Celebrating 60 Years

Spirit of The Banda

Friday 25th September 2026

A WORD FROM THE HEADMASTER

Our Year 4 and Year 5 groups have both enjoyed time away from school this week. The former paid a visit to the Railway Museum; whilst the latter had an overnight team-building trip to Swara Plains. Such outings not only help to bring the curriculum to life, but also cultivate independence and resilience. Moreover, they help to foster children's curiosity and give them opportunities to question the world around them. In short, they are an integral part of what we offer as part of the wider curriculum.

There are a couple of events at the start of next week that I'd like to draw your attention to. On Monday afternoon at 3.15pm, there is a Phonics and Reading Workshop for parents of children in Reception and Year 1. Please do attend this if you can so that you're able to help support at home what out teachers are delivering at school.

Then, on Tuesday morning from 7.30am in the Pegasus garden, Bbrood will be set up selling drinks and snacks. Parents from across all sections of the school are welcome to attend; SLT and other staff will be around to chat with so please do join us.

And finally…. Please do join in tomorrow's Colour Run, the first PTA charity fundraiser of the year.

James Moss-Gibbons



See Sept Week 5 events overleaf

Follow us on:

THE BANDA SCHOOL PTA

COLOUR RUN

Run, Splash, Smile, Repeat!

ALL AGES WELCOME!

FAMILY FUN GREAT MEMORIES!

EVENT DETAILS

- **Date: THIS Saturday 26 September 2026**
- **Registration opens at 8:30 AM**
- **Colour Run finishes by: 10:30 AM**
- **Location: The Banda School**

WARM UP WITH NADA!

Before we hit the course, get ready to warm up with Nada! She'll be leading a fun, high-energy warm-up packed with music, movement and dancing to get everyone smiling, stretching and ready to run.

MUSIC • MOVEMENT • DANCING
LET'S GET READY!

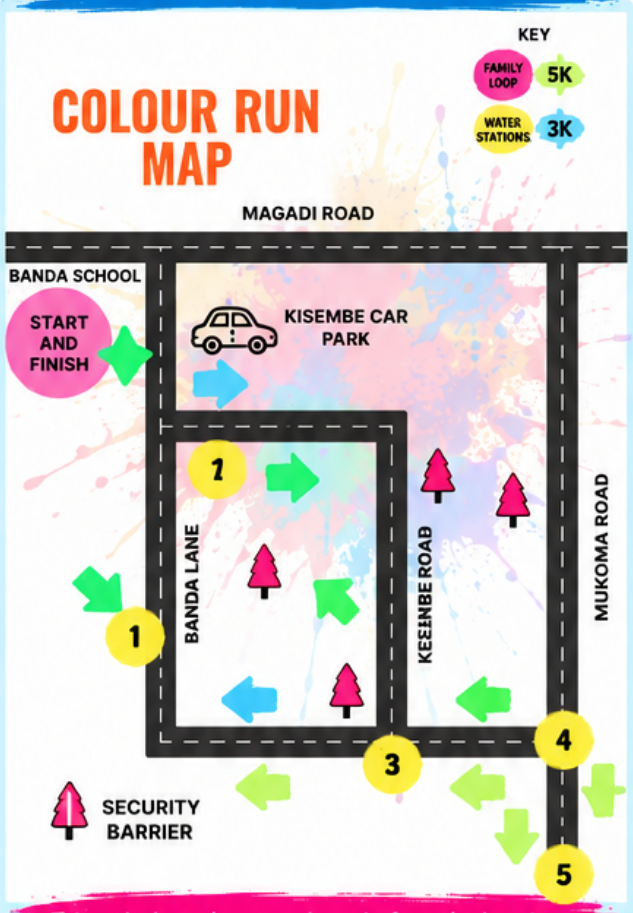
DRESS FOR THE MESS

You'll be splashed, sprinkled, and showered with colour, so wear old clothes and trainers you don't mind transforming into a work of art!

STRIKE A POSE

Don't leave without visiting our colourful photo booth. It's the perfect spot to capture your rainbow-covered smiles and create excellent memories!

