Strathmore Times

Thursday, 10th September 2026 **Edition 119**

RUN, JUMP, THROW. REPEAT! *By the Sports Department*

If there was ever a day to **run, jump, throw and go all out**, it was Athletics Day 2026. From Primary to Senior Secondary, the Strathmore track was alive with speed, competition and plenty of school spirit.

In Primary, **Feivel Were** led the charge, finishing as the top athlete overall with **33 points** after winning the 100m, 200m, discus, high jump and shot put. **Tristan Sibuti** followed closely with 30 points, sweeping the 200m, 400m, 800m and high jump. **Asher Macharia** and **Javier Adakaya** also finished strongly on 25 points each.

The younger athletes brought their own energy, with **Kariuki Kamande, Javier Adakaya, Dennis Mwangeka** and **Asher Macharia** emerging as grade champions. Dennis was especially impressive, winning both the Grade Three 100 m and 200 m events.

In Junior Secondary, **Thomas Okila** topped the standings with **21 points**, narrowly beating **Emmanuel Odhiambo** who finished with **20 points**. Emmanuel dominated Grade Seven, winning the 100 m, 200 m, 400 m and 800 m, while **Maddox Ramadhani** impressed in Grade Eight with 18 points.

Senior Secondary had its own stars. **Leon Marrosi** led with **23 points**, winning the Form Three 100 m, 200 m and 400 m. **Jason Kibungei** followed on 20 points, while **Trevor Karanja** ruled Grade Ten with victories in the 100m and 200m.

The relays brought even more drama as the four teams battled for bragging rights. From spoon and sack races and field events, there was action from start to finish.

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JAVA? MORE LIKE JAVELIN-TO-THE-TOP! By Trevor M 10&

Who said coding is all about sitting behind a screen? During the August holiday, Strathmore School's Coding Club took their skills beyond the classroom and onto a bigger stage at the East Africa Code Festival 2026, held at the Technical University of Mombasa from 13 to 15 August.

The festival brought together 153 students from seven schools, all ready to prove that young people can do more than just use technology; they can create it. There were four competition categories: App/Web Development, Internet of Things (IoT), Robotics and Scratch/PictoBlox. . The event was a showcase of creativity, innovation and some serious coding talent.

This year's theme, "Green Earth," challenged participants to think beyond code and develop technology that could help tackle environmental challenges. In other words, the question was not simply "Can you code?" but "What can you build with your code to make a difference?"

And Strathmore came ready.

Our team put up an impressive performance, particularly in the Web App and Scratch categories, where their creativity and technical skills stood out. After three days of competition, the results were in: Strathmore School finished second overall!

St. Peter's Juja claimed the top spot, while Cradle Land International School from Uganda secured third place.

But the festival was not all about trophies and rankings. For the Strathmore participants, it was also a chance to meet fellow young programmers, exchange ideas and discover how students across East Africa are using technology to solve problems in their communities. It was a reminder that great ideas do not have to come from big companies or expensive laboratories—sometimes, they start with a student, a laptop and a problem worth solving.

And the journey does not end here. Organisers announced a six-month hybrid incubation programme that will give young innovators an opportunity to develop and improve their projects beyond the festival.

For Strathmore, the second-place finish is more than just another trophy for the cabinet. It is proof that our students can compete, innovate and make their mark beyond the school gates.

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DO-RE-MI TO VICTORY! By Hawi & Jason Grade 10

The Primary Section put on an impressive performance at this year's Kenya Music Festivals, with pupils taking part in a variety of musical and creative categories. The festival gave the young performers a chance to showcase their talents, confidence and hard work while competing against other schools from across the country.

The young performers recorded several strong results throughout the competition. The African American Spirituals Own Choice Sacred category finished in first place , while the **Pianoforte Duet Advanced Set Piece**, performed by M. Mwangi and S. Kyaka, also secured **first place**. The school also performed well in the Own Original Composition on Drug Abuse category, finishing **third** , while the compositions on Equity Bank and Patriotism both came **fourth** . The Solo Set Piece Poem also finished in **fourth place**.

In the lower primary categories, two Solo Set Piece performances finished **seventh and ninth** respectively. The Own Adaptation and Arrangement of African Tunes and Melodies also secured **ninth place**, while the Choral Poem finished **sixteenth**. Despite the different results across the categories, the pupils continued to show commitment and enthusiasm throughout the festival.

A moment that stole the show for Strathmore was winning the **Challenge Trophy for Best Male Voices**. This achievement was a proud moment for the school and recognised the strength and quality of its young male singers.

The results reflect the effort put in by the pupils and their teachers in preparing for the festival. The Primary Section can look back on the competition with pride, having represented Strathmore with confidence, talent and a strong love for music.

ONCE UPON A STRUM… By Keita Abondo 9&

The road to the 2026 Kenya National Music Festivals at Kibabii University was long, filled with a unique blend of high-energy excitement and nervous anxiety as we anticipated the tough competition ahead. Our home base for the festival was the peaceful Our Lady of Grace in Bungoma.

