

What Our Students Have to Say

Mekaela, My Home My Future

They say education precedes success and surely Mekaela has worked tooth and nail to make certain of this adage. It is no secret that Mekaela yearly produces the top brains regionally. This is because the fire never stops burning.



Isaac Otieno, LPS

Simply, Mekaela is but a heaven for that child who desires not just education but good performance. The teachers are not only understanding but also friendly, creating chances for pupils to consult on any burning questions they happen to come across.

As time goes, Mekaela grows. The new programme is now here, pupils get the chance to pass through past papers, through e-learning installed in our school computers. Moreover, pupils do not only learn but get exposed to the ever changing technology.

It is not a lie that even champions need competitors for them to be champions. In Mekaela competition is a cup of tea not just competition healthy in a manner that keeps all schools on toes since no one wants to tail but to head.

As we all know, it is part of Mekaela traditions to nurture their candidates to the very end. Teachers are playing the herculean task here of following up on each of the pupils progress. They also mentor the pupils in older to realize if anything is amiss to cause the pupil any stress not mentioning the high discipline they observe.

Any issue associated with rudeness or indiscipline is treated with great concern. This is to make sure that a pupil will perfectly fit in a wide range of society.

Akin to the adage, too much work without play makes Jack a dull boy, Mekaela is putting into deep concern talent exposure. This is due to the variety of co-curricular activities. A good example is the drama festival where we managed to win awards not forgetting the KPSA games.

Mekaela has a considerate heart. It cares for both categories of people regardless of their background. Sponsorships are given according to the parent's financial ability and pupil's hard work. This gives opportunity to the less fortunate to taste the marvellous fruits of education.

We put cleanliness first in Mekaela. We do know that cleanliness is next to Godliness. An inspection is carried out in both boarding and day school sections

to make sure the school is spick and span, ready for learning.

In a nutshell, Mekaela is the place to be, as a candidate this year I am a living testimony, that I am leaving Mekaela an all-round being for it has nurtured me. Go east go west I will always be part of Mekaela.

Doing In The Forgotten Dream

While all the focus being on the election saga, Kenyans are slowly ruining any hope for a better tomorrow. How, you ask, we are doing in the very essence of our being, by forgetting our vision?

Education "for those who can't count up to four now devour eight courses". I speak of formal and informal education. Almost focus on election and all the sweet dread it drags along is disrupting our students back at school, yet we call them future leaders. Yet still I want to delve into informal education.

Borrowing from the character Amani in the Swahili novel *Kidagaa Kimemwozea*: "Hatua ya kwanza ni elimu si elimu ya shahada. Elimu ya kujielewa sisi nani, twatoka wapi, twaelekea wapi na utu tutaurejeshaje pahali pake mahsusi toka kule mwituni".

Basically what am saying is that our leaders should not be the ones to give us lessons, we should, by ourselves for ourselves. Furthermore, are they teaching our kids that violence is the only key? We must realize what our goal as Kenyans is, what do we ultimately want our future to be at the end of the day. Remember that we might not share in the fortunes of our leaders but we shall surely share in their misfortunes.

Just like the Greeks wasted more than 220 man hours doing Olympics, just like the effects of war are adverse; so is losing focus in a changing world, a bad idea.

Climate change might not seem so large an issue now, but trust me this is what we should be pulling all our resources and thoughts into right now. The maize fiasco is a good example of unprecedented rainfall patterns. What we do from now onwards concerning the betterment of our environment will add up to billions in years to come.

Yet still we do not fail to appraise the polythene ban, but the journey of a thousand miles, I say, is treacherous and needs patience and perseverance. Better still ask what you can do for your environment and not vice versa.

The bloodhounds, the trap setters; always are running for the potato. The more we wasted time on this election saga, the more the taxpayers pocket was dug into deeper. Have you sat to think about that? >>>>

What Our Students Have to Say

>>>>> What you place in the ballot without thought brings about yet still corruption, false projects and undeveloped developments.

The only way, I beg, out of this mess is to start integrity from the grassroots, our kids, our fellows, our ghettos and our villages. Let us live the true African dream of an honest hustle without bustle. Not forgetting that as usual, all true journeys are always the rockiest. So put on your hiking boots, your game face and grim determination wake up!



