Strathmore Times

Friday, 16th October 2026 **Edition 120**

THE OPPOSITION HAS LEFT THE CHAT

Courtesy of The Debate Club

Three years, three titles! Strathmore School continued its impressive run at the 13th Mashujaa Debate Championship, held at Strathmore University on 26–27 September 2026, by winning the Senior Main Cup for the third consecutive time.

The 42-student contingent also finished second in the Junior Main Cup, bringing home 11 trophies and numerous individual medals.

Leon Marrosi (Form 3) emerged as the second-best senior speaker, with Baptista Gichane (Form 3) taking fifth place. Josh Anyonga (Grade 8) was named Best Junior Speaker, while Team G, made up of Grade 7 students, earned recognition as the youngest team to reach the Main Cup.

There was more to celebrate beyond the debate floor. The senior quiz team reached the semi-finals, while the junior team advanced to the quarter-finals. In public speaking, Ihabi Osundwa finished sixth and Andrew Karanja ninth.

With the senior crown retained, the juniors making their mark and trophies coming in from different categories, it was a beautiful year for the Strathmore debate team, ***one worth celebrating and remembering.***

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THE HONOUR ROLL CALL **By Keita Abondo 9&**

On Saturday, Strathmore School looked like it had been ironed overnight. Students, teachers, parents and guests arrived early for our annual Prize Giving Day, all spick and span. The performers had it toughest, setting up and sound-checking from 8:00 a.m., because nobody wants a squeaky microphone to be the star of the show.

At 9:00 a.m., after roll call and a prayer, the stage woke up. The lower primary boys sang about parental love and care, and a few parents went hunting for tissues. The JSS Band followed with Sauti Sol's Mbinguni, with yours truly on electric guitar, and the clapping started all by itself. The Upper Primary and JSS Choirs came next with harmonies so neat they could have been pressed and folded. The SSS Band closed at 9:40 a.m. with a mashup of popular hits.

Then came the speeches. Our valedictorian, Adriel Mutugi, spoke about growth, brotherhood and perseverance. Our Principal, Mr. Muthiora, followed with an uplifting address that left everyone feeling ready to take on the world, or at least Monday. He spoke until 10:15 a.m. The Grade 9 and Form 4 graduates then collected their sashes, looking very proud.

Awards followed across all levels, from Lower Primary to Senior Secondary. Trophies and certificates went to the best in academics, the most improved, and winners in swimming, athletics, talent shows and chess. Team captains with over three years of service finally got their flowers too.

The Sportsman of the Year achievement list was long, and by the time they reached the high jump dominance, the whole crowd was on the edge of their seats. Then the name dropped: Kamau Kang'e! The roof nearly came off.

Then David Mumanyi walked up as both Sportsman and Scholar of the Year for 2025. He is only the third person in Strathmore's history to win both, which proves you don't have to pick between the classroom and the field. With discipline and hard work, you can own both.

The Pennant awards for top all-round students came last. Our grades are growing, so the JSS list now has six students instead of five. Apparently there is too much talent to squeeze into five.

After final class photos, we headed to the graduation reception for chicken wings, sausages, mandazis, cakes, nduma and nguashe, spring rolls and sodas. We spent the afternoon flipping through the new yearbook and playing football in the sun.

It was a day that showed off the hard work and unity of Strathmore School, and the food was not bad either.

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CERTIFIED BALL-ER By Keita & Justin Grade 8&

"Seven sports, two MVP titles and a school high-jump record: Kamau Kange competed, led and inspired."

1. **Proudest sporting moment?**
Being named regional MVP in rugby 15s. Hard to beat.
2. **How did Sportsman of the Year feel?**
Great. I had a hunch it was coming, but hearing my name still felt good.
3. Who shaped your sporting journey?
My mom. She was strict about books and sport, but always in my corner.
4. What does your training week look like?
Sweat in the morning, study in the evening.
5. What happens on lazy days?
I recruit my friends. Skipping is hard when people are waiting.
6. How do you psych yourself up?
I tell myself I'm the best, and suddenly there's nothing to fear.
7. Which defeat taught you the most?
Losing to OJ in the schools' cup semis, after they hadn't beaten us all year. Lesson: never underestimate a team, and lose gracefully.
8. How do you juggle exams and sport?
A timetable. The secret is actually following it.
9. What's next for you?
Still working that out.
10. Dream training partner?
LeBron and Liam Delap. Two greats, two sports, plenty to learn.
11. Advice for the next Sportsman of the Year?
Enjoy your sports. Enjoy them and you'll enjoy training, and getting better follows.
12. Ever told to pick just one sport?
Yes, and I politely declined. I loved them all, so I kept playing them all.
13. Which sport surprised you?
High jump. I never imagined I'd hold the record for it.
14. What has sport taught you that school couldn't?
Everything is more fun with friends around.

