
THE FLYING EAGLE REVIEW

NEWSPAPER OF THE BEVERLY SCHOOL OF KENYA

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Beverly Opens Its Doors

Mercy Wanjiru, class 8

It was on Saturday 17th September 2011. This was the day when Beverly gates opened. It was for the betterment of the world, especially for the children. At first we had 16 pupils in the whole school. We survived in the hard way. We didn't have any toilets and we used latrines. There was no electricity and we used lamps to light up the rooms .

Bathing was another issue. We used basins to bath. To make matters worse we used one basin for two pupils. We did not have a field to play. We used to play in the quadrangle in front of the classes. We played in fear of breaking the window panes.

We didn't have any uniforms, we used to wear our home clothes throughout the week.

Now we have improved a lot . We are not saying that we have reached the top but we are at a level at least. Now we use toilets not latrines. We bathe using showers and all the window panes around the school are made. Fields are made and are being expanded. Now we shoot balls not fearing about the window panes.

The science lab has been completed . We can use computers to do research and do experiments in the lab soon.

Beverly looks beautiful with flowers and trees surrounding the buildings and in future the school shall even be more beautiful.

Students have improved in their English grammar and there are more than sixty students in the school.

Beverly is different from the other schools around the country. This is because the students are not from only Kenya. Some of them come from South Sudan, Tanzania and Ethiopia. We are expecting more students from all over the world.

Thanks to Aunt Susan Swanberg and her family for coming to visit us since 2011. May God bless her and her family.

Last but not least, thanks to Mr. Abdi and Mrs. Alice Mudiri for this brilliant idea that has changed lives of many children.

You are welcome to the Beverly School of Kenya. It's all a new beginning for a school that will help children and adults in their education. We hope that you will visit us too.



Beverly Sports

Thomas Wario, and Richard Mwangi, class 8

In Beverly School of Kenya we mostly play games such as football, singing games, basketball, checkers, puzzles, cards and hide and seek. All the people participate in almost all the games they like. Football is the most popular in the school. Girls like playing singing games for they have invented their own songs. Basketball is also a game that is mostly played by boys. Puzzle and cards are mostly played during rainy times. We like playing checkers, both girls and boys. As a school we practice dramas that are performed on weekends. Everyone likes our plays. We have a Kenyan game called "kati". Girls mostly like playing that game. We always enjoy the games that we play here at school. We do physical exercises.

We do have some games that we would like to be playing but we do not have the facilities. Games such as swimming , hockey, etc.

The Yummy Foods of Beverly

Alma Velma, class 8

As we know food is an obvious thing that we need to have in our life. We should respect and follow any meal that we should take. We as children in the amazing Beverly have a right to eat to our fill. That is why our generous executive director Madam Alice makes sure we are full so that we may be able to learn well.

Beverly provides us with yummy, tasty food that we all really like. It gives us strength to play and also learn. That is really cool! Isn't it? We all think so.

THE FOOD WE LOVE TO EAT

Our most favorite food is "chapati" and green grams. We also love rice and meat. Mostly "chapati" is eaten on Friday evening. It is made up of wheat flour. You may also mix with milk for those who want.

SOURCE OF THE FOOD

These foods that we eat have seasons. Mostly the food that come in seasons are potatoes, carrots and many more. Some foods that we eat are mostly due to the high standards that are in our country and this forces us to buy the less expensive food.

BEVERLY FARM

Beverly School has also started a farm. We grow vegetables there. This helps us not to lose too much money to buy vegetables. This is also natural food that helps us to be healthy and strong. This is always a sumptuous meal to us. Is it so?

BALANCED DIET

We are also given a balanced diet. This means proteins, carbohydrates and vitamins. This helps us to be strong and healthy. Beverly School makes sure that we are given the right amount of food. Not too much and not too little an amount. Too much amount of food may lead to obesity. This can risk heart diseases. You may not be able to learn well. Too little amount of food may lead to poor health. This will make you not study well.

Beverly has also given a menu to the cooks on what they'll cook each day. This avoids eating foods in a wrong purpose, e.g. emotional eating, too much eating because you are happy, angry or maybe stressed up.

We also do not eat junk food. It has effects on our body that is not good.

YUMMY TASTY FOODS THAT WE HOPE TO EAT

Beverly School students hope to eat Pilau in the near future.

THANK YOU BEVERLY SCHOOL

We kindly appreciate for what you've done Madam Alice and Mr. Lidonde for ensuring we eat a balanced diet.



Sumptuous Meals

by Anthony Simiyu, class 8

THE DEFINITION OF FOOD

As we know food is a very important thing in our day to day lives. Many of us give many definitions of what we think food is. We might not know it but we could give a wrong definition.

