

# Greensteds International School

#### The Flamingo

Issue 22, Friday 7th March 2025



#### Who Got Caught Reading This Week?











#### Sports Update



**U19 Boys Hockey** 

**Greensteds 1-1 Premier** 





**U19** Girls Hockey

**Greensteds 4-0 Premier** 





**U15 Boys Hockey** 

**Greensteds 2-0 Premier** 





**U15 Girls Hockey** 

**Greensteds 1-0 Premier** 









### Kenya Aquatics Nakuru County Swimming Meet

The Greensteds Swimming Squad performed admirably on Saturday 1st March.

They finished in 1st place out of 8 schools competiting in the KA Nakuru County Swimming Meet after amassing 27 gold medals, 11 silver medals and 5 bronze medals.

Our thanks and appreciation to Coach Wellington, Ms Nyokabi and all the parents who went to support the squad.



Girls 8 - 9 Years

1st place: Doxa Kamau & Neriah Hari (21 Points)

Boys 8 - 9 Years

1st Place: Joseph Waithinji (14 Points)

2nd Place: Jayden Macharia (12 Points)

**Girls 10 - 11 Years** 

3rd Place: Amie Hunjan (15 Points)

**Boys 10 - 11 Years** 

1st Place: Mabon Matai & Eze Matu (19 Points)

Girls 12-13 Years

2nd Place: Kimberly Wafula (16 Points)

**Boys 14 - 15 Years** 

1st Place: Cariappa Aiyappa (26 Points)

**Girls 16 - 19 Years** 

1st Place: Michelle Epuyo (14 Points)

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Doxa Kamau:
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100m IM - Gold, 25m Backstroke - Gold, 25m Breaststroke - Gold

Dehliah Hopkins: 100m IM - Gold,

**Mabon Matai:** 

100m IM - Gold, 50m Backstroke - Gold, 50m Butterfly - Silver

Eze Matu:

100m IM - Silver, 50m Breaststroke - Gold, 50m Butterfly - Gold

Kimberly Wafula:

200m IM - Silver, 50m Butterfly - Gold, 50m Freestyle - Bronze

Neriah Hari:

25m Backstroke - Silver, 25m Breststroke - Silver, 25m Butterfly - Gold, 25m Freestyle - Bronze

Joseph Waithinji:

25m Backstroke - Gold, 25m Freestyle - Gold

Jayden Macharia:

25m Backstroke - Silver, 25m Butterfly - Gold

Tianah Wanjiru:

50m Backstroke - Silver

Cariappa Aiyappa:

50m Backstroke - Silver, 50m Breaststroke - Gold, 50m Butterfly - Gold, 50m Freestyle - Gold

Mich Otieno:

50m Backstroke - Silver, 25m Freestyle - Bronze

Amie Hunjan:

50m Breaststroke - Silver, 50m Butterfly - Silver, 50m Freestuyle - Silver

Iris Bardothier:

50m Breaststroke - Silver

Michelle Epuyo:

50m Breaststroke - Gold, 50m Freestyle - Gold

Matana Kamu:

50m Butterfly - Bronze, 50m Freestyle - Silver

Joseph Mwangi:

50m Butterfly - Silver, 50m Freestyle - Gold

Hortensia Wanjiru:

25m Freestyle - Silver

Aiden Mburu:

50m Freestyle - Gold

Marcel Waweru:

