



Greenstedts International School

The Flamingo

Issue 24, Friday 21st March 2025



Sports Update

KAISSO U19 Girls Hockey Finals at St Andrew's, Turi

**Greensteds 0 - 2 St Andrew's, Turi
Greensteds 0 - 4 Braeburn Garden Estate**

Despite a challenging day on the hockey field, the U19 girls represented themselves and Greensteds with pride on Saturday. They competed very well over the course of the term to reach these finals and ended up in 3rd place overall. Well done to the team and their coach.







U9 Girls Hockey - Braeside

Greensteds 0-1 Rusinga

Greensteds 0-0 BGR

Greensteds 0-1 St. Christopher's

Greensteds 0-0 Braeburn Nanyuki

U9 Boys Hockey - St Christopher's

Greensteds 0-0 BGR

Greensteds 1-0 Braeside Lavington

Greensteds 0-0 Cavina

Greensteds 0-3 Aga khan

Blessing named MVP in all matches











KAIS INTER-SCHOOLS FINALS SWIMMING GALA

Greensteds swimmers delivered a commendable performance, securing 11 medals (4 Silver, 7 Bronze), contributing to the 41 total podium finishes in Region 3. The results highlight both individual and team efforts, with notable performances in both sprint and relay events.

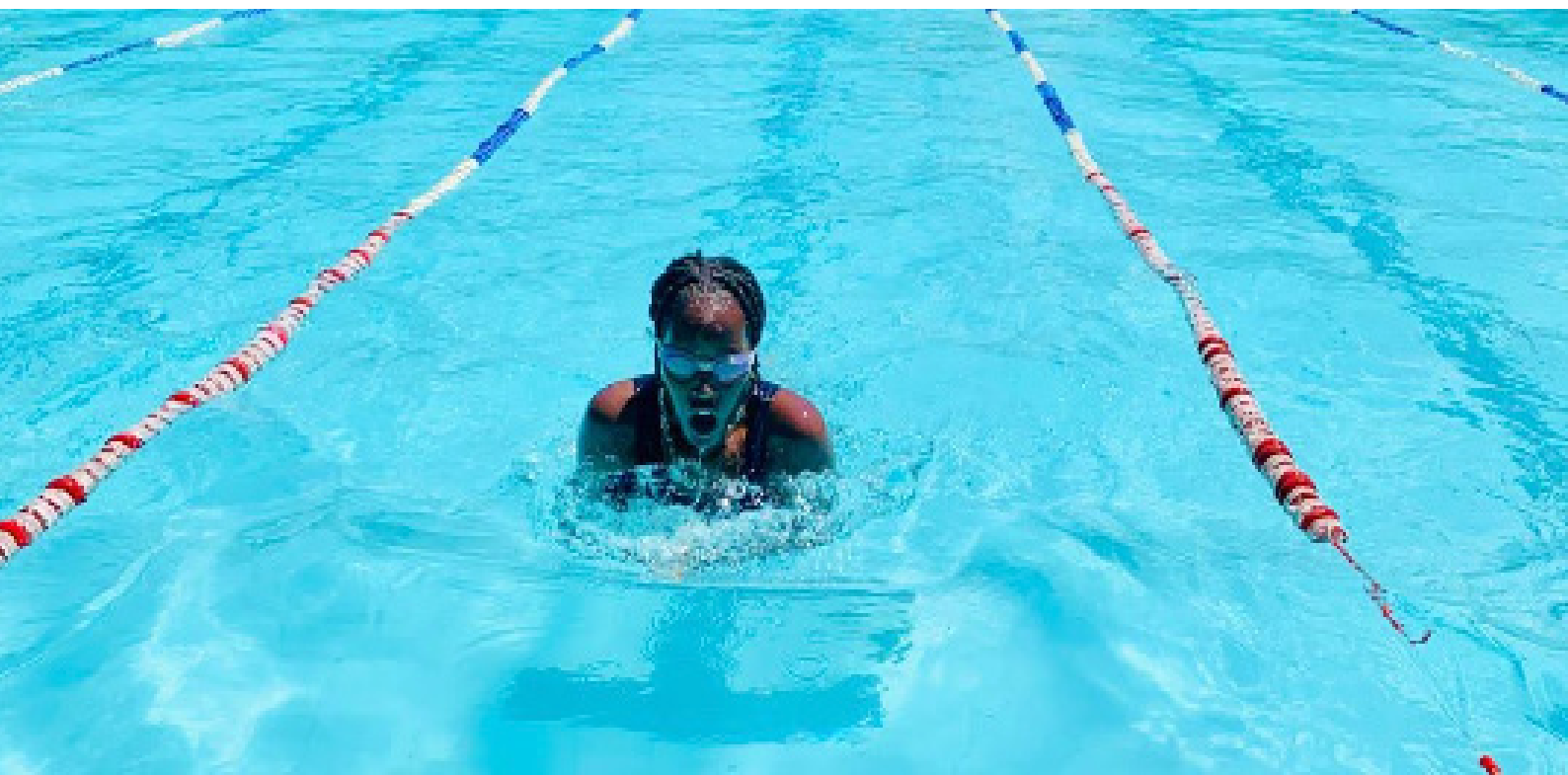
Medal Winners

Silver Medals:

Doxa Kamau – 25m Backstroke
Kimberly Wafula – 50m Butterfly
Matu Eze – 25m Freestyle
Alexander Kiuna - 25m Freestyle

Bronze Medals:

Jayden M: 25m Backstroke
Blessing L & Mabon M: 200m Freestyle Relay
Eze M, Blessing L, Adola O, Jayden M: 100m Medley Relay













Early Years Swimming Exhibition

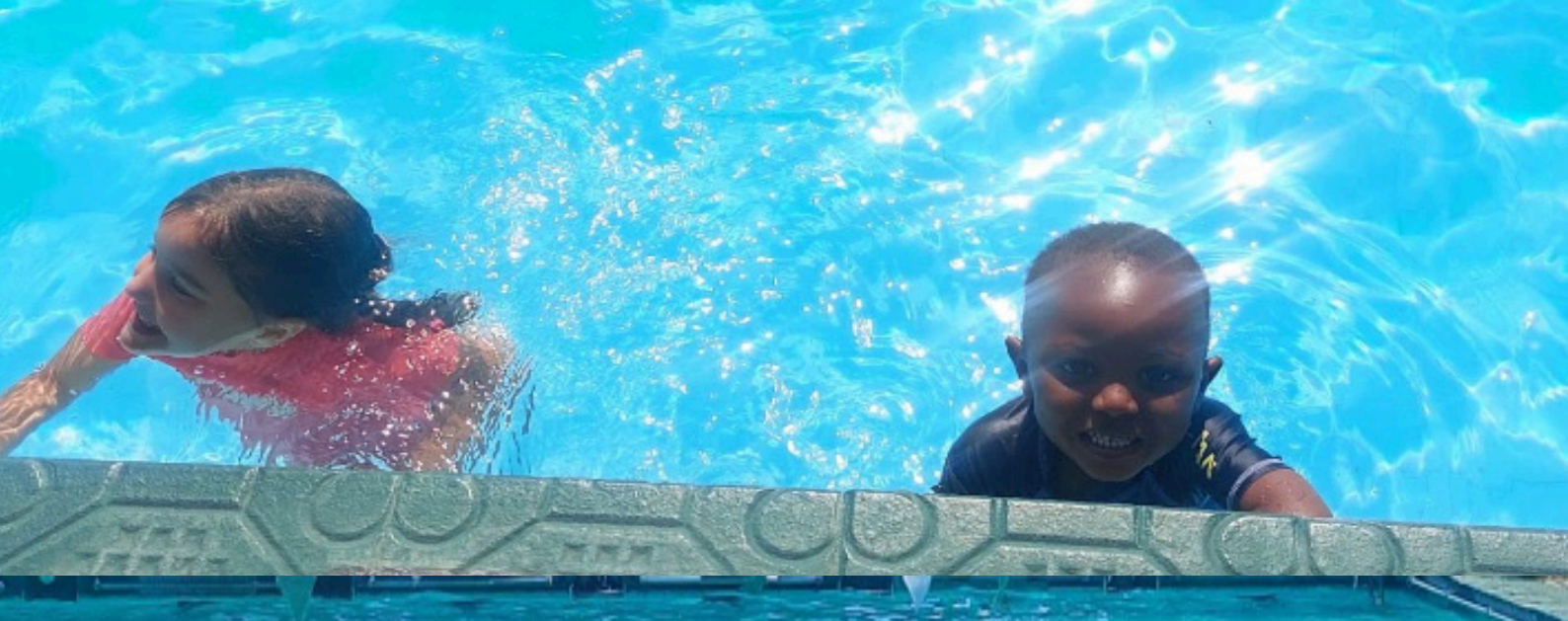
On Monday morning, we welcomed EY parents and guardians to come and see the EY Swimming Exhibition. This was a great event whereby the EY pupils could show their loved ones the progress they have been making in the pool. Our thanks to Coach Wellington and the team for their organisation, enthusiasm and encouragement.

