The action kicked off early for our team. Our quartet, piano soloists, and clarinet player travelled a day ahead of the main group to perform on Tuesday. It was actually during our journey on the road that I first learned that our Primary School Choir had claimed 1st place overall and brought home The National Trophy, and celebrating their national victory from the bus set an electric tone for the rest of the trip. We had a quick stop in Kisumu to grab some KFC, and from there, we headed directly to Bungoma.

We were allocated our own rooms where I practiced my piece carefully as the JSS choir prepared theirs too before we had our scrumptious dinner. Things got even better when the Grade 7 students secured first place in the Intermediate Piano Solo!

Wednesday began with a dawn wake-up call. Fuelled by the exceptionally hearty and delicious breakfast prepared for us by the hospitable Sisters at Our Lady of Grace, we headed to the venue which was only about 5 minutes away. There was a buzz of focused energy as I prepped my instrument and the choir warmed up their voices with some bittersweet dawa!

As the hours ticked by toward my scheduled 2:30 PM slot for the Non-Classical Guitar Solo, the pressure mounted immensely. Being the final solo performer of the entire event, all eyes were on me to finish our individual entries on a high note. Walking onto the national stage with that weight on my shoulders was nerve-wracking, but as soon as the first notes rang out, muscle memory took over. ***Then came the results: First place nationally ! Celebrating with Mr. Abong'o, Mr. Karani and my dad made it even more special. Better still, I had made history—becoming the first student to win a solo category twice in a row. Two wins. One historic milestone!***

Both our Senior and JSS choirs gave everything they had on stage. Although both teams tried their absolute best and couldn't bring home a choir trophy this time this time, their dedication and effort were clear in every note they sang.

The aftermath was a celebration of pure joy. We spent the late afternoon socialising, meeting fellow competitors, and connecting with student musicians from across the country. Returning to Our Lady of Grace that evening, we spent hours chilling, reliving the day's highlights, enjoying another wonderful meal hosted by the Sisters, and finally falling into a peaceful, well-earned sleep.

Our early morning departure the following day proved to be an adventure in its own right. Roadside drama struck when one of our bus tyres burst , leaving us stranded for about an hour while it was repaired. Further down the highway, heavy traffic crawled along the Escarpment.

By the time our bus finally rolled into the school compound at 10:00 p.m., we were exhausted, but full of pride.

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IN CHECK WITH A CHAMPION By Jerrel Gweth 3A

Tell us a little about yourself and your chess journey
My name is Abel Kimani, and I'm a Grade 10A student. I started playing chess a few years ago after being introduced to it at school. At first, I played for fun, but I gradually became more serious about it.
How did you qualify for the tournament?
I qualified by participating in school and regional competitions and performing well enough to advance to the higher-level tournament.
How did you prepare for the tournament?
I practised regularly, solved chess puzzles, studied different openings, and played against strong players. I also learned from my previous mistakes.
What were your expectations before going to the tournament?
I was excited but nervous. I expected tough competition because I knew I would be playing some of the best young chess players.
How did you feel when you arrived at the tournament?
I was amazed by the number of players and the seriousness of the competition. I was nervous at first, but I became more comfortable after my first game.
What was the atmosphere like at the tournament?
It was very competitive during the games but friendly outside them. We got to meet and interact with players from different places.
Who was your toughest opponent, and why?
My toughest opponent was very calm and difficult to predict. He made very few mistakes, so I had to think carefully about every move.
What was your most memorable game or moment?
It was winning a difficult game that I thought I might lose. I stayed focused and found a good move that changed the game in my favour.
What was the biggest challenge you faced?
Handling pressure was one of the biggest challenges, especially against stronger and more experienced players. Staying focused during long games was also difficult.
How did you handle pressure during your games?
I remained calm and focused on one move at a time. Instead of worrying about the result, I concentrated on finding the best move.
What important lesson did you learn from the tournament?
I learned that preparation and patience are important. I also learned that losing is not the end; you can analyse your mistakes and improve.
What was different about playing at the national and East African levels?
The East African level was tougher because I faced players from different countries and playing styles. It was challenging but a great learning experience.
What achievement are you most proud of?
I'm most proud of representing my school and competing at such a high level. Playing against strong players was a big achievement for me.
What has chess taught you about yourself?
Chess has taught me to be patient, disciplined and confident. It has also taught me not to give up easily when things get difficult.
What advice would you give to other students who want to play chess?
Start practising and don't be afraid of losing. Every game teaches you something. Stay consistent, keep learning and you will improve.

