



# Spirit of The Banda

Friday 28th April 2023

## A WORD FROM THE HEADTEACHER

Well done to all who ran the Cross Country event at Kenton yesterday, in particular our Under 13 Girls Team who achieved an astonishing 1st, 2nd, 4th and place. I am always so impressed by the effort and determination shown by our cross country runners – a real lesson in resilience which we can all learn from.

This half of term our value is 'Respect' and this morning's assembly was linked to this by focusing on the need to avoid forming judgements of people before really getting to know them. In assembly I also took great pride in congratulating the children for the wonderful impression they gave during our inspection last term and for the fact that their excellent behaviour was commented on so positively in the report.

We are so pleased to have lovely green pitches again at school, but with rather a wet start to term please may I remind everyone that children should come to school well equipped for both rain and sun. Sun hats and sun cream, as well as school sweaters and a waterproof jacket would be advisable.

I wish you all a pleasant long weekend with your families.

**Ali Francombe**



See Week 2 events overleaf.

Follow us on:



# WARM-UP CROSS COUNTRY MEET @ KENTON

It was a very good afternoon of excellent running and super effort overall by most of our runners. Over 60 children took part in the warm up that allows them to experience the feel of a competitive atmosphere as well as enjoy themselves. Special mention goes to our U13 children who managed to sneak almost an entire team in the top ten slots namely 1st 2nd 4th 8th and 9th position and clearly dominating this Category. A huge thank you to all the parents and guardians who came to cheer on and support the team.