Silas Mwandikwa, LBS

The wise are ruled by reason, brutes by instinct and fools by necessity. Where do you want KENYA to lie?

...And Your Days Will Be Numbered

"Home sweet home." This familiar phrase expresses a sentiment that these days seem hopelessly outmoded. Unrelenting family conflicts have turned many homes into battlefields and a yawning communication gap often frustrates any attempt of calling a truce. Homes have turned from havens of peace to hotbeds of hostility.



Mishi Shan, LGS

"Honour your parents and your days will be numbered."

These words sound like something from the dark ages. Our excuse as teenagers is always the same: I feel they are too strict. Some of us if ordered to even clean our rooms, do our

homework or be in the house by a certain time, we openly defy our parents. It's high time we take a fresh look at what honouring our parents really means. God has vested parents with a certain authority in the family. This means that we must recognize their God given right to make rules for us.

Our parents have the right to decide what is best for us and what is not as this expresses their genuine love and concern for us. Parents should thus be viewed to be precious, highly esteemed and dear to us. This involves having warm and appreciative feelings for them. One may wonder, parents who are hot tempered, immoral or drunkards or bicker with each other, are they really worthy of honour? Yes, because they have caused our birth is reason enough to honour them. You should realize too that, just because a

parent's example is not the best does not mean that what he/she tells you is wrong. Though they are less than perfect your parents have made many sacrifices for you, therefore, they have every right to be respected and your days will be numbered.

Elimu Nchini Kenya

Sekta ya elimu imekumbwa na matatizo mengi Nchini Kenya. Mfano ni kama vile kuchomwa kwa shule. Hii imekuwa na asilimia kubwa hivi sasa. Inakuwaje mwanafunzi anachoma shule kwa sababu inamleta ghasi? Watoto watadekezwa hadi lini?

Ndio maana huenda wengi wakaishia kuwa na maisha duni. Wataalamu wa elimu wanadokeza kuwa wanafunzi wa karne hii wanafaa mazungumzo ya mara kwa mara kuhusiana na mambo mengi. Aidha namshukuru mola kwa kuwa katika shule yetu ya Lulu, kila mmoja huchukuliwa na kukuzwa kielimu na hata kupatiwa ushauri kuhusu masuala yanayowakumba.

Alhamdulillah katika shule zetu, walimu wana bidii ya mchwa ili wamalize silabasi wakati unaofaa. Aidha walimu wetu huchukua muda wao wa mapumziko ili watufunze. Hii inawezesha wanafunzi wa kidato cha nne kuwa na ukakamavu wanapongojea mti hani wao wa mwisho katika kiwango cha sekondari.

Kwa sababu hizi, tunakuwa hatuna wakati mwingi ambao tunaweza kufanya tendo lolote baya ambalo linaweza kutuletea madhara shuleni. Si hayo tu bali pia katika shule hii, kuna fursa na wakati ambapo wanafunzi huenda matembezi ambayo huimarisha ujuzi wetu kiakili na pia kielimu.



Jane Musyoka, LGS

Mazingira ya shule za **Mekaela pia iko dhabiti na walimu wanawajali wanafunzi. Kando na hili, kuna sehemu zilizotengwa** za ushauri nasaha ambapo wanafunzi huelimishwa kuhusu masuala yayowasumbua.

Ban On Plastic Bags

The ban on plastic bags use in Kenya shows a great sense of moving forward towards taking care of our environment. Although the industries producing these bags are likely to have a great loss, but this won't last for long. The ban on plastic bags use in Kenya shows a great sense of moving forward towards taking care of our environment. Although the industries producing these bags are likely to have a great loss, but this won't last for long. >>>>>

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>>>>>The prohibiting of plastic bags will benefit all of us. Some might wonder where they will put foods that are watery and fatty. This should not worry us a solution will come. Plastic bags have contributed to making the soil infertile. They do not decay and become humus. Because of this, the soil does not mix with it and form one layer. This brings loss to farmers as the soil loses its productivity and farmers get low yield from the shambas.