**50**m Freestyle - Bronze











GREENSTEDS INTERNATIONAL SCHOOL

PRESETTS

#### KEY STAGE 1 SWIMMING EXHIBITION



Date: Wednesday, 12th March 2025

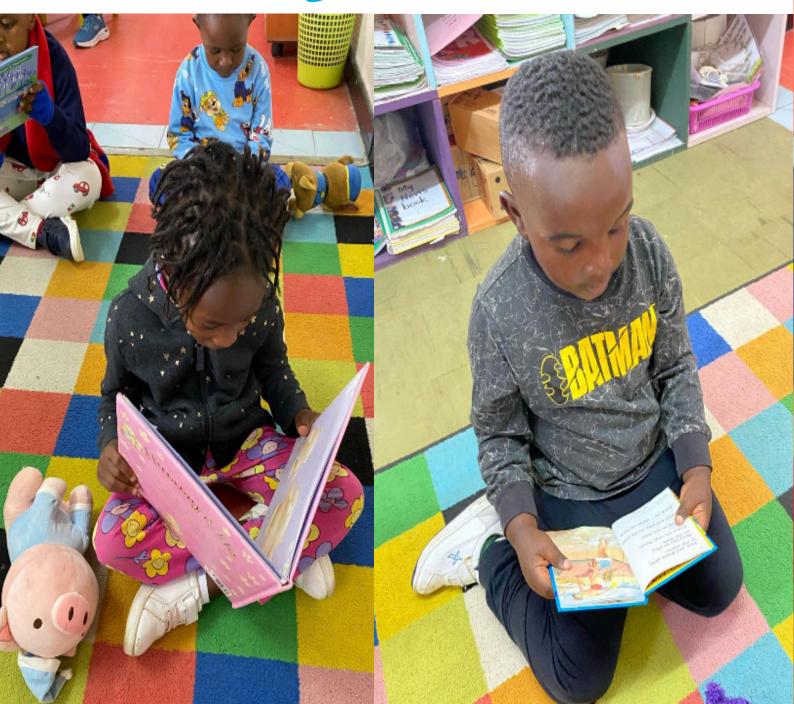
Time: 9:30am-12:00pm

Venue: GIS Pool 'Quid Quid Decori Admirare'

www.greenstedsschool.com



Early Years enjoyed their Pyjama Day during book week...









## Juniors joined Early Years to read together....









#### ...then the Seniors helped out.





Early Years
and Juniors
then
dressed up
as their
favourite
book
characters...





Then, the Juniors stumbled across a mystery egg in the forest! Mr Mwanzia designed this hoax to help inspire some very creative writing...





## Book Week: Celebrating the Joy of Reading

This year's Book Week was a whirlwind of literary fun! We kicked off with Genre Exploration, diving into the diverse world of books. The Drop Everything and Read session brought the school together in silent reading, while our seniors shared stories with Reading for Junior School Students. The Library Treasure Hunt added excitement as students raced to solve clues. It was an exciting challenge that tested students' knowledge of books and their ability to navigate the library, making research fun and engaging. The week ended with Dress Like a Book Character Day, where students brought their favorite literary figures to life.

















Year 5 pupils did a great job modelling the human digestive system this week...









# Year 10 & 11 Work Experience Week

#### Adrian – Aqua Sanaki (Farming)

"I carried live fish from the pond to the weighing center, cleaned and gutted them, and even herded fish in the water. Delivering fish to clients was an interesting experience. I learned how to herd fish by receiving instructions while in the pond. I was efficient at carrying fish and herding them, but I need to improve my gutting skills to work faster."

#### Favour - Franck Mwangi & Co (Law Firm)

"I conducted research on invalid charge contracts and learned how to register cases in the small claims court. I also visited a courtroom and observed real proceedings, which gave me a better understanding of legal practice. My research skills improved, and I gained confidence in asking questions. I felt very engaged and productive today!"

#### **Gregory - Legal Work Experience**

"I worked on writing a sample PLAINT for a case regarding unlawful child custody. I learned how to structure a plaintiff, addressing the right court branch and describing both the Plaintiff and Defendant. My work was described as above average for a beginner, which was motivating. I'm improving, but I need to refine my legal writing further."

#### **Cariappa – Isuzu (Automotive Maintenance)**

"I replaced a spring damper, changed brake pads, and learned to use a grease gun. The toughest part was dealing with stiff bolts. I also got introduced to copper welding. I did well with hands-on tasks, but handling heavy tools was challenging. I need to build more strength and refine my technique for greater efficiency."

#### Nahla - Dentistry Observation

"I observed a dentist performing extractions, fillings, and polishing infected teeth. Watching the procedures made me appreciate the importance of oral hygiene. It was hard to keep a straight face during extractions because I was nervous, but I gained valuable knowledge on dental care and patient interactions."