Food is anything animals and people eat to keep them healthy and strong. Some of us may sometimes use it for a wrong purpose. And this is why we hear of people having obesity. "What causes obesity?", one may ask. Obesity occurs when one eats extra food then what the body requires. Extra fats are stored in the body tissues making one to have big huge bodies.

Sometimes, most of us may practice in emotional eating due to ignorance. Emotional eating is one of the major causes of obesity. Emotional eating can be through celebrations such as birthday parties and many other happy moments. It might surprise you to find out that some people eat to vent their anger. This can cause really negative effects to a person.

PIONEERS

On 17th September the year 2011 we were welcomed by ugali, kale and beef stew as our very first meal in the Beverly School of Kenya. As far as we were concerned it was very enticing and nutritious.

As for that time, we did not have a permanent menu and therefore we ate the things the day brought for us since survival is for the fittest. But there was one thing that was permanent, the breakfast meal. We took porridge and bread for breakfasts. Sometimes we ate rice, ugali or green grams for lunch. Suppertime consisted of chapatti, ugali and githeri. Githeri is a mixture of maize and beans which are cooked. That was how life was for the school's pioneers as far as food is concerned.

FOODS WE ARE EATING IN THE PRESENT

This is the year 2014. It has brought about many changes about the foods we eat. Most of these changes have brought about a lot of positive effects. Different from the past, we have got a permanent menu. Therefore we have a particular food we eat each meal. This is a very significant improvement in the diet we eat. As time goes by we hope for greater and better moments in our dining.

OPINIONS OF THE SUMPTUOUS MEALS WE EAT AT BEVERLY SCHOOL

As from Mr. Abel, school chef - "As for me, the menu is great and very healthy. For now I am very much impressed with the diet."

As from Mr. Juma, school chef - "I am very okay with the equipment and the food materials in the school at the moment. The foods we cook are really healthy for they consist of carbohydrates, proteins and vitamins."

As from Madam Pauline - "The food cooked at this school is very nice, healthy and mouth watering."

As from teacher Thomas - "The food we eat is healthy and balanced. We have ugali, cooked bananas, chapatti and fruit. All these provide the necessary nutrients for our bodies. The

food is varied. For instance at breakfast, porridge and buns. At tea break (10:00am), tea and bread. At lunch it all depends on the day, e.g. rice and meat on Wednesday. Supper, ugali or chapatti. Therefore the food is balanced and varied."

As from Aunt Susan - "I think that you are having healthier food than what we eat in the USA. We have lots of problems because we eat a lot of junk food. I think you have healthier meals because you eat lots of vegetables and beans, and you don't eat very much bread or sweets. It makes me happy that you are learning to eat healthy. This will help you learn better. In the USA we eat fast foods in plenty. We have nutritious food, but sometimes the foods that are unhealthy are sweet and therefore we eat them a lot."

As from cousin Jeff - "The foods eaten at Beverly School are good and healthy. This is because there are many vegetables and any other healthy foods. So generally the food that is eaten at Beverly is healthy."

THIS WEEKS POLL

1. What do you want built next at the Beverly School of Kenya?
 - **An Auditorium** - teacher Geoffrey
 - **A Chapel** - teacher Anthony
 - **Swimming Pool** - Sitat, class 4 student
 - **High School dormitories** - teacher Rosemary
 - **Teachers houses** - teacher Bibiana
 - **Fields, more classrooms and a dining hall** - Omondi, class 7 student
 - **Library and Computer library for preparatory school** - teacher Thomas
 - **Staffroom for preparatory school** - teacher Rogo
2. Is Beverly School an interesting place to live? Why?
 - **Yes, because she never lived at a boarding school before college.** - Aunt Susan
 - **Yes, because he has never lived outside the U.S.A.** - Cousin Jeff
 - **Yes, because of the learning facilities** - Sam, class 7 student
3. Why did they build Beverly?
 - **For children to excel in their academic work and in character.** - Thomas, class 8 student
 - **To help the needy** - Chris, class 7 student
 - **To help children get an education** - Cousin Jeff

AN INTERVIEW WITH THE FIRST SPONSOR SEEN AT THE BEVERLY SCHOOL OF KENYA

Introduction

Susan Swanberg is a friend to the Beverly School of Kenya. She has visited the school three times and this interview was carried out by Paul Makorani on 18th February 2014 at the school campus in North Kinangop.

She is a significant person to the children during her visits. She comes with new ideas, gifts and her presence is recognized and appreciated.

Susan has not only visited the school on her own but in the company of her children, Whitney in 2013 and Dr. Jeff in 2014.