COLOUR RUN MAP



Take a look at the map above before the big day and choose the course that's right for your family!

A FAMILY ADVENTURE

This is a parent-and-child event, so grown-ups must run alongside their children throughout the course.

No childcare or supervision will be available, which means everyone gets to join in the fun together!

CHOOSE YOUR CHALLENGE!

Whether you're in it for a colourful stroll or a bigger adventure, we've got a route for everyone:

Fun Run
around the school field for our youngest runners and families wanting a quick burst of colour and fun.

3km Route
for those looking for a little extra adventure.

5km Route
for runners ready to go the distance!

REFUEL AFTER THE RUN

Every child will receive a **FREE ice lolly** to cool down after all that colourful fun!

Josmoo will be **serving juices and smoothies** for purchase.

Brood will be on hand with **coffee, tea and snacks** available for purchase.

QUESTIONS?

Your PTA representative will be happy to help with any event questions.

WANT TO VOLUNTEER?

We'd love your help making the day a success! Join our volunteer WhatsApp group here:

https://chat.whatsapp.com/IEQSTwqewTvQIVRRVRQnC4md7scdBpi8FmIso4BiiIr4

REGISTER EARLY

Help us make the morning run smoothly by **pre-registering** using **this link!**

CLICK HERE TO REGISTER

Pre-registering helps us keep things moving quickly on the day, making check-in smooth and stress-free for everyone.

Run, Walk, Stroll, Dance, Get Colourful!

ONE GOAL: HAVE FUN!

See you there!

wellbeing WALL

CHOCOCHAT
WITH MRS ROGERS

Year 4 enjoyed a wonderful ChocoChat with Mrs Rogers, discussing highlights of their school year so far, including their important role as role models for the rest of the Lower School. They also shared some feedback about their lunch table duty, and together we brainstormed a few helpful solutions! Next week's ChocoChat will be open to Year 3.









The Banda School

Word OF THE Week

Voracious

Having an intense enthusiasm or appetite for something.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

FLIGHT

Our bespoke co-curricular programme is up and running again with 22 different activities on offer to Years 3-8 on a Friday afternoon. Pupils have been turning their hand to new skills, challenges and exploring new passions through a dynamic and wide range of offerings. From baking to waterpolo, Crochet to beading, Karaoke to bushcraft, Croquet to yoga, our pupils have entered into the programme with their usual Banda enthusiasm and gusto. The new set of activities started this week with a fresh set of tasks for our pupils to learn and master.

THE BANDA **FLIGHT PROGRAMME**




RAPPEL



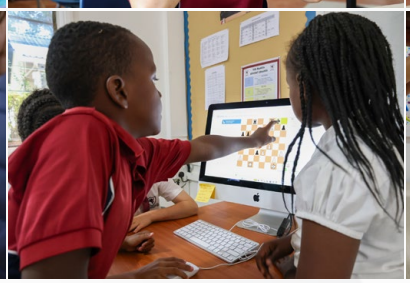






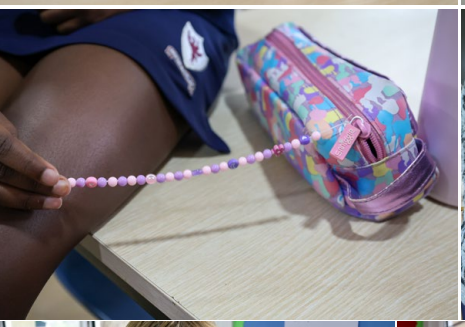










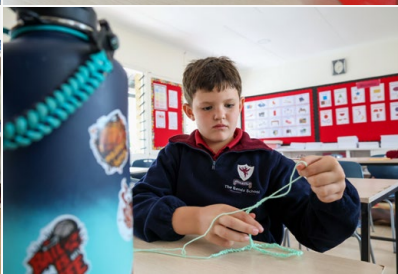















BANDA IN ION!





