

# WEEKLY GAZETTE

JANUARY 27, 2025

## CLEANLINESS CHALLENGE, NOVEMBER EDITION 2024

### YEAR 7A

It was a special moment for the KS3 Year 7A when it was announced that they had led as the best clean and organized for the January Edition 2025. They couldn't hide their excitement and celebrations after they narrowly lost to their counterparts in the last edition. This announcement was followed by a pizza party as a reward for standing out in KS 3.

On their behalf and the disciplinary committee I want to sincerely thank the school administration for awarding their resilience, hard work and determination.

**PATRICK MUCHINA**  
**HEAD OF DISCIPLINARY COMMITTEE**



# KS 2 SWIMMING GALA

## YEAR 4, 5 AND 6

The swimming gala was successfully held on **25th January 2025** at Stedmak Gardens in Karen. The event focused on promoting learners' motivation and interest in the sport as well as sportsmanship. Learners were organized into three teams: red, blue, and green. The keystrokes were front crawl and breaststroke swimming, which focused on student' understanding of the technique and their ability to swim for 23 M without stopping.

The gala was divided into two categories; a stroke gala and a developmental gala to ensure all performance levels were addressed.

The event was ushered in with butterfly stroke swimming represented by Gianna Maria, Solaina Shilako, Melissa Jane, and Arianna Imani. Following was a stroke gala testing for front crawl and back crawl kicking technique and streamlines, endurance, and ability to tread water.

The gala concluded strongly with the Strongest of the swimmers representing their groups in front crawl and breast stroke with Andrea Bale recording an all-time high of 0.16.06 sec, front crawl swimming for 23M; April Wairimu- 0.18.28 sec, Liam Wekesa 0.19.94 sec and Arianna Imani 0.20.00 sec all front crawl swimming for 23M.

We thank the administration, students, and entire school community for promoting healthy living through swimming and sportsmanship in our learners' education.

Additionally, we take a moment to appreciate the **E+ emergency service** for the present of ambulance services during the swimming gala. The safety and well being of our students are always a top priority





# KS 2 SWIMMING GALA

YEAR 4, 5 AND 6





# PARENTS SEMINAR

On **25th January, 2025**, the PR team Mrs. Yasemin and Mr. Swabir hosted a successful seminar aimed at helping parents and caregivers better understand how to nurture their child's emotional well-being through the 5 Love Languages of Parenting. The seminar, led by guest speaker **Peninah Njambi**. The seminar attracted good number of parents and provided them with actionable tools and strategies to enhance their parenting approach and strengthen family relationships.

## Event Objectives:

The primary objectives of the seminar were to:

- Introduce the concept of the 5 Languages of Parenting to parents and caregivers.
- Equip attendees with practical insights on identifying and speaking their child's love language.

Event Highlights: Welcome and Introduction:

The event opened with a brief introduction by the PR team, welcoming Parents of the seminar.

Presentation by the Guest Speaker: Guest Speaker Mrs. Peninah delivered a comprehensive and engaging presentation on the 5 Love Languages of Parenting, detailing the following:

1. **Words of Affirmation:** How verbal encouragement and praise impact a child's self-esteem.
2. **Quality Time:** The importance of undivided attention and meaningful interactions.
3. **Receiving Gifts:** The role of thoughtful gifts in conveying affection.
4. **Acts of Service:** How helping with everyday tasks shows love and care.
5. **Physical Touch:** The emotional comfort provided through physical affection, like hugs and cuddles.

The speaker provided real-life examples and case studies that allowed for deeper exploration of each language.

## Conclusion:

The 5 Languages of Parenting Seminar successfully met its objectives of educating parents and caregivers about the importance of understanding children's emotional needs through the 5 Love Languages. The event facilitated meaningful discussions and practical learning, creating a supportive space for parents to deepen their connection with their children. Based on positive attendee feedback, it is clear that the seminar had a significant impact on participants, and there is strong interest in future events on similar topics.



## Upcoming Events for January, 2025

- **SWIMMING GALA AWARD**- JANUARY 28TH, 2025
- **HUMANITY WEEK** - JANUARY 27TH AND 31ST, 2025

