



Spirit of The Banda

Friday 13th January 2023

A WORD FROM THE HEADTEACHER

It is lovely to see all the happy faces at the end of the first week. Everyone has thrown themselves into the new term with great gusto and we are all appreciating and enjoying the lovely warm, sunny weather.

Assembly this morning introduced our value for this half of term, which is 'Kindness,' and it was an opportunity to introduce some of the new children that have joined us. We focussed on what it means to be an 'includer'. The children continue to impress me with their warmth and I am very grateful for their efforts to ensure those who have joined us this week, feel comfortable, included and welcome at The Banda.

We are delighted to have received feedback from The Grevy's Zebra Trust following our food donations last term. This can be seen in the next couple of pages. Thank you again for all the contributions made by you all.

I wish you all an enjoyable weekend.

Ali Francombe



Thanks to your support,
30 vulnerable families
received relief food
before Christmas.



The Grevy's Zebra Trust distributed relief food supported by the children, parents and staff of the Banda School, on 20th December 2022, to 30 vulnerable families in Samburu.

Approximately 150 people benefited from the food relief, which consisted of both food donated by the children and food purchased thanks to funds raised at the PTA event, and some additional individual donations.

Each family received 25kg maize meal, 25kg rice, 7kg beans, 3 litres cooking oil, 1kg salt, 2kg sugar, 12 litres milk and 12 kg soya uji mix. Items brought into school by the children were packaged into sacks.

These quantities provide 75% of the minimum food basket for a family of five for one month in the "crisis" food security phase classification, based on guidelines published by the Kenya Cash Working Group.



"Blessings to Banda School for this great support. We have unexplainable feelings about this."



Lemalasia's story.

Damaris Lekiluai, GZT's Women's Empowerment Officer, and Lemalasia Lteeli, a beneficiary of the Banda school food relief, had a conversation a few days ago. Damaris summarizes his feedback.

Lemalasia Lteeli is a resident of Nalepoboo village in Meibae conservancy. Lemalasia is the sole breadwinner of his family, and their only source of income was livestock keeping. As a result of the ongoing drought, he is only left with five skinny goats. His family was faced with the pain of starvation when the Banda food support was supplied to him.

When his family received their food relief, they decided to share some of it with their neighbours so that each household would have a good meal that evening.

As a result of having the food, his family's health has improved and there is happiness and hope in life. To Lemalasia, it was a miracle how God touched other people to bring the food all the way to northern Kenya and save his family from starvation. Learning that the support came from school children has motivated him to take his young children to school. He is also committed to be at the forefront of land restoration in his village so that they can improve the health of their land.

As they concluded the conversation, Lemalasia shared a story of a Grevy's zebra who was being chased by hyenas next to his manyatta the night before. He woke up very early to check if the zebra survived the attack and he was happy to see that the Grevy's zebra was unharmed.

UPPER SCHOOL ENGLISH

YEAR 8 - THE BIG WRITE - WARM UP

This week, the whole school has been taking part in a Big Write linked to an image of a shipwreck. Before they started their stories, Year 8 pupils warmed up their creative writing skills by creating a 'Speed Poem'. This is where pupils have to work as quickly as possible to write a poem following a strict set of rules. Sometimes working under pressure can produce fantastic results!

The Speed Poem Rules

1. Write a line using 3 adjectives
2. Write a line using a simile
3. Write a line with sounds
4. Write a short snappy sentence
5. Write a line with colour imagery
6. Write a line with a metaphor
7. Write a rhyming couplet (two lines)

The Mystery Boat

The decaying boat sat mournful and uninhabited,
waves cradling it like a mother.
Thunder bellowed overhead as the boat creaked.
Waves roared.
Tanned rust devoured the salt encrusted hull,
rocks punctured the stern.
And the barnacle infested deck,
made a fine topping for this desolate shipwreck.

By Angus and Arav

The Mystery Ship

Dark, dirty, deserted
The ship slumbering on a coast
Lost in uncharted territory
The hull of the ship moaned as each wave pounded
against it
A lonely mountain waiting to be found
As it lies lost on rocky ground

By David, Seb and Otto

The Mystery Ship

The ancient ship lay rusted and abandoned on the coast.
The rust was as orange as fire.
The waves crashed heavily on the charcoaled rocks.
Abandoned and alone it lay.
The emerald sea grass danced beside the mysterious
ship.
The ship was dying.
The ship was sighing under the weight of the sea.

By Sabrina and Arwa



The Ancient Ship

Ancient, rusty, desolate the ship lay forgotten
With the waves crashing like a hurricane
The silence inside was almost tangible
Lonely, abandoned
Almost everything covered in swampy green algae
The boat is a mysterious alter
Among the rocks it sat
Being infested by rats

By Marvella and Nakami

Shipping Mysterious

Glistening, shimmering sapphire waves crashed
upon the ship,
The ship stood still as the snake-like vines
entangled them.
The ship stood still, obsolete.
Nothing was to be heard...
Apart from the hammering waves of darkness.
The almost tangible silence of isolation fell upon the
sea

By Sahib and Alex



YEAR 6

In Science, the children had a fantastic time making specialised cells...



