



PRECISION, POISE, AND THE POWER OF WORDS Harry Okungu 10&

On February 7th and 8th, 2026, the halls of United States International University-Africa hosted the Nairobi Opens Debate Tournament, drawing students from across the region for a weekend of sharp arguments and sharper minds.

For Strathmore’s team, the tournament was more just a competition, it was a new opportunity to shine once again. Across intense debate rounds and demanding quiz sessions, students exchanged ideas, tested their limits, and carried themselves with admirable poise. Seasoned debaters thrived in the familiar rhythm of rebuttals, while newcomers looked on, inspired by the eloquence and agility on display.

The results spoke volumes. In the Senior Debate category, Murehia King’ori secured an impressive 5th place overall. Lance Marrosi followed with a commendable 4th place in the Junior Debate division. Meanwhile, the Quiz team : Peet Saende, Dante Mbugua, and Vianney Maema triumphed in the Quiz Finals outperforming all other schools and reinforcing Strathmore’s reputation for academic excellence.

Beyond the trophies and rankings, the Nairobi Opens left students with strengthened friendships, renewed confidence, and a reminder that preparation, resilience, and a well-crafted argument remain undefeated.



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HANDS DIRTY, HEARTS FULL: FORM FOUR AT KABETE Daryl Langat Form 4 &

The morning of 31st January 2026 started innocuously. Form Four students trickled into school, chatting about homework, PRE-CATS, and the latest football match. Complaints about the workload were par for the course. Yet beneath the routine chatter, something quietly extraordinary was unfolding.

By 8:30 a.m., the buses rolled out, escorted by Mr. Kerongo and Mr. Maina. Thanks to Mr. Kerongo’s sage advice, donations for Kabete Rehabilitation Centre flowed not just from generous parents but from the students themselves, a small act of giving, simple yet significant.

At Kabete, we were greeted warmly by Mr. Nderitu, who traced the school’s journey from the “Kabete Approved School” in the 1910s to its current incarnation as a rehabilitation centre. Divided into groups, we rolled up our sleeves and got to work: slashing grass, chopping firewood, and scrubbing buildings. The Kabete students led by example, demonstrating skill and dedication. Even Mr. Maina joined in splitting logs, proving that firewood bows to no one.

The real transformation began when we paired with Kabete students to hear their stories. Some spoke of hard choices made out of necessity, others of daily life in the centre. One dreamed of becoming a mechanic, another a tailor, yet another a carpenter. These weren’t just ambitions – they were lifelines, skills honed to carve a better future from circumstance. Listening to them, we weren’t just hearing words; we were glimpsing resilience and hope in action.

By the time we shared sports and lunch, empathy had blossomed into deep respect. Kabete was more than a school, it was a community of dreamers and doers, people battered by life yet refusing to let hardship define them. What seemed like an ordinary school trip had become a lesson in humanity, perseverance, and the quiet power of shared experience.





NEW MEMBERS OF STAFF

BIOLOGY IN BLOOM, AGRICULTURE IN ACTION

An interview with Mr Amauko by Keita Abondo & Justin Gitau 9&

1. What Subjects do you teach?

I teach Biology and Agriculture to Grades 8, 9, and 10.

2. Why did you choose to work with Strathmore?

I love the culture and reputation of the school. Students are self-driven, and the school emphasizes family, unity, and strong performance. I aim to take that performance even higher.

3. What are your Interests and hobbies?

I'm interested in IT, especially prompt engineering for AI integration in learning. I also enjoy sports and hope to join the Staff School Team.

4. What do you consider your greatest achievement as a teacher

Seeing my students achieve their goals and succeed is my greatest reward.

5. Why teaching?

Teachers impacted me greatly in high school, inspiring me to give back. Though I qualified for engineering, teaching is my calling, and I strive to make a difference in students' lives.

6. First-day memorable moment

I was surprised by locked classrooms during breaks, but lunch with students, where we shared the same space. This highlighted the school's sense of unity and family.

7. How has your experience been at Strathmore?

So far, everything meets my expectations. Students are creative, positive, and eager to learn. I hope this continues during exams.