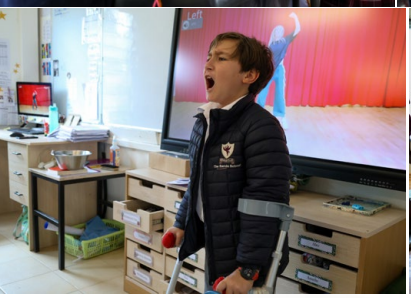

Volcanoes














The Banda School


CONGRATULATIONS!

We have plenty to celebrate, with our pupils making their mark in sport both on and off the school field. A few weekends ago, Alex took first place in the Under 10s category at the Forest2Forest cycling competition in Limuru, while last weekend, Atticus Steyn battled his way to victory at the Bumble Bees Under 10 Tennis Tournament at Nairobi Club. After losing one of his pool matches 2–1 and finishing second in his pool, Atticus went on to win his semi-final before facing the same player in the final, where he secured a hard-fought 2–1 victory. Meanwhile, Sala, Vivi and India had a special day at Kasarani on Sunday, cheering on our Netball Coach, Julius, as he represented Kenya against Malawi. Kenya came away with the win, making the occasion even more memorable for the girls, who were especially proud to see their inspirational coach lead the national team as captain.

















NGONG ROAD FOREST RUN

On Saturday, 11 pupils and a teacher took part in the Ngong Road Forest Run at the Ngong Race Course, putting in a fantastic effort. Magnus, Matthew, Theo, Amara, Kora, Isla, Ryan, Marshal, Oscar and Hugo tackled the 5 km, while Jack took on the 10 km and Mr Foster completed the 21 km race. Ryan finished an impressive 5th in the 5 km and Jack also secured 5th place in the 10 km, making it a fun and rewarding morning for a great cause.

















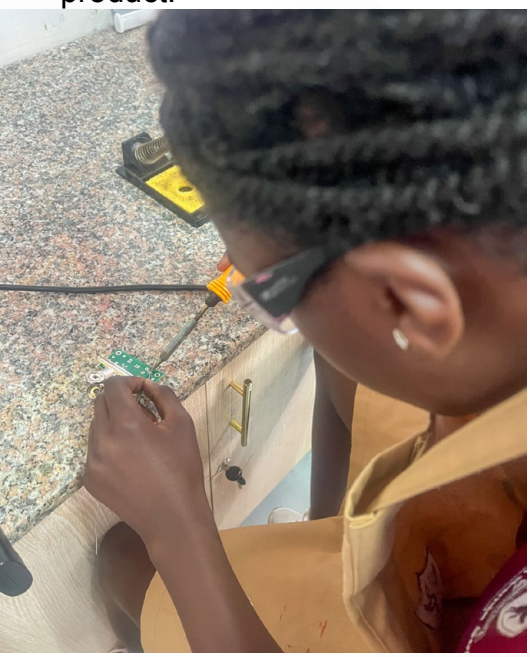
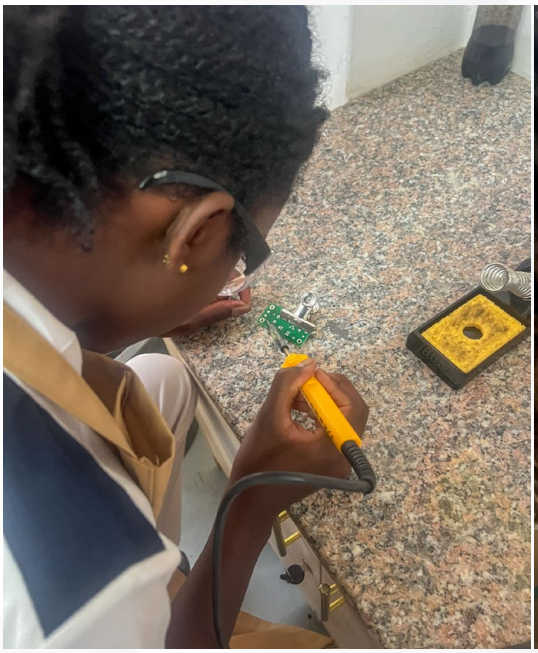


