



F.2 History Trip, Emmanuel Odongo (F2)



The Form 2 history students arrived at Strathmore School on Saturday the 28th of February clad in school uniform. Once Mr. Kinyua, the history teacher, arrived, they all got into the bus and departed for the National Museum of Kenya at 9 o'clock.

They viewed the exhibit, focusing mainly on those to do with the evolution of man. The group left the museum at 11.30am and headed for the National Archives, which provided plenty of insight on the pre-colonial ways of life and Kenya's struggle for independence.

Next was the Railway Museum. After a brief history of the construction of the Kenya-Uganda railway they got to view some of the century old steam engines and carriages. At 2.30pm, Mr. Kinyua and the students stopped for lunch. Some went to Sanford when others preferred to have their lunch at Kenchic. The bus had them back in school after 3 o'clock.

All in all, it was a day well spent.

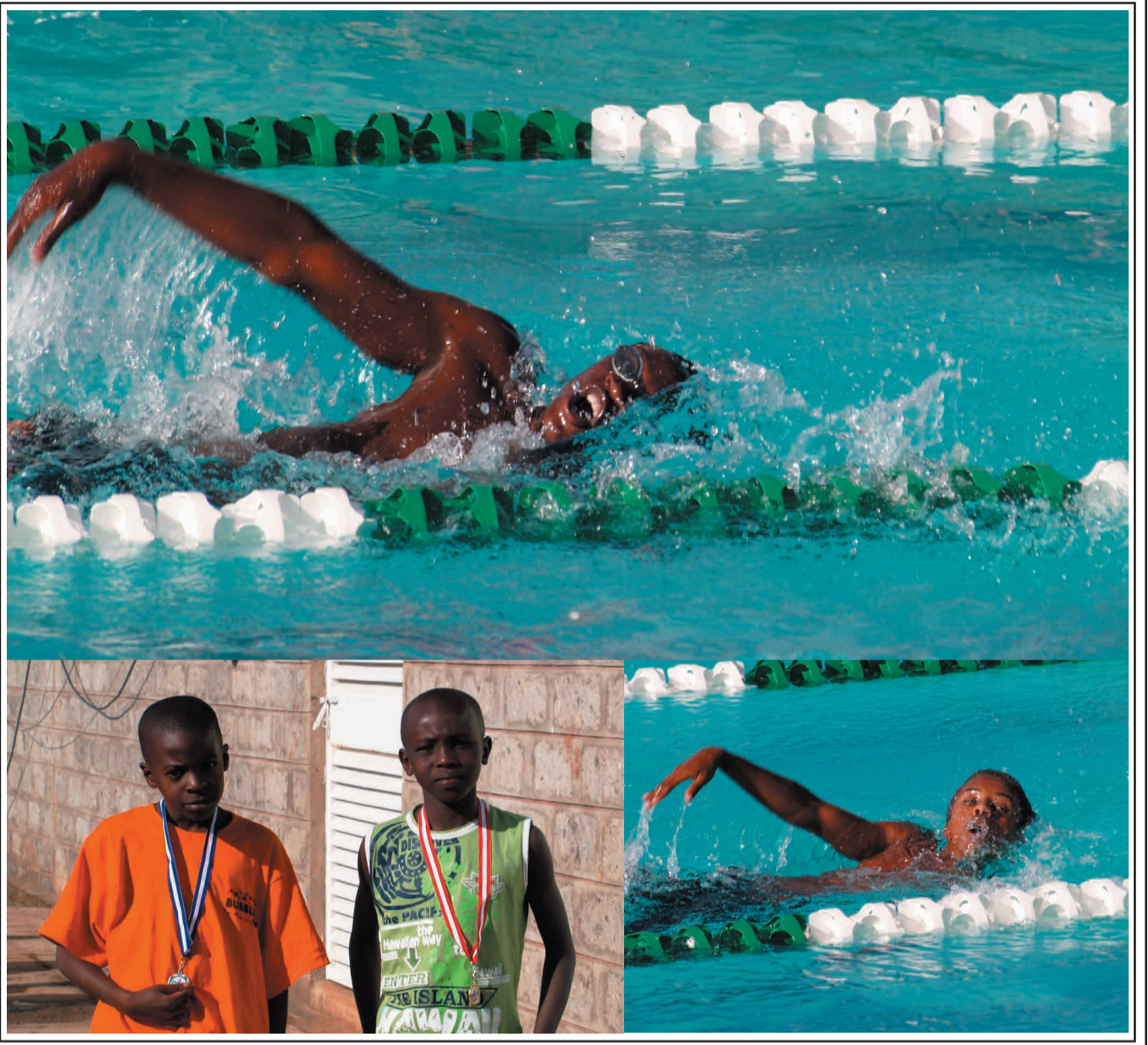
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The Sharks Go At It Again, Tito Tibi (F2)



Top: Edward Ilako

Bottom (from left): Pic. 1: Primary Winners
Ambala Atuhaire and Andrew Wamarema.

Pic. 2: F4 Zac Muhudhia.

On the 7th of March, the school was represented in the Rosslyn Academy Gala by the swimming team, *The Sharks*. It was certainly an outstanding performance from The Sharks as they managed to clinch the position of second best boys swimming team.