LOWER SCHOOL - YEAR 4

Year 4 started our new Science topic - Sound. We learnt that sound is created through vibrations and went on a 'sound walk' to document what we could hear in different areas of the school. Even the areas we expected to be very quiet were actually full of sound when we listened carefully.

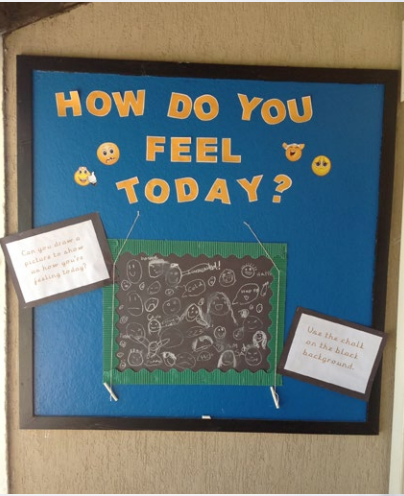


We also learnt how to measure and cut the correct size of wood in order to create a butt joint as the base for our tangram puzzle.



YEAR 3

It's been great to have the children back in school. 3HF has been working hard in Maths and have been enjoying playing around with the interactive display outside the classroom, too. Many children in other classes and year groups have been enjoying drawing on it as well!



Year 3 enjoy playing Totality - a fun game for practising strategy, addition and subtraction. It's a great way to get our brains ready for Numeracy lessons!



This term we are going back in time to visit the Ancient Greeks. We started by decorating a beautiful Greek pot.



YEAR 2

Our topic this term is all about EXPLORERS! We went on an exploration adventure of The Banda. We had to find various places around the school and explain where they are situated, using words like 'next to', 'in front of' and 'behind'. In Literacy, we worked in groups to identify features of information texts in non-fiction books.



YEAR 1 & 2

Year 1 and 2 enjoyed their number games extra. Sudoku puzzle proved to be a bit challenging but with focus and a little adult support the children were able to figure out the number patterns.



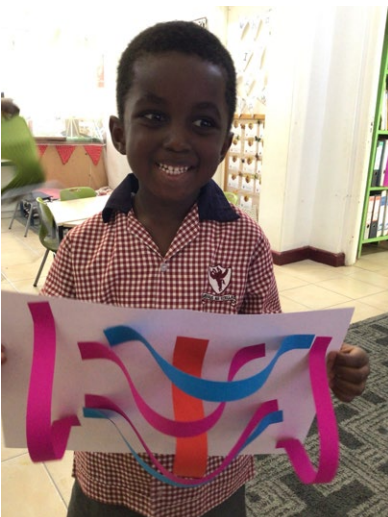
YEAR 1

We have had a fantastic first week back in Year 1. The children have enjoyed seeing each other again and sharing stories from their holidays. The highlight of our week has been going to all our specialist classes and seeing the teachers again!



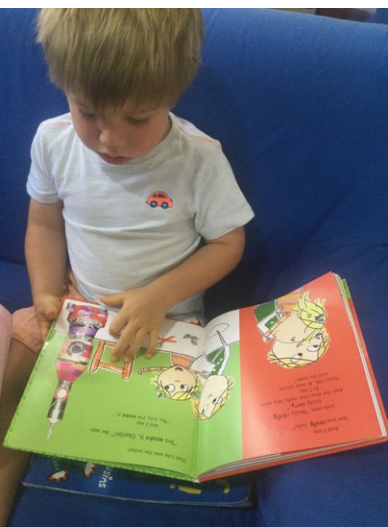
PEGASUS EARLY YEARS RECEPTION

In Art this Week Reception have been learning about the artist Henri Matisse. We looked at how he used paper to create 3D art. We then had a go at using strips of paper and gluing the ends to create our very own Henri Matisse inspired artwork.



NURSERY 2

Nursery 2 are excited to be back in school. This week they have been interacting with each other through a number of activities such as practising their fine motor skills, sharing books, playing in different corners in the classroom and of course telling their captivating holiday stories.



NURSERY 1

The children started the term very chatty. They spent time with friends catching up and having fun. It was nice to see them exploring more through messy play as they slowly ease back into the school routine.



RISEING STARS

Rising Stars are happy to be back at school, as shown in their happy faces as they enjoy playtime.