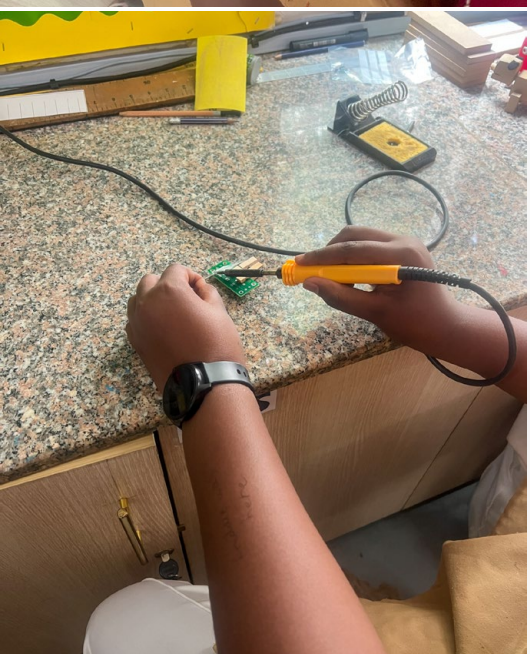





YEAR 8

Design and Technology is a subject that brings together creativity, problem solving and scientific understanding, making it every bit as important in developing our pupils' skills as subjects such as Science and Maths. This week, our Year 8 pupils put their scientific knowledge into practice by learning how basic electronic circuits work. They then applied this knowledge by populating circuit boards and carefully soldering each component into its correct position. They were absolutely amazing! The quality of their soldering was particularly impressive, demonstrating excellent concentration, precision and practical skill. It was fantastic to see their scientific understanding translated into a real, working product.





YEAR 7

Collaboration in action: Today’s rhythm exercise challenged us to communicate, listen, and sync up as a team. Syncing up, locked in, and dropping the beat!









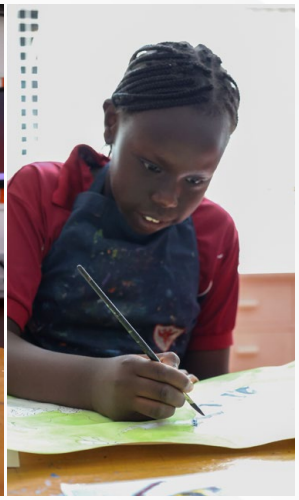


YEAR 6

Year 6 pupils have produced exemplary observational studies during their recent art lessons, focusing on the intricate forms of insects. Demonstrating impressive dedication and technique, the pupils are refining their application of watercolour through wet-on-wet methods and precise tonal blending. The work highlights both technical skill and thoughtful artistic expression.














YEAR 5

Year 5 headed off on their team-bonding trip on Thursday to Swara Acacia Lodge, and the excitement was absolutely infectious, they could hardly wait to get going! We left school at 9:30am for the hour-long bus ride to Athi River.

Once we arrived, the children were shown to their rooms and wasted no time dashing about, full of energy and fun. A delicious lunch at the lodge followed, then some lively team-building games. After all that activity, a dip in the pool was the perfect way to cool off and refresh.
At 5:00pm, we set off on a nature walk, where the children spotted giraffes, zebras, vultures, and even a few cows along the way. Dinner and a cosy bonfire rounded off the evening, complete with a wonderfully special marshmallow-roasting session led by a professional: a real treat for the children. They settled into bed earlier than expected, and everyone enjoyed a peaceful, tear-free night.

On Friday morning, a few early birds were up before the sun, but they showed lovely discipline in letting the rest of camp sleep on. Breakfast was served at 7:30am, followed by some well-earned free play. The trip wrapped up with a fun final challenge: building a sturdy, comfortable chair using only five natural materials found around them.

With very little lost property and smiles all round, it's safe to say Year 5 had a wonderful time on their trip!







UPTO
45 KG









VOLCOM


Word OF THE Week

JUNIOR

Enormous

Extremely Large

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

YEAR 4

Year 4s had a friendship chat with our counsellor, Ivanna and were given some valuable social skills on how to navigate friendships and complexities.