She loves the school so much and has great passion for the learners. During the interview, this is what she had to say together with her son, Dr. Jeff. It should be noted that Susan is one of the sponsors and she does so willingly.

Questions

What do you like about the school?

Susan: "I love the children because they are so loving."

Dr. Jeff: "I love the big welcoming smiles of the pupils."

What do you dislike about the school?

Susan: "I like and love just about everything at the school!"

Dr. Jeff: "I don't like the long route to the Beverly Centre from the classes."

What is so pretty about Kenya?

Susan: "I like the weather in February."

Dr. Jeff: "I love seeing the sunrise over the Aberdare Ranges."

Why don't other sponsors come, but you do?

Susan: "This is because it is a long and expensive trip and some of the sponsors are waiting for the school to be well established."

Do you think the school is well managed?

Susan: "I think the school is well managed, the teachers are so lovely and really care for the children."

Dr. Jeff: "Yes, the children are learning well and conducting themselves well."

What is going to make you withdraw from sponsoring the school?

Susan: "I will not withdraw."

Dr. Jeff: "I will sponsor the school in the future. I will not withdraw as long as the school goes smoothly."

What are your future plans for the school?

Susan: "To help raise money for a health clinic at the school."

Dr. Jeff: "I want to see a swimming pool."

What do you like to introduce at the Beverly school of Kenya that will be helpful to the students?

Susan: "I would like to introduce more health education."

Dr. Jeff: "When the science lab is finished, it will boost learning for the pupils."

What so good with winter in the USA?

Susan: "We enjoy skating, skiing and making snowmen in the snow and we play snowball fights"

Dr. Jeff: "I like skiing."

How did you meet Mr. Lidonde?

Susan: "My boss at the American Red Cross introduced me to Mr. Lidonde."

What do you want from the pupils in the future?

Susan: "My hope is to someday see the pupils visiting me in the USA, and even some going to university in the US."

Dr. Jeff: "I want some students to become scientists."

What do you do to help the school?

Susan: "At home, I raise money with my friends to help the Beverly School of Kenya."



And from our High School Students...

DREAMS

Hold fast to dreams
For if dreams die
Life is a broken winged bird
That cannot fly

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow

by Tracy Kageha, Senior School Form 2

MONDAYS

Why do people
Complain about Monday
People have
Monday morning blues
And that morning feeling
I think people who suffer
Read too many Sunday newspapers

by Tracy Kageha, Senior School Form 2

*Your duty is to serve and not to search for fault.
He who is not courageous enough to take risks will
accomplish nothing in life.
In the middle of life we are in death.
Love all, trust a few. Do wrong to none.
Do you want people to think well of you? Do not speak
well of yourself.
The most wasted of all days is the one without laughter.*

by Tracy Kageha, Senior School Form 2

TAKE TIME

Take time to think...
it is the source of power
Take time to play...
it is the great secret of perpetual youth
Take time to pray...
it is the greatest power on earth
Take time to read...
it is the source of foundation of learning
Take time to laugh...
it is the music of the soul
Take time to love and be loved...
it is a God given privilege
Take time to give...
it is too short a day to be selfish
Take time to work...
it is the price of success
Take time to charity...
it is the key to heaven

- by Pendo Tumaini, Senior School Form 2



REALITY

Money says: find me, forget everything

Future says: struggle for me, forget everything

Heart says: do for me, forget everything

But simply God says: only remember me and I will give you everything

Hope you'll choose the best for you

- by Pendo Tumain, Senior School Form 2



DID YOU KNOW...

The giant leaves of the royal lily pad are strong enough to hold the weight of a small child.

You can tell the age of a tree by counting its rings.

Mosses and ferns are among the first plants to live on land.

A jaguars teeth can break open turtle shells.

Scientists have done brain surgeries on cockroaches.

A cheetah is regarded as the smallest member of the big cat family as it cannot roar , but purrs like a domestic cat.

A liger is born to a male lion and a female tiger.

An elephant can smell water three miles away.

A tigon is a child from a male tiger and a lioness.

Dogs have sweat glands in between their paws.

- by Elsa Vuguza, Senior School Form 2

MORE DID YOU KNOW....

In England the Speaker of the House is not allowed to speak.

A frog swallows while its eyes are closed.

One quarter of your bones are in your body and the rest in your feet.

- by Cadra Khayang Amboko, Senior School Form 2

AND STILL MORE - DID YOU KNOW...

That the planet with the longest year is the planet Pluto?

If you think a year on the planet Earth is a long time, don't travel to Pluto anytime soon!