The most risky thing that children do to is that they do not separate food that has been packed in a plastic bag or container before eating it. They eat it directly, and this leads to ingesting of dangerous chemicals. The child might have a stomach ache and lack long call and may even lead to death. This is because plastic cannot be broken down.

Another freakish behaviour mostly found in rural areas is that people use plastic paper bags to help themselves. Some are as careless as the wind that they throw the dirt anywhere. This has contributed to the spread of cholera, a deadly disease.



Mwinyi Chimba, RPS

If plastic is used in the toilet it blocks the toilet. Plastic makes the environment look unadmirable. If a heap of plastic is being burnt, an unpleasant smell is produced and this may even lead to cancer.

As part of encouraging this good idea, at Mekaela Academies, we organise for road and beach clean ups where we collect plastic materials and small trees any other kind of litter we find around such areas. Somebody might wonder how scrape metal dealers will survive now that plastic materials are banned but adhere are a lot of jobs to do. Let's look at the advantages and disadvantages. It's obvious that doing this will move our nation to a higher level of neatness.

Our School Democracy And That Of Kenya

The general elections have been jogging around in our nation. There has been a lot of bloodshed in most parts of the counties. This is too bad. Oh Kenya, where are we heading to? It's too bad to say this but I have to. Leaders are to be an example to the young generation but alas! It's the opposite. The citizens are the ones hurting the most. Why don't the leaders take an example from our proud Mekaela Academies?

For us as Mekaela Academies, we conduct a fair and just election without practising any form of favouritism. Students campaign freely and let their colleagues choose the contestants they see best based

on their manifesto. Our teachers have made this program so that we are modelled into the best leaders in future.

Our nation has had fights leaving children orphans and helpless. This is because we have selfish aspirants who want to gain power not through the people's voice but by the sword. People like these should be banned and kept behind bars. They are the ones who destroy our Nation.



Maria Mwikali, RPS

To crown it all: I want love, peace and unity to prevail in Kenya. So, let's go the Mekaela way of voting and preserve lives instead of destroying them.

What Does Not Kill Me, Makes Me Stronger

Having all the things a girl would dread happen to? Rape, drugs, truancy, suicide, you name it. One will say that it is almost impossible to pull through. But the strong pull through. Struggling with suicide due to depression, clinging on the nick of time I would do everything differently. God saw me through. I got hope, comfort in the most surprising things.

Lulu Girls High School, a God sent I'd say. A student at the most trying stage in life, I knew I had a purpose, I knew there was a reason. And the reason was change. It dawned on me that God chooses a leader of his own liking. No matter what you go through or how much you think of yourself as incapable God has a purpose and a reason. I vowed to guide others in good faith. Not to the trap I already fell into but to the new profound steps I now take. Lulu Girls High School has been a home to me when my home became a lion's den. A correction centre, a motivational camp, a place of all-round training, all under one roof. Lulu Girls High School, a prove of all amends.



Stacy Asikoye, LGS

It held me by the hand. Walked the path I walked by my side. I took all this in and it transformed me for the best. Meet me. Recovered from fate and a born again Christian. Came from the dark hole but pulled by Lulu Girls to the light. A school that unleashed the real I as my spirits ran wild.

God! I love my school. I will forever remain grateful as I study dutifully.

What Our Parents Have to Say

The Five "D"s In Live

In 1970, a Brazilian soccer coach told his team during half-time that the team is from Brazil and of all the things, King Pele the only known king ever known in the football history is in the team.

This he said when Italy was leading by 2:0. He told them that the world and the Brazilian fans would take nothing less than the world cup. He used the 5Ds to nail his point home:

1. Determination

One has to have determination in anything they do in this world.

2. Dedication

Whatever one does and needs success, they have to dedicate their lives to it.

3. Devotion

He told them the team to give themselves fully to the game just like one can to religion.

4. Discipline

That they should observe high obedience to the rules of the game and the training given to them.

5. Decisions

Get advice from around but make the right choice by oneself.

The team went back to the field for the second half and the team won 4:2. The team managed to get the win because of the 5 "D"s.