The junior team did not waste any time showing what they were made of. After the first three events, some of them were already getting medals. A great swim was seen from swimmers such as Alvin Omanga (S.2) who got a silver medal in the freestyle 7yrs and under race and a bronze in the butterfly; Isaac Ndungu (S.2) who got 2 silver medals in the butterfly and backstroke 7 yrs-and-under races and a bronze in the freestyle 25m race and Atuhaire Ambala (S.2) who got gold medals in the butterfly, backstroke and freestyle 7 yrs and under races.

In the 9 years-and-under category, we had

Kevin Karanja (S.2) getting a silver medal in the butterfly race. Andrew Wamarema (S.4) also gave an outstanding performance getting 3 medals for the 100m individual medley race, in the 50 m breast-stroke race and the 50 m freestyle event. He was also the best boy swimmer in the 9 years-and-under group.

Great swimming was showcased by Edward Ilako (F.1), Edward Nyasya (F.4), Tito Tibi (F.2), Zac Muhudhia (F.4) and Kimathi Kinuthia (F.2) from the Secondary Section with Ilako winning a silver medal in the individual medley and Nyasya getting a bronze medal in the breast-stroke. Mr. Mahugu, the swimming coach, said that with more training, we could see much faster swimming. Much will certainly be expected in the next gala as we hope they can make the best boys team.

Random Pic,

How we pose for a photo



ISK U-14 Basketball, Chuchu Muema (F1)



Strathmore's 14 & under basketball team came in fifth out of the ten schools that participated in the 14 & under tournament held on Saturday March 7, 2009 at the International School of Kenya. This came about after a devastating shock when it was announced that they lost by forfeit in their first game due to late arrival. Nonetheless, they played versus Braeside's basketball team and beat them 9-6. Seven points of which were scored by Strathmore's Louis Mugwe (F.1) and 2 by Edward Ilako (F.1). They won against ISK's Team C 23-4 but Makini forfeited their match which gave us another win. All in all the team enjoyed themselves and left the tournament holding their heads high.

Strathmore vs. Brookshine, David Nderitu (F1)

Strathmore Pirates team A, being at home, had the psychological advantage which was boosted by the knowledge that they had done enough practice. The Brookshine team arrived late and furthermore had no kit. Thanks to the characteristic sportsmanship flowing through our veins, we gave them our second kit. The game was soon underway and the Pirates started off strong maintaining a considerable lead. Fortunately, the hype did not die as the Pirates, with critical advice from their coach, continued extending the lead till the final whistle. It was an impressive performance exhibited by the Pirates which resulted in a win by a large margin.

Rangers Day At The Museum, Mike Murage(F1)



The day commenced as the Junior Rangers awaited the revelation of their promised surprise. Not wanting to disclose information, the teachers were able to inculcate various ideas into the Rangers' minds. The roll call was carried out and the bus left the renowned Strathmore School. Arriving at the National Museum, the Rangers finally perceived what awaited them. The first section was on wild-life and it not only astonished but unsettled and agitated them. Some of the birds they saw were larger than a number of them! They then proceeded to the mammals and later to the cultural section. This section showcased our forefathers' ancient attire which a fairly large number of the ranger's termed as rather unusual. To bring their trip to a close, they viewed a video of the hustle and bustle that accompanies an average day in Nairobi City. With all the information in the museum, the Rangers were able to quench their thirst for knowledge qualifying the day as an educative yet fun-filled one which is bound to linger in their minds for quite some time.



Picture Collage

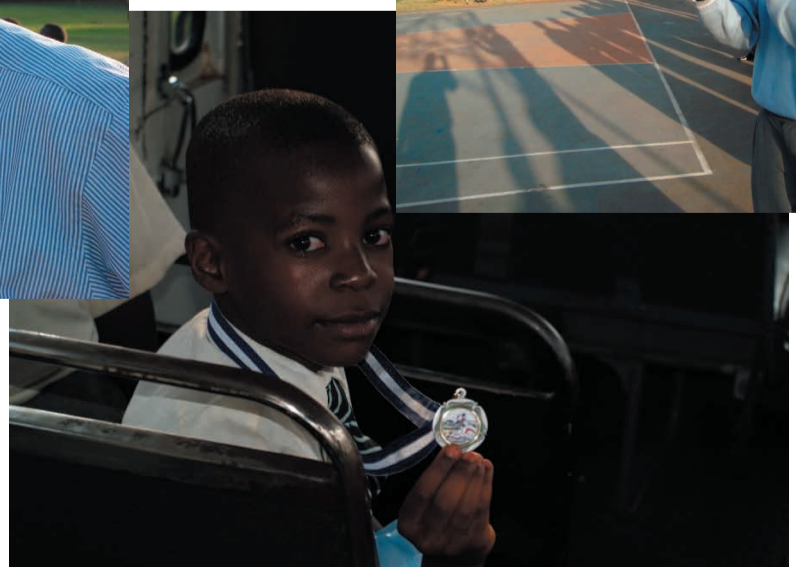


Standard 1 Parents' Seminar



Mr. Ritho - always smiling

A fun spin



A prize after the Rosslyn Gala