One year on Pluto is equivalent to 247.7 years on earth which means a single day on Pluto is equal to 6.4 days on Earth. This is because Pluto's location ranges from 2.8 to 4.6 billion miles away from the sun, approximately 39 times farther from the sun than Earth. Pluto is also the least massive planet in the solar system. Pluto's gravity is 8% of that on Earth so that if a 75 pound (34 kg) child were to be weighed on Pluto, he/she would weigh only 6 pounds (2.7 kg).

- by Pendo Tumani, Senior School Form 2

TONGUE TWISTERS

A snake sneaks to sneek a snack

A noisy noise annoys an oyster

RIDDLES

It stand on one leg with its heart in its head (*a cabbage*)

What is always coming but never arrives? (*tomorrow*)

- by Cadra Khayanga Amboko, Senior School Form 1

THE ISUKUTI ORIGIN AND KAKAMEGA ORIGIN

As crowds applaud thunderous and dance to the rhythm of the song and drums, most don't know what they dance to.

Long time ago in the village of the Luhya's, where the great historic site, the "Ikhongo Munoi" crying stone is found, the people of the land practice mining and got their basic needs from their earnings. One day as the men were working their wives prepared some ugali for them. After their tiresome, work they sat and began to feed on it. In a split second Europeans appeared and asked the men, "Which town is this?".

The men were illiterate and therefore did not understand, but hastily answered, "Oh! khwahameka", which meant they were eating ugali. The Europeans quickly said, "Oh! It's Kakamega". The Europeans sat with the Luhya's, shortly the people finished their meal. The men took their drums and sang nice songs, they danced vigorously. The Europeans were overwhelmed and told them in appreciation, "Is good". The men stopped and repeated in the wrong way, "Isgoot". "Oh! Isukuti". They thought it was the name of the dance.

Since that day the place was known as Kakamega and the dance Isukuti.

- by Cadra Khayanga Amboko, Senior School Form 1

A SMILE

A smile is a gift you give yourself

by giving it away, because it comes back

in a warm and friendly way

A smile can speak a thousand words,

wherever you may be, in simple unassuming ways

that anyone can see

A smile show you understand

when hearts fill with pain, for it sheds a little sunshine

where there was only rain

A smile spins a human kindness

wherever they may fall

A smile is a rose that when returned

becomes a Spring bouquet

A smile is a gift you give yourself

by giving it away

- by Pendo Tumani, Senior School Form 2



A TRIBUTE TO A FRIEND

Friends are most important in life. Friends are like precious diamonds which remove our boredoms. But some of them who are really special are known as best friends.

Some friends are like gold and some like silver. Old is gold, and they can be trusted as you have known them for a long time. A person who does not have any friend will live a lonely life and be depressed because he/she does not share his/her problems and difficulties.

Friends help you to find a right way. It's my hope that you have heard this, "forgive the sinner, but not the sin". It's just the same way as friends. Your friend can be anyone; your Mom, Dad, teacher, sister, brother or relative.

Friendship is a golden chain which links our friends so dear. A best friend is the one who gives you a chance to prove "I can be trusted" and "I deserve this trust".

A best friend is someone who encourages you to make your dreams come true. A best friend also gives the best lessons as they contain great wisdom. They are also storehouse of pleasure.

I can say this because I have got a friend who trusts me with closed eyes and makes me realize that she is the one who I was always looking and hoping for. She is my flower of nature. She is my best friend "Yvonne".

-by Aksa, Senior School Form 2



Credits - Name, class * denotes class 8 senior editors

The Food Articles

Anthony*	8
Alma*	8
Chris	7
Alex	2
Grace	1
Hannah	2
Jeremy	5
Michelle	4
Rachel	2

The Poll Group

Samuel*	7
Sitati	4
Alex	5
Quincy	1
Esther	5
Millicent	1
Lewis	5
Eyosias	1

The Beverly Beginnings Article

Mercy *	8
June	5
Derrick	7
Susan	6
Godfrey	7
Janet	7

Typists

Tamara*	8
Ivy	6
Ashley	6
Ian	7
Claudia	6
Habtamu	1
Whitney	5
Esha	3
Aksa	1
Ursula	3

Photographers

Jane *	8
Leah	7
Christa	6
Ruweida	7
Ruth	7

Sports Group

Thomas*	8
Richard*	8
Ignatius	7
Kelvin	3
Alice	7
Dominic	2
Aristariko	2
Emmanuel	5
Ryan	4
Felix	5
Brian	5

Interview Group

Paul*	8
Michelle	4
Eyob	1
Ashenafi	2
Benjamin	4
Carlton	7
Shalom	1
Zipporah	5
Maria	4

