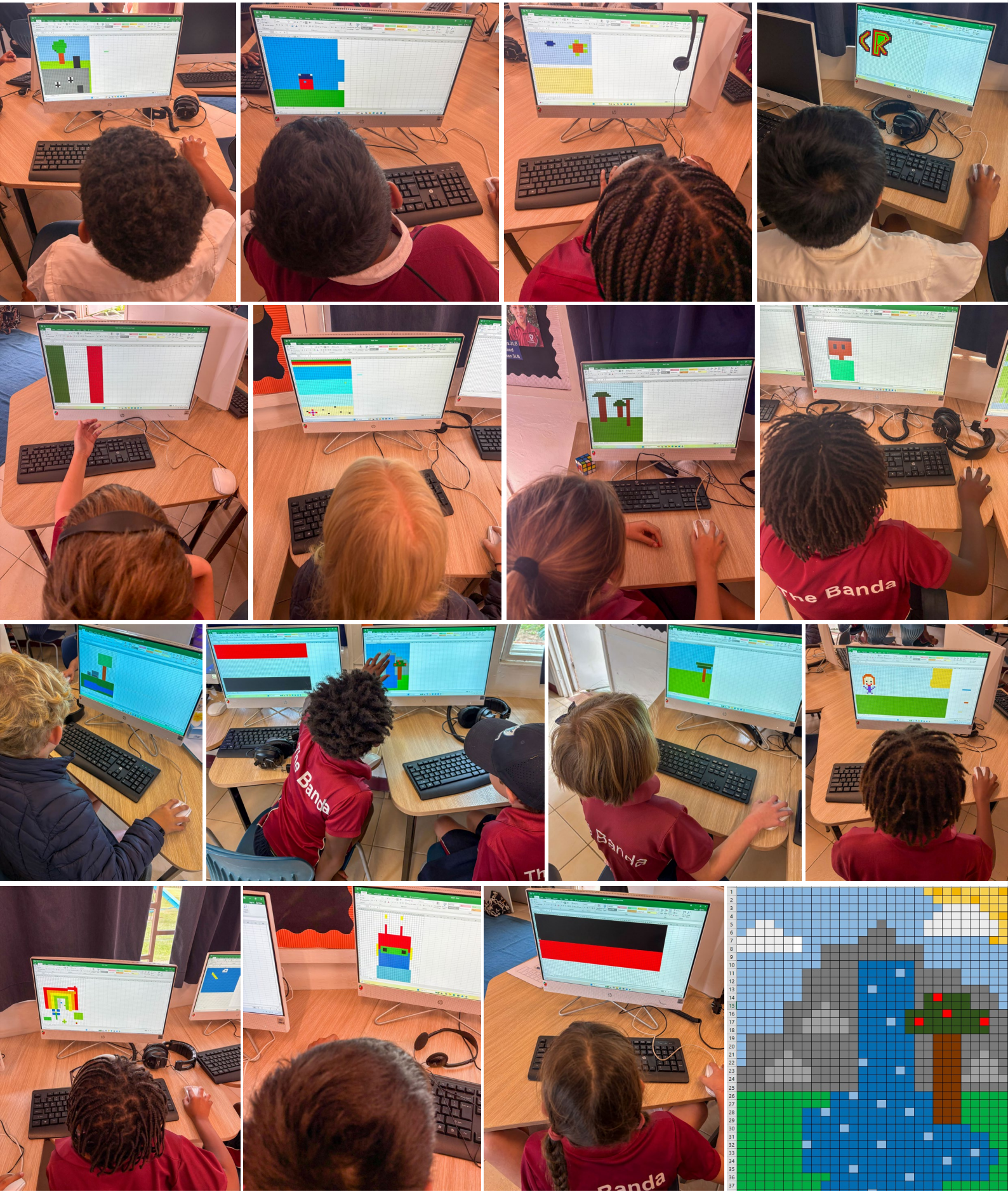
YEAR 4

The Year 4s were incredibly enthusiastic about organising their very own debates and using persuasive language to arrange their ideas. They loved presenting to the class and learnt some valuable skills along the way.



YEAR 3

This half term in Computing, Year 3s have been learning about how devices store and display pictures using pixels and binary code. They had a go at creating their own pixel art by formatting a spreadsheet in Excel to make their own pixels. You might even spot a few flags showing how the World Cup has influenced their work...



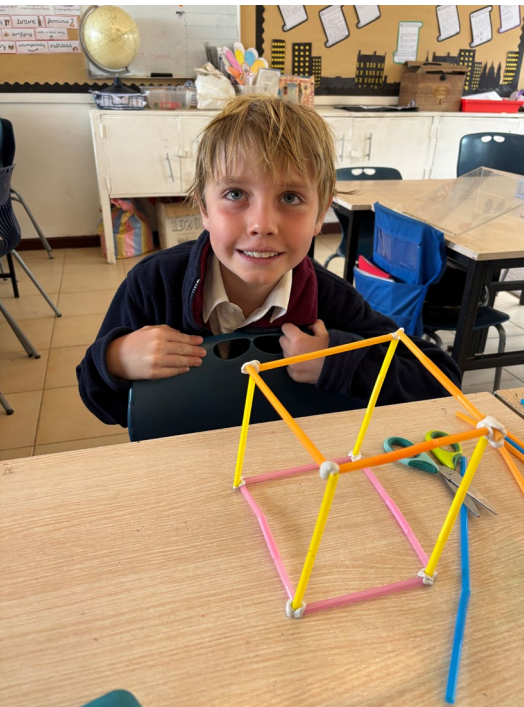
YEAR 3

Science skeletons were harder to make than they looked! But we had a great time making them.



