



EXCURSIONS

By Daryl Langat, 3&

The long-awaited day had finally arrived. Students arrived in class and handed in their homework as per usual. Our class teachers even conducted assembly with the usual briskness and tact. It was almost like a normal school day: almost.

All of us participated in it felt the true joy, the deep happiness and the closeness that could hardly be felt from any other source. From the Grade 7's trek to the sudden change of plans in the case of the Form 3's, it was just memorable, a short but sweet trip that will be forever etched in the student's memories.

As soon as a plan was determined, we hit the road. The plan was to walk until 1 pm, when the bus would come for us.

Over the course of the walk we talked to people, looked around, played around and some even sung! It was an unforgettable experience filled with long lasting memories. Sad as it was just for a few hours, obviously everyone wanting and craving for more, we realized it was not just for the walk, it was not just for the climbing and walking. We got to spend time with people we value.

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PRACTICAL HOPE PROJECT – BEQUEATHING A LABORATORY TO KO- LONGONI SECONDARY SCHOOL

By Daryl Langat, 3&

To give or not to give? That is the question. Or is it? What does it mean to give? To truly give, in this cruel, wretched world? Is it an act of love, of depreciating pity, or of selfish interest?

What does it mean to touch a child's heart? To help them secure their future? To help them do their practicals before the main exam, giving them a fair chance like the one you and I have? What is that extraordinary feeling to know that you contributed to something great? To know that you helped someone achieve their dreams? To know that the world is a better place because of your efforts? To know that you made someone's day? To know that you made them happy?

What does it mean to give? It is a purely selfless act. To take on inconvenience for someone's benefit. To lift a community, if only to see the smiles on their faces. To witness their incomparable joy.

What does it mean to give? Does it even matter? Will that one act of kindness change the world? Does one grain of sugar sweeten your tea? No. The Swahili say 'Haba na haba hujaza kibaba': Small efforts add up to something greater over time. What if everyone performed that one act of kindness? What if every small offering – every little 'haba' – was part of something greater?

What does it mean to give? It is our moral responsibility; to fight for the underprivileged; to surrender our collectively 'insignificant' good for the greater good of society. So do it. Convince your parents. Contribute your personal savings. Tell everyone you know about this fundraiser. Tell everyone. Give your all. Even if 'your all' feels small. *Fast from eating 'kombis' for a week. You can do it. You can change that child's life. You can change the world: even one kombi at a time.* For just a total contribution of two million shillings, we can give these children of Kolongoni Secondary School a bright hope. Yes! A bright future will be theirs.

To give or not to give? You know the answer.





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KENYA MUSIC FESTIVALS – REGIONALS

You would think that, after the impressive Talent Show performance, Strathmore's art would take a rest. A break from the public eye. A time to pause and reflect. However, Strathmore's art had other plans. It demanded to be showcased, this time on a grander stage.

Kenya Music Festivals provided the stage. The choir provided the voices. What resulted was the beautiful polyphony of sound that was showcased. As the choir sang the songs they had practiced, the halls they were in were transformed into little worlds: the songs themselves the narrators, guiding the audience through those worlds.

Oh how grand the feeling: when tremendous effort pays off! When all the months spent perfecting their art are concentrated into 5 minutes of time on stage: five successful minutes. The Strathmore School Choir qualified with one song, and will be going for Nationals in Meru.

Once more, congratulations to Strathmore's Creatives. What an impressive performance! All the best as you prepare for Nationals.



MASHUJAA SCHOOLS 9TH EDITION

By Matthew Otieno, 3A

The Strathmore school debate team once again had a successful outing this time at Strathmore University for the 9th edition of the Mashujaa Schools. The club came back with over 15 trophies for various categories including: senior bowl cup, senior gold cup, junior main cup, junior challengers cup, quiz main cup and the spirit of the competition award among others .

