KUUNGANA KUFANYA KUSAIDIA KENYA
Learning By Doing

# 4-K Clubs Newsletter

Issue 4, April 2023

# Ikuvu 4-K Club at School Greening Initiative Launch

## In this Issue:

My Experience since Becoming a 4-K Club Patron

My 4-K Club Story

Participation of 4-K and Young Farmers Clubs in the Kilimo Biashara Expo 2023 and KALRO Kabete Open Day March 2023

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Jambo! Welcome to our April 2023 Newsletter. This month our cover story comes from Vihiga County where a 4-K Club was at the centre of the Launch of School Greening Initiative. This initiative aligns well in the Environmental Conservation Thematic Area of the 4-K Clubs Programme. We also have articles from Patrons who started their 4-K Clubs following the Training of Trainers (TOT) in Mombasa County. They tell us how they started and how they continue to implement 4-K Clubs in their schools. We also have artwork, a story and a poem from 4-K Club members and many more.

We have been registering 4-K Clubs in the upcoming 4-K Clubs Presidential Award Scheme, 4-KCLUBPAS. We hope that all 4-K Clubs from across the country can participate in this competition. Write to us and let us know what you think about our Newsletter and whether you like the articles we present to you every month.

Charles Lusweti, Editor

## Editorial Team

**Charles Lusweti** – Editor, Head Youth in Agriculture Unit, 4-K Clubs Programme Coordinator

**Catherine Njoroge,** 4-K Club Patron, Ndurarua Primary, Dagoretti, Nairobi

**Catherine Onsongo,** 4-K Club Patron, Endemu DOK Primary School, Nyamira

**Leon Caxtone,** 4-K Club Patron, Wachara Karungu Primary School, Migori

**Kaka Keuku,** 4-K Club Patron, Bogwendo Primary School, Nyamira

**Jane Njeru,** Competitions and Communications Officer, 4-K Club Programme

**Barnabas Kimani** - Graphic Designer, Barn Creative Media Ltd

Registration for 4-KCLUBPAS Competition

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# 4-K CLUBS PRESIDENTIAL AWARD SCHEME 2023

- 4-K Clubs apply online to participate in the competition and indicate their basic details i.e. name of 4-K Club, Registration Number, Name of Patron(s) and entry category i.e. crops, livestock, aquaculture or mixed farming
- The 4-K PAS Judging team will then review the applications and determine those qualified to proceed in the competition
- Once approved, 4-K Clubs have to come up with a separate project for the competition, this allows for uniformity across the board

## Timeline

The timeline for the competition is as follows:

**March - May 2023 –** online applications to participate in 4-K Clubs PAS

**May 2023 –** approved 4-K Clubs will be notified on whether to proceed in the competition or not

**May - July 2023 –** 4-K Clubs will set up their projects for the 4-KCLUBPAS competition, this will entail **seedbed preparation and planting** for crops projects, **construction of structures** for livestock and aquaculture projects and continue to manage them in time for the judging period, August 2023

**August to September 2023** will be judging period and awarding of winners at Ward, Sub-county and County levels

**September to October 2023** - awarding of National winners

## Judging Criteria

Judging Criteria will be based on the following key points

i. Originality & creativity in choice of project, depicted in title, objectives etc
ii. Establishment and management practices
iii. Agri-nutrition considerations
iv. Demonstration of Environmental conservation
v. Inclusion of Science, Technology, Engineering and Mathematics (STEM) aspects
vi. Project sustainability and agribusiness potential
vii. Presentation skills

## Awards and Recognitions

i. **Ward Level –** Certificate of Participation
ii. **Sub-county Level -** Certificate of Participation
iii. **County Level -** Certificate of Participation
iv. **National Level**
   a. Certificate of Participation
   b. Trophies for Best Performing 4-K Club, 1st Runners Up and 2nd Runners Up
   c. Engraved shields for 4-K Club Champion Patrons for the top three 4-K Clubs
   d. Bronze, Silver and Gold Medals for top 3 4-K Clubs
   e. 3 day Paid Trip for Headteacher, Patrons and Members of the top three 4-K Clubs to the Nairobi International Trade Fair
   f. Any other awards that may provided by stakeholders for all levels of the 4-K Clubs PAS Competition