#### Kamraan – Rift Valley Engineering

"I assisted workers and learned to operate different machines. Understanding the importance of precision in engineering was eye-opening. I picked up new skills quickly, though some machines were difficult to grasp initially. It was a great learning experience!"

#### Michelle M - ABC Bank

"I learned about banking systems, how to process cheques, and document scanning. I also interacted with customers, which was a great experience. I enjoyed the fast-paced environment and had a smooth and productive day with no complaints!"

#### **Lavine – MG Innovation Hub**

"We researched different software that had a major impact on revenue and the problems they solved.

We also discussed coding languages and their applications. Since today was mostly discussions, we didn't do much hands-on work, but it was insightful."

#### **Jabril Davis - MG Innovation Hub**

"I researched influential software programs, specifically Windows, and presented my findings. We also answered questions on software engineering and its applications. The work was easy, but I can improve the depth and length of my responses in the future."

#### Sanoli (Menengai Oil Refineries)

"I learned about the processing of oil from raw material to finished product. I was given an introduction to the different steps of refining and packaging. My strength is that I was keen on understanding the processes. Since it was my first day, I have not yet identified a specific weakness."



### House Patrons

The following teachers are the Patrons of the three Greensteds Houses:

#### **Batian**

Early Years: Ms Kaduyu

Junior school: Ms Muthoni

Senior school: Ms Odhiambo

#### **Kibo**

Early Years: Ms Rajab

Junior School: Mr Ndiu

Senior school: Mr Omolo

#### **Nelion**

Early Years: Ms Oduk

Junior School: Mr Mwanzia

Senior School: Mr Lameka

# Junior Inter-House Music Competition



#### **Results:**

3rd Place - 162 points - Nelion

2nd Place - 183 points - Kibo

1st Place - 188 points - Batian















# Congratulations to Batian House!



# Headmaster's Distinctions

The following children received HMDs this week after being successfully nominated by their teachers...

Rishi Ponnana - Yr 7

Excellent classwork and prep in Biology

Samantha Imani - Yr 8
Outstanding work for Artist of The Week

Shekinah Amara - Yr 6
Outstanding work for Artist of The Week

Vanessa Mwangi - Yr 10
Outstanding work for Artist of The Week

Sasha Kenta - Yr 10
Outstanding work for Artist of The Week

Wayne Adede - Yr II
Balancing work experience and extra study brilliantly

#### Amelia Kamau - Yr 2 Remarkable progress in classroom conduct

Aariz Gilani - Yr 4
Outstanding commitment to reading

Hortensia Wanjiru - Yr 4 Excellent academic progress made

Cyril Mwambeyu - Yr 12
For neatness and organisation

Duke Mwaura - Yr 12 Leadership skills

Denzel Ekitela - Yr 12
Outstanding punctuality

Jean Eude - Yr 12 Improved neatness & organisation

Tumaini Mwaipopo - Yr 12
Focus on his studies during prep

Gabriele Delgaudio - Yr 12
For being a model for his peers and juniors

### Nathaniel Njuguna - Yr 13 For a sustained sense of accountability

Azhani Lorien - Yr 13
For excellent reception to instructions and guidance

Ella Chemutai - Yr 3 Improved work ethic

Adolla Ogot - Yr 5 Improvement in time management

Michelle Kemboi - Yr 8
Intentionally raising the quality of her boarding life

Ninel Jerono - Yr 10
Intentionally raising the quality of her boarding life





This week, we learn a little more about Ms Beth Uside, Teaching Assisstant....



#### What inspired you to enter the teaching profession?

I developed my love for teaching from the love I received from my grade four class teacher. She showed me compassion, care and empathy making her my role model. Additionally, I have grown up considering teaching as the only profession which can change the world; the profession which can change lives and societies.

#### Where did you grow up?

Partially in Western Kenya and partially in Nairobi.

If you could do any other job, what would it be?

