Celebrating 60 Years

Spirit of The Banda

Friday 23rd October 2026

A WORD FROM THE HEADMASTER

It's been a much shorter week at school due to Mashujaa Day on Tuesday but this 'Heroes Day' - and the Pegasus children's heroes themed day today, with some fabulous costumes on display from firefighters to Wangari Maathai - gives me pause to reflect on those heroes around us every day. Indeed, several recent class assemblies have brilliantly looked at how each of us can show courage in our daily lives and appreciate those around us who are the unsung heroes of our community.

When young minds think of heroes, they often picture the extraordinary: larger-than-life figures wearing capes or those celebrated for exceptional deeds. Grand achievements certainly have their place, but the real foundation of character is rather forged in the quiet, everyday moments of courage that so often go unnoticed. It's the pupil who finds the quiet resolve to raise their hand when they aren't entirely sure of the answer; the child who steps out of their comfort zone to sit next to someone sitting alone at lunch; the teammate who offers a word of genuine encouragement after a tough match; or the persistence shown in sitting down to tackle a difficult piece of prep.

These small acts of daily bravery are precisely what build resilience, integrity and empathy; qualities that we strive to instill in all the children here and which will serve them well long after their Banda days are behind them.

Brood will be with us again this coming Wednesday morning from 7.30am for our next Coffee by the Car Park event at the Wall - parents from all year groups are very welcome to join staff for any early morning drink and chat. Please do join us!

And finally…. We wish our orchestra safe travels as they head to St Andrew's Turi for a weekend's musical extravaganza.

James Moss-Gibbons



See Sept Week 9 events overleaf

Follow us on:

Fixtures & Events

WEEK 09

MON 26th OCT

Year 3 Trip to Kamili Designs, 8.45am
U13 Cricket House Matches, 2pm (parents welcome)

TUE 27th OCT

U9 Cricket House Matches, 10.45am (parents welcome)
U11 Cricket House Matches, 2pm (parents welcome)
Year 6 Parent Teacher Meetings from 3.30pm

WED 28th OCT

Coffee by the Car Park, The Wall-Main Car Park from 7.30am
U13 Cricket House Matches, 2pm (parents welcome)

THUR 29th OCT

IAPS U9 Cricket Festival at Kenton, 9am
U11 Cricket House Matches, 10.45am (no parents)
Year 6 Parent Teacher Meetings from 3.30pm
Film Screening and hire theatre from the Elephant Queen Trust, 6.30pm

FRI 30th OCT

U11 A Boys Cricket v Pembroke Mix-in (Pembroke), 3pm
U11 A Girls Cricket v St Andrew's Turi (Home), 3pm
NCAA Level 3 Swimming Championships, All Day

SAT 31st OCT

IAPS U11 Girls 8-a-side Cricket Tournament at Hillcrest, 9am
IAPS U11 Boys-6-a side Cricket Tounament at Pembroke, 9am
NCAA Level 3 Swimming Championships, All Day

SUN 1st NOV

NCAA Level 3 Swimming Championships, All Day



wellbeing WALL

VALUE

The Value for this half of term is Kindness...

OUR VALUE IS

Kindness

Have you ever made a kindness jar?





Every time you do something kind, put a marble or a botton into it. I bet you'll soon fill it up!

ARDUUS AD STELLAS

Your PTA Page

SPIRIT OF THE BANDA · WEEK 8

SAVE THE DATE
Upcoming PTA events
More details to follow

19 NOV PTA Christmas party
Evening for parents and teachers · Thursday

30 NOV Kids' Christmas party
Afternoon at school · Monday

MEET YOUR LOWER SCHOOL AND EARLY YEARS' REPS



Joanna Zhang — RISING STARS REP

Hi everyone! I'm Joanna Zhang, the PTA Class Rep for Rising Stars. My son, Ryan, joined this March, and we've loved our first seven months here. Originally from China, I have an architecture background and now work as Head of Sales locally. I love horse riding and reading. A fun fact about me: I adore family backyard BBQ and exploring local markets for unique finds! I joined the PTA to support our wonderful school community. I'm really looking forward to the Christmas Fair! Please connect via our WhatsApp group or say hi at pick-up!