Key Stage 1 Swimming Exhibition





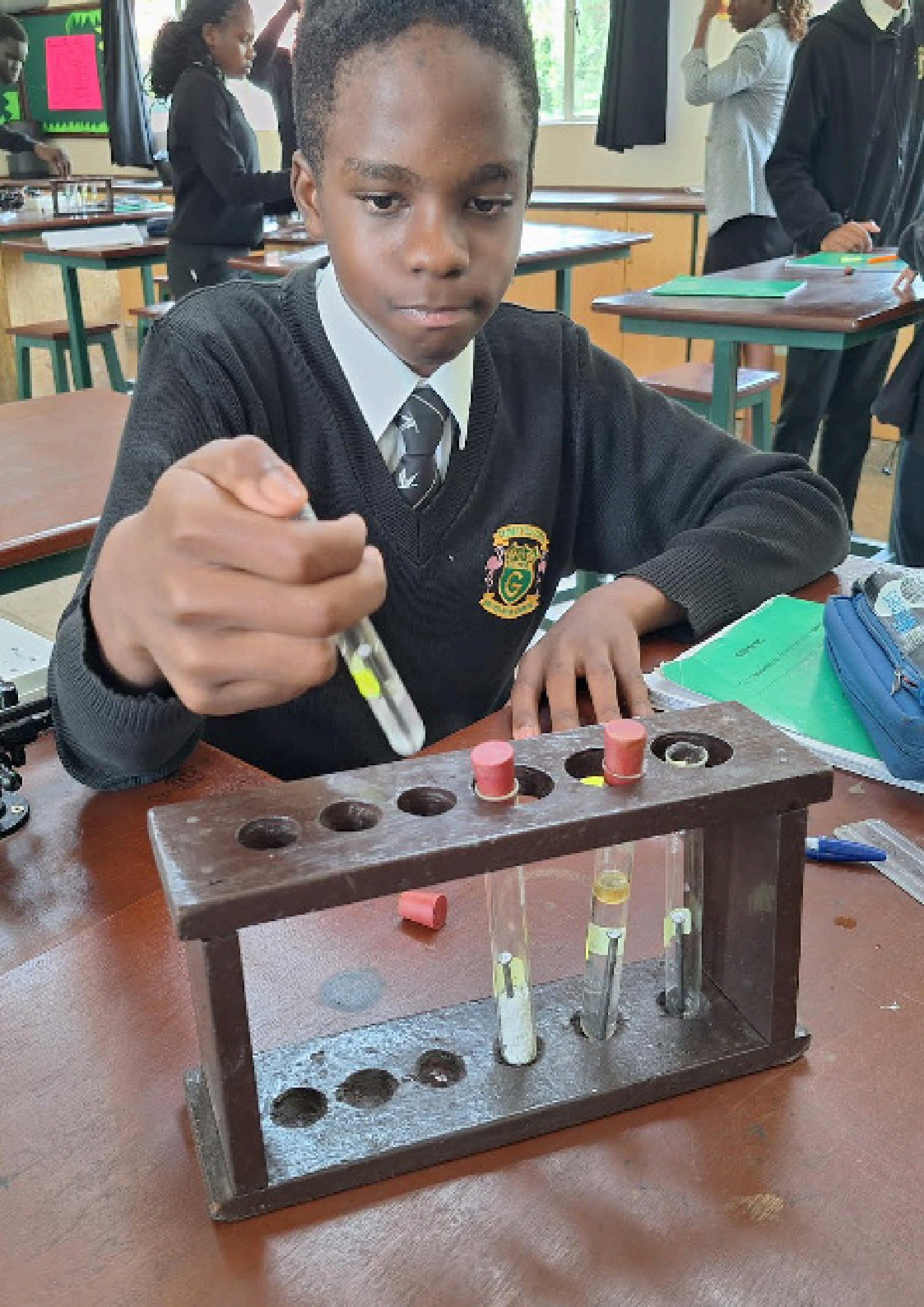


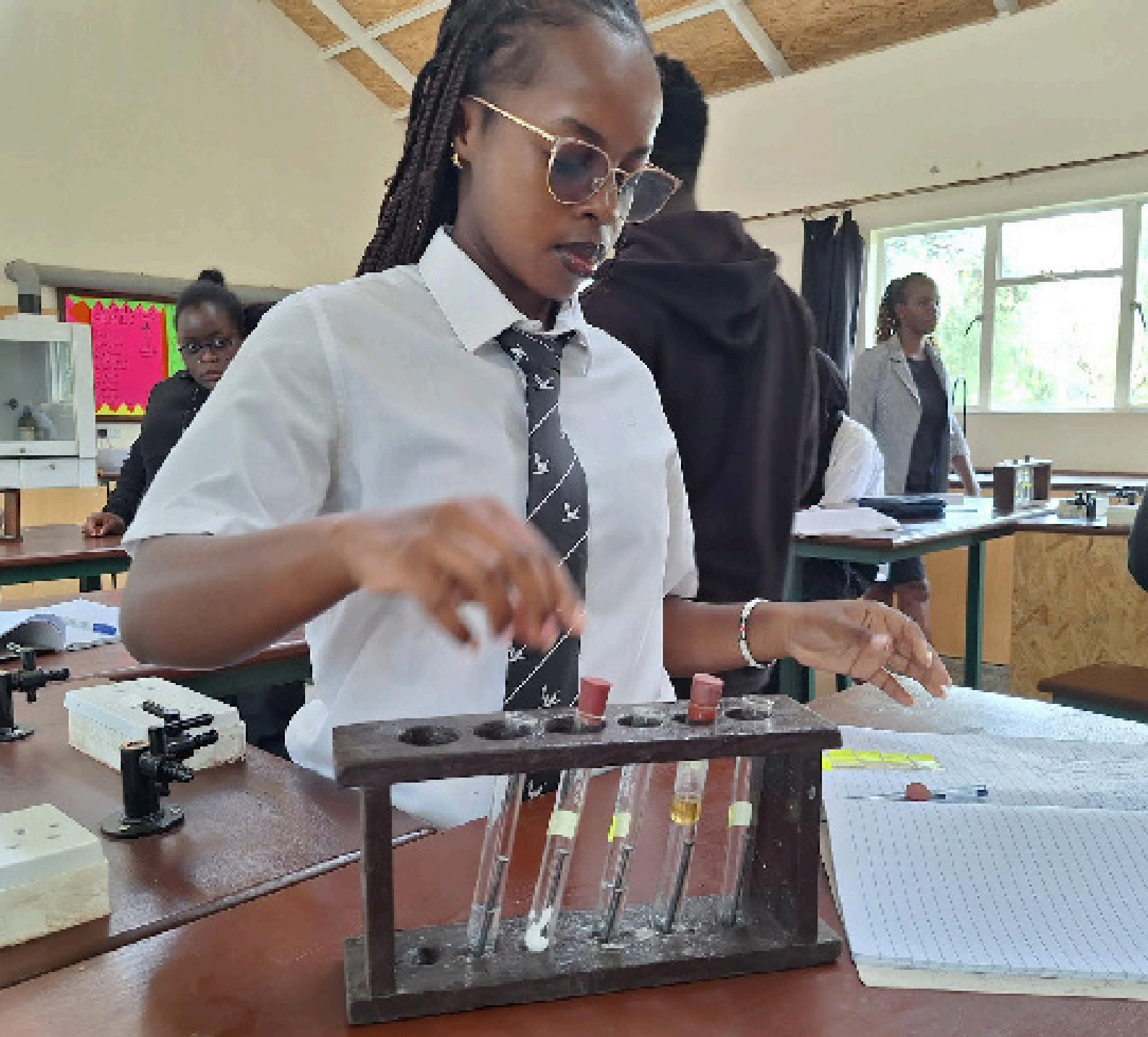


Year 10 Chemistry

Year 10 Chemistry students have been investigating the conditions required for the formation of hydrated iron (III) oxide (rust) as part of their study of metals...









**This week, we meet
Ms Muruka - Year 3
Teacher...**

What inspired you to enter the teaching profession?

My Aunt who constantly amazed me by the way she handled children. I could see the difference she made in the lives of children by shaping them into the adults they will become, giving them love and reasons to look forward to another day. Being a child who needed love myself, I chose the path to nature - to inspire, to educate, to make a difference and be a giver since a teaching career requires self-sacrifice. I also see myself as a continuous learner.