The 4-K Club Presidential Award Scheme will be executed through an automated platform that will not only feed the judging information but will also be used to register, issue online certificates to the clubs across the country. The system will be availed to judges across country and it will be used for entry and aggregation of scores at each stage to determine the winning 4-K Clubs which will proceed to next level of the competition.

Dear Editor

## Digital Marketing in Promoting Agriculture in School Projects and Clubs (4-K Club)

Digital marketing is a component of marketing that uses the internet and media platforms such as WhatsApp, Facebook and Twitter to promote products. It assists farmers in reaching out to multiple buyers and obtaining higher prices for their products. It also empowers agricultural start-ups, thus young farmers such as 4-K Club members are encouraged to adopt the digital marketing platforms. Specifically, schools equipped with computers and internet should support this course. Through this, the learners' morale, literacy and digital learning will be boosted.

With digital marketing, 4-K Club members with assistance of their patrons may use a school blog, Facebook pages, WhatsApp groups and Twitter accounts to sell the products to teachers, members of BOM and villagers (at times when important functions are in the villages). This will enhance responsibility amongst themselves in a bid to enhance food and nutrition security in the society.

It is encouraging that my 4-K Club members have agreed to give it a try, even though challenges such as poor internet and institutional barriers may arise, but we are determined to succeed.

***Saraphina Ong'ayo***
***Patron, Mukhunzulu Primary School***
***Khwisero Subcounty***
***Kakamega County***

Dear Editor

## Congratulations Editorial Team

A big thank you for recognizing Endemu DOK Primary School pupils' drawings to feature in the March magazine. The teachers read the magazine and were very impressed with what the 4-K Club patrons are doing. The pupils too were very excited to see their artwork in the newsletter which is read by many all over Kenya. They promised to come up with more pictures and stories in the future issue. To me this was a great achievement. We grow by practicing and being responsible. It was a great motivation to the teachers and the pupils. Our headteacher appreciated, congratulated the group and promised to give them support in the upcoming Agricultural show.

I wish all patrons and learners the best as we continue to carry out 4-K Club activities.

Thank you.

***Catherine Agnes Onsongo***
*4-K Club Patron*
*Endemu DOK Primary School*
*Esise Ward, Borabu Sub*
*County Nyamira County*

FROM THE 4-K CLUBS AND PATRONS

# Biblical story of plants and animals

### Patron Catherine Onsongo, Endemu DOK Primary School 4-K Club, Nyamira County

God created plants and animals to depend on each other. Animals play a practical role in the Bible and in the lives of human beings. Some are used to represent God's strength and power. The lion is one such example. Doves are used to represent reconciliation, forgiveness and peace. In the Old Testament, other animals are used for food, transportation, labour, and sacrifice. Others are used as metaphors or symbols to represent human characteristics or aspects of God's character. Other animals are kept for security. The dog and the cat are examples.

Human beings are caretakers of plants and animals. God rewards human beings according to their labour. God demonstrates His concern for His creation through the food we have consumed throughout our lives and which we have utilized for various purposes.

However, not all plants or animals are suitable for food. We should be careful not to eat poisonous plants. We should be careful because some animals are dangerous. We should respect and care for animals. Animals are beautiful people.

# My Experience since Becoming a 4-K Club Patron

Patron Thomas Wanyoike, Consolata Primary School 4-K Club, Mombasa County

*The 4-K Clubs Cowpea Garden*

I felt so encouraged after I attended the Rebranded 4-K Clubs Training of Trainers (TOT) at KALRO Mtwapa in Kilifi County. After the training I went back to my working station and briefed my Head Teacher, Madam Winfred Nzau and staff members about 4-K Clubs. I also briefed the learners about the 4-K Clubs during the assembly. They became excited! We did some research with my Co-patron Madam Nelly and came up with an idea to plant some banana stems in the school compound.