Beth Vowles — NURSERY 1 & 2 REP

Ex Banda student, and now mum to Marcus and Isabelle. I am an Educational and Child Psychologist, and work with schools and families from around East Africa. I am passionate about child wellbeing, and want to identify ways to support the Banda community. I love horse riding, and am excited about training my young horse. Come and chat with me at pickup, or send a WhatsApp 😊



Tagan Hackart — RECEPTION (PEGASUS) REP

Born and raised in South Africa and moved to Kenya in 2015.Mommy to Rylan, my five-year-old son, who is in Reception and absolutely loving his journey at The Banda School. I work as a Medical Logistics Officer in the Regional Office for the International Organization for Migration (IOM); I've been part of the team for over 5 years. One of the things I value most about my work is the opportunity to support humanitarian efforts and contribute to improving the lives of communities in need.

I strongly believe that it takes a community to raise a child, which is why I joined the Banda School PTA. I wanted to play an active role in our school community, working alongside parents, teachers, and staff to help create a caring, inclusive, and inspiring environment where every child feels supported, valued, and empowered to thrive. I am passionate about building meaningful connections, fostering a strong sense of belonging, and working together to create memorable experiences and opportunities that help all our children learn, grow, and flourish.

You can contact me anytime via WhatsApp, or come chat to me on the reception playground!



Pippa Strong — YEAR 1 REP

I was born and raised in Kenya and am mum to Quinn in Year 1, with our youngest daughter soon to join. My husband went to Banda, as did my mum when it was still just one classroom – although I went to the rival Peponi! I've worked in private safaris for 17 years, travelling across East and Southern Africa. I joined the PTA because I love organising fun events and bringing a bit of positivity. I'm looking forward to supporting new charities and improving communication between parents, the PTA and school. Say hi at pick-up or on WhatsApp!



Lizzie Llewellyn — YEAR 2 REP

Mama to Bowen (Year 6) and Phoenix (Year 2), we joined Banda last October after moving from Cape Town. My husband and I met in Nairobi, so we are excited to be back and sharing Kenya adventures with the kids. I run a consultancy firm of around 40 people and enjoy making complicated things simpler! Outside work, life is a busy mix of travel, animals, music, dancing and good food. My third (neglected) child is my PhD in gendered experiences of urban green spaces which one day will get more of my attention again. I joined the PTA to get involved in school life and better understand Banda as a newer parent. Catch me at Kisembe drop-off/pick-up or on WhatsApp!



Harmeet Osahan — YEAR 3 REP

Many of you may know me as "The Cake Lady"! I run a baking business as a side hustle, which is something I really enjoy.

I was born and raised in Kenya, and I'm a mum of three children. Two of my children are currently at The Banda — Guneet in Year 6 and Kaveer in Year 3 — while Esha recently left The Banda.I've joined the PTA because I'd love to become more involved in the school community and help support the school in creating positive and memorable experiences for our children. I believe the PTA is a wonderful opportunity for parents to come together, share ideas, support school events and help raise funds for resources, charities and activities that benefit our children.

Please feel free to come and say hello, have a chat or get in touch if you have any ideas, questions or suggestions. I'm always happy to help wherever I can!



Nuran Idris — YEAR 4 REP

Born in Tanzania, I've been lucky to live and work in different parts of Africa and around the world before settling in Kenya in 2020. My son, Aydin, is in Year 4. I enjoy discovering new cultures, and connecting with people from all walks of life. I work in the intersection of health technology and public health policy. Sustainability is particularly close to my heart, and I'd love to explore ways we can make Banda an even greener and more sustainable school community. Feel free to stop me for a chat about sustainability, school life, or anything else!

GET IN TOUCH If you have any feedback or suggestions, or would like to know how to get involved with any of the sub-committees, please message your class rep on WhatsApp or email the PTA at **pta@bandaschool.com**.



THE ELEPHANT QUEEN TRUST

The Banda School

An intimate fundraiser for
The Elephant Queen Trust

6:30pm • Thursday 29th October • The Banda School

We invite you to share an extraordinary conservation education initiative in action.