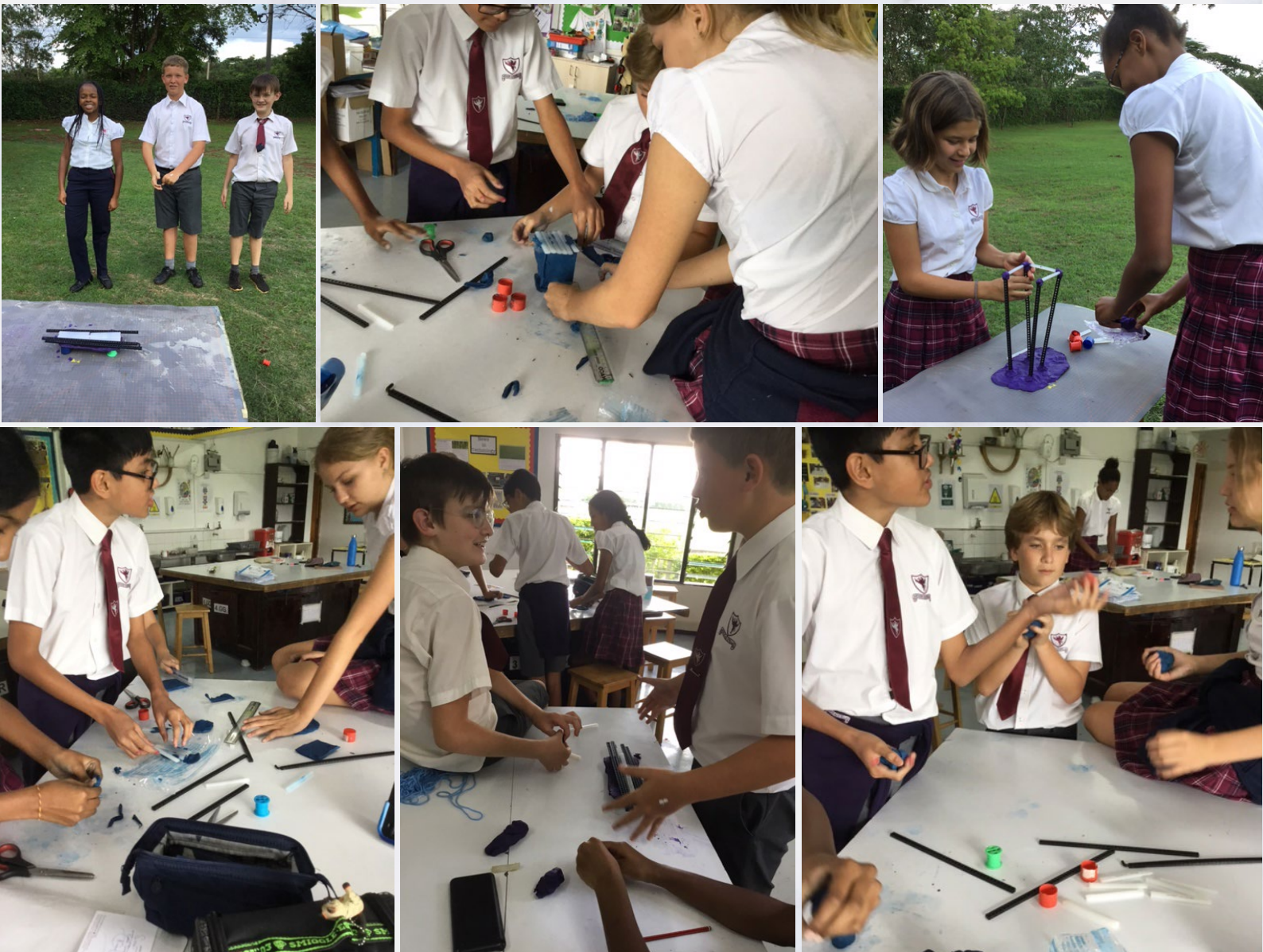






## YEAR 8

Some Year 8 children started their week off in D&T undertaking a STEAM project (Science, Technology, Engineering, Art & Maths). They were given a real life situation of how to make a sustainable flood proof house for people living on an island. This week, the pupils had fun creating a model from modelling clay and a few items to test if it was flood proof.



## GOLF REPORT

On Saturday 22nd April, a number of Banda students took part in The Karen Junior Golf Tournament.

The best performance was by Tristan who won the 9-10 age group. Nakami came 4th in the 12-13 age group with Keith and Declan, both Year 3, coming 3rd and 6th in the 7 age group.

Play was stopped for about 30 minutes due to very heavy rain and some of the boys thought that this was the best part of the day.

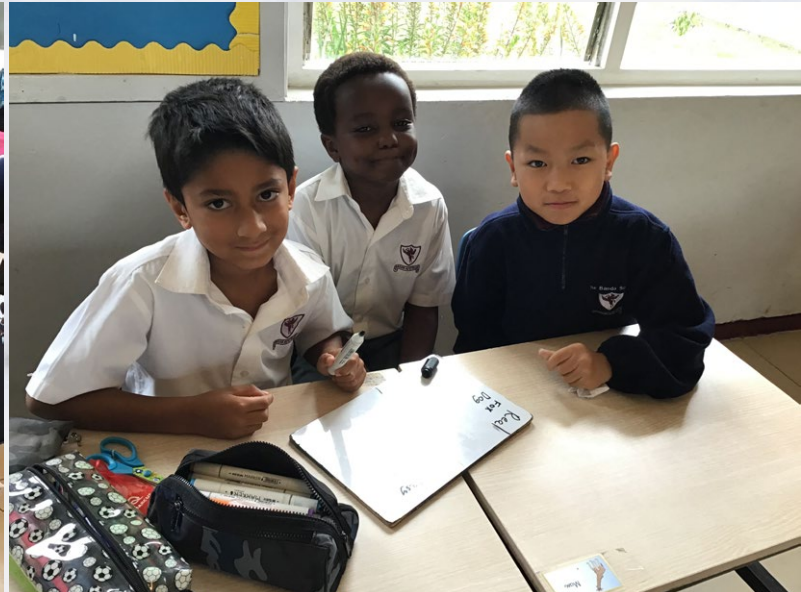
Congratulations Tristan.





## LOWER SCHOOL - YEAR 3

We have started a new book in Year 3 - Peter Pan. We have been discussing what is reality and what is fantasy in books we have read and what we think from chapters 1 and 2 so far. Can we fly away on an adventure?



## YEAR 2

We had great fraction fun in Year 2... or was it a fraction of the fun?





# PEGASUS EARLY YEARS RECEPTION

In Maths, Reception have been recapping on how to subitise numbers - they had to try and choose the correct number of dots without counting. We also recapped on how to match, sort and compare different items. We had a go at matching, sorting and comparing socks, fish, boots and bumble bees.





## NURSERY 2

We are back and super excited about it. This week we have been busy exploring the setting, catching up with friends about the holiday as well as coming up with creative pieces of art.





# NURSERY 1

The children have started their term very excited and eager to learn. There was a lot of chatter about their different experiences over the holiday. They were relaxed as they engaged in various activities.





# RIISING STARS

It was a fun-filled week for the Rising Stars. They enjoyed exploring different activities.