The 4-K Club members adhered to the club's motto, "To learn by doing". Every evening after lessons they started collecting manure from the grazing field in readiness for planting. We managed to plant some banana stems. The 4-K Club members enjoyed watering them every evening. We also decided to engage our learners in keeping domestic animals being a strand in Grade 6 Agriculture learning area. We started construction of a rabbit hutch by using locally available materials like mabati from scrap metal and tree branches from our school. Waste is wealth! We managed to construct it and now we have three rabbits already in the hutch. Our learners are really enjoying feeding and taking care of them. They even go to the nearby Mama Mboga stalls to pick vegetable waste to feed the rabbit.

*A 4-K Club member helping to put finishing touches to our rabbit hatch*

We have had challenges in obtaining jembes, pangas and watering cans owing to our school being in an urban setting. I have had to ask students to bring tools from home on certain occasions, or I carry mine from my house. I would be glad if any agricultural institution nearby would donate some tools for my 4-K Club.

We should encourage all our learners to eat fruits and vegetables in order to get enough vitamins in their bodies. The 4-K Club activities have inspired students to plant and care for fruits and vegetables not only at school, but also at home. Our 4-K Club members have planted pigweed, capsicum, watermelons, bananas and pawpaws.

*Our first rabbits in their newly built hatch*

I was privileged and honoured to be invited to Serena Hotel with fellow patrons to attend the National Farmers Award Ceremony where the 4-K Clubs Presidential Award Scheme was launched as a category of the competition. We have already registered to participate in the 4-K Clubs Presidential Award Scheme. We are ready for the competition. It is our hope that we will Lead the Leaders! Thank you so much to the organizers. As a patron I feel so glad for what we have achieved within two months. Thanks to parents of 4-K Club members, my Head teacher and staff members at large. May God bless them all for their unwavering support.

***Mama Sharon, a parent and a vegetable vendor, giving out vegetables remains to a 4-K Club member to feed rabbits...waste is wealth***

# My 4-K Club Story

## Patron Mejumaa Ngao, Shining Star 4-K Club, Bamburi Primary School, Mombasa

After the Rebranded 4-K Clubs TOT workshop, I took the initiative to brief our Head Teacher about the rebranded 4-K Clubs Programme. I was given a go-ahead to start the club and to talk to my fellow teachers.

I called a meeting during the long break and talked to my fellow teachers about starting a 4-K Club in the school and asked for their support. Getting learners to join the 4-K Club wasn't a problem because I was once an agriculture teacher for Grades 4 and 5 who are now learners in Grades 5 and 6 respectively. I talked to the learners about the 4-K Club and guided them on how to choose their leaders. I gave those who aspired to be club leaders time to campaign then set a date for elections. I also guided them during the counting and tallying of votes. Eventually, we got the club leaders, who were briefed on their responsibilities. The next day I took the leaders to a nearby farm, which is at the Haller Farm Foundation, to see how things are done and invited the one in charge to come and talk to our 4-K Club members. We were given some indigenous vegetable seeds. The dog and the cat are examples.

With the momentum gathering, the Head Teacher allowed us to prepare the club's farm within the school compound. With each member's small contribution, we managed to buy small sachets of Okra, Kale, Tomato, Eggplant and Spinach seeds. The learners brought some jembes from their

homes to do the preparation of the land.