YEAR 4 TRIP TO THE NAIROBI RAILWAY MUSEUM

On Monday, Year 4's had the absolute pleasure of kicking off the week with an exciting trip to the Nairobi Railway Museum, followed by a short train journey from the Main Nairobi Terminus to Embakasi and back. This excursion was linked to our History unit on the Kenya–Uganda Railway, where the children have been exploring the fascinating history of the "Iron Snake/ the Lunatic Express' and the infamous man-eaters of Tsavo.

















YEAR 3

We had a great time looking for fossils. We recorded them in our books. We wrote down what era the fossil had come from, the quantity and how old it was. Lots of hands on fun!



















YEAR 3

The discovery of Handy Man: We travelled back to 1960 to reach Olduvai Gorge where we uncovered a jaw and a skull and learnt that it could be belonging to Handy Man. Incredible discoveries! We also found some other fossils. We had to use paintbrushes to be sure nothing was broken or damaged.







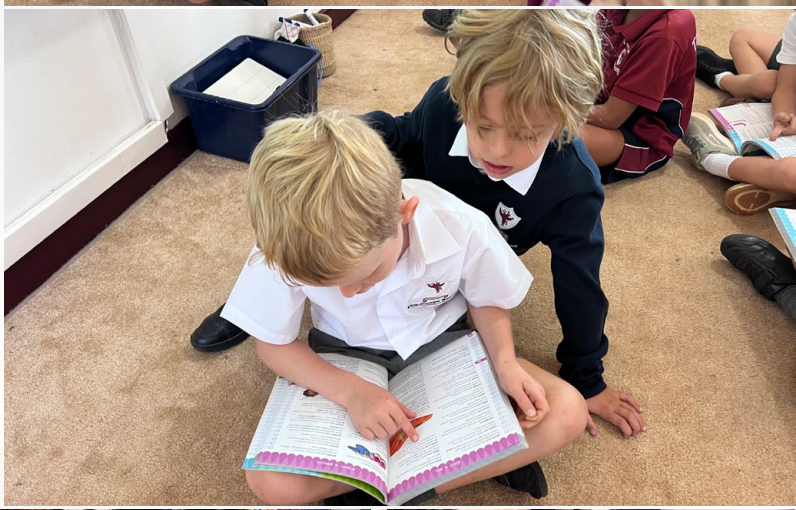


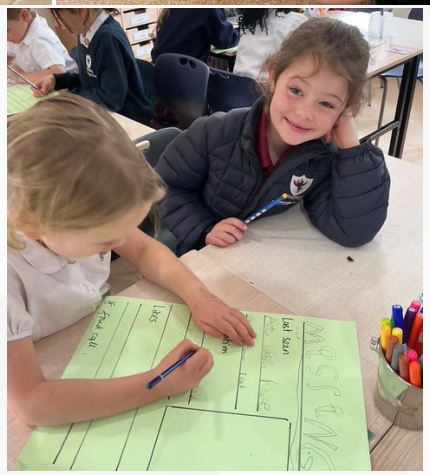
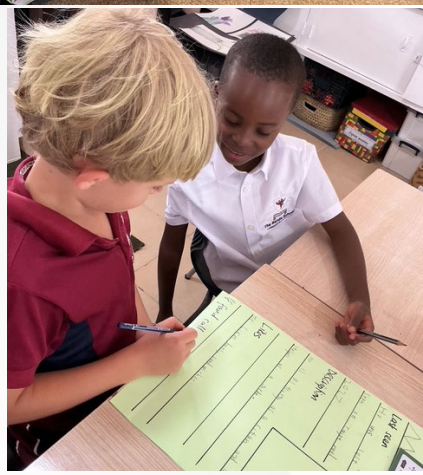
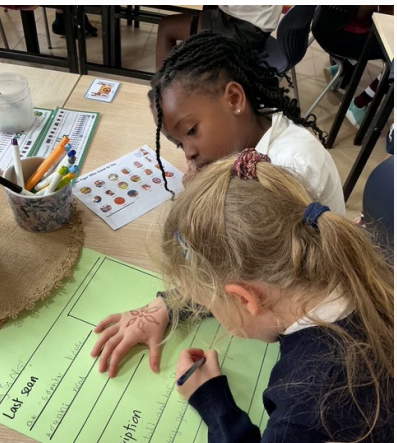


