



Greenstedts International School

The Flamingo

Issue 23, Friday 14th March 2025



Sports Update

U17 Boys Basketball Tournament - Woodcreek

The U17 Boys Basketball team exhibited strong competitive spirit and playing with determination in each game. While the tournament provided a valuable learning experience for the students, particular recognition is due to the following individuals:

Cyril: For courageous participation in his 1st basketball game.

Mathias & Haleta: For their consistently strong defensive performances, contributing significantly to the team's efforts.

Solomon & Gift: For their excellent ball handling skills, which were instrumental in the team's offensive plays.

The tournament served as a valuable opportunity for the team to gain experience, develop their skills, and learn from other participating schools. The students demonstrated a positive attitude and represented the school with pride.







U15 Girls Hockey Finals Hillcrest

Greensteds 0 - 0 St Chrispher's
Greensteds 0 - 0 Premier Academy
Greensteds 0 - 0 Braeburn
Greensteds 0 - 1 Oshwal Academy

Greensteds: 3rd Place Overall

U17 Boys Hockey Finals Division 2

Greensteds: 2nd Place Overall

**Cariappa named Most Valuable
Player of the tournament**





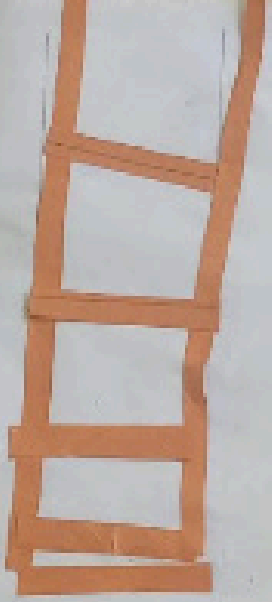


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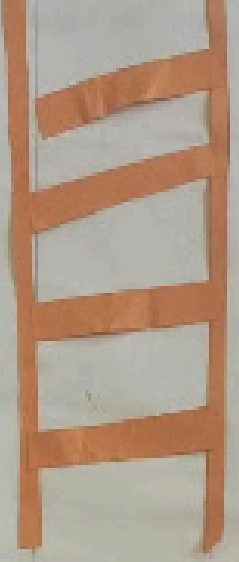
"L" is for Ladder...







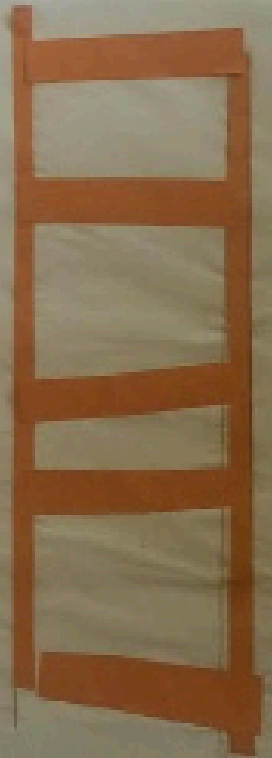
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l is for Ladder



l is for Ladder







STEM Trip to KEMRI Kisumu

On 12th March, a group of students visited the Kenya Medical Research Institute (KEMRI) in Kisumu for an educational tour. The visit provided an opportunity to explore various specialized laboratories and gain insights into ongoing medical research. The students were welcomed by KEMRI researchers and taken through different labs, including the mosquito breeding lab, malaria research lab, entomology lab, and the TB testing and research lab. Each of these labs plays a critical role in disease surveillance, control, and medical advancements.

A major highlight of the visit was learning about the research on malaria and tuberculosis. In the mosquito breeding and entomology labs, students observed the life cycle of mosquitoes and how they are studied to understand malaria transmission. The malaria research lab provided insights into efforts to develop better treatments and preventive measures for the disease. Similarly, the TB testing and research lab demonstrated modern diagnostic methods used to detect tuberculosis and develop effective treatment regimens.

