



Spirit of The Banda

Friday 10th March 2023

A WORD FROM THE HEADTEACHER

The Under 11 and Under 13 boys performed extremely well at last weekend's IAPS Hockey Tournament. A special 'well done' to the Under 13 boys who were runners up of the tournament. The Under 11 team should be congratulated for reaching the quarter finals, despite several members of the team being absent due to ill health. Yesterday the Under 9 teams competed at the Hillcrest Hockey Festival. Again, there were some outstanding games, with the boys winning all of their matches. Congratulations to all the boys and girls who took part.

This weekend the girls teams will be in action at the IAPS Hockey Tournament taking place at Peponi House. Alongside this, the swimmers will be participating in the KSF National Long Course event and our equestrian team will take part in The Banda Inter School Horse Show. Good luck to all!

The Lower and Upper School Informal Concerts took place On Tuesday and Thursday this week and were thoroughly enjoyed by all who attended. I am so impressed with the musical talent that is emerging throughout the school.

I would like to thank all of the parents who have taken the time to complete the online survey for the Educational Development Trust, who will be in school on Monday, Tuesday and Wednesday next week. The inspection team will be looking at all aspects of school life and we are very much looking forward to showing them all that The Banda has to offer!

Ali Francombe



See Week 10 events overleaf.

Follow us on:

FLIGHT

The Banda Flight programme on Friday afternoons has now completed its 4th and last block of term. It has been a joy to witness children enter into this new co-curricular programme with such great enthusiasm and gusto. From Water skills to Apothecary, from African drums to journalism, bird watching to baking every child from Year 3 upwards has had a chance to experience a different kind of learning. Mr Roberts' sign language club has been a real favourite, as has Mr Ochanda's sprint triathlon activity. Healthy habits has our pupils making smoothies, while Mr Vosloo is preparing our next generation of campers. The Flight programme has also seen children give back to both the environment through our dedicated planet warriors initiative and the community. A group of pupils went 'Beyond Banda Borders' last week to the Edmund Rice school to inspire and be inspired by children who perhaps do not have the same opportunities as them. Many children across all year groups have been rewarded for their commitment and enthusiasm with their Flight Wings. Now we look forward to launching yet another FLIGHT block next term.



CONGRATULATIONS

Chanel from Year 7 participated in the Nairobi Regional Chess Qualifiers held on 4th March. She managed a clean sweep with 6/6 points, winning the U12 girls category. She now qualifies for the Kenya National Chess Championships that will be held in April.



Tristan Darker in Year 5 participated in the Karen Club Junior Golf Tournament on Saturday 25th in the boys 9-10yr old category and came 2nd with a gross score of 51, only 2 shots behind the winner. He looks forward to playing more and representing The Banda.

