



# Spirit of The Banda

Friday 3rd February 2023

## A WORD FROM THE HEADTEACHER

I begin by congratulating the six Year 8 pupils who have recently gained awards to Peponi School. Well done to you all!

David Sang  
Siana Ileri  
Teshan Waire

Sports Scholarship  
Sports Exhibition  
Sports Exhibition

Nathan Van Aswegen  
Nicole Mwai  
Nakami Karuthiru

Sports Scholarship  
Sports Exhibition  
Drama Exhibition

It has been a busy week in school, with showcase swimming lessons in Pegasus, an Under 9 Warm-Up Swimming Gala, matches against Braeburn and today's London College of Music examinations. It was good to see many of you at the Year 5 Parent Teacher Meetings and at yesterday's presentation by Peponi School. I trust both occasions proved worthwhile.

As ever, the children have thrown themselves into all that they do with real gusto and enthusiasm. They exude confidence and I admire everyone's willingness to get involved with the many opportunities on offer. I hope, too, that many will take advantage of the Enrichment Tasks that have been created, providing children with an opportunity to work independently, and in their own time, on a set challenge. These are available on The Banda's VLE and I very much look forward to seeing the various outcomes.

Finally, I wish all of our swimmers the very best of luck at tomorrow's Kajiado Age Championships.

**Ali Francombe**



See Week 5 events overleaf.

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# GOLF - THE BANDA TROPHY

The resurrection of The Banda Trophy was held at Karen Country Club on Monday 30th January. Karen Club allowed us to use their club house facilities and course free of charge as they have done on 5 previous occasions, to help promote Junior Golf in the country.

We had 8 schools taking part in our competition with a total of 56 players. The event is played over 9 holes using a Stableford method of scoring. Each team was made up of 4 players and the best 3 scores counted for the final tally. There were some remarkable individual scores of 26 points on the back 9 from Kenton and Peponi players. (18 Stableford points is considered a good score and anything higher is very good indeed).

When all the cards were in and checked scrupulously, the final results were quite tight;

In third place were Kenton with 56 points, The Banda were second with 58 and Peponi House took the competition with a total of 59 stableford points. I must mention Captain Jesse Frost. He led from the front coming in with a brilliant 27 points followed by Ayaan with 16 and Otto with 15. Sahib was the fourth member of our first team. Our second team was made up of Jake, Shayan, David and Nakami, who fired an impressive 17 points.

I would also like to thank all the parents who managed to make the trip to Karen and support our team. I believe that our future does look bright as 4 of the 8 players are Year 7 boys who can only get better with time and practice.



# BEYOND BANDA BORDERS

Last week, Edmund Rice School from Ngong visited The Banda to enjoy our spacious fields and a full meal provided by Mala and her team. The obstacle course, set up on the astro turf, was a novelty for the children ranging from 8 to 13 years old and there were smiles and laughter all round.



# THE BANDA BOATS



# Year 8 Girls' Empowerment Project : Fighting for Women's Dignity

The Year 8 girls have been discussing women's rights and how the lives of women and girls in Kenya are affected every day by not having access to basic necessities. This led to a conversation with special guest Marian Lawrence about DIGNITY and the girls are fired up to do what they can to help.

## Did you know?

- 60% of women in Kenya cannot afford sanitary products and will often resort to sharing pads or making their own from old cloth, leaves, feathers or even dried dung.
- Underwear is considered a luxury and many girls and women do not own knickers. This leaves them vulnerable to attack or ridicule, susceptible to infections and without adequate protection when menstruating.
- Many girls will miss up to 25% of their secondary education due to not being adequately protected when menstruating.



***We think this is unfair. Unfairness makes us angry.  
Anger makes us want to do something about it.***

**Arwa:** *"This is something that all women go through, but we can't all deal with it in the same ways. Dignity is a right, not a luxury."*

**Leti:** *"It's not fair that access to basic necessities isn't available to everyone. In this community, we can help."*

**Hena:** *"The statistics are very concerning. It's important that more people know about this and we do what we can to help."*

**Sabrina:** *"Girls' education is being severely affected by something that can be so easily solved. We want to erase the embarrassment and get people talking about this."*

## **Introducing 'Fighting for Women's Dignity' (FWD).**

Ladies and girls of The Banda community, if - like us - you have far too many pairs of knickers in your drawers but you don't know what to do with them all, we finally have an answer for you!