8. What's your greatest motivation as a teacher?

I set high expectations and stay positive. Students differ in strengths, but I focus on potential and always ask, "What if it goes right?"



BREAKING EVEN ? NEVER IN THIS CLASS

An interview with Mr Mwanja by Keita Abondo & Justin Gitau 9&

1. **What subject and classes do you teach?** I teach **Entrepreneurship** as part of the **Business Studies curriculum** for Grades 8-10, and I also teach **Community Service Learning** to Grade 10.

2. **What are your interests?** I'm passionate about mentoring young people, helping them grow academically and personally, and exploring entrepreneurial ideas that impact the school community.

3. **What are your hobbies?** I enjoy **football** and participating in school activities like the **Valentine's sale**. Being active in sports and school events allows me to engage with students outside the classroom and build stronger connections with them.

4. **Why did you choose teaching?** I chose teaching to mentor young people and help shape their future. Teaching Business Studies and Math lets me share practical knowledge, foster critical thinking, and support students' academic and personal growth.

5. **How has your experience been at Strathmore?** My experience has been **truly amazing**. The school is calm, friendly, and supportive. Both students and staff contribute to a positive environment, making Strathmore a place where learning, collaboration, and personal growth thrive.

6. **Why did you choose Strathmore?** I chose Strathmore because it has **bright, motivated students**, and I felt I could make a meaningful impact on both their **academic performance and personal development**. The school's culture of support and excellence made it an ideal place for me to grow as an educator.

7. **What are your greatest achievements as a teacher?** Some highlights include **working smoothly with committed students**, positively influencing the school's business environment, and **successfully introducing Community Service Learning**. Beyond these, my proudest achievement is **mentoring students over the years and seeing them thrive**, knowing I've helped shape their growth in meaningful ways.