The same strategy is applied by Mekaela Academies

and this helped my daughter, Zipporah Ngyema while she was a student at Manuel Alexander School.

The staff at Mekaela Academies is determined to see their learners excel in their studies and ultimately have a bright future in life. Nothing can daunt them to

do what they believe can help in helping their learners achieve excellence.



*Making parents happy:
LPS Graduand*

Teachers in these schools give themselves all by being close with learners frequently so that they can reap the best results from the learners.

This is why the schools are known to post good performance consistently.

They are also known for making the best decisions on solving problems that they feel make a learner record performance that is contrary to their expectation.

The teachers are also highly disciplined and that is why learners who pass through Mekaela Academies are disciplined, because they say that an apple does not far from its tree.

MC Mutungi

Parent, Manuel Alexander School



Proud and smart: mothers and Ratinga graduants at the 2017 Graduation Day

What Our Visitors Have to Say

My experience at Manuel Alexander School

As a primary teacher in Kaiseraugst, Switzerland, I'm used to having children from over 20 different countries in my class. Children come from diverse linguistic backgrounds and speak a range of languages but German is the class-room language. Here in Kenya, I was keen on getting an insight into a different school system and a completely different culture. A lot of things that I observed here in Ukunda are completely new to me and are not part of the Swiss schooling tradition. The many impressions that I collected during these four weeks are colourful and exciting.

In my first week I had to get used to open class-room doors. Here in Ukunda, everybody can hear what's happening in each class-room all over the school grounds. This is because class sizes are quite considerable and a lot of the teaching is done by the teacher reciting and the pupils repeating what the teacher says. The school sounds like a huge convention of choirs with students' voices resounding over the campus. I can hear nursery rhymes all the time, singing and chanting, only interrupted by the motivational clap for the students having contributed in class. Other characteristic sounds are the rain on the tin roof, the percussion made by monkeys' paws and the bell jars for the various breaks.

Each Monday, Wednesday and Friday, the school comes together for the assembly where the school's public life is celebrated. School assembly is an important moment in each student's day because the school principal and teachers communicate directly to the entire school on important events, news, achievements, uniform, dress codes etc. It is also an exercise of public life in which everybody joins in singing the national anthem and they hoist the Kenyan flag.

Another detail that I have not seen in public Swiss schools is that the transition from kindergarten to primary, to middle school and to high school is celebrated wearing a special attire. This does not only value the individual student and his or her achievement, it also unites them and makes them feel proud of belonging to the school.

I started with pre-school and went through each year until year six at Manuel-Alexander school. Teachers

and children in each year are highly motivated. Children have very good discipline, teachers are patient, and everybody tries to do their best. Class-room teaching mostly relies on the black board where teachers write down courses that are copied by the pupils in the books. Equally important is the oral practice and each child learns by repeating verbally what has been said in class.

I also experienced what it means to teach at the secondary school when I taught a German class about Christmas customs at Lulu Girls School.

One of the most long-lasting impressions was the daily ride in the school bus. Squeeze, everybody shouts when yet another kid boards the already packed vehicle and everybody moves an inch or two to make space, while African music is blaring from the bus's speakers. Outside in the street, bougainvillea are scurrying along, monkeys, goats and cattle are negotiating the road.



Stefanie Kappus

On my way back home I sometimes stopped by my favourite café and sat on the terrace to take in the street scape with its motor bikes, tuk-tuks, people carrying loads in big baskets, women in colourful dresses, men in traditional Masai attire, women cooking delicious food in small

makeshift kitchens along the road, and all of this amongst the most beautiful trees and bushes and against the backdrop of beautiful white sandy beaches.

This experience has been an eye opener for me and I wish to thank everybody at the school who made my weeks in Kenya so special.

Asanteni sana kutoka moyoni mwangu kwa kuwa hapa Mekaela! Tutaonana tena!