YEAR 2

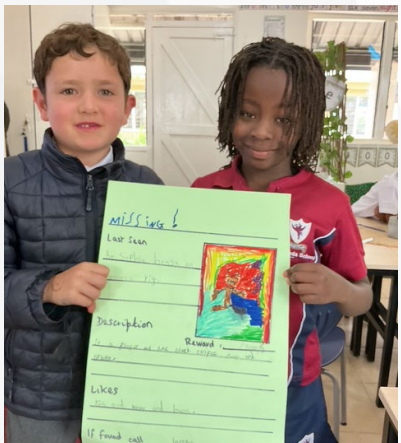
Our Year 2 pupils have been busy developing their English skills through some fun and creative activities. 2SR became “dictionary detectives”, learning how dictionaries help us find the meanings and spellings of unfamiliar words, while 2LK worked in pairs to create Missing posters for a tiger, using a fantastic range of adjectives to describe him.

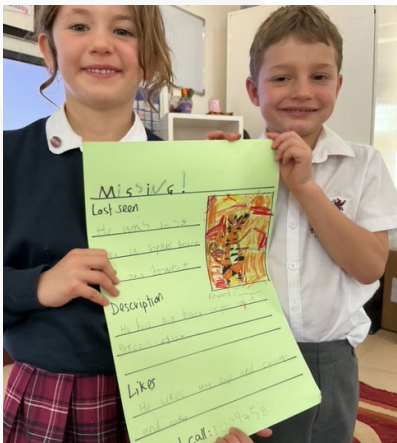




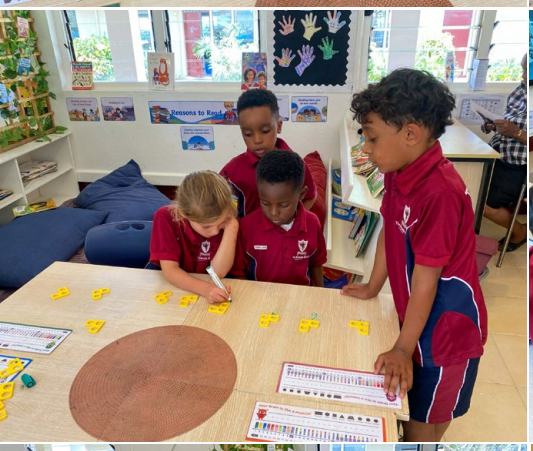
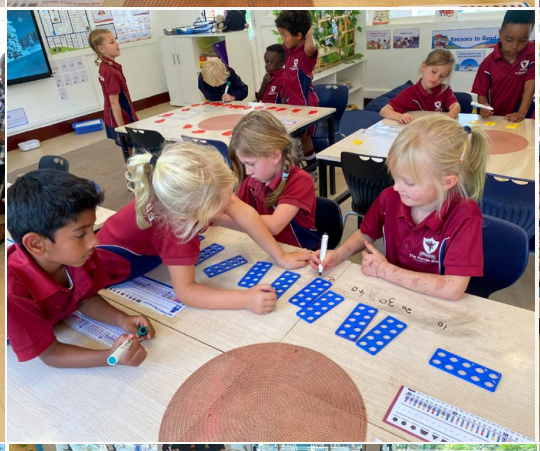




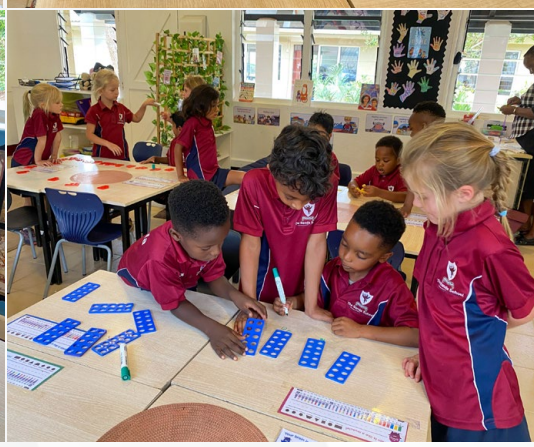
YEAR 2

In Numeracy, pupils enjoyed using counters to strengthen their number skills and develop their confidence with numbers. They also explored Raksha Bandhan, learning about the Hindu festival and its celebration of sibling relationships, before creating beautiful rakhis to give to their loved ones.