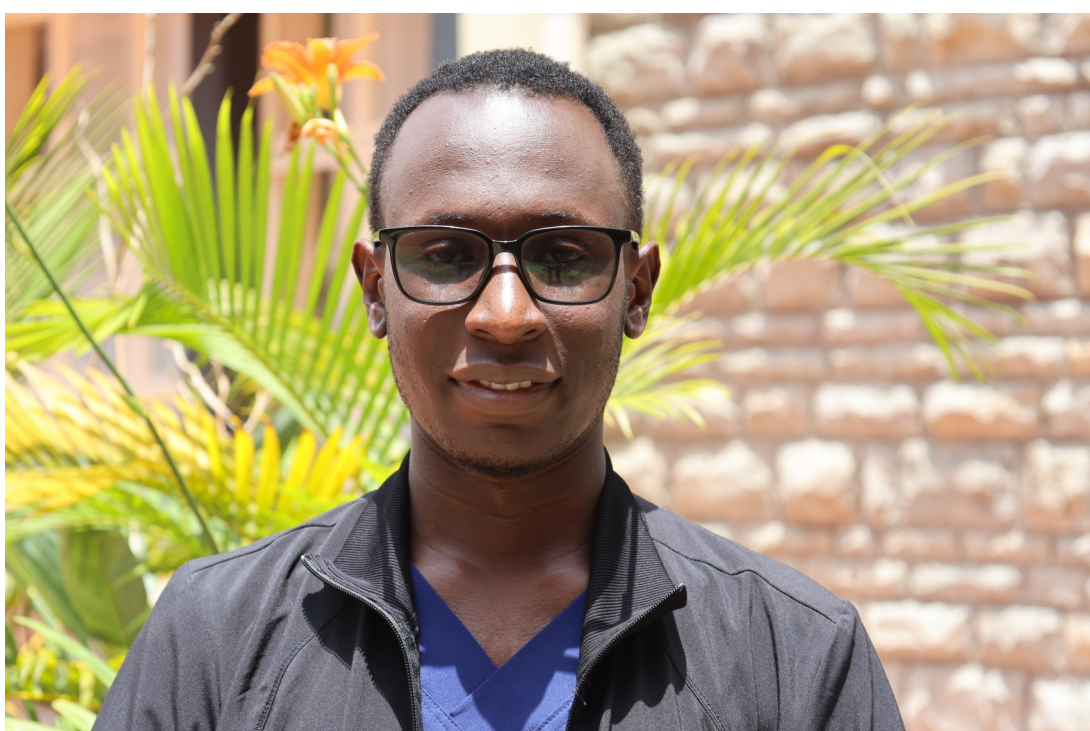




NURSE-LY MATTERS

An interview with Mr Nyatete by Keita Abondo & Justin Gitau 9&

- Why nursing?:** I've always been passionate about medicine, but after secondary school, I didn't qualify for a medical course. Nursing felt like the natural choice. A personal experience where I lost a friend because a nurse wasn't quick enough to stabilize him deeply motivated me to pursue this career. I wanted to make a difference and save lives.
- Why did you choose Strathmore School?:** I saw it as a great opportunity to start my career in a supportive environment. Finding an opening here felt like fate, and I knew Strathmore would provide the ideal place for both professional and personal growth.
- How has your experience been so far?:** My experience has been excellent. The school's community is welcoming, kind, and respectful. Being part of a Catholic institution has also strengthened my faith, which adds to my sense of purpose as I care for the students.
- Interests and hobbies:** In my free time, I enjoy **singing and playing music, hiking, playing tennis, watching football and tennis matches**, and reading. These activities help me relax and stay energized.
- Most memorable achievement:** Completing my 4-year nursing education, successfully finishing my internship, and becoming a certified nurse are my proudest moments so far.
- One word to describe your experience:** So far **Fantastic**. It sums up both my journey as a nurse and my time at Strathmore School.