### **Year 8 girls are collecting:**

- Old (CLEAN) underwear - Knickers and bras. It doesn't matter what colour/style/size. It doesn't matter if they're not in pristine condition any more! They just have to be clean, and they will be greatly appreciated.
- Sanitary products - pads, tampons, period cups.  
- Tote bags or old reusable shopping bags.
- Volunteer time - if you would like to help pack the donations, please let us know and we'll get in touch.



With the donations, we will create Dignity Packs, containing several sets of underwear, sanitary products and an information booklet (in English and Kiswahili). These will be distributed at first to girls and women in Kibera through The Banda's links with KIMMTA. As the project expands, we will hopefully be able to cast this net wider.

Donations should be brought to Mrs Sweetnam's classroom. Everything will be greatly appreciated.

After the half term break, we will launch fundraising activities with a view to raising money to make reusable pads to be distributed alongside the Dignity Packs.

Thank you to Marian Lawrence for getting us fired up, and many thanks for The Banda community's support.

Together we can make a difference. #FightForWomensDignity.

# YEAR 6

In Geography, Year 6 are learning how to interpret Ordnance Survey maps this term. In Week 3 and 4, they have been learning the skill of reading, finding and writing four figure and six figure grid references. They enjoyed some outdoor activities including practising plotting symbols at given grid references, using the squares on paved concrete areas around school and a scavenger hunt using a map of The Banda with a grid overlay.



The 'Banda Book Worms' meet each Monday lunchtime in the library. This term we are reading *Kensuke's Kingdom* and it won't be long before we finish the book! This story is all about how to survive when you are stranded on a desert island. We can't wait to see how it ends.

# YEAR 5

In Science, the Year 5 children set out on an invertebrate hunt. They were tasked to identify, classify as well as sketch invertebrates found within The Banda habitat. They looked under dead leaves, stones, tree barks, in the flower gardens and even in the bird bath!



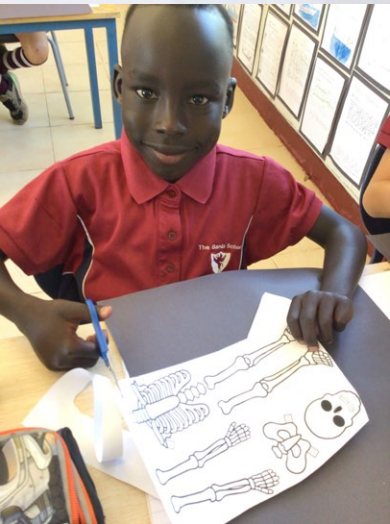
# LOWER SCHOOL - PLANET WARRIORS

This term Lower School Planet Warriors have been busy building a tiered herb garden. We have upcycled old milk bottles to hold each layer in place and we have chosen a selection of herbs to plant. Next week we will sow our seeds and hopefully we will see a few green shoots by after half term.



## YEAR 3

We are learning about animals including humans in science and had fun cutting one out to stick onto black paper.