YEAR 1

In Numeracy we learnt about the greater than, less than and equal to symbols and did lots of practical activities to help us understand the concept.

















YEAR 1

In Year 1, we have been putting our phonics into practice, learning the phonemes **ay, ai and oi** this week. In Religious Studies, we learnt about Allah's command to care for animals through the story of the Prophet and the ants, before making cosy nests for our little ants.


















Pegasus

Word of the Week

tidy



RECEPTION

Reception had lots of fun getting creative as they designed and made their own colourful sock puppets during Literacy.












Reception
Ms E Munyihya



NURSERY 2

The Nursery 2 children transformed into a marching battalion, enthusiastically stepping up and down our Nursery 1 play hill to the tune of The Grand Old Duke of York. By matching their movements to rhythm and tempo, children refined their gross motor coordination and balance. Coupled with their own imaginative free role-play, they built vital collaborative skills, spatial awareness, and creative self-expression.


















There is nothing quite like the magic of crawling under the table, staring up at the "night sky," and drawing galaxies with our space-themed light. Beyond the giggles and glowing wonder, this is heavy-duty play in disguise! Working on their backs against gravity targets both gross and fine motor skills in a massive way, building seriously strong arms and hands while their imaginations soar.








NURSERY 1

Hands-on learning was in full swing this week! Nursery 1 children put their shape knowledge to the test during our sticking activity, working with Circles, Squares, and Triangles. They sorted their shape cut-outs and stuck them onto their activity sheets, helping to reinforce shape identification, practice sorting, and strengthen fine motor skills and finger control.

















RISING STARS

Rising Stars playing in the muddy puddle. We had surprise Music Teachers this week. Can you guess who?



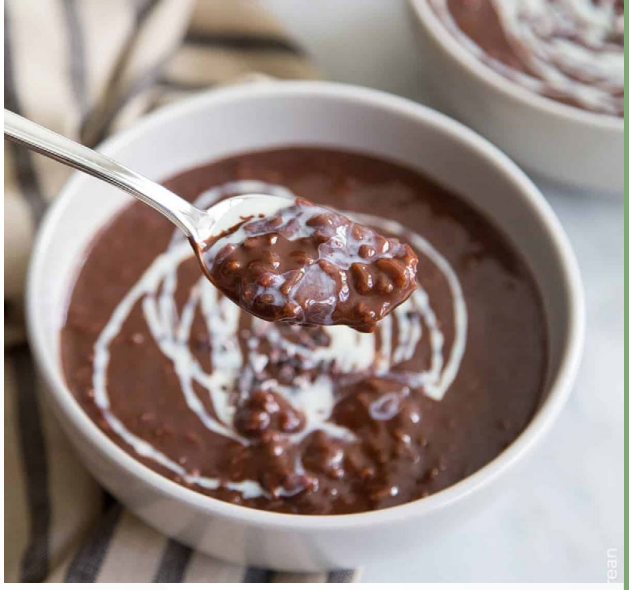










Recipe to Try at Home

Rice Pudding

Key Ingredients

- 1½ cups cooked rice
- 2 cups milk
- ⅓ cup sugar
- A pinch of salt
- 1 tablespoon butter
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Grated chocolate or raisins (optional)

Method

1. Place the cooked rice, 1 cup of milk, sugar and salt in a saucepan.
2. Cook over medium heat, stirring regularly, until the mixture is thick and creamy.
3. Add the remaining milk and cinnamon, and stir well.
4. Remove from the heat and stir in the butter and vanilla extract.
5. Serve warm, topped with grated chocolate or raisins if desired.

A NUGGET



On our mission of trying new things this week, we sampled rice pudding!