On a rare visit to Nairobi, ***The Elephant Queen Outreach* team** brings us the storytelling they share with schools and communities in Kenya's remote wildlife landscapes.

Enjoy their second film, ***The Elephant & the Termite*** , on a giant screen; a live theatre & puppetry taster; and a showcase of the ***Mimi na Wewe conservation learn-to-read series*** — all in support of their work nurturing biodiversity appreciation and human–wildlife coexistence across Kenya.

All welcome • KSh 500 at the door. Further donations to the Trust warmly received.



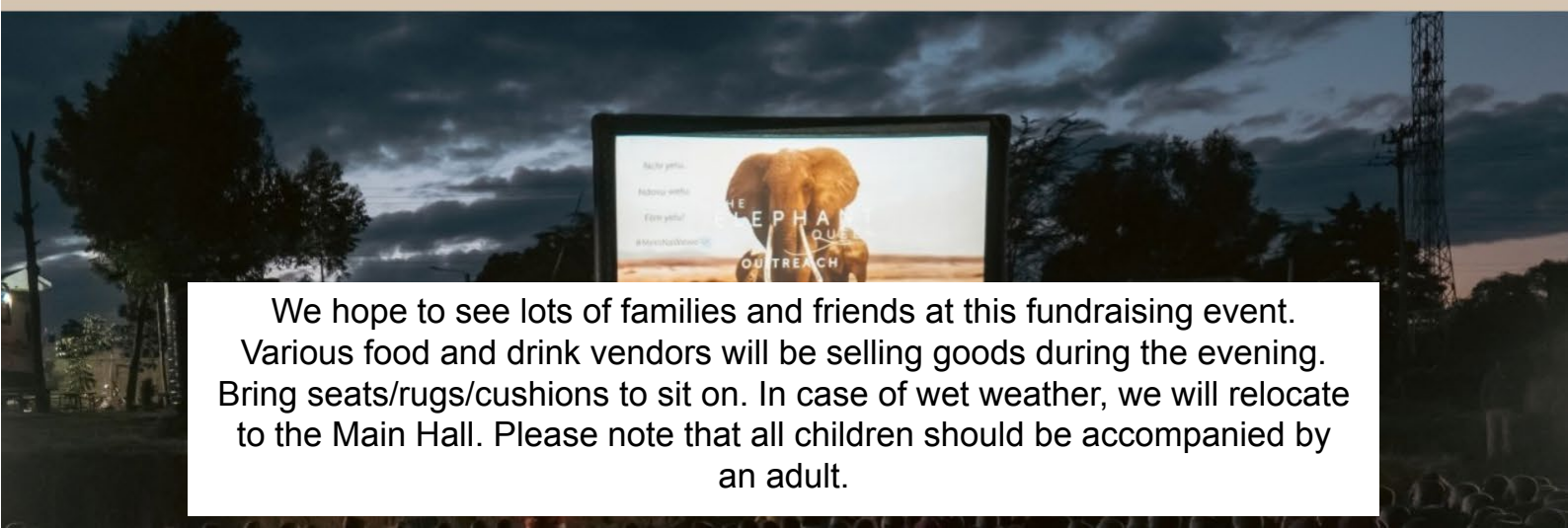












We hope to see lots of families and friends at this fundraising event. Various food and drink vendors will be selling goods during the evening. Bring seats/rugs/cushions to sit on. In case of wet weather, we will relocate to the Main Hall. Please note that all children should be accompanied by an adult.

The Banda School

Word OF THE Week

Intricate

Complicated or highly detailed.

CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

STAFF VS ANCILLARY STAFF FOOTBALL

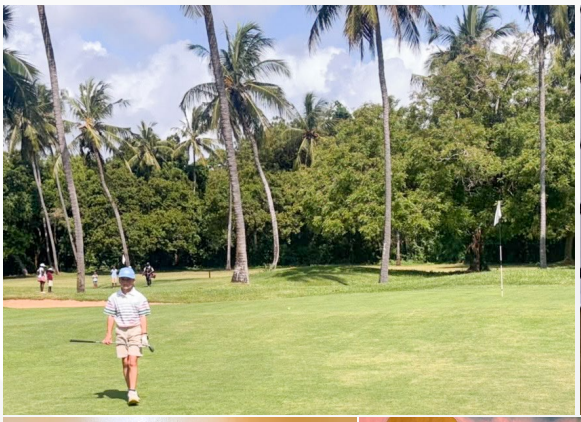
As the school broke up for half term, the termly Banda staff football match was kicking off at 4.30pm. The much anticipated fixture that sees the teaching staff and friends take on the ancillary staff. The latter were coming off the back of a season in the Nairobi leagues, causing much apprehension amongst those tasked with playing against them. The teaching staff took a shock 2-0 lead through a header from Mr Roberts before alumni Casimir Gross scored a world class goal from 25 yards out! However, a 2 goal was never going to be enough with the ancillary team responding with 2 quick fire goals to breach the teachers defence in quick succession. A few more chances came and went before the final whistle came at 2 a piece…. Bragging rights will have to wait until the next instalment of this glorious fixture!



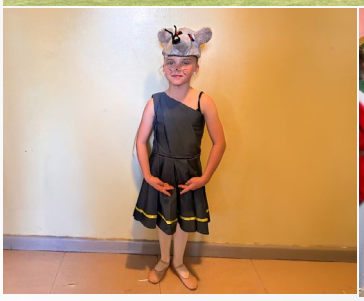
CONGRATULATIONS

Mura in Year 6 recently competed in the Under 12s and Under 14s Tennis Kenya competition at Nairobi Club, putting up a spirited fight in his first ranking-level competition. Meanwhile, Stanislaw in Year 5 finished second in the US Kids Golf Tournament in Diani. Also in Year 5, Apolonia took part in Dance Centre Kenya's latest ballet school production, Aesop's Fables, staged at the Kenya National Theatre. We are proud to celebrate their achievements!











D&T SKILLS BEYOND THE CLASSROOM!

We love seeing our pupils apply their learning in the real world! This week, we were delighted to receive some wonderful photos of Riaan in Year 4, putting his Design and Technology skills into practice at home. It's fantastic to see how the practical techniques, problem-solving, and confidence developed in our workshop are inspiring creative projects outside of school hours. We covered Health and Safety recently in D&T and Ella in Year 4 put her knowledge to good use by pointing out Health and Safety risks at their building site at home. Well done Ella. Keep up the brilliant work!







YEAR 8

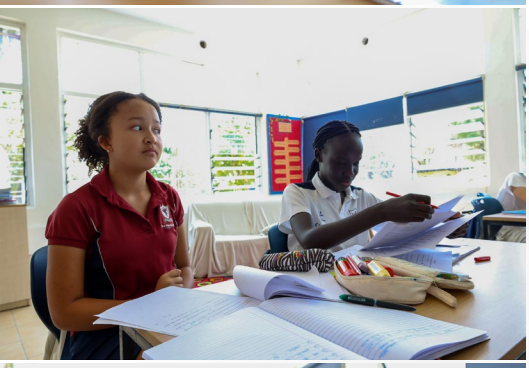
Year 8 have been building on their French language skills, developing more complex sentence structures and expanding their vocabulary. Through speaking, writing and comprehension activities, they have been practising how to express their ideas, share opinions and communicate with greater fluency and accuracy in French.





















YEAR 7

As part of their eco warriors topics, Year 7s have been using a variety of sampling methods (quadrats, sweepnets and pitfall traps) to estimate population size of various organisms around Banda.