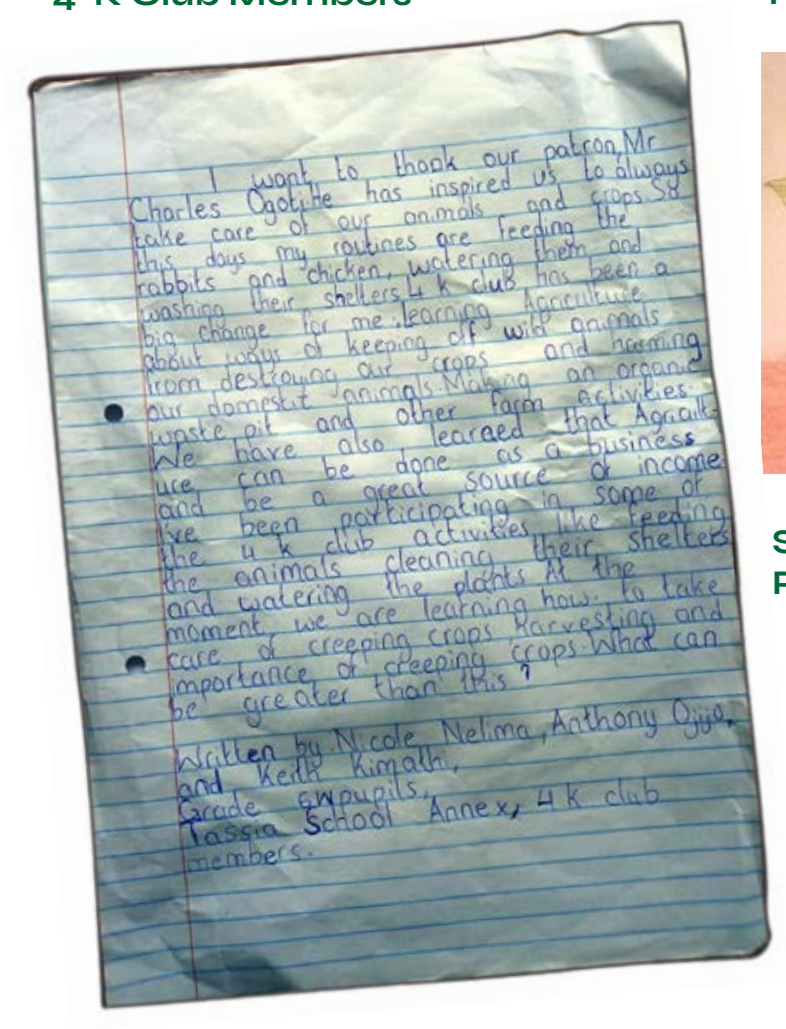
We established a ground seed nursery by making use of the knowledge I have as an agriculture teacher. However, we have faced a number of challenges while trying to execute the club activities. While waiting for the seeds to germinate and do transplanting, they were eaten by monkeys!! The school is in between the Bamburi Cement Factory and the forest, so controlling the monkeys is really difficult. The monkeys are very intelligent; they are not scared of the scarecrow we built.

I was forced to dig deep into my pocket to purchase additional seeds and prepare another seedbed. When the seeds started germinating, some pupils uprooted and planted them in the flowerbeds thinking they are flowers. Educating our young people about agriculture is a significant challenge. Some of our teachers lack the interest in agriculture.

We continue to hope that we will obtain the tools we need to farm, especially those that we are not able to improvise. I call upon anyone who is ready to help our 4-K Club to obtain a shade net, or provide an electric fence to come forward and assist us. This will help us to keep running our 4-K Club in order to change the mind-set of our learners towards agriculture.