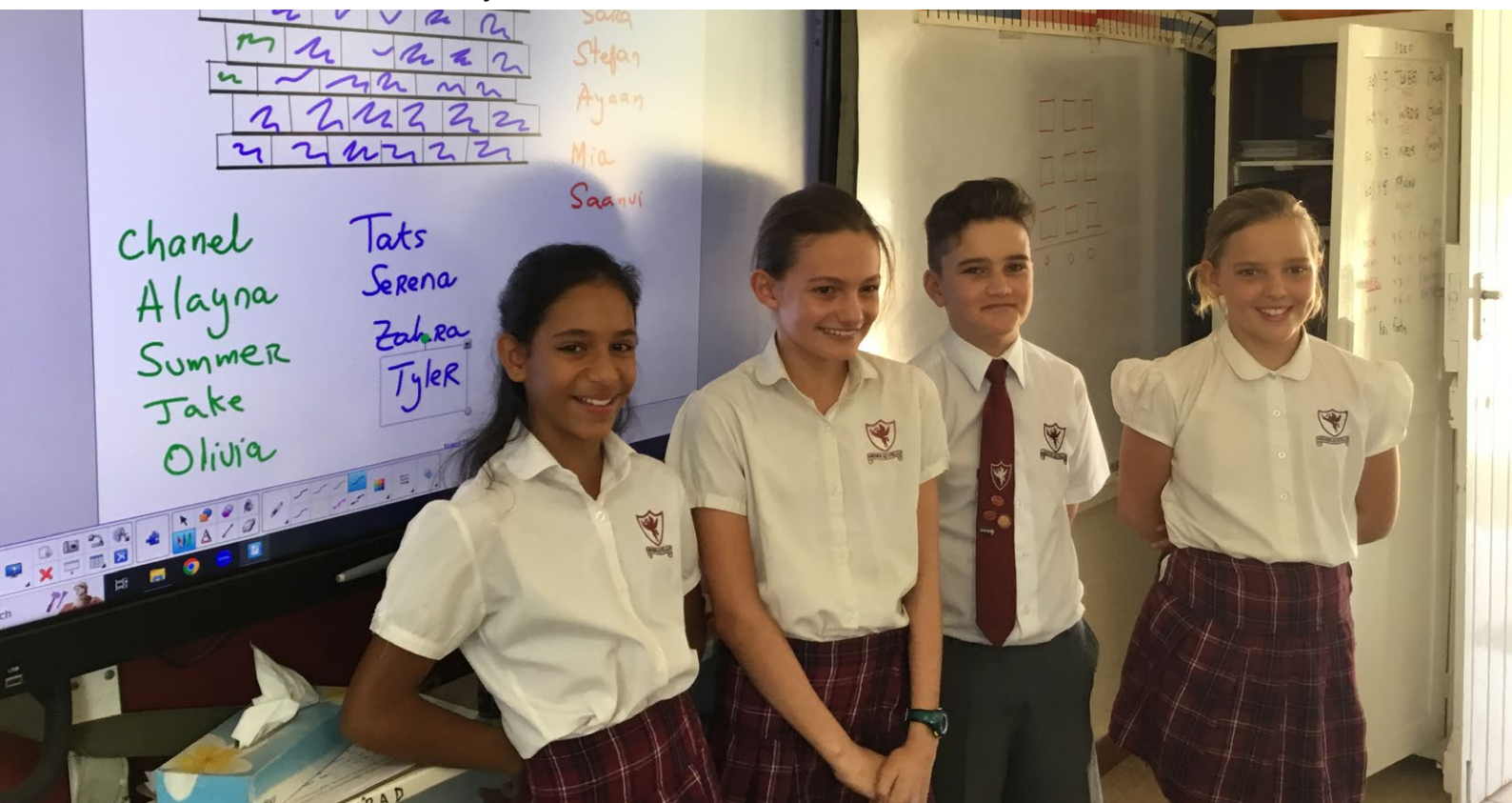
YEAR 8

As we come to the end of Year 8's musical production project in Performing Arts, we had a look at "The Play That Goes Wrong". We examined how each stage trick had been engineered to be safe and amusing simultaneously. We then had a go at producing our own versions. Here are "Mr Bean The Musical Goes Wrong" and "Friends@Hunger Games The Musical Goes Wrong."



YEAR 7

In a friendly Maths blockbuster game based on measurement a new school record was set by the Blue team. What record did they set?



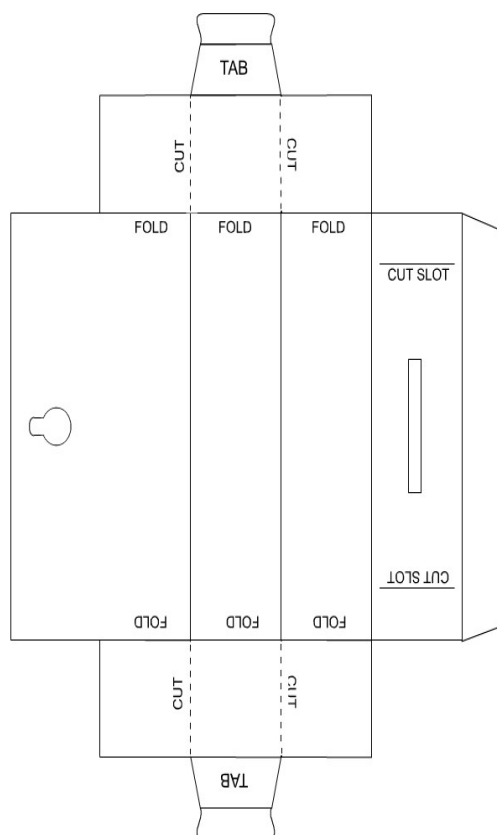
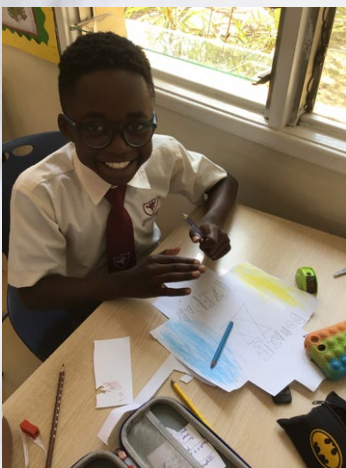
YEAR 6

In Science, Year 6 reviewed their progress at the end of their 'Medical Practitioner' topic.



