



Community Service, Masidza Galavu (F3)

With over 100 students taking part, community service was the busiest and most packed activity in the entire school over the April Holidays. It ran for the first two weeks. At the end of the 10 day service, students are awarded hours according to how much they worked and for how long.

Students were sent to the stations of their choice.

Visit to Various Centres was the only exception as the students worked in 7 different centres. (Pictured on the right is St. Teresa's Home, Huruma).

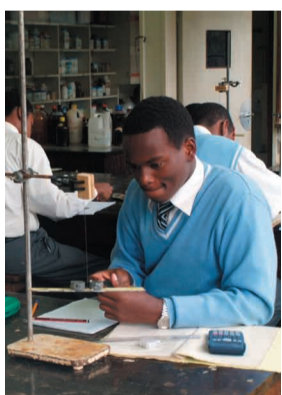
Other centres were: Thogoto Home for the Aged, Kiambu District Hospital, St. Teresa's Home Mbagathi, National Hidden Talents Academy, among others.

Students who get 160Hrs and above at the end of the programe qualify for a certificate on the Prize Giving Day.



In pics:

April Holiday Course for the class 8s and the form 4s



Brian Gachichio (F4) during a physics lab practical.

A group of class 8s outside the library.



Rugby Pracs, In pics



Running from the first day of holidays to the last, rugby training was the longest running activity this holidays. The intense training sessions saw the 3 rugby teams (Team A (mainly form 4s), Team B (form 3s and 2s) and U15 (form 1s) also get to play matches. Team B lost 53-0 to Rosslyn, while U15 lost 26-0 to Rosslyn. Apart from that there was the Bandits vs Vets game, Vets won by a minor margin, 12-11. Also there was the U15 game vs Hillcrest, Hillcrest won 33-3.



STALLIONS WIN FIVE!



The Stallions have outdone themselves this year!! The volleybal season started on Monday two weeks ago with a match against The Eagles, Rosslyn. The Stallions won 3-0! The following match was against Oshwal High, once

again the Stallions won, this time 2-1! The Oshwal game witnessed a lot of fights within the Oshwal team, for the Stallions **Billy Ochoro** and **Moses Nyateko** (both in F.4) kept banging into each other during the game play. Then there was **Strath vs ISK**, the Stallions won, once again, 2-0!

Following that was **RVA vs Strath** (2-1) and the winning streak continued when the Stallions faced Rosslyn, at home, winning 2-0, plus also a friendly set, bringing the score to a whooping 3-0!!

The Captain is **Bliss Kioo** (F.4), while the coach is **Mr. Odisa**, who teaches Kiswahili in secondary.

Guitar Activities

Under the supervision of Mr Cesar Peraza, the form ones had a guitar course that took place during the April holidays, here in school. Guitar courses were held on Tuesdays.



Paul Irungu playing the guitar



Widi Oremo (left) and Stephen Mwangi.

RANGERS ADVENTURES

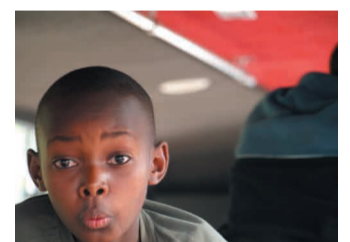


A Rangers' march to victory...

The April holidays were very busy for the little Rangers. They went to camp in Nanyuki and also went for a mountain rock climb! They definitely enjoyed themselves.

TAKE CARE WHAT YOU DO!

YOU MAY JUST NEVER KNOW
THE DAY OR THE HOUR!!



COOL SNAP



Edward Ilako (F.1) during the U14 tournament at ISK.