Where did you grow up?

I grew in Mombasa town

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

Fashion and design ,I love nature ,beauty and creativity.

How would you spend Your Ideal Weekend?

I enjoy me-time; nature walks & spending time with family and friends.

What is your favourite song?

“You Are The Reason” by Calum Scott

Tell us something that we do not know about you:

I love music and can do any task as long as there is music playing.

What was the last book you read?

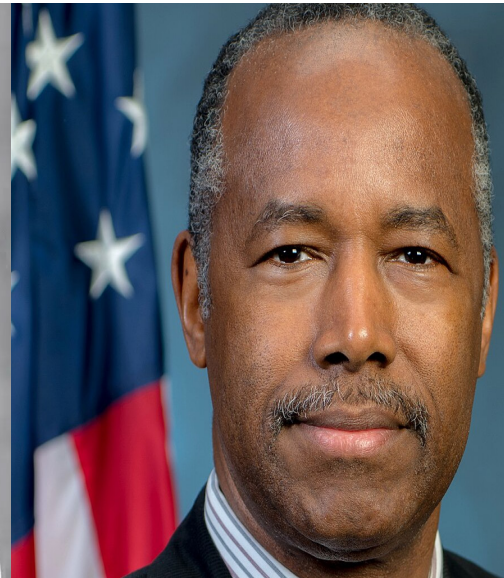
Unfortunately with the AI, and online reading I get carried away with the digital resources. However My favourite authors are Ben Carsons and Danielle Steel.

What is your Favorite meal?

I love Chapati, cabbage, wet fried meat or ugali & Tilapia. This completely whets my appetite.

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

I would invite Maya Angelou and Ben Carsons. The fact that they are both motivational and had a difficult childhood. One being a poet singer and the other surgeon and author, it would be interesting to listen to their conversation.



Inter-House Swimming Gala

This year, the Inter-House Swimming Gala was spread over two days due to the inclement weather. However, this did not dampen the spirits of all three houses. In the end, Kibo House were crowned champions. Well done to all the children who took part and swam their hearts out for their houses.