YEAR 5

What do you know about Judaism? Year 5 has been learning about Jewish customs and ceremonies this term. We learned that Jews give 'Tzedakah' or a type of charity. Take a look at our Tzedakah boxes. If you would like to try your own, click on the sketch for the PDF document.



UNDER 9 HOCKEY FESTIVAL

The Under 9s travelled away to Hillcrest on Thursday morning for their hockey festival. It was a long morning of hockey where each team played every IAPS school (9 in total). The girls played with heart and passion against many tough opponents. They had an even spread of wins, losses and draws in what was a great morning for them. The boys also played some wonderful hockey and managed to win all 9 of their games. However it was the attacking style of hockey they all played that really caught the eye whilst not conceding a single goal. Well done the Under 9s!



LOWER SCHOOL - YEAR 4

Our value for this half of term is Teamwork. In Form time on Wednesday, Year 4 worked together in relays to get a ball from one end of the field to the other. It was very competitive and we learnt that moving quickly is not always the best strategy. Pupils fed back that to be successful in this task, they needed to be positive, communicate kindly, encourage each other and give others a fair chance.



YEAR 3

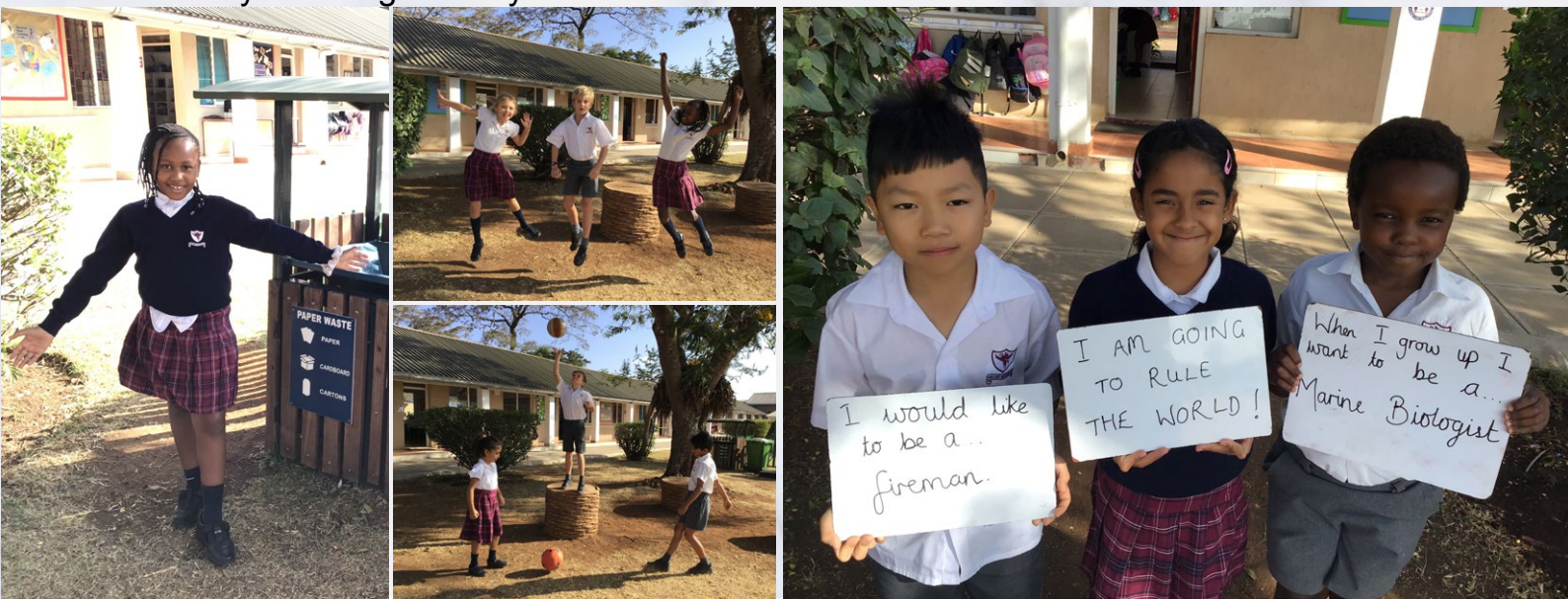
We had a lot of fun investigating rocks, feeling the texture and looking at the colours and shapes. We are rock stars!



