



## FORM 3 OVERNIGHT

By Adriel Mutugi

The form three overnight at Tigoni which took place from 3<sup>rd</sup> to 5<sup>th</sup> of February provided 24 form three students with a chance to get spiritual nourishment in the midst of a busy life. From the moment of arrival, the serene environment provided a literal breath of fresh air for everyone who had hoped to reflect and do self-analysis.

From early mass in the mornings to the meditations led by Father Francis, many a soul were able to improve on their spiritual connection with God. The rosary, way of the cross and visits to the Blessed Sacrament aided many in deepening their love for Christ Jesus.

The talks offered by various teachers enabled students to reflect on themselves and their lives, from study to sports and much more, all which gave them a chance to make resolutions on the way forward. The retreat also saw to it that the students had enough time around to have fun and play games and sports such as



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## ASH WEDNESDAY

By Mathew Otieno

On 5<sup>th</sup> March 2025, millions of Christians around the world began the lent period. This marks the beginning of a 40 day period of fasting, prayer and reflection in preparation for Easter.

The first day of lent began with the whole school together with parents converging for mass led by Fr Francis. On this day, he reminded us on the need to fast and pray during this period to imitate the fasting Jesus did while in the desert, a time to give up on something as a form self-discipline, seek forgiveness and renew our commitment to God. He gave the following analogy to ponder on:

"There is a story of a prince, who had a spiritual director, a priest, who loved him very much and guided him. One day the priest, already old, died. That night, the prince had a dream. His priest appeared to him and told him some mysterious words: "after five". The prince thought: "perhaps I am also going to die in five days, and the priest wants me to be prepared. So he prepared himself. But he didn't die. Then he thought: "perhaps he meant after five weeks" ... and so he prepared himself more as he had more time, but he didn't die either. "Perhaps", he thought, "he meant five months", and so he prepared himself even more, he organized the things of the Kingdom, took care of the poor, but he didn't die. "Perhaps", he thought, "he meant five years". So in five years he had plenty of time to make peace with the neighboring Kingdoms, built wonderful Churches and many great undertakings. And indeed, in five years, his father, the King died, and he became the King. As he was so well prepared, he became an outstanding King. One of the holiest kings in history, St. Henry the V. He had plenty of time to prepare. Take home message: **We should use our time well to prepare to enter the Kingdom of Heaven.**"



The following are the important things to remember during this time:

- ♦ Lent began on March 5<sup>th</sup> also known as, Ash Wednesday.
- ♦ It ends on Thursday April 17<sup>th</sup>, also known as Holy Thursday
- ♦ It is 40 days to represent the 40 days that Jesus Christ spent fasting in the desert before starting his ministry
- ♦ During lent, Christians are encouraged to abstain from meat on ash Wednesday, Good Friday and each Friday to honor Jesus sacrificing his flesh on Good Friday.

## NAIROBI DEBATE OPENS

By Mathew Otieno

The Strathmore School debate team competed at the Nairobi open schools debate tournament held at the United States International University (USIU) .10 out of the 15 teams managed to make it to the semi-finals with 5 in both junior and seniors.

The school managed to win the main juniors cup along with plethora of trophies for shield cup and bowl cup with the teams reaching the bronze and bowl cup semi-finals.

In the seniors category the overall main cup winners were WDSC Kenya made up of 2 boys from the school. They were also able to bag the challenge cup and bronze cup.



Some teams also made it to the semi-finals of both the main cup and gold cup.







## JSS FOOTBALL INTERCLASS

By Damian Fernandez

Though it began much earlier, than expected the Junior Secondary interclass football interclass kicked off with a blast. The first matches were Grade 9A vs Grade 8A, and Grade 9& vs Grade 8&, duels that saw both grade 9 classes emerging on top. The next matches saw 9A winning 4-1, and 9& winning 5-1. 8A suffered a humiliating 1-5 to 7A.