U11 Girls 25m Backstroke: Gold to Anna Choge of Batian
U11 Boys 25m Backstroke: Gold to Mabon Matai of Batian
U13 Girls 25m Backstroke: Gold to Iris Bardothier of Nelion
U13 Boys 25m Backstroke: Gold to Joseph Mwangi of Nelion
U15 Girls 25m Backstroke: Gold to Kaylah Osino of Batian
U15 Boys 25m Backstroke: Gold to Adrian Ismael of Nelion
U19 Girls 25m Backstroke: Gold to Matana Kamau of Kibo
U19 Boys 25m Backstroke: Gold to Mathias Shiundu of Kibo
U9 Girls 25m Breaststroke: Gold to Amelia Darell of Kibo
U9 Boys 25m Breaststroke: Gold to Adola Ogot of Batian
U11 Girls 25m Breaststroke: Gold to Hidaya Davis of Nelion
U11 Boys 25m Breaststroke: Gold to Blessing Lenjirr of Nelion
U13 Girls 25m Breaststroke: Gold to Samantha Imani of Batian
U13 Boys 25m Breaststroke: Gold to Rishi Ponnana of Batian
U15 Girls 25m Breaststroke: Gold to Kyla Ogot of Batian
U15 Boys 25m Breaststroke: Gold to Cariappa Aiyappa of Batian
U19 Girls 25m Breaststroke: Gold to Megan Wafula of Kibo
U19 Boys 25m Breaststroke: Gold to Dominique Domingo of Kibo
U9 Girls 100m Kickboard: Gold to Neema Wahito of Kibo
U9 Girls 25m Kickboard: Gold to Nathania Thuku of Batian
U9 Mixed 100m Medley Relay: Gold to Kibo
U11 Mixed 100m Medley Relay: Gold to Batian
U13 Mixed 100m Medley Relay: Gold to Batian
U15 Mixed 100m Medley Relay: Gold to Kibo
U19 Mixed 100m Medley Relay: Gold to Kibo
U9 Girls 25m Butterfly: Gold to Doxa Kamau of Kibo
U9 Boys 25m Butterfly: Gold to Adola Ogot of Batian
U11 Girls 25m Butterfly: Gold to Dehliah Hopkins of Batian
U11 Boys 25m Butterfly: Gold to Eze Matu of Batian
U13 Girls 25m Butterfly: Gold to Kimberly Wafula of Kibo
U13 Boys 25m Butterfly: Gold to Joseph Mwangi of Nelion
U15 Girls 25m Butterfly: Gold to Sasha Kenta of Kibo
U15 Boys 25m Butterfly: Gold to Cariappa Aiyappa of Batian
U19 Girls 25m Butterfly: Gold to Megan Wafula of Kibo
U9 Girls 25m Freestyle: Gold to Hortensia Wanjiru of Nelion
U9 Boys 25m Freestyle: Gold to Adola Ogot of Batian
U11 Girls 25m Freestyle: Gold to Rehema Okwiri of Kibo

U11 Boys 25m Freestyle: Gold to Laban Tendo of Kibo
U13 Girls 25m Freestyle: Gold to Matana Kamau of Kibo
U13 Boys 25m Freestyle: Gold to Tyler Achayo of Batian
U15 Girls 25m Freestyle: Gold to Sasha Kenta of Kibo
U15 Boys 25m Freestyle: Gold to Cariappa Aiyappa of Batian
U19 Girls 25m Freestyle: Gold to Kimberly Wafula of Kibo
U19 Boys 25m Freestyle: Gold to Barak Ondari of Batian
U9 Mixed 100m Kickboard Relay: Gold to Nelion
U9 Girls 100m Freestyle Relay: Gold to Nelion
U9 Boys 100m Freestyle Relay: Gold to Nelion
U11 Mixed 100m Freestyle Relay: Gold to Batian
U13 Mixed 100m Freestyle Relay: Gold to Batian
U15 Mixed 100m Freestyle Relay: Gold to Kibo
U19 Mixed 100m Freestyle Relay: Gold to Kibo
Girls 50m Freestyle: Gold to Megan Wafula of Kibo
Boys 50m Freestyle: Gold to Mathias Shundu of Kibo
Girls 50m Butterfly: Gold to Kimberly Wafula of Kibo
Boys 50m Butterfly: Gold to Dominique Domingo of Kibo
Girls 50m Backstroke: Gold to Matana Kamau of Kibo
Boys 50m Backstroke: Gold to Dominique Domingo of Kibo
Girls 50m Breaststroke: Gold to Neone Odiwuor of Kibo
Boys 50m Breaststroke: Gold to Dominique Domingo of Kibo