WHEN SERVICE BECAME OUR VALENTINE

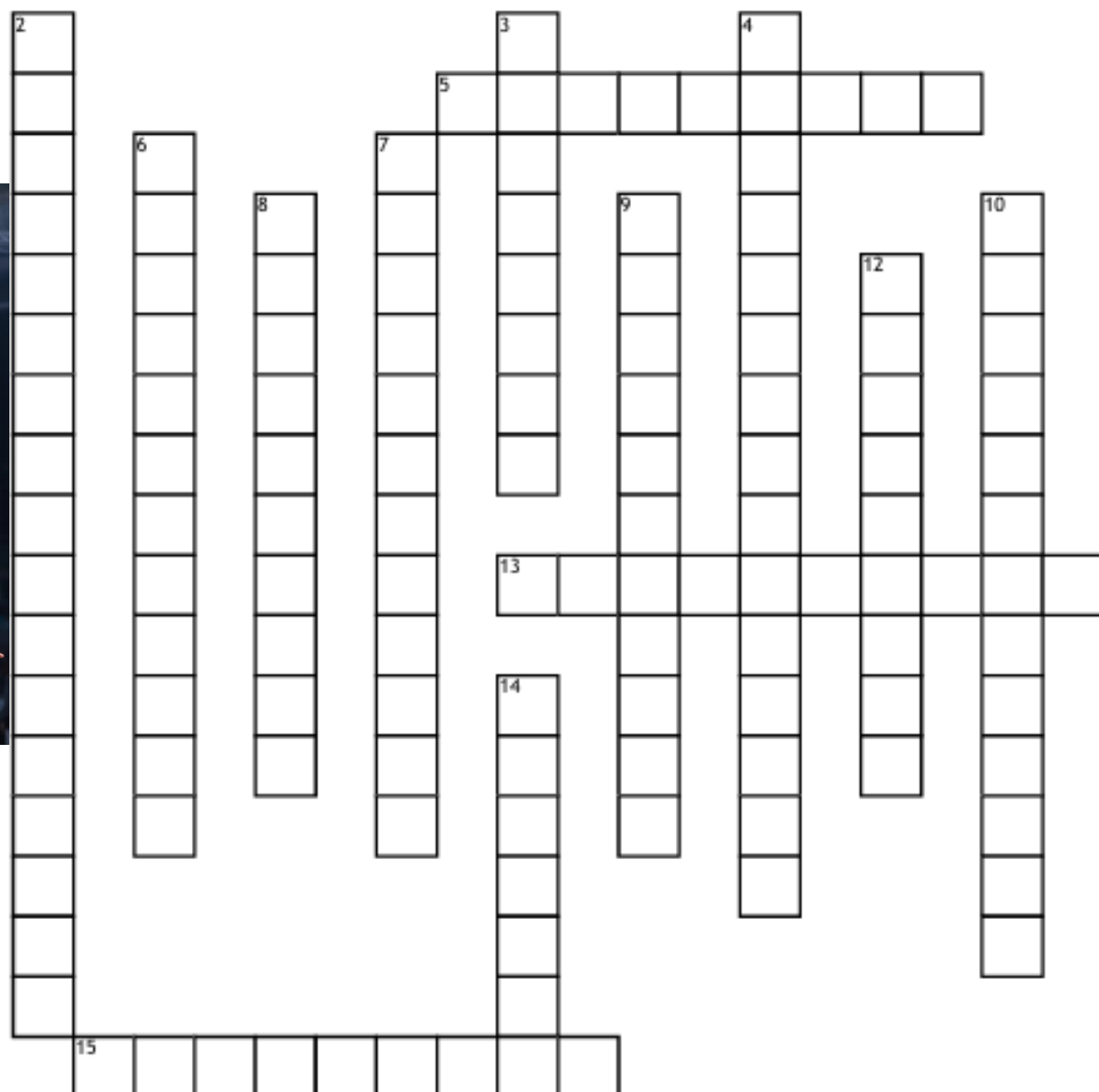
Jeremy Rotich, 3A

The day unfolded with uncommon anticipation as Form 3 students trickled into school, their buoyant chatter punctuated by playful protests about spending Valentine's Day on a school trip and anxious murmurs over impending CAT exams. Soon, the bus was laden, and we embarked on our journey to the Thika School for the Visually Impaired. The road seemed shorter than usual, shortened by laughter and animated conversation. Upon arrival, we received a warm welcome from Ms. Purity, who guided us to the hall. Seated beside the learners, we felt a quiet stirring of empathy and admiration. After brief but gracious remarks from our teachers, the programme commenced. What followed was a stirring display of talent. A dexterous pianist and two gifted vocalists captivated the hall with original compositions rendered with confidence and grace. In response, we presented a song and a piano piece, our shared melodies dissolving any perceived barriers between us. Thereafter, celebration gave way to service. Armed with brooms and mops, we descended upon the boys' dormitories with surprising zeal. Laughter rippled through the corridors as teachers and students alike waged a spirited battle against dust. A spontaneous push-up contest injected further energy into the day, with Mr. Mudi astonishing all by completing fifty push-ups. Following a hearty meal of rice, green grams, cabbage, and succulent mangoes, we gathered at the field. There, we watched in admiration as our hosts demonstrated commendable athletic prowess. Though time constrained us to a volleyball match instead of football, the camaraderie shared was triumph enough. As donations were presented and gratitude exchanged, we departed enriched in spirit. Our Valentine's Day had been transformed into something far nobler, a living testament to Christ's words: *"Whatever you did for one of the least of these... you did for Me"* (Matthew 25:40).





NBA Crossword



Across

- 1. "White Chocolate"
- 5. Won the 15-16 NBA Finals
- 13. Team Sport played with 10 players on the court
- 15. NBA Hall of Famer who was used as the model for the NBA logo

Down

- 2. NBA player who scored the most points in NBA history
- 3. Has the best regular season record in NBA history
- 4. Scored 100 points in a single NBA game
- 6. "The Pistol"
- 7. "The Answer"

- 8. Brought the Lakers 5 NBA Titles and retired after the 15-16 NBA season
- 9. NBA player who has the most rings
- 10. NBA legend who brought the Bulls all 6 of their NBA Titles
- 11. "The Flash"
- 12. "The Hick From Frenchlick"
- 14. NBA Team that has won the most NBA Titles

By Pius Nyambok 3&