TWO CROWNS. ONE KING by he print media

1. What did winning both Scholar of the Year and Sportsman of the Year mean to you?
It was beyond my expectations. During the KCSE trial period, I realised it was possible, and my hard work paid off.
2. How did you balance academics and sports?
Discipline and a timetable helped me balance training, homework and rest.
3. What habits helped you excel in class and on the field?
Perseverance. I learnt to push through fatigue and stay committed.
4. How would you describe your journey at Strathmore?
It was memorable, filled with exciting activities and friendships. I would not trade it for anything.
5. What was your biggest challenge, and how did you overcome it?
Losing my grandfather affected my performance. I drew strength from his memory and resolved to keep striving.
6. Who had the greatest influence on your success?
My mother. Her encouragement and trust inspired me to work hard and make her proud.
7. How much did discipline and sacrifice contribute to your success?
They were crucial. Balancing academics and sports demanded consistent effort and personal sacrifice.
8. How did you stay focused on your studies?
I studied best at home, so I used time away from training to focus on academics.
9. What life lessons did you learn through sports?
Sports taught me teamwork, discipline and hard work, especially the value of pursuing shared goals.
10. How has Strathmore shaped you?
It instilled values such as respect, diligence and discipline that will guide my future.
11. What are you currently pursuing, and how did Strathmore prepare you?
I am pursuing a bachelor's degree in Cybersecurity. Computer Studies gave me a foundation, while time management and discipline continue to help me at university.

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THE FIRST OF THE FINEST By the Print Media

1. **How did you feel when you learnt that you had won this award?**
Relieved and grateful. It showed me I can achieve more than I imagined.
2. **What has been your biggest lesson from your Junior Secondary journey so far?**
Own your success. Even boring topics hold something interesting.
3. **How do you organise your time to balance academics, co-curricular activities and personal interests?**
Flexibly. I prioritise deadlines and switch to lighter tasks or hobbies when tired.
4. **Which subject challenges you the most, and how do you overcome the difficulties it presents?**
Kiswahili. I'm reading Kiswahili novels to learn words in context.
5. **What study habits have contributed most to your academic success?**
Listening closely in class and helping classmates, which sharpens my own grasp.
6**. How do you approach a difficult topic when you do not understand it at first?**
I try alone first, then ask classmates, online resources or my teacher.
7. **Which academic skill do you feel you have developed the most since joining Junior Secondary?**
Adaptability. I change course when a method isn't working.
8. **What keeps you focused on your goals when distractions arise?**
The drive to become a better version of myself, with my ten-year goals in view.
9. **What values have guided you throughout your academic journey?**
Curiosity. Exploring beyond the classroom and swapping ideas with classmates.
10. **Beyond good grades, what qualities do you think make a truly outstanding scholar?**
Humility. A true scholar listens to everyone and pairs success with good character.
11. **What advice would you give fellow students who aspire to achieve academic excellence?**
Believe in yourself. Self-doubt can undo good preparation.
12. **Looking ahead, what are your academic ambitions, and how do you hope to make a difference through your education?**
To become an aerospace engineer, advancing aviation and space exploration.

A CLASS ACT FOR THREE DECADES By the print media

1. **Looking back on your journey since joining Strathmore in 1996, how would you describe your 30 years of service?**
It has been a rewarding journey of growth, learning and service. I am grateful for the opportunity to have contributed to the school's progress over the past 30 years.
2. What is one major milestone in the Primary Section that you are especially proud of?
Maintaining discipline, improving academic performance and, hopefully, leaving the Primary Section better than I found it.
3. What is your most memorable experience from your years in the Primary Section?
As a new teacher, I sent a Standard Eight pupil out of class for misbehaviour. He reminded me that his father was the Minister of Education and insisted that his father had paid for him to be in class. Taken aback, I stood my ground and braced for a summons from the principal. It never came. That encounter remains a memorable test of my resolve.
4. **What have you learnt from working with young children?**
Children live in the present. They rarely dwell on yesterday's mistakes or worry about tomorrow's plans, and they have taught me the value of mindfulness and focus.
5. **How would you describe your working relationship with colleagues?**
Active listening, transparency and mutual respect keep our relationships cordial and professional. I welcome younger colleagues openly and help bridge the generation gap. My advice to them is simple: ***teach well.***
6. What important lesson have pupils taught you over the years?
Every pupil has a story worth understanding. I have learnt to listen, adapt and be patient, because meaningful growth takes time.
7. How has Strathmore shaped your personal and professional growth?
It has given me leadership, adaptability and lifelong learning, along with a strong sense of purpose. I have never regretted joining this great institution.
8. What values and habits would you encourage pupils to develop to succeed in and beyond Primary School?
Self-discipline, resilience, respect and empathy. Manage your time, study smart and learn from your mistakes. Above all, be God-fearing and become a responsible citizen who makes a difference.