Teacher Stefanie



Teacher Stefanie in Class

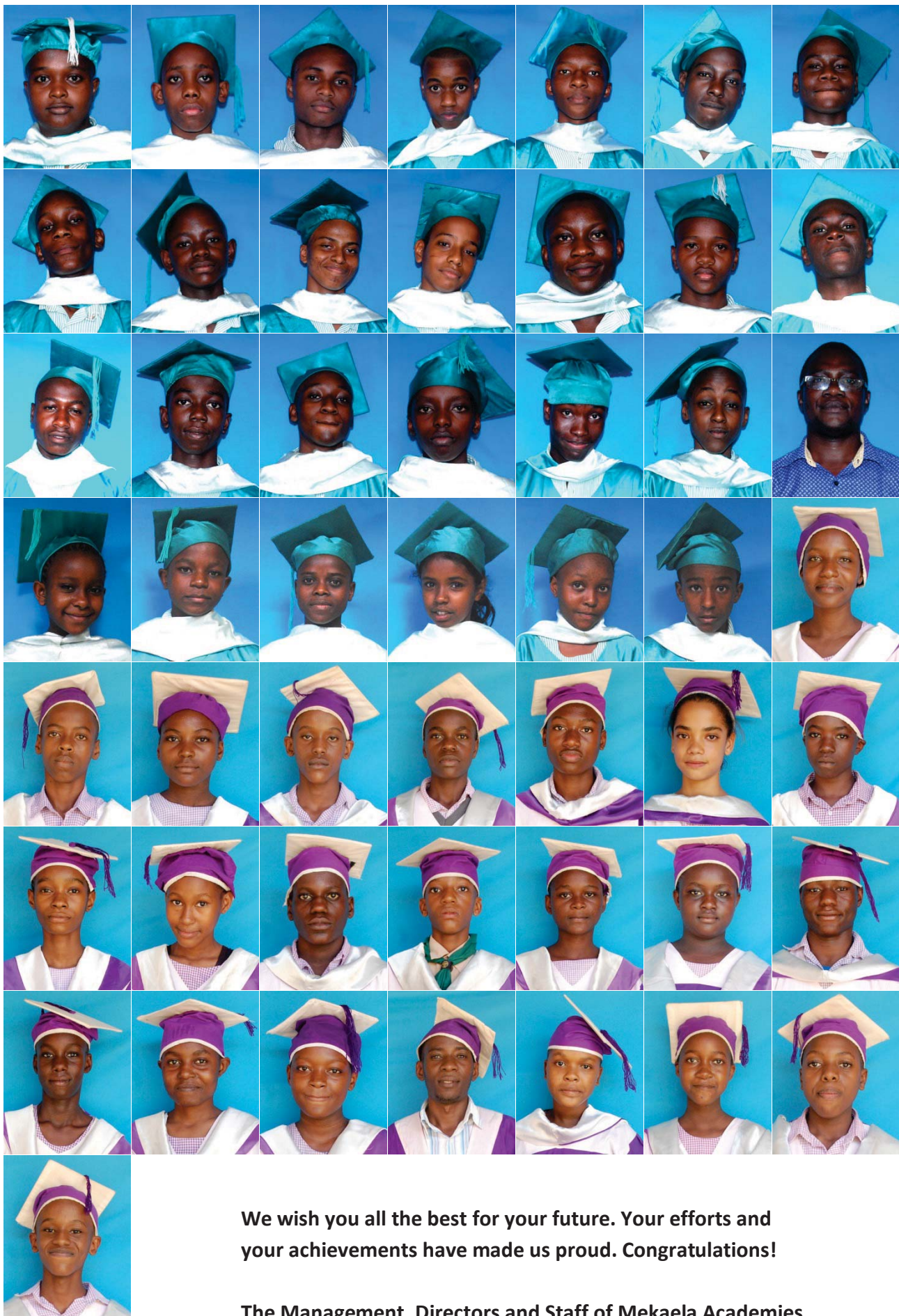
Graduands of 2017



Graduands of 2017



Graduands of 2017



Graduands of 2017 (Secondary)



A 6x4 grid of 24 photographs showing various scenes of children and young people in a rural setting. The images include portraits of smiling children, groups of children in school uniforms, children playing on a playground, children in a swimming pool, children in traditional attire, and a woman cooking on a large outdoor stove.

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