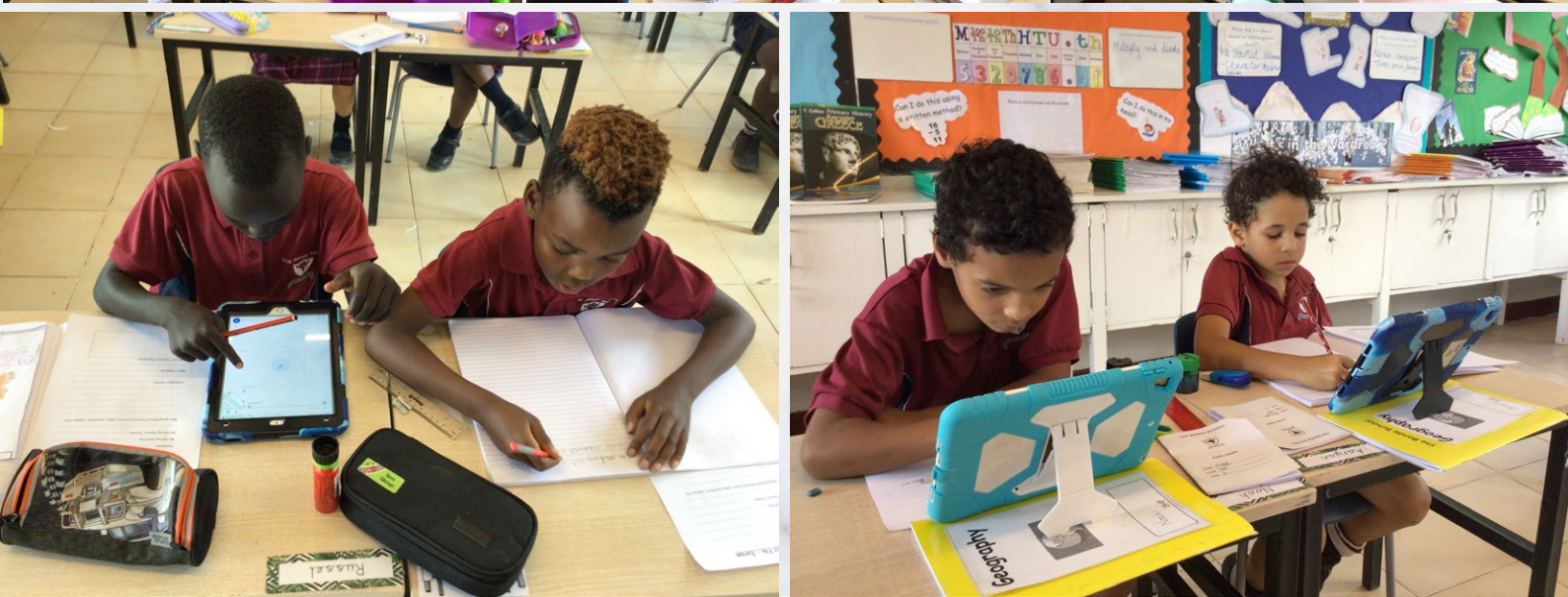
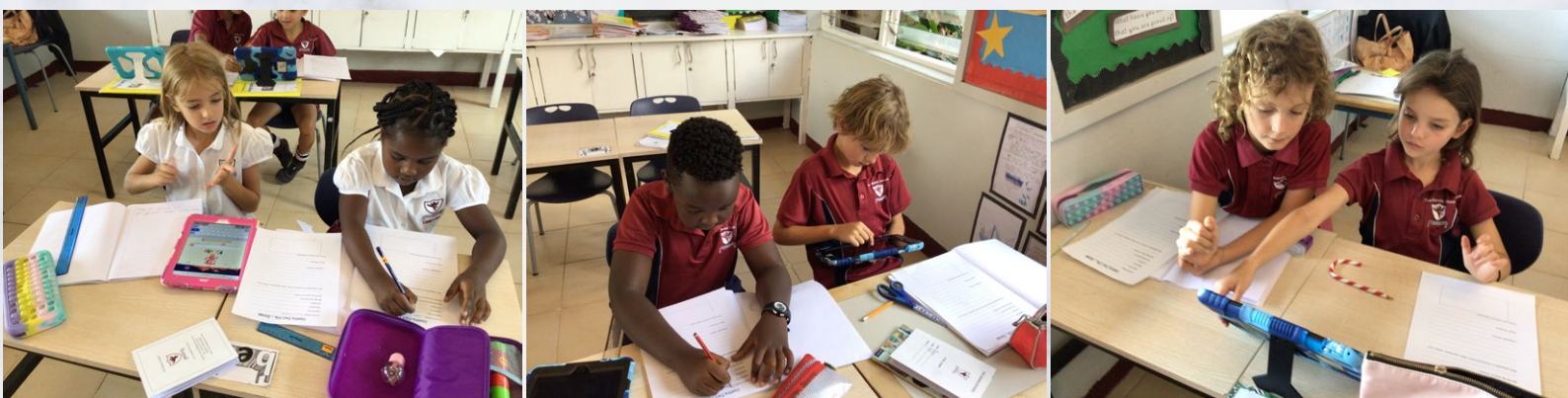


# YEAR 3

In Maths we are starting with some fun games to get our brains moving in motion! We also enjoyed learning about money and using pretend coins to help the children recognise British money.