## 4-K CLUB MEMBERS ARTICLES

### Tassia School Annex, 4-K Club Members



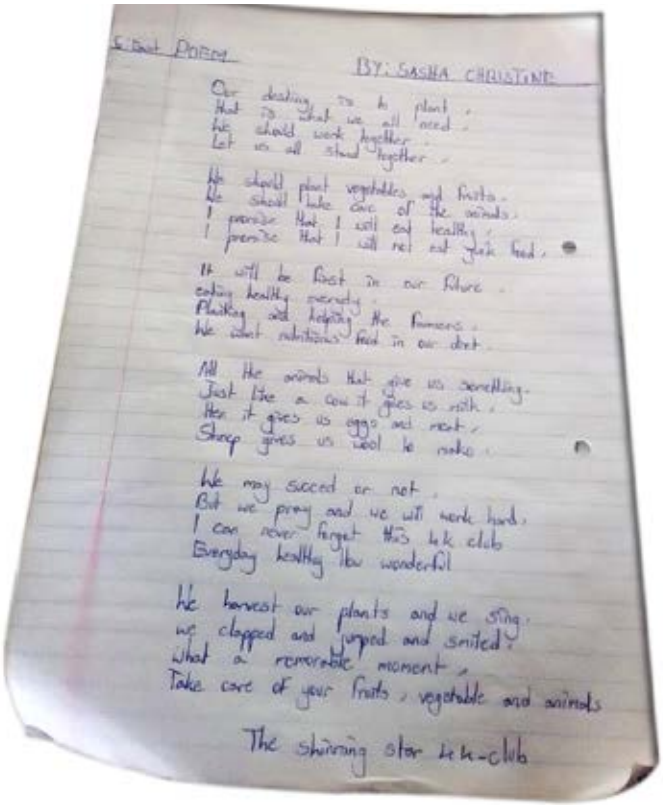
I want to thank our patron, Mr Charles Ogoti. He has inspired us to always take care of our animals and crops. So this days my routines are feeding the rabbits and chicken, watering them and washing their shelters. 4 k club has been a big change for me. Learning Agriculture about ways of keeping off wild animals from destroying our crops and harming our domestic animals. Making an organic waste pit and other farm activities. We have also learned that Agriculture can be done as a business and be a great source of income. I've been participating in some of the 4 k club activities like feeding the animals cleaning their shelters and watering the plants. At the moment we are learning how to take care of creeping crops, harvesting and importance of creeping crops. What can be greater than this?

Written by Nicole Nelima, Anthony Ojijo, and Keith Kimathi,
Grade 6 pupils,
Tassia School Annex, 4 k club members.

### Shining Star 4-K Club, Bamburi Primary School – Griffin Robert

### Shining Star 4-K Club, Bamburi Primary School – Baraka Salim

## Shining Star 4-K Club, Bamburi Primary School – Sasha Christina


Scout Poem

BY: SASHA CHRISTINE

Our dealing is to plant.
That is what we all need.
We should work together.
Let us all stand together.

We should plant vegetables and fruits.
We should take care of the animals.
I promise that I will eat healthy.
I promise that I will not eat junk food.

It will be first in our future.
eating healthy foods.
Planting and helping the farmers.
We want nutritious food in our diet.

All the animals that give us something.
Just like a cow it gives us milk.
Also it gives us eggs and meat.
Sheep gives us wool to make.

We may succed or not.
But we pray and we will work hard.
I can never forget this 4-k club
Everyday healthy how wonderful

We harvest our plants and we sing.
we clapped and jumped and smiled.
What a remarable moment.
Take care of your fruits, vegetable and animals

The shining star 4-k-club

## Shining Star 4-K Club, Bamburi Primary School – Lewis Thoya

# Participation of 4-K and Young Farmers Clubs in the Kilimo Biashara Expo 2023 and KALRO Kabete Open Day March 2023

Silas Kenyatta, 4-K Clubs Programme

I am writing to express my delight at the 4-K and Young Farmers Clubs' recent participation in two important agricultural events: the Kilimo Biashara Expo 2023-Kandara and the KARLO Kabete open day. These field days, themed "Transformative agricultural technologies, innovations for food and nutritional security," took place between 23-24th March 2023 and 31st March-2nd April 2023 respectively.

The events were a resounding success, and the level of participation from the 4-K and Young Farmers Clubs impressed me. The presentations and demonstrations of innovative agricultural technologies showcased by the learners were informative, well-researched, and perfectly aligned with the thematic areas and the show's theme.