# WEEK 2 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MORNING BREAK

## LUNCH:

### SOUP

### MAINS

### VEGGIE

### SIDES

### DESSERT

MAIN SCHOOL

### DESSERT

PEY

Cheese Sandwiches & Fresh Fruit

Flapjacks & Fresh Fruit

Lemon Cake & Fresh Fruit

Jam Cookies & Fresh Fruit

Butternut Soup

PUBLIC HOLIDAY

Bangers & Mash  
GF Apple & Pork Sausages

Stir Fry Chicken & Vegetables

Beef in Mild Curry

Sandwich Bar with roast meats and a variety of fillings

Enchiladas  
(Baked Tortillas filled with Beans, Salsa & Cheese)

Stir Fry Tofu & Vegetables

Chickpea in Mildly Spiced Curry

Sandwich Bar with a variety of fillings

Vegetable Stir Fry Rice (PEY)

Gravy Parsley potatoes (PEY)

Veg Fried Rice  
Rice Noodles

Seasonal Vegetables  
Naan

Selection of Salads

Pancakes & Golden Syrup  
Fruit Platter

Cake & Custard  
Fresh Fruit

Ice Cream & Fresh Fruit

Apple Pie & Custard  
Fresh Fruit

Pancakes & Golden Syrup  
Fruit Platter

Cake & Custard  
Fresh Fruit

Yogurt and Honey Fresh Fruit

Apple Pie & Custard  
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



# CHICKEN & VEGETABLE NOODLES

*Mala's*  
KITCHEN



## Ingredients

- 1 packet instant noodles
- ¼ green pepper, chopped small
- 1 leaf of cabbage, shredded
- ½ teaspoon soya sauce
- ½ teaspoon chili paste (optional)
- ¼ teaspoon salt
- 100gm boneless chicken thigh, cut in ¾ inch cubes
- ½ an onion, chopped small
- ½ carrot, chopped small
- 1 teaspoon black bean sauce
- ½ teaspoon garlic
- 1 tablespoon oil

## Method

- Boil the noodles in hot water for 2 minutes, then drain the water.
- In a wok, heat some oil, add the onion, carrot and green pepper.
- Cook for 2 minutes on high heat then remove on a plate, making sure to drain the oil first.
- In the same oil add the chicken, garlic paste and salt. Stir fry on high heat for 5 minutes and then add in the cooked onions, carrots and green pepper and stir.
- Add salt, chili paste, black bean sauce and soya sauce.
- Continue to stir for 2 minutes on high heat.
- Add the cabbage and cook for 1 minute.
- Add the noodles and toss for 1 minute over heat.
- Serve with sweet and sour sauce.



# NOTICE BOARD



ENHANCING  
URBAN  
MOBILITY

## Tree Planting

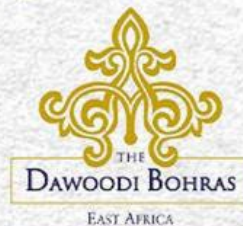
SATURDAY - 29<sup>TH</sup> APRIL 2023

10:00 A.M - NOON

USHIRIKA ROAD -

DR. SYEDNA MOHAMMED BURHANUDDIN ROAD  
JUNCTION

LET'S PLANT **200** TREES



Tomorrow, Saturday 29 April, 2023, a group of volunteers from Karen/Hardy are going to plant trees on the junction of Ushirika rd with Dr. Syedna Mohammed Burhanuddin rd (the corner next to the Matt Bronze roundabout). Because many of the Banda community drive past this junction to and from school daily it might be fun to join the activity. It's 'bring a friend' so all of you are welcome to come help.

Bring your own tools like shovel and gloves. Horse manure or compost would also be helpful to bring if you have it.

These will be the tree species: Ornamental bamboo / Teclea spp / Warbugia / Olea / Spathodea/ Cordia



## NOTICE BOARD

# The Peponi House Twist & Turn 2023



EVENTS -   

Saturday, 13th May

8:30am - 5:30pm

At the Peponi House Preparatory School, Farasi Lane

Registration fee: 500/-

TYPE THIS LINK ON YOUR REFERRED WEB BROWSER TO GET ALL THE NECESSARY  
DETAILS - [TINYURL.COM/4CB5Z8C5](https://tinyurl.com/4CB5Z8C5)

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CUBING KENYA



Don't throw  
your toilet rolls  
away!!

Want green  
points towards  
your house?

Bring them into  
D&T

1 point for every  
5 rolls!

# WANTED



**UN-WRAPPED!**



# NOTICE BOARD

**Under the Swahili Tree**

**Coronation STREET PARTY**

Monday 8th May  
4pm

**Village Games  
Colour-a-Crown  
Bouncy Castle  
Classic British  
Party Food**

in support of the  
British Legion

**BRITISH  
LEGION  
KENYA**

ADULTS 3500KSH  
CHILDREN 2000KSH  
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KAREN

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Have a lovely weekend!