Additionally, the students had the opportunity to learn about COVID-19 research, including how different strains of the virus are investigated. The researchers explained the process of testing vaccines, ensuring their safety and effectiveness. The visit was highly informative and gave the students a deeper appreciation of the role of scientific research in combating infectious diseases. Overall, the trip to KEMRI-Kisumu was a valuable learning experience, inspiring many students to consider careers in medical research







University & Careers

Industry Talk by Strathmore University

On Friday afternoon we hosted Strathmore University, one of Kenya's leading institutions of higher learning, for an awareness session for our sixth form students. The session was both informative and inspiring, providing students with valuable insights into university life, academic requirements, and the diverse courses offered at Strathmore. The representative outlined the admission requirements for various programs, emphasizing the importance of strong academic performance, especially in core subjects like Mathematics and English. She also highlighted the significance of extracurricular activities and personal development, encouraging students to build well-rounded profiles.

Students were informed about the wide range of courses available at Strathmore, from Business and Information Technology to Law. The talk also touched on scholarship opportunities, campus life, and the university's commitment to nurturing ethical and innovative leaders. A select group of students had the opportunity to sit for Strathmore University's entrance exam. The career talk left students motivated and better equipped to make informed decisions about their future.







This week, we learn a little more about our BTEC Business Teacher, Mr Samson Mutuku

What inspired you to enter the teaching profession?

My primary school science teacher. His dedication and passion for helping pupils succeed left a lasting impression on me. Over time, I developed the same love for supporting and nurturing young minds. Further, throughout my undergraduate and postgraduate studies, I often found myself helping fellow students grasp challenging concepts, which gave me a great sense of satisfaction. This inspiration led me to pursue a career where I could make a positive impact on students...and here I am today!

Where did you grow up?

I grew up in Makueni County

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

A military Officer.

How would you spend Your Ideal Weekend?

I would spend my ideal weekend either enjoying quality time with my family or taking long rides with my biker colleagues.

What is your favourite song?

Fear Is A Liar by Zach Williams.

Tell us something that we do not know about you:

I had my first formal teaching experience when I was in Form 2.

What was the last book you read?

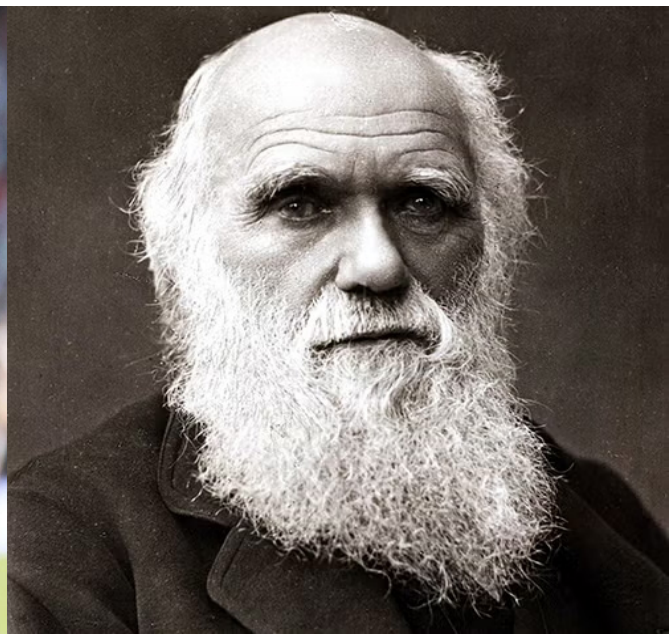
“Capacity Building” by Emmanuel Favour

What is your Favorite meal?

Pilau with chicken stew.

If you could invite any two people (throughout history) to join you for dinner who would they be?

Sir Alex Ferguson (former Manchester United Manager) & Charles Darwin.





Alumni Corner



Karine & Nathalie - Class of 1989

What years did you attend Greensteds?

Nathalie - From 1985 to 1989

Karine - From 1984 to 1989

What have you pursued after leaving Greensteds?