Afternoon Sports Schedule

Even Weeks (2, 4, 6, 8, 10, 12)

Year groups	Monday	Tuesday	Wednesday	Thursday
Yr 1 & 2 (PM1)	Girls: Football Boys: Swimming	Athletics	Girls: Football Boys: Basketball	Football
Yr 3 & 4 (PM1)	Girls: Football Boys: Rugby	Girls: Football Boys: Swimming	Athletics	Football
Yr 5 & 6 (PM1)	Basketball	Girls: Football Boys: Athletics	Girls: Netball Boys: Swimming	Athletics
Yr 7 & 8 (PM2)	Rugby	Athletics	Girls: Netball Boys: Basketball	Swimming
Yr 9 & 10 (PM2)	Girls: Swimming Boys: Football	Girls: Netball Boys: Basketball	Girls: Netball Boys: Rugby	Athletics
Yr 12 & 13 (PM2)	EXAMS/SPORTS	EXAMS/SPORTS	EXAMS/SPORTS	EXAMS/SPORTS



SAVE THE DATE

**PA Meeting
Tuesday 1st April 2025
Bogoria Hall
2.30pm - 4.00pm**



Week 12

Monday AM SNACK

Meat & Veg samosa
Fresh juice

LUNCH

Cream of Butternut soup
Grilled lamb casserole
Vegetable ratatouille
Rosemary potatoes wedges
Braised green & white cabbage
Pineapple slices

PM SNACKS

Tea scones
Juice/Hot chocolate

Tuesday AM SNACK

Waffles & maple syrup
Juice/Hot chocolate

LUNCH

Salad with dressing
Stir fried chicken
Pita bread
Mushroom & pea stew
Risi e bisi rice
Chocolate cake

PM SNACKS

Meat & Veg pie
Juice/Hot chocolate

Wednesday AM SNACK

Cinamom roll
Juice

LUNCH

Minestrone soup
Braised beef casserole
Ugali / steamed rice
Pea & corn stew
Spinach & kale
Ice cream

PM SNACKS

Mini mandazi
Juice/Hot chocolate

Thursday AM SNACK

Beef/veg Sandwich
Juice/Hot chocolate

LUNCH

Salad
Beef burger / veg burger
French fries
Fresh Fruit

PM SNACKS

Doughnuts
Juice

Friday AM SNACK

Cake
Juice/Hot chocolate

LUNCH

Cream of chicken soup
Sweet "n" sour chicken
Vegetable Cutlets
Carrot chapati
White forest cake

PM SNACKS

Caramel popcorn
Fresh juice



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 Biology (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 May 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.





Week 12



Mon 24th Mar

Junior school End of Term Assessment all week

8.15am: Yr 6 iPrimary Mock Exam (Computing - 1 hr)

10.15am: Yr 6 iPrimary Mock Exam (Literacy - 1 hr)

Tue 25th Mar

8.15am: Yr 6 iPrimary Mock Exam (Maths - 1 hr)

10.15am: Yr 6 iPrimary Mock Exam (Science - 1 hr)

Wed 26th Mar

Year 7, 8 & 10 End of Term Assessments

Senior Inter-House Hockey Matches

Thu 27th Mar

Year 7, 8 & 10 End of Term Assessments

Senior Inter-House Hockey Matches - Reserve Day

Yr 5 & 6 Scouts Camp depart for Kisumu

Fri 28th Mar

Year 7, 8 & 10 End of Term Assessments

Sat 29th Mar

Yr 5 & 6 Scouts Camp return from Kisumu

4.00pm: Boarders Pool Party

Sun 30th Mar