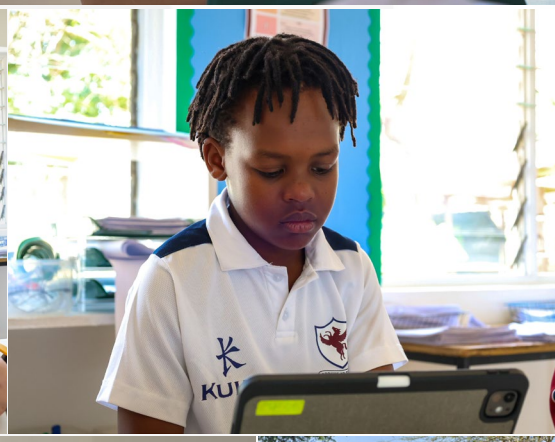














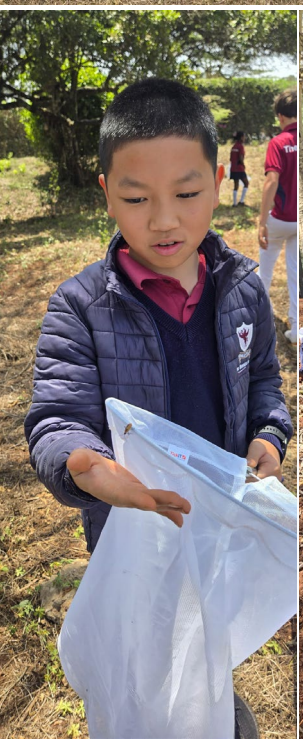














YEAR 6

Year 6 have continued reading Holes by Louis Sachar in their English lessons, exploring the characters, themes and events that shape the story. They have been developing their comprehension and inference skills, using evidence from the text to deepen their understanding and discuss the author's choices.







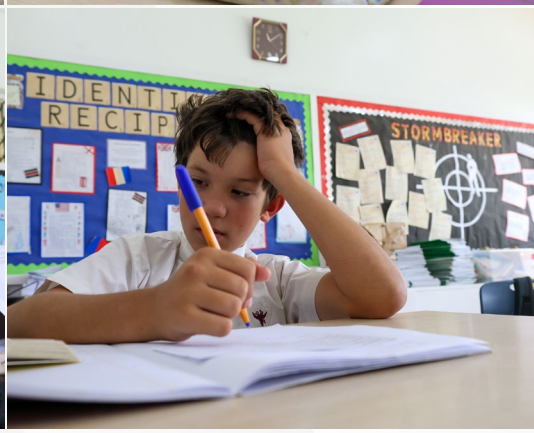
















YEAR 5

This half term, Year 5s will be learning how to program micro:bits, the tiny, programmable computers that Year 6s won on their STEAM/GESTE day. Keep an eye out for what they create! We are also delighted to welcome Miss. Sharon to the Computing department where she will be supporting pupils in Computing lessons alongside her IT administration work.










In History, Year 5 learnt about early human cave art and the stories it tells. They then created their own artwork, imagining what they would like to be remembered for by future generations.














Word OF THE Week

JUNIOR

Triumph

A great success or victory.

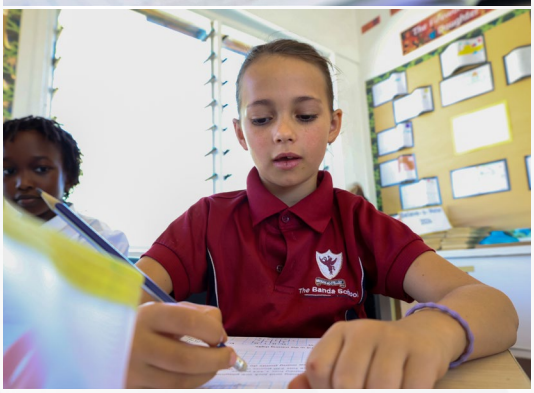
CHALLENGE: ADD THIS WORD TO YOUR WRITING THIS WEEK!

YEAR 4

This week the Year 4's worked really hard calculating complex addition and subtraction sums.












YEAR 3

In RS, Year 3 explored how objects can hold special meaning, bring back memories or remind people of something precious. They discussed objects that symbolise something important to them and drew their own special objects.















YEAR 2

In Art,Year 2 created these beautiful Diya lamps using paper plates and collage while learning how light is celebrated in Indian culture. They also enjoyed planting their bean seed plant in the garden in Science.

























YEAR 1

The children focused on split graphemes u-e,u-e,and ar where they were able to write down the words they learnt during the spelling lesson.





















Pegasus

Word of the Week

please



RECEPTION

We are back, and Reception is a beehive of activities as usual! Here is to another exciting half!