A journalist. I love staying informed and sharing ideas.

#### How would you spend Your Ideal Weekend?

An ideal weekend would involve spending time with my loved ones, exploring nature through picnics and perhaps some self-care.

#### What is your favourite song?

"Remember when" by Alan Jackson

#### Tell us something that we do not know about you:

Cooking is my passion especially chapati. I enjoy preparing meals for my family.

#### What was the last book you read?

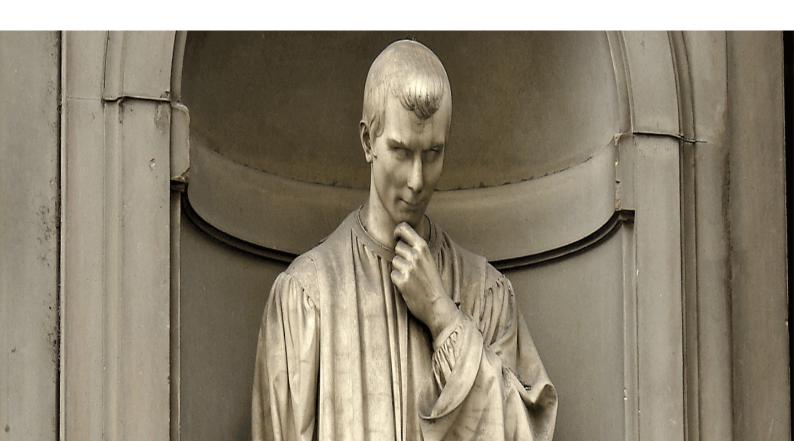
"Great expectations" by Charles Dickens.

#### What is your Favorite meal?

I love chicken pilau served with tomato salad.

#### If you could invite anyone (throughout history) to join you for dinner who would it be?

I would invite Niccolo Machiavelli.





### KENYA

**2024 Awards Ceremony** 

Well done to our former Year 13 students (class of 2024) for the following outstanding Pearson BTEC performance...

#### **BTEC in Business**

#### **Distinction in all units**

No Qualification	Candidate	Centre
BTEC International Level 3 Extended Diploma	David Arama Otara	Greensteds International School
BTEC International Level 3 Extended Diploma	Elvy Lord Iteriteka	Greensteds International School
BTEC International Level 3 Extended Diploma	Hegra Mokeira Onuong'A	Greensteds International School
BTEC International Level 3 Extended Diploma	Mellisa Nyaboke Chweya	Greensteds International School

#### **BTEC in Creative Media**

#### Distinction in all units

No Qualification	Candidate	Centre
BTEC International Level 3 Subsidiary Diploma	David Arama Otara	Greensteds International School

#### **BTEC in Information Technology**

#### Distinction in all units

**Subsidiary Diploma** 

No Qualification	Candidate	Centre	
BTEC International Level 3	Nigel Njenga Waithaka	Greensteds International	

School

#### **BTEC in Sport**

#### **Distinction in all units**

No Qualification Candidate Centre

BTEC International Level 3 Subsidiary Diploma Brigid Nakami Nabulindo

Greensteds International School







# Examination Schedule (April - June 2025)

iPrimary (Yr 6)

Checkpoint (Yr 9)

IGCSE & GCE O Level

A Level

Date	Examination	Time
2nd April 2025	IGCSE ICT Practical Exam (21)	1.45pm - 4.00pm
3rd April 2025	IGCSE ICT Practical Exam (31)	1.45pm - 4.00pm
22nd April 2025	Checkpoint English Paper 1 (Non-Fiction)	7.45am - 8.55am
22nd April 2025	Checkpoint English Paper 2 (Fiction)	9.10am - 10.20am
23rd April 2025	Checkpoint Maths Paper 1 (Non-Calculator)	7.45am - 8.45am
23rd April 2025	Checkpoint Maths Paper 2 (Calculator)	9.00am - 10.00am
24th April 2025	Checkpoint Science Paper 1	7.45am - 8.30am
24th April 2025	Checkpoint Science Paper 2	8.45am - 9.30am
25th April 2025	IGCSE Swahili (Reading & Writing)	10.00am - 12.00pm
28th April 2025	GCE O Level English Language (21) (Writing)	2.00pm - 4.00pm
28th April 2025	A Level English Literature (11) (Drama & Poetry)	2.00pm - 4.00pm
30th April 2025	IGCSE Global Perspectives (Team Project)	n/a