We are so lucky to have iPads we can book for research if we need to. We loved researching a European country in pairs during Geography. We used 'Kiddle' which is a great, child friendly search engine.



# YEAR 2

This week's Learning Objectives were : "I can work well in a group to create an end product" and "I can work with other people in a group to solve problems". The children worked hard to achieve this and they ensured everyone in their group had a role to play and they exhibited great collaboration skills as they worked on their tasks.



We are also getting excited for The Big Write!



# YEAR 1 & 2

More fabulous arty creations from Year 1 and 2 this week



# YEAR 1

Year 1 have enjoyed listening to and acting out the story "The Gruffalo" by Julia Donaldson. They then went on to discuss the characters they liked and gave reasons as to why, as well as using a story map to sequence the story.



# PEGASUS EARLY YEARS RECEPTION

This week in 'Understanding of the World', we learnt about magnets. We got to explore and find out for ourselves that like poles repel and opposite poles attract.



## NURSERY 2

The Nursery 2 children had lots of fun painting with water. They made huge brush strokes on the pavements and then watched the marks slowly evaporate. The activity encouraged playful conversation and cooperation as the children interacted and shared the water. We also had coloured ice which the children used to explore different ways of melting ice.



# NURSERY 1

We have been curious to find out what our hands can do as we become more independent. These are some of the things we can do by ourselves.



# RISING STARS

The Rising Stars enjoy building friendships and enhancing their vocabulary through pretend play, reading books and playing together in harmony!



# WEEK 5

# MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MORNING BREAK

Pinwheel Cookies & Fresh Fruit

Cheese Sandwiches & Fresh Fruit

Lemon Cake & Fresh Fruit

Focaccia & Fresh Fruit

Vanilla Cookies & Fresh Fruit

## LUNCH:

### SOUP

Butternut & Carrot Soup

### MAINS

Veggie Monday

Bangers(Pork/Beef) & Mash  
Gluten Free Pork & Apple Sausages

Stir Fry Chicken & Vegetables

Beef in Mild Curry

Sandwich Bar with Roast Meats

### VEGGIE

Cheese & Tomato Subs

Enchiladas

Stir Fry Tofu & Vegetables

Chickpea in Mildly Spiced Curry

Sandwich Bar

Olive, Tomato & Basil Bruschetta (Gluten Free)

(Baked Tortillas filled with Beans, Salsa & Cheese)

Vegetable Stir Fry & Rice (PEY)

### SIDES

Baked beans in tomato sauce  
Corn on the Cob  
Salad Bar

Gravy  
Carrots & French Beans  
Parsley Potatoes (PEY)

Noodles  
Rice Noodles

Seasonal Vegetables  
Brown Rice

Selection of Salads

### DESSERT MAIN SCHOOL

Cake & Custard & Fresh Fruit

Yogurt & Fresh Fruit Platter

Apple Flan Fresh Fruit

Ice Cream & Fresh Fruit

Chocolate Hedgehogs & Fresh Fruit

### DESSERT PEY

Cake & Custard & Fresh Fruit

Yogurt & Fresh Fruit Platter

Apple Flan & Fresh Fruit

Yogurt 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

# TOMATO SOUP

*Mala's*  
KITCHEN



## Ingredients

- 6 tomatoes
- 1/4 teaspoon brown sugar
- 1/4 teaspoon salt or to your taste
- 8 pieces basil leaves
- 1 tablespoon butter
- 1/8 teaspoon ground black pepper
- 1 onion chopped
- 1 tablespoon cornstarch
- 750ml water

## Method

- Wash and blanch tomatoes in 200ml water for 8 minutes
- Remove tomatoes from water and keep aside
- In a saucepan melt butter add the chopped onion and cook for 3 minutes
- Add the brown sugar and cook for 1 more minute
- Add blanched tomatoes, basil leaves, salt and pepper, cornstarch to the cooked onions and let it simmer for 10 minutes on low heat.
- Remove from heat and blend the mixture till all is emulsified
- Heat the 550ml water
- Turn the blended mixture into saucepan and add the hot water slowly to your required thickness cooking on medium heat for another 10 minutes on low heat.