The next fixtures were as follows: 9& took care of business vs 7A in 6-0 thrashing with 9A defeating 7& 9-1. The Grade 8 derby saw 8A losing to 8& in a narrow 1-0 defeat. In Grade 7, 7A thrashed 7& 5-1. 5<sup>th</sup> February was the first game day of the month with 8A being held to a 2-2 by 7&. The 8& and 7A ended in a 1-1 deadlock. The next fixtures resulted in 9A defeating 8& 5-1 and 7& losing to 9& in a humbling 12-1 defeat.

The G9 derby in the next fixture saw 9A coming to the top of the table with an overpowering 7-3 victory. The last fixture played so far was 7A vs 9A with the older class emerging on top with a 6-1 victory. 9& defeated 8A 6-2 in a thrilling encounter.

So far the tournament has been extremely thrilling. The top goal scorers include Trevor Karanja with 11 goals, Austin Miseda with 8 goals, Kagiri Gitahi with 8 goals and Nelson Onyango with 6 goals and Andrew Mathenge 6.



## GALLERY OF VARIOUS SPORTS







OSHWAL ACADEMY JUNIOR  
CHESS CHAMPIONSHIP

By Keth Gichoya

The 6<sup>th</sup> Edition of this tournament in the horizon. Prizes up for grabs. Players trying to make a name for themselves. Openings, middle games, end-games and ultimately “checkmate!” all in everyone’s minds. However, most importantly, the pride of the school at stake. How would the Chess team representing the school at the tournament perform? Well, my oh my, they did not just meet expectations, they exceeded them!

Beginning with the Under 14 Open section, Dylan Maina was tied 2<sup>nd</sup> with an impressive 5.5 out of 6 points. Other honourable mentions were Christopher Otieno and Kevan Chuma who were tied 4<sup>th</sup> with 5 out of 6 points. Clearly, there was stiff competition in this category. In addition, Mark Mitsanze proudly clinched the best chess player in the Under 18 Open Section with 5 out of 6 points. Addition, Kamau Kang’e was able to obtain 4.5 out of 6 points emerging among the top 5 in the tournament.

However, to crown it all, our very own Ihabi Osundwa went flawless through the tournament emerging first in the Under 16 Open Section perfect with 6 out of 6 points. Wading through tough opposition (including the reigning Under 18 National Chess Champion), he emerged the best out of the best in the tournament. Hence, not only was he the best Under 16 player in the tournament, he was the overall best player of the tournament.

All in all, the Chess Team really went above and beyond in this tournament. Surely, this is just a precedent of the heights the club will achieve in the next year.



F1 QUIZ By Mathew Otieno

Formula one celebrates 75 years since its inception in 1950. Hyped up to be one of the greatest seasons of all time following the shocking yet somewhat expected move of 7 time world champion Lewis Hamilton to Italian giants Scuderia Ferrari and the revitalization of McLaren who edged out both Ferrari and Red Bull to last years constructors world championship and had their driver Lando Norris give world champion Max Verstappen a run for his money. The Dutch four-time champion however managed to clinch his 4th title in a row, cementing him as one of the sport’s greatest. Can this season live up to its hype?