We also followed instructions and made these amazing little 8 page pocket sized books. We are going to use them to write our own myths!



Finally, we recapped our Banda aims. We are: Building relationships, Accepting others, Nurturing, Dreaming big and thinking about what we want to be when we grow up, and Appreciating our environment by ensuring we recycle.



YEAR 2

This week our activities were linked to our value for the half-term, Teamwork, with our well-being focus, Physical Well-being. The children had to make a shoe tower and pass the hula hoop with interlocked hands. They enjoyed the challenge, had good communication skills and displayed great teamwork to achieve their goals.



In Science, Year 2 explored microhabitats in the school grounds. The children observed the microhabitats and their inhabitants and we discussed how the different habitats provide for the basic needs of different kinds of living things. The children then came up with some adjectives to describe these.



Wangui, Leo

Investigating micro-habitats

Where was the micro-habitat?	What was living there?	What was the habitat like? (5 adjectives)
Under a stone	worm spider	dark dry
On the web	spider	hot dry
On the leaves	butterfly	green
Under the log	ant	dark wet
On a root	fly	rough dry



YEAR 1

Another exciting week in Year 1! The children were thrilled to be the teachers of their parents during Open Morning. It was lovely to watch the children proudly show off their work to their parents. On Thursday we celebrated World Maths Day and everything to do with the number 100! Some fantastic commitment to the theme. Well done!



PEGASUS EARLY YEARS RECEPTION

In Reception we have been learning about number bonds to ten. We built our number bonds in lots of different ways using cubes and spindles.



NURSERY 2

We created a hospital role play area where the children demonstrated their knowledge of the roles of doctors and nurses drawing on their previous experiences. They used pretend syringes, stethoscopes, bandages, medicine cups, thermometers and set up a reception desk with telephones to call the patients' parents.



NURSERY 1

We have been learning that healthy foods give us strong happy teeth and unhealthy foods give us weak and sad teeth, even if they taste good. The children then engaged in a sticking activity differentiating between healthy and unhealthy food.



RISING STARS

Rising Stars now know the need to wash their fruits before eating it. They enjoyed taking turns in washing the watermelon. Look at them enjoying eating the sweet and juicy watermelon after all the work.



WEEK 10 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK

LUNCH:

MAINS

VEGGIE

SIDES

DESSERT MAIN SCHOOL

DESSERT PEY

Flapjacks &
Carrot Sticks

Roast Beef
Roast Potatoes
Gravy

Vegetable
Crepes with
Cheese Sauce

Seasonal
Vegetables

Ice Cream &
Fruit Platter

Yogurt Fruit &
Platter

Cheese
Sandwiches
Fruit

Chicken &
Vegetables in Pita
Bread

Falafel
Pita Bread
Guacamole

Baked Beans in
Tomato Sauce
Gluten Free Pita
Bread

Apple Flan &
Custard
Fresh Fruit

Apple Flan &
Custard
Fresh Fruit

Banana Loaf &
Fresh Fruit

Fish Goujons
Chicken Goujons
(PEY)

Paneer Cutlets
Vegetable Rice
(PEY)
Yogurt Sauce

Sautéed Carrots &
French Beans
Potato Wedges

Yogurt & Fresh Fruit

Yogurt & Honey
Fresh Fruit

Focaccia & Fruit

Vegetable
Lasagne

Spaghetti in
Tomato Sauce

Brown Rice
Crunchy
Vegetables

Fresh Fruit Platter

Fresh Fruit Platter

Pinwheel Cookies &
Fresh Fruit

Chilli Con Carne

Vegetables in Mild
Curry

Brown Rice
Spinach

Fresh Fruit Platter

Fresh Fruit Platter

SALAD BAR - an assortment of salads are served every Tuesday, Wednesday & 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

FALAFEL

Mala's
KITCHEN



Ingredients

- 4 cans chickpeas
- 1 small onion cut in quarters
- 1 tablespoon ground black pepper
- ½ cup fresh parsley
- 7-8 garlic cloves peeled
- ¾ teaspoon baking powder
- ½ cup fresh coriander
- Salt to taste
- Oil for frying

Method

- Add the chickpeas, herbs, onions, garlic to the food processor and blend for 40 seconds or till the mixture is well blended
- Transfer the falafel mixture to a tight container and chill in the refrigerator for an hour or overnight
- Just before frying add the baking powder to the mixture and mix well
- Scoop a tablespoonful of the falafel mixture and form into patties about ½ inch thick. Wet your hands as you form the patties
- Heat oil in a wok on medium heat drop the patties in the oil and fry for 3 to 5 minutes
- Serve falafel with pita bread and avocado dip

NOTICE BOARD



Encouraging Big Ideas



RATCLIFFE COLLEGE

Thinking about an Overseas Education?