Did you know People make rice pudding in almost every country on Earth, though it goes by different names like kheer in India and arroz con leche in Spanish-speaking regions.

WEEK 5	MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	BREAK	Honey Oat Bars Carrot Sticks	Egg Sandwiches Fresh Fruit	Choco Cookies Fresh Fruit	Savoury Breadsticks 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	Roast BBQ Chicken Wedge Potatoes
	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 Wedge Potatoes
	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	Banana Fritters	Fruit Platter
	DESSERT PEY	Fruit Platter	Fruit Salad	Yoghurt & Honey	Banana Fritters	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

Menu is subject to change

NOTICE BOARD

THE 13TH EDITION

THE BUTTERFLY TRUST CONCERT

SATURDAY, 26TH SEPTEMBER 2026

KENTON COLLEGE HALL

2.30 PM TO 4.30 PM

BOOK YOUR TICKETS NOW!

ADULTS: KES 1800

KIDS: KES 1200



PAY TO:

LIPA NA m-pesa

Paybill No. : 7818925

Account: "Name Concert Donation"

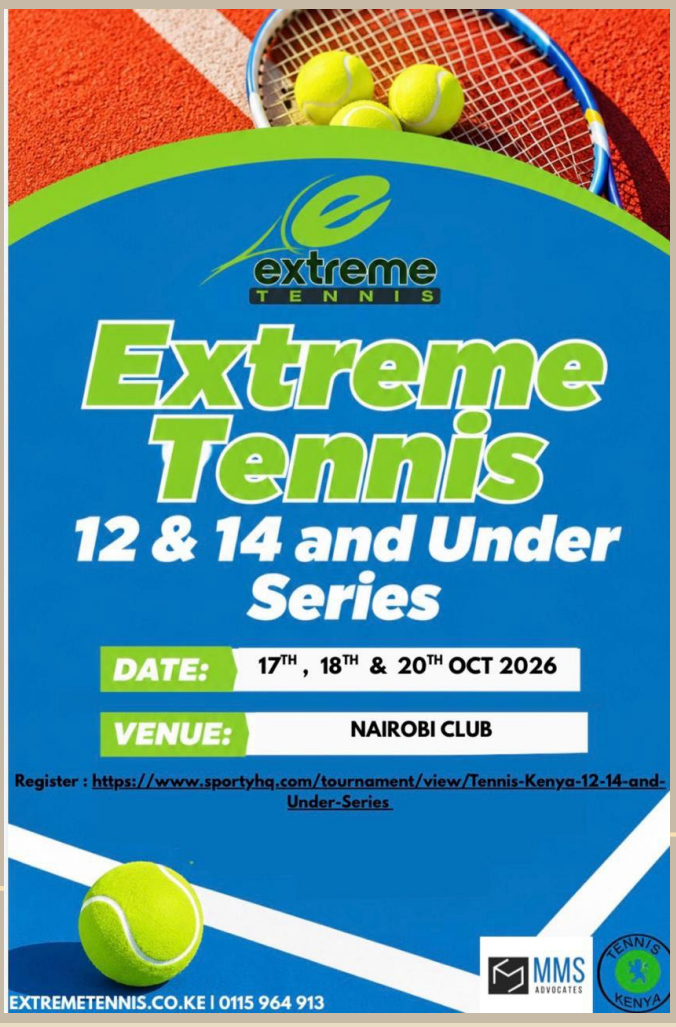
FOR MORE INFORMATION CONTACT:

butterflytrustkenya@gmail.com

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NOTICE BOARD





NOTICE BOARD

KENYA ORCHID SOCIETY PRESENTS

ONCE UPON AN ORCHID



The theme of the competition this year is 'ONCE UPON AN ORCHID...'

This competition is open to schools in Nairobi and the environs and will be classified in five age groups as follows;

6 years and under;
7 - 10 years; 11 - 13 years;
14 - 16 years; 17 - 19 years

Closing Date:
Wednesday 14th October, 2026

All pictures entered in this competition will be displayed at the Annual Orchid Show, 29th October - 1st November, 2026, at the Sarit Centre Exhibition Hall