NURSERY 2

In connection with the story Dear Zoo, the children were busy engaging with their very own collection of wild animals. They took part in various arts and crafts activities to create character figures from the book. This hands-on activity allowed them to bring the story to life while developing important fine motor skills. They also enjoyed exploring different safari and wild animals on the tuff tray.




















NURSERY 1

Nursery 1 listened with delight to “The Three Billy Goats Gruff” and eagerly dove into acting it out, sparking a wonderful boost in their creativity and imagination.











RISING STARS

Welcome back to school Rising Stars. The children explored different areas of learning.

























A NUGGET

Remember to share your favourite half term meal or snack with Emilly this week!





During the half-term break, all of the catering team at The Banda had a 3-day training course where we refreshed our food hygiene and handling awareness.

Recipe to Try at Home

Greek Salad

Key Ingredients

- 1 English cucumber
- ½ punnet cherry tomatoes
- 1 green pepper
- 1 red onion
- Olives
- Feta cheese
- Fresh mint leaves
- ¼ tsp dried oregano
- Greek salad dressing

Method

1. Chop the cucumber, green pepper and feta into cubes.
2. Halve the cherry tomatoes and thinly slice the red onion.
3. Place everything in a bowl and add the olives and fresh mint.
4. Drizzle with Greek salad dressing and sprinkle with oregano.
5. Chill and serve.

WEEK 9	MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	BREAK	Cheese Sandwiches Fresh Fruit	Cheese Crackers Carrot Sticks	Focaccia Fresh Fruit	Honey Oat Bars Fruit	Marble Cake Fresh Fruit
LUNCH:	SOUP			Cream of Carrot Soup		
	MAINS	Beef Goulash Steamed Rice	Grilled Sausages GF & Halal Sausages	Beef Lasagne Spaghetti Bolognaise (PEY)	Pakistani Lamb Pilau	Honey Garlic Chicken Strips (Gravy)
	VEGGIE	Pigeon Peas Goulash Steamed Rice	Lentil Croquettes	Veggie Lasagne Vegan Lasagne	Pakistani Vegetable Pilau	Veggie Nuggets Vegan Cutlets
	SIDES	Crunchy Seasonal Vegetables	Maxim Potatoes Baked Beans in Tomato Sauce Fried Onions	Vegetable Medley	Yoghurt Sauce Kachumbari Peas & Corn Tamarind Sauce	Potato Wedges Crunchy Vegetables
	DESSERT MAIN SCHOOL	Fruit Platter	Vanilla Flavoured Yoghurt	Fruit Platter	Fruit Salad	Honey Hedgehogs
	DESSERT PEY	Fruit Platter	Natural Yogurt & Honey	Fruit Platter	Fruit Salad	Sliced Apples

OUR DAILY SALAD BAR - is a nutritious mix of greens, carbohydrates & protein. We try and include all the colours of the rainbow with our vegetables and fruit; various lettuces and rucola; a variety of lentils, beans and legumes; eggs, roast chicken and beef; (other options include but are not limited to - coleslaw, beetroot, quinoa, grated cheese, couscous, two beans salad, pasta salad, egg salad, avocado, etc.)

DRESSINGS - honey vinaigrette, cocktail sauce, mayonnaise

Menu is subject to change.

NOTICE BOARD









NOTICE BOARD



NOTICE BOARD

International School of Kenya
Empowering students to create solutions for tomorrow's challenges

Welcome to the International School of Kenya's Open Day 2026

Join us for an extraordinary day of exploration and discovery, where education goes beyond the conventional, and learning knows no bounds.

Date: November 17, 2026
Time: 8:30 - 11:45 a.m.
Location: International School of Kenya Campus

- **Immersive Campus Tours:** Explore inspiring spaces and witness innovative teaching methods.
- **Divisional Presentations:** Uncover our visionary approach to education.
- **Connect with Community:** Network with parents, students, faculty, and administration.

To register for the Open Day, scan the QR code to complete the RSVP Form by no later than November 12, 2026.

INTERNATIONAL SCHOOL OF KENYA 50 Years 1976 - 2026 ROARING WITH PRIDE

BEYOND EDUCATION



Have a lovely weekend!