## Serving

*Serve as a starter with croutons.*

# NOTICE BOARD

Dance Centre Kenya presents

## Midsummer Night's Dream

Artistic Director: Cooper Rust

**Gala Performance**  
Kenya National Theatre  
Saturday, Feb 11th, 2023  
6:00 PM Cocktail hour  
7:00 PM Performance  
Hors d'oeuvres & cocktails will be served  
Tickets: 2500 KES

**Performance Times & Days**  
Kenya National Theatre  
Friday, February 10th, 2023  
7:00 PM  
Saturday, February 11th, 2023  
3:00 PM  
Sunday, February 12th, 2023  
1:00 PM & 4:30 PM

Tickets  
1800 KES for Adults  
1500 KES for Children  
All Seats Reserved

Backstage Tours and Titania's Tea Parties before all 1:00, 3:00, & 4:30 shows

**For Info & tickets contact:**  
HARDY POST  
E: [hardy@dancecentre.co.ke](mailto:hardy@dancecentre.co.ke)  
Tel: 0705725369  
LAVINGTON MALL  
E: [lavington@dancecentre.co.ke](mailto:lavington@dancecentre.co.ke)  
Tel: 0796370937  
ROSSLYN RIVIERA  
E: [rosslyn@dancecentre.co.ke](mailto:rosslyn@dancecentre.co.ke)  
Tel: 0713930549



### SHERBORNE SCHOOLS VISIT THE BANDA SCHOOL

Our Heads, Dr Dominic Lockett (Sherborne School) and Dr Ruth Sullivan (Sherborne Girls) will be visiting The Banda School on Monday 27 February 2023 from 10.00am and would be delighted to meet parents over refreshments, and to discuss the opportunities available to you at our Schools.

To arrange a 1-1 meeting with either or both Heads, please contact [admissions@sherborne.org](mailto:admissions@sherborne.org).

Sherborne Schools will also be hosting Afternoon Tea at Hemingways on Sunday 26 February 2023 from 4.00pm – 6.00pm. Please RSVP to [admissions@sherborne.org](mailto:admissions@sherborne.org) if you would like to join us.



# NOTICE BOARD

## Visit of Westonbirt School Head at The Banda School

Tuesday 21 February 2023

11 am to 12.30 pm



Headmistress  
Natasha  
Dangerfield

### About Westonbirt School

The School is one of the UK's leading independent boarding and day schools for girls and boys aged 2 to 19 years old. Housed in a beautiful stately home and located in the Cotswolds, 90 minutes from London Heathrow, the School is set in 210 acres of parklands. Founded as a Church of England School, it retains a spiritual approach for all students, no matter their faith.

### It offers:

- Small class sizes, broad curriculum, tailored teaching and wide co-curricular activities
- In the top 5% of schools for value-added, Westonbirt pupils achieve a grade higher than expectations at GCSE
- A Level: 79% A\*-B grades achieved in 2022 and 90% of students accepted by their first choice university
- GCSE: 42% of grades achieved in 2022 were at top grades 9-7
- Traditional education with a progressive approach to nurturing students to achieve their potential
- Outstanding sports facilities including a nine-hole golf course, indoor swimming pool and gymnasium
- A diverse and vibrant boarding community, with outstanding pastoral care and weekend activities, that gives boarders a family for life

### More information :

Appointments can be booked directly with her, in advance of her visit via email: [head@westonbirtschool.uk](mailto:head@westonbirtschool.uk)



[westonbirt.org/kenya](http://westonbirt.org/kenya)



WESTONBIRT  
— SCHOOL —

# NOTICE BOARD



*Explore, Experience & Enjoy!*



Learn more about our PreK - 12 program on our campus.

**Wednesday, February 22, 2023**

8:30 - 9:00 a.m.	Arrival & Security Check-in
9:00 - 9:10 a.m.	Karibu to ISK from Director
9:15 - 9:45 a.m.	Divisional Presentations
9:45 - 10:45 a.m.	Campus Tours
11:00 a.m. - 12:00 p.m.	Info Hub

Register by emailing [openday@isk.ac.ke](mailto:openday@isk.ac.ke) by  
Monday, February 20, 2023



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



**NOTICE BOARD**

*Save The Date*

**THE BANDA BALL**

**FRIDAY | 23 | JUNE | 2023**

*"Fabulous Feathers"*

**A BLACK TIE AFFAIR**