ANGLES, AVERAGES & ATHLETICS By Keita & Justin 9&

What's your name and what subjects do you teach?
My name is Collins Wekesa and I teach **Mathematics in Grade 4** and **Physical Education and Sports across all Junior Secondary classes**.
What are your interests?
My main interests are sports and activities that keep me active and engaged . Apart from sports, I enjoy taking part in anything that keeps my body moving, including light workouts and other physical activities.
What are your hobbies?
I enjoy hobbies that keep me engaged and allow me to explore my creativity. I particularly love **reading, especially novels**, and I also enjoy writing short stories in both **English and Kiswahili**, mainly for fun. I love watching movies as well, and I am always curious about discovering and learning new things every day.
Why did you choose teaching?
I chose teaching because I enjoy **engaging with young minds**. It brings me a lot of joy to take students through topics, from the simple to the more complex, and then watch them understand, grow and become more confident. I also appreciate the opportunity to positively impact students' lives. Knowing that I can leave a meaningful mark on a student, both now and in the future, is very fulfilling.
How has your experience been at Strathmore so far?
My experience at **Strathmore so far has been nothing short of excellent**. The level of professionalism is very high, the students are disciplined and welcoming, and I have had the opportunity to learn and appreciate the great culture of the school. Everything is well organised, and I particularly enjoy the wide range of sports activities available. Everyone has been very accommodative and welcoming. Overall, it has been a very positive experience.
Why did you choose Strathmore?
From what I had heard, **Strathmore is one of the best schools to teach at and be associated with**, so I decided to come and experience it for myself. As they say, *seeing is believing*. Having been here, I can confidently say that the experience has lived up to the standards and expectations I had set. The professionalism, culture, discipline and opportunities available have all confirmed why the school has such a strong reputation.
What is your greatest achievement as a teacher?
My greatest achievement so far has been **helping and positively impacting young people as they work towards achieving their goals**. I find it especially rewarding when I am able to help a student overcome something they were struggling with and eventually see them improve and excel. For me, the greatest achievement of a teacher is not simply completing the syllabus, but positively influencing a student's life. I would describe this through three words: **Growth, Impact and Excelling**. Seeing these three things in a student makes teaching truly rewarding.

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BIG RAM ENERGY By Justin Gitau 9&

Could you introduce yourself and tell us a little about your background in IT?
My name is Gideon Kamuti. I hold a Bachelor's degree in Computer Science and have experience in software engineering, networking, systems administration, IT support, cybersecurity and ICT infrastructure. I am also a certified Product Manager. I enjoy solving problems, learning new technologies and taking on technical challenges.

What inspired you to pursue a career in Information Technology?
My curiosity about how technology works and its ability to solve real-world problems inspired me. I enjoy troubleshooting and finding practical solutions. The ever-changing nature of technology also keeps me motivated to keep learning.

What attracted you to our school as an IT technician ?
Strathmore's commitment to academic excellence and the use of technology in education attracted me. The role also matches my experience, giving me an opportunity to contribute my skills, support the school community and grow professionally.

What are some of your key responsibilities in your new role ?
I will provide technical support to staff and learners, troubleshoot hardware, software and connectivity issues, maintain classroom and audio-visual equipment, and support the school network. I will also assist with Computer Studies practical lessons, system security and responsible technology use.

How can technology improve learning and teaching in our school?
Technology can make learning more interactive, practical and accessible. Digital resources, educational platforms, simulations and coding can enrich lessons, while reliable ICT systems can improve school operations and prepare learners for the future.

Outside your professional work, what do you enjoy doing in your free time?
I enjoy connecting with other professionals, exchanging ideas and learning from others. I also play lawn tennis, volleyball and football, which keep me active and strengthen my teamwork and discipline.

Before joining our school, what kind of IT work or projects had you been involved in?
I worked on networking projects at African Inland Mission International and Nairobi Adventist Hospital. I also helped develop a school management system at Royal Palace and worked on projects involving machine learning, as well as an Instagram clone.

What advice would you give students interested in IT and technology?
Stay curious, keep learning and gain practical experience. Explore new technologies, build projects and develop your problem-solving skills. Most importantly, build a strong foundation and never stop. learning.

MATHS IN MOTION By Keita & Justin 9&

What is your name and what subjects and classes do you teach?
My name is Nicholas Ombodo and I teach Mathematics in Grades 5 and 6 and Movement in Grades 1, 2 and 3

What are your interests?
My main interests are education, professional development, mentorship and sports. I particularly enjoy opportunities that allow me to keep learning, improve my teaching practice and support others in their growth.

What are your hobbies?
I enjoy both playing and watching sports, especially football. I also love listening to music and travelling. These activities help me relax and maintain a healthy balance outside my professional life.

Why did you choose teaching?
I chose teaching because I have a strong passion for helping others learn, grow and reach their full potential. For me, teaching goes beyond delivering lessons. It is about making a positive difference in the lives of learners by nurturing their academic abilities, discipline, values, confidence and essential life skills.

How has your experience been at Strathmore?
My experience at Strathmore has been exciting and rewarding. I was grateful for the opportunity to join such a reputable institution, and I have found the environment to be professional, friendly and well organised. The boys have also been amazing, and interacting with them has made the experience even more fulfilling.

Why did you choose Strathmore?
I chose Strathmore because of its strong reputation for academic excellence, discipline, character development and holistic education. I was particularly attracted to the school's commitment to nurturing confident, responsible and well-rounded learners. At the same time, I saw Strathmore as an environment where I could continue learning, develop professionally and contribute meaningfully to the school community.

What are your greatest achievements as a teacher?
One of my greatest achievements is seeing learners improve academically and become more confident in their abilities. I also take pride in helping learners prepare effectively for assessments and supporting them beyond the classroom through mentorship. Another rewarding experience has been coaching football and helping young talents develop their skills, confidence and teamwork.