30th April 2025	IGCSE Global Perspectives (Individual Report)	n/a
30th April 2025	IGCSE Physical Education (Coursework)	n/a
30th April 2025	IGCSE Chemistry (41) (Theory Extended)	2.45pm - 4.00pm
30th April 2025	IGCSE English as a Second Language (31) (Speaking Endorsement)	n/a
30th April 2025	A Level English Language (11) (Reading Paper)	1.45pm - 4.00pm
2nd May 2025	IGCSE Mathematics (12) Core (Non-Calculator)	10.30am - 12.00pm
2nd May 2025	IGCSE Mathematics (22) Extended (Non-Calculator)	10.00am - 12.00pm
5th May 2025	IGCSE Swahili (Listening)	11.15am - 12.00pm
5th May 2025	A Level English Language (21) (Writing)	2.00pm - 4.00pm
6th May 2025	IGCSE Geography (12) (Geographical Themes)	10.15am - 12.00pm
6th May 2025	IGCSE Biology (41) (Theory Extended)	2.45pm - 4.00pm
6th May 2025	IGCSE Coordinated Science (41) (Extended Theory)	2.00pm - 4.00pm
6th May 2025	A Level Business (12) (Business Concepts 1)	10.45am - 12.00pm
6th May 2025	A Level Chemistry (31) (Advanced Practical Skills)	2.00pm - 4.00pm
7th May 2025	IGCSE Mathematics (32) Core (Calculator)	10.30am - 12.00pm
7th May 2025	IGCSE Mathematics (42) (Extended - Calculator)	10.00am - 12.00pm
8th May 2025	IGCSE ICT (12) (Theory)	10.30am - 12.00pm
8th May 2025	IGCSE Global Perspectives (12) (Written Paper)	10.35am - 12.00pm
8th May 2025	GCE O Level English Language (21) (Reading)	2.00pm - 4.00pm
8th May 2025	IGCSE First Language English (11)	2.00pm - 4.00pm

	(Oral Endorsement - Reading)	
8th May 2025	IGCSE Second Language English (11) (Oral Endorsement - Reading & Writing)	2.00pm - 4.00pm
8th May 2025	A Level Mathematics (Edexcel Pearson) (Pure Mathematics 1)	9.00am - 10.30am
8th May 2025	A Level Bialogy (31) (Advanced Practical Skills)	2.00pm - 4.00pm
9th May 2025	IGCSE Physics (41) (Theory Extended)	2.45pm - 4.00pm
9th May 2025	A Level Physics (Edexcel Pearson) (Mechanics & Materials)	9.00am - 10.30am
9th May 2025	A Level Chemistry (41) (Structured Questions)	2.00pm - 4.00pm
12th May 2025	IGCSE English Literature (12) (Poetry & Prose)	10.30am - 12.00pm
12th May 2025	A Level Business (22) (Business Concepts 2)	10.30am - 12.00pm
12th May 2025	A Level Biology (41) (Structured Questions)	2.00pm - 4.00pm
13th May 2025	IGCSE Coordinated Science (51) (Practical Test)	2.00pm - 4.00pm
13th May 2025	IGCSE Biology (51) (Practical Test)	2.45pm - 4.00pm
13th May 2025	A Level Mathematics (Edexcel Pearson) (Pure Mathematics 2)	9.00am - 10.30am
13th May 2025	A Level English Literature (21) (Prose & Unseen)	2.00pm - 4.00pm
13th May 2025	A Level Psychology (31) (Specialist Ops's: approaches, issues & debates)	2.30pm - 4.00pm
14th May 2025	IGCSE English Literature (32) (Drama - Open Text)	9.55am - 10.40am
14th May 2025	IGCSE English Literature (42) (Unseen)	10.45am - 12.00pm
14th May 2025	IGCSE First Language English (21) (Directed Writing & Comp')	2.00pm - 4.00pm
14th May 2025	A Level Physics (Edexcel Pearson) (Waves & Electricity)	9.00am - 10.30am
14th May 2025	AS Level Economics (21) (Data Response & Essays)	2.00pm - 4.00pm