Various students were able to bag multiple speaker awards including:

Seniors: Ocharo Madiba (1st), Raphael Orina (2nd), Mathew Otieno (4th), Enock Maina (5th), Murakaru Njuki (6th), Stephan Ogembo (7th), Leo Ndegwa (9th), Mark Ndegwa (10th), Emmanuel Njenga (13th), Adriel Mutugi (14th), Charles Otieno (15th), Sean Shundi (18th)

Juniors: Austin Muniu (3rd), Jason Gitanda (13th), Roy Gathiriwa (19th)

All in all, another successful day at the office for the debate club .





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SAMGOMAS IN SOUTHAMPTON

By Kwame Kambo, 3A

After a full year of players waiting with bated breath, the annual Southampton youth league in Kenya finally arrived. It was a league consisting of a number of teams. It was a league where only the fittest of the fittest would survive. The first game of the league was Sangomas against Nairobi Academy. The team was determined to batter their opponents leaving no stone unturned and surely that is what they did. The game ended 5-0 in Sangomas way. The next game was slightly different from the previous one. Sangomas were going up against the previous season second runners up, M-Pesa Academy. This game was one in which neither team was unwilling to lose. Both teams put up a good fight. Even when the Sangomas were one man down, they were still unwilling to let their foes win. The game ended in a draw 0-0. The game that followed was against Woodcreek. This game was more of a breeze compared to the previous one as Sangomas quickly grabbed the lead and held onto it until the end. The game ended 4-1 in Sangomas favour. The following game was somewhat similar to the previous one. They were playing La Fontana. The game ended 5-0. The game that preceded this one was against our neighbours, St Mary's. This game was a pure case of who wanted it more and it seemed that we wanted it more than them. The game ended 3-2. The second last game of the league was against St Nicolas School. This game was different from all the others as it would decide whether or not the Sangomas would still be title contenders. The game however went poorly for the men in blue as they lost the game 2-0. The last and final game of the season was Sangomas vs Jaffrey's Elite. This was not just your ordinary league match. This game was make or break for the Sangomas. Tensions rose in the air as both teams waited for the referee to blow the whistle. Sangomas started the game of a bit shaky allowing their opponents to take the lead by 2 goals. However, this neither broke their spirits nor did it bring them down. The boys pushed, pushed until they got a goal. They even managed to equalize making the game level. They tried might and main to score a third goal, but their efforts were futile. The ref blew the whistle, and the game ended a draw 2-2. This solidified their position as third in the league.



THE SOUTHAMPTON YOUTH GALA SEASON 3

By Micheal Kariuki, 3A

Strathmore school has had yet another tremendous football season with its own highs and lows as the school's team came home third overall. As a result of the effort and passion shown by each player the team did not come back empty handed. Michael Kariuki, the team's goal keeper, was awarded with the golden glove. Ethan Kinyua, Adrian Murage and Michael Kariuki were awarded a spot in the team of the season and finally, Strathmore as a whole awarded with team of the season. Earning these achievements were no mean feat and players had to fight tooth and nail on that battlefield of a pitch so as to have reached the success they had attained.

After interviewing one of the players by the name of Adrian Murage I was able to understand the raw emotion and feeling of the tournament and how finally attending the gala to crown their achievements must have felt. The season had started of great with all the players training their hardest in efforts to secure the coveted first place position. They trained thrice a week and grew their connections amongst each other as they continued to grow in the sport they loved. Their coach, Mr. Mwanzia, helped steer the players in the right direction so as to enhance their chances of winning. Determination was engraved in their hearts and each player was willing to sacrifice everything to win. Although they didn't win they came out having set a high standard for their successors.

At the gala each of the players was recognized for their amazing displays of talent, determination and sportsmanship on the pitch. Each player truly deserved the awards given to them and received them with humility and honour. Everyone on the team had put on an amazing performance this season irrespective of whether they won an award or not and each and every player had without a doubt embodied the heart of a true sportsman.

For some on the team this was the last time they would be playing high school football and the sport in entirety. For these players, football formed the core memories of their lives in high school, and certain moments on the pitch will be etched in their minds forever and may even influence their future decisions in life. Forming lifelong friendships, back breaking training sessions and late bus rides after long and hard games are among some of the memories these players will remember for eternity.



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