WEEK 2**MENU****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MORNING BREAK**Pinwheel Cookies
&
Fresh FruitJam Sandwiches
& Fresh FruitLemon Cake &
Fresh FruitHoney
Sandwiches &
Fresh FruitVanilla Cookies &
Fresh Fruit**LUNCH:****SOUP**Butternut & Carrot
Soup | Bread &
Butter**MAINS**

Veggie Monday

Spaghetti
BolognaiseStir Fry Chicken &
Vegetables

Beef in Mild Curry

Sandwich Bar with
Roast Meats**VEGGIE**Cheese & Tomato
Subs

Enchiladas

Stir Fry Tofu &
VegetablesChickpea in
Mildly Spiced
CurrySandwich Bar
Vegetable Stir Fry
(PEY)Olive, Tomato &
Basil Bruschetta
(Gluten Free)(Baked Tortillas
stuffed with Beans,
Salsa & Cheese)**SIDES**Potato Wedges
Corn on the CobSpinach Steamed
Rice
(PEY)Noodles
Rice NoodlesSeasonal
Vegetables
Brown Rice

Selection of Salads

DESSERT**MAIN SCHOOL**Yogurt & Fresh Fruit
PlatterApple Flan &
Fresh FruitCake & Custard
Fresh FruitIce Cream &
Fresh FruitChocolate
Hedgehogs &
Fresh Fruit**DESSERT****PEY**Yogurt & Fresh Fruit
PlatterApple Flan &
Fresh FruitCake & Custard
Fresh FruitYogurt and
Honey Fresh Fruit

Fresh Fruit

SALAD BAR - an assortment of salads are served Monday to 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

SPINACH POTATO FRITTATA

Mala's
KITCHEN



Ingredients

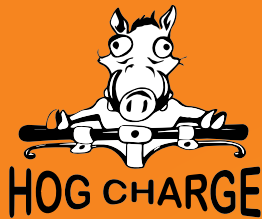
- ¼ bunch of spinach
- 1 large alika potato sliced and parboiled
- 2 large eggs (optional)
- 100 grams grated white cheddar
- 1 tablespoons grated parmesan cheese
- ½ teaspoon dry basil
- 2 teaspoons butter or 1 teaspoon olive oil
- Salt and pepper to taste

Method

- Grease oven proof dish
- Place one layer of spinach and sprinkle with salt, pepper and basil
- Place a layer of par boiled potato slices
- Sprinkle Parmesan and cheddar cheese
- Repeat another layer of above
- Beat eggs add oil or butter, salt and pepper
- Pour over the layers and bake 10 minutes.
- Sprinkle the remaining cheeses and bake 2 minutes

If you do not eat eggs, mix 1 tablespoon of self-raising flour with water and pour over.

NOTICE BOARD



24th Edition of **THE HOG CHARGE**

21ST - 22ND JANUARY 2023

VENUE: PEPONI SCHOOL, NORTHLANDS RANCH



**ENTRIES OF TEAMS OF 4 CYCLISTS IN THE FOLLOWING CATEGORIES:
UNDER 12, UNDER 14, OPEN AND FAMILY**

ONLINE VIA THE FOLLOWING LINK: WWW.PEPONISCHOOL.ORG/HOG-CHARGE

**DEADLINE FOR ENTRIES
4PM SATURDAY, JANUARY 14TH. 2023**

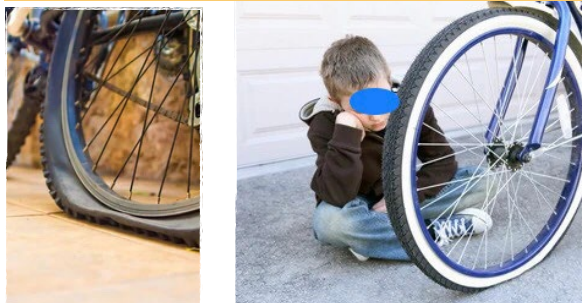
The Hog Charge is a fund-raising event for the conservation of the Water Towers of Kenya. The conservation activities are implemented by Rhino Ark, a charitable trusts that develops sustainable solutions to the challenges facing mountain forests ecosystems and threatened biodiversity areas, through public-private partnerships.

Our successes in conservation are thanks to your continual support



NOTICE BOARD

ARE YOU TAKING PART IN THE HOG CHARGE?



**Contact us for home servicing your bike and puncture proofing your bike tyres for your Hog Charge ride.
Call or WhatsApp 0733603954**



BRITISH
LEGION
KENYA



**ASKARI GOLF
DAY - 3RD
FEBRUARY KAREN
COUNTRY
CLUB**



**Askari Appeal:
Pay Bill 488700
Account no.
ASKARI**

ENTRY FEE KSHS 3,000 PER PERSON

TEAMS AND / OR INDIVIDUALS WELCOME

The Askari Golf Day is organized by the British Legion Kenya. Proceeds help to fund welfare donations to Old Askaris who served in the Kings African Rifles and other East African Forces and are distributed with the assistance of the Defence Force's Old Comrades Association (DEFOCA)



Half Term Special Offer
2 children sharing with parents go free!*



Valid: 10 - 20 February 2023

*Terms & Conditions apply

- Day & night game drives
- Family friendly bush walks
- Maasai Warrior training
- Fun kids activities & games
- Kid friendly menu
- Infinity swimming pool
- Toddler play area
- Bush picnics & sundowner

Explore the Mara and enjoy family fun together!

For more information contact us on:

✉ dragonfly@spiritofthemasaimara.com 📞 +254 (0)716 504 698

www.spiritofthemasaimara.com