Nathalie - I returned to France and enrolled in a law university from 1997 to 2002. I am currently employed as a Human Resource Manager.

Karine - I spent a year in England from 1995 to 1996 at the University of Essex, after which I returned to France to train as an English teacher, specialising in English as a Second Language.

What is your most cherished memory of the school?

Nathalie - My most memorable experiences are the times I spent acting and singing at school.

Karine - I have many fond memories, but I will highlight a few: the time spent with children from diverse backgrounds, the wonderful, caring, and inspiring teachers, studying in a serene natural environment and the space and freedom to grow.

Did you have a favorite teacher? If so, what qualities made them your favorite?

Nathalie - Ms. Clark, due to her kindness.

Karine - Mr. Thompson, Ms. Wiggs, Ms. Pete, Mr. McDonald, and the Scottish teacher who lived across from the dining hall and made us banana milkshakes (I apologize for not remembering her name).

In what ways has Greensteds contributed to your life?

Nathalie - Greensteds encouraged me to embrace my true self.

Karine - It fostered my open-mindedness and sociability.

If you could convey a message to the current students at Greensteds, what would it be?

Nathalie - Recognise how fortunate you are to be in such a beautiful learning environment.

Karine - Please appreciate the wonderful opportunity you have to learn, grow, and explore. Make the most of it.

Sports Academy Update

This weekend we plan to focus on football in preparation for the upcoming Sports Extravaganza on 22nd March at Roots Academy

CALL +254113825090/0719788174 for details.







Week 11

Monday	Tuesday	Wednesday
AM SNACKS	AM SNACKS	AM SNACKS
Chocolate Doughnuts	Samosas	Mini vegetable pie
Juice & Hot chocolate	Juice & Hot chocolate	Juice & Hot chocolate
LUNCH	LUNCH	LUNCH
Cream of vegetable soup	Salad with dressing	Cream of carrot & ginger soup
Stir-fried chinese chicken	Grilled Lamb casserole	Beef curry
Chinese fried rice	Creamed mashed potatoes	Sweet & sour Paneer
Battered courgette sticks	Carrots and peas stew	Grilled vegetable rings
Vegetable Manchurian	Steamed green & white cabbage	Creole rice
Farm fresh Fruits	Orange sliced fruit	
PM SNACKS	PM SNACKS	PM SNACKS
Vanilla cupcakes	Mini mahamri	Beef ham sandwich
Juice & Hot chocolate	Juice & Hot chocolate	Juice

Thursday	Friday
AM SNACKS	AM SNACKS
Chocolate croissants	Chocolate cake
Juice & Hot chocolate	Juice & Hot chocolate
LUNCH	LUNCH
Kachumbari / Coleslaw salad	Butternut soup
Sweet and sour green salad	greek salads & lettuce
Bread crumbed fish fingers	Meatball in ragu sauce
Roasted vegetable moussaka	Fried rice / penne arabiata
Home made fries	Fruit smoothie
Fruit of the day	
PM SNACKS	PM SNACKS
Mandazi pellets	Doughnut
Juice & Hot chocolate	Juice & Hot chocolate

Afternoon Sports Schedule Week 11

Odd Weeks (1, 3, 5, 7, 9, 11)

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



Week 11



Mon 17th Mar

9.30am: Early Years Swimming Exhibition

Tue 18th Mar

9.30am: KS1 (Yr 1 & 2) Swimming Exhibition

1.00pm: Inter-House Swimming Gala

Wed 19th Mar

No events

Thu 20th Mar

U9 Boys Hockey v St Christopher's (Away)

U9 Girls Hockey v Braeside Lavington (Away)

Fri 21st Mar

No events

Sat 22nd Mar

U11 Boys Hockey tournament (Nairobi Academy)

U13 Boys Hockey tournament (Brookhouse Runda)

U11 Girls Hockey tournament (Home)

U13 Girls Hockey tournament (St Austin's)

Sun 23rd Mar

No events