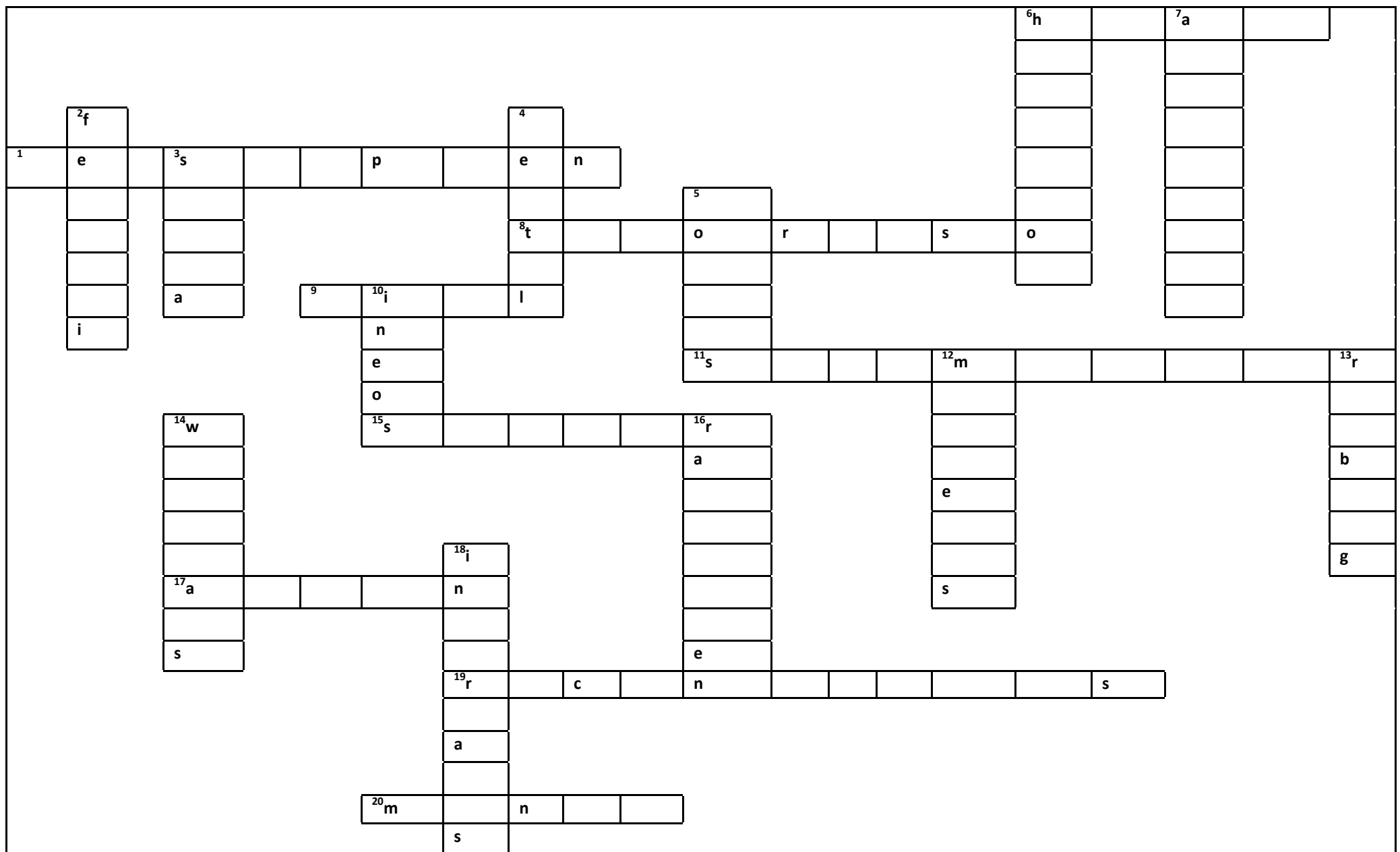


F1 GURU? TAKE THIS TEST AND FIND OUT!

- 1 across ; 4-time reigning world champion
- 2 down ; The oldest f1 team
- 3 down ; Last Brazilian f1 world champion
- 4 down ; 4-time German world champion
- 5 down ; 2nd in 2024 drivers world championship
- 6 down ;7-time British world champion
- 7 down ; Mercedes rookie
- 8 across ; Max Verstappen’s first f1 team
- 9 across ; 1996 f1 world champion
- 10 down ; Mercedes AMG f1 team principal partner
- 11 across;7-time German world champion
- 12 down ;8-time constructors world champion
- 13 down ;2016 drivers world champion
- 14 down ;2nd most successful constructor in history
- 15 across; Last in 2024 constructors championship
- 16 down ;THE ICEMAN Finnish world champion
- 17 across; Thai f1 driver
- 18 down ; Home of the Brazilian grand prix
- 19 across; Formerly known as Alpha Tauri and Toro Rosso
- 20 across; Home of the Italian grand prix



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18-20: ARE YOU A MINI LEWIS HAMILTON??

## ANSWERS