Speak to Mark Cole, a representative from Ratcliffe College in the UK, who will be in your local area to answer any questions you may have and to explain more about the benefits of a Ratcliffe College education.

The Banda School
Tuesday 7th March 2023
From 10.00am

Ratcliffe Reception
Friday 10th March 2023
at Karen Country Club
From 6pm

Drinks and canapés will be provided

To register your interest in either of these events,
please contact mcole@ratcliffecollege.com

NOTICE BOARD



THE BANDA PTA QUIZ NIGHT

Tease Your Brain

Wednesday,
March 22nd

at MATT BRONZE
6.30 for a 7.00 start

Email your team name
to
pta@bandaschool.com

A portion of the proceeds will be donated
to "Ghetto Classics"

2500/-

Per person /
teams of up to 8!
Price includes
quiz entry and
BBQ dinner

Register with your team of 8 people by
sending MPESA to...

PAYBILL NUMBER: 172749

Account Number: QUIZ

NOTICE BOARD

KENYA



CHESS CHAMPIONSHIP 2023

April 6th - April 10th

Venue:

Sarit Expo Centre, Westlands
Nairobi, Kenya

Entry Fees

Open & Ladies (Kenyans) - Ksh 2,000
Corporates (Kenyans) - Ksh 3,000
ACC Member Federations - \$50
Foreign Guests - \$100
PWD - Free

Format

Swiss Pairing, 9 Rounds (90Min +30Sec)

Cash Awards

NO.	OPEN	LADIES	VETERANS (50+)	PWD OPEN	PWD LADIES
1st	Ksh 1,000,000	Ksh 500,000	Ksh 75,000	Ksh 100,000	Ksh 50,000
2nd	Ksh 750,000	Ksh 350,000	Ksh 50,000	Ksh 75,000	Ksh 35,000
3rd	Ksh 500,000	Ksh 200,000	Ksh 30,000	Ksh 50,000	Ksh 20,000
4th	Ksh 300,000	Ksh 150,000			
5th	Ksh 200,000	Ksh 100,000			
6th	Ksh 100,000	Ksh 75,000			
7th	Ksh 75,000	Ksh 50,000			
8th	Ksh 50,000	Ksh 30,000			
9th	Ksh 30,000	Ksh 20,000			
10th	Ksh 20,000	Ksh 10,000			

OTHER CASH AWARDS FOR TOP 3 IN:

U2000 (Open)	U1500 (Open)
U2000 (Ladies)	U1500 (Ladies)
U1800 (Open)	Juniors (Boys)
U1800 (Ladies)	Juniors (Girls)

Total Prize Fund
\$ 42,000

Registration Link:

<https://b.link/kenyaopen2023>



SCAN ME



More Information :

0728 149 290 | 0721 523 400

www.terrianchess.com

info@terrianchess.com

NOTICE BOARD

FOOD FESTIVAL & FAMILY FETE

SAVE THE DATE

**SATURDAY 27TH MAY 2023
BANDA SCHOOL**



**TO BOOK A FOOD
STALL MESSAGE**

POLLY +254 703987533

The PTA are delighted to be hosting the Food Festival and Family Fete! Parents are invited to don their aprons and cook up a feast. Previously there have been food stalls representing the wonderfully diverse cultures represented in our school and showcasing dishes from different countries.

If you'd like to get involved please contact Polly on +254 703987533 for further details.

If cooking for others is not your thing then save the date, come along and enjoy the day. Besides the amazing food there'll also be children's entertainment.

Proceeds from the whole day go to Grevy's Zebra Trust.

NOTICE BOARD

The Banda Ball

FRIDAY | 23 | JUNE | 2023
FROM 6:30PM
MAIN SCHOOL FIELD

"Fabulous Feathers"

A BLACK TIE AFFAIR

TABLES OF 8
80,000/- PER TABLE

bandaball2023@gmail.com