15th May 2025	IGCSE Geography (22) (Geographical Skills)	10.30am - 12.00pm
15th May 2025	IGCSE Chemistry (51) (Practical Test - Extended)	2.45pm - 4.00pm
15th May 2025	A Level Biology (51) (Planning, Analysis & Evaluation)	2.45pm - 4.00pm
15th May 2025	AS Level Biology (21) (Structured Questions)	2.45pm - 4.00pm
16th May 2025	IGCSE Business Studies (11) (Short Answer / Data Response)	2.30pm - 4.00pm
16th May 2025	A Level Psychology (41) (Specialist Ops's: Application & Research Methods)	2.30pm - 4.00pm
19th May 2025	IGCSE Business Studies (21) (Case Study)	2.30pm - 4.00pm
19th May 2025	A Level Physics (Edexcel Pearson) (Practical Skills)	9.00am - 10.20am
19th May 2025	AS Level Chemistry (21) (Structured Questions)	2.45pm - 4.00pm
19th May 2025	A Level Chemistry (51) (Planning, Analysis & Evaluation)	2.45pm - 4.00pm
20th May 2025	IGCSE Geography (42) (Alternative to Coursework)	10.30am - 12.00pm
20th May 2025	IGCSE Physical Education (12) (Theory)	10.15am - 12.00pm
20th May 2025	IGCSE Physics (51) (Practical Test - Extended)	2.45pm - 4.00pm
20th May 2025	A Level Mathematics (Edexcel Pearson) (Statistics 1)	9.00am - 10.30am
21st May 2025	A Level Geography (31) (Advanced Physical Geography)	2.30pm - 4.00pm
22nd May 2025	IGCSE English as a Second Language (Listening Multiple Choice)	3.10pm - 4.00pm
23rd May 2025	IGCSE Economics (21) (Structured Questions)	1.45pm - 4.00pm
23rd May 2025	A Level Geography (41) (Advanced Human Geography)	2.30pm - 4.00pm
27th May 2025	A Level Economics (Edexcel Pearson) (Business Behaviour)	12.00pm - 2.00pm
27th Mary 2025	iPrimary Computing Test	9.00am - 10.00am

28th May 2025	iPrimary English Test	9.00am - 10.30am
29th May 2025	A Level Mathematics (Edexcel Pearson) (Pure Mathematics 3)	9.00am - 10.30am
29th May 2025	iPrimary Mathematics Test	9.00am - 10.00am
30th May 2025	iPrimary Science Test	9.00am - 10.00am
3rd June 2025	A Level Economics (Edexcel Pearson) (Dev' in the Global Economy)	12.00pm - 2.00pm
4th June 2025	IGCSE Physics (21) (Multiple Choice - Extended)	3.15pm - 4.00pm
4th June 2025	IGCSE Coordinated Science (21) (Multiple Choice)	3.15pm - 4.00pm
4th June 2025	A Level Chemistry (11) (Multiple Choice)	2.45pm - 4.00pm
5th June 2025	IGCSE Economics (11) (Multiple Choice)	3.15pm - 4.00pm
5th June 2025	A Level Mathematics (Edexcel Pearson) (Pure Mathematics 4)	12.00pm - 1.30pm
6th June 2025	A Level Mathematics (Edexcel Pearson) (Statistics 2)	12.00pm - 1.30pm
9th June 2025	AS Level Economics (11) (Multiple Choice)	3.00pm - 4.00pm
10th June 2025	IGCSE Chemistry (21) (Extended - Multiple Choice)	3.15pm - 4.00pm
10th June 2025	A Level Biology (11) (Multiple Choice)	2.45pm - 4.00pm
11th June 2025	IGCSE Biology (21) (Extended - Multiple Choice)	3.15pm - 4.00pm



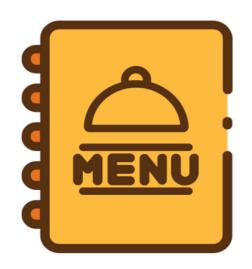
## Sports Academy

CALL +254113825090/0719788174 for details.