YEAR 3

Luke and Louie made some cuboids with straws (as edges) and blu tak (vertices). Architects in the making.



YEAR 2

Rosa, our School's counsellor talked to 2FA children about body image and the importance of appreciating our differences.



YEAR 2

Year 2 learnt about Position and Direction and demonstrated practically what they meant.



YEAR 1

Diving into the concept of time, Year 1s loved mastering the days and months. They took the fun a step further by mapping out their birthdays, sparking a delightful debate over who was the oldest in our calendar lineup!



Pegasus

Word of the Week

tiny



BALLET SHOWCASE

Nursery 2 and Reception took part in a ballet showcase this week where their parents were invited to come and watch.



RECEPTION

This week in Reception, we learnt that Saturn has 82 moons while Earth only has one! We watched a video of the moon landing and had fun playing with playdough and making craters on its surface with our fingers. After we created lovely moon pictures on black paper with graphite pencils and chalk.



NURSERY 2

This week we took a walk in the Arctic, learning about polar bears, beluga whales, arctic hares and foxes. We made a stunning polar bear collage, and saved some arctic creatures that were stuck in chilly icebergs.



NURSERY 1

Learning the number 3 was thrice the fun as the children coloured and decorated their numerals with creativity and excitement.



RISEING STARS

The Rising Stars effortful control in waiting for a turn to build an anthill using stickle bricks.





Did You Know?

Many of the ingredients in our kitchen travel only a short distance from farm to table, helping to keep meals fresh and full of flavour.

Recipe to Try at Home

Banana Bread

Key Ingredients

- 3 ripe bananas, mashed
- 2 eggs
- 100g sugar
- 125g butter, melted
- 250g self-raising flour

Method

1. Preheat the oven to 180°C.
2. Mash the bananas in a bowl.
3. Add the eggs, sugar, and melted butter. Mix well.
4. Fold in the flour until combined.
5. Pour the mixture into a greased loaf tin.
6. Bake for 40–50 minutes, or until a skewer inserted into the centre comes out clean.
7. Allow to cool before slicing and serving.

A NUGGET

We use fresh herbs picked from the garden rather than dried herbs from a packet.

WEEK 11 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

LUNCH: SOUP

MAINS

VEGGIE

SIDES

DESSERT MAIN SCHOOL

DESSERT PEY

Cucumber Sandwiches
Fresh Fruit

Cheese Crackers
Carrot Sticks

Honey Oat Bars
Fresh Fruits

Focaccia
Cucumber Sticks

Marble Cake
Fresh Fruit

Butternut Soup

Margarita Pizza
GF & DF Pizza
Baked Beans

Honey & Lemon
Glazed Roast
Chicken
Maxim Potatoes

Mild Beef Curry
Steamed Buttered
Rice

Fish Goujons
PEY: Chicken
Goujons
French Fries

SPEECH DAY 2026

Margarita Pizza
GF & DF Pizza
Baked Beans

Chickpea Cutlets
Vegan Chickpea
Cutlets
Maxim Potatoes

Mild Bean Curry
Steamed Buttered
Rice

Scotch Eggs
Vegan Nuggets
French Fries

Potato Salad
Boiled Eggs
Sweet Corn
Coleslaw

Crunchy French
Beans

Sautéed
Cauliflower &
Broccoli

Fresh Seasonal
Vegetables

Fruit Salad
Custard

Vanilla Yoghurt

Ice Cream
Fruit

Fruit Platter

Fruit Salad

Natural Yoghurt &
Honey

Fresh Fruit

Fruit Platter

SALAD BAR - an assortment of salads is served daily

Lettuce, Tomato, Cucumber, Coleslaw, Carrot Sticks, Beetroot, 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



PONY SUMMER CAMP 2026



WHY PARENTS LOVE GALLOPGO 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



www.gallogostables.com

NOTICE BOARD

EXPLORE AND EXPRESS
YOUR CREATIVE SELF
CHILDREN!



LEARN



GROW



DEVELOP



SKILLS



ENJOY



LIVE

KIDS SUMMER ART CLASSES AT WASP & SPROUT



JULY AND AUGUST 2026

Ages: 5-12

MONDAY, WEDNESDAY, FRIDAY
09:30- 11:00 am

(Mon 6th July - Fri 28th August 2026)

Twelve Class Bundle : Ksh 36,000
Six Class Bundle: Ksh 19,500
Drop in : Ksh 3,500 (upon availability)

Kids refreshments & materials included.
Parents enjoy 10% off on the menu with bundles.

EXPLORE & EXPRESS



www.exploreandexpressyou.com



LOVE



APPRECIATE



EXCEL

Limited seats available book in advance.
Register at exploreandexpressyou@gmail.com, Tel: +254 728874152

Wasp & Sprout, Old Loresho Shopping Centre,
Loresho Ridge Road, Nairobi, Kenya



@exploreandexpressyou