This weekend we plan to focus on Swimming as preparation for the upcoming Gala on 15th March 2025, Basketball for U13s Boys and Soccer for U9s because of the upcoming tournament at Roots Academy on the 22nd March 2025.

We welcome all to the academy to continue naturing talents to reach greater sporting heights.



## Week 10

Monday	Tuesday	Wednesday	
AM Snack	AM Snack	AM Snack	
Pineapple croissant	Beef/salad sandwich	Cinnamon Rolls	
Juice/Hot chocolate	Juice/Hot chocolate	Juice/Hot chocolate	
Lunch	Lunch	Lunch	
Cream of tomato soup	Green salad	Cream of butternut soup	
Chicken tikka & Naan	Colesiaw	Marinated lamb casserole	
Beans in curry sauce	Beef/veggie burger	Diced mixed Vegeatables	
Market Vegetables	French fries	Kamande stew/steamed rice	
Fresh fruit	Ice cream	Fresh Fruit	
PM Snack	PM Snack	PM Snack	
Shortcake	Vegetable spring roll	Popcorn	
Juice/Hot chocolate	Juice/Hot chocolate	fruits smoothie   Chocolate	

Thursday	Friday
AM Snack	AM Snack
Meat/Veg Samosas	Meat/Vegetable pie
Juice/Hot chocolate	Juice/Hot chocolate
Lunch	Lunch
Salad with dressing	Cream of pea & potato soup
Meat balls in sauce	Stir fried beef strips
Braised cabbage	Greengrams in coconut
Spaghetti Napolitana	Pumpkin chapati
Cream Cake	Watermelon
PM Snack	PM Snack
Mini mandazi	Chocolate doughnut
Juice/Hot chocolate	Juice/Hot chocolate

# Afternoon Sports Schedule next week

Even Weeks (2, 4, 6, 8, 10, 12)							
Year Group Monday Tuesday Wednesday Thursday							
	Yr 1 & 2 (PM1)	Girls: Hockey Boys: Swimming	Hockey	Hockey	Football		
Junior school	Yr 3 & 4 (PM1)	Hockey	Girls: Hockey Boys: Swimming	Hockey	Football		
	Yr 5 & 6 (PM1)	Hockey	Football	Girls: Hockey Boys: Swimming	Hockey		
	Yr 7 & 8 (PM2)	Girls: Football Boys: Basketball	Hockey	Hockey	Boys Swimming Girls Hockey		
Senior school	Yr 9 & 10 (PM2)	Boys Swimming Girls Hockey	Girls: Football Boys: Basketball	Hockey	Hockey		
	Yr 11, 12 & 13 (PM2)	Boys Swimming Girls Hockey	Hockey	Girls: Football Boys: Basketball	Hockey		



### Week 10



Mon 10th March

No events

Tue 11th March

1.45pm: Early Years Swimming Exhibition

Wed 12th March

STEM Department Trip to KEMRI Kisumu

1.45pm: Year1 & 2 Swimming Exhibition

Thu 13th March

**U9** Mixed Hockey Tournament (at Hillcrest)

Fri 14th March

**KAIS Swimming Finals (at Braeside Lavington)** 

#### Sat 15th March

Parents' Weekend

**U15 Boys Basketball Tournament (at Woodcreek)** 

KAISSO U15 Division 1 Boys Hockey Tournament (Home)

KAISSO U19 Boys Hockey League Finals (at Peponi)

KAISSO U19 Girls Hockey League Finals (at Turi)

Sun 16th March

Parents' Weekend