The 4-K Club members were trained in modern urban farming technologies such as cone gardens, Hugelkultur technology, and Oasis garden, and established plots with kales, rainbow Swiss chard, and curl kales. Participants were treated to lively discussions, hands-on demonstrations, and informative presentations about urban kitchen garden technologies and techniques for sustainable agriculture.

At the 4-K Clubs stand, we had an exciting and educational food game that tested the students' knowledge and understanding of healthy eating and nutrition. Students were enthusiastic and showed great interest in learning more about the importance of a healthy diet. The food game was paramount to enhancing agri-nutrition thematic area of the 4-K Clubs Programme. This is a practical learning session that many learners and participants at such events should look forward to attempting. All schools that participated in this activity are called upon to promote healthy lifestyles among their students.

As we look towards the future, I strongly believe that more clubs both 4-K and Young Farmers should participate in upcoming field days and national agricultural shows. This will provide them with a platform to showcase their talents, learn from others, and gain valuable knowledge and experience. It is crucial to encourage and nurture the next generation of agricultural enthusiasts who will shape the future of the industry.

In conclusion, I would like to extend my appreciation to all the schools that participated and the 4-K club members who presented their technologies and techniques at the event. Let us all work together to promote sustainable agriculture and food and nutritional security. I would also like to thank the event's organizers for putting on such an important and valuable event.

1. *Madam Alice explains about 4-K Clubs Programme to Students of Mary Leaky High school during KALRO Kabete Open day*
2. *Transplanting Sukumawiki and Spinach at Irari Primary School, Makima, Embu County*
3. *Chemaner Primary School 4-K Club, Bomet together with Ward Agricultural Officer working on the school farm*
4. *Chetoto 4-K Club Members, Trans Nzoia County uprooting weeds from their farm*
5. *Pupils of Tenges primary , Baringo county spearheading vegatable planting for food security,the club has been able to sustain the supply to boarding section for 1 week*
6. *Kosabei Primary School weigh harvested vegetables to deliver to nearby secondary school to make income for their lunch program*
7. *Kayole North Primary School 4-K Club members put stakes on tomato crop*
8. *Limunga Primary School Launching the Presidential campaign of planting trees in Laikipia county*

*9. Jiwezeshe 4-K Club of Shambani Primary School planting trees*
*10. Cone garden at Ntalabany Primary, Isiolo County*
*11. Raap Primary, Isiolo making one of the biggest scarecrows ever*

# Awarding of March 2023 Champion

Our March 2023 Champion Mr. Dominic Orina of Kugerwet Primary School, Bomet County has been awarded an Elgon Kenya Voucher for agricultural inputs worth **Ksh. 25,000/-**.

# Ikuvu 4-K Club at The Frontline of The School Greening Initiative Launch

***Members of Ikuvu Primary 4-K Club pose for a photo following the tree planting activity***

On April 11th, the Governor of Vihiga County, Dr. Wilber Otichilo, launched the county's 'The Schools Greening Program' at Ikuvu Primary School in Sabatia Sub-County; in partnership with the Ministry of Education, Department of Environmental and Climate change, Sustainable Organic Farming and Development Initiatives (SOFDI), Anglican Development Services - Western and Christian Aid. The SOFDI supported Ikuvu Primary School 4-K Club took centre stage in the launch.

The program focuses on embedding the knowledge of environmental conservation in early learning, with the aim of supporting locally-led mitigation and adaptation towards tackling the effects of climate change. Though Vihiga County has attained more than the National average of tree and forest cover (currently at 35.9% vs. the 10% goal), there are challenges due to its dense population, averaging 986 people per km2 and an annual population growth rate of 2.51%, which poses a serious threat to tree cover and forests. The School Greening Initiative will align with the Forest Management and Conservation Act and help activate community and youth engagement to sustain the locally-led management and conservation efforts.

The School Greening Initiative is designed to help impart environmental conservation skills and attitudes to learners at an early age. By sensitising the school communities, the foundation will be laid for extending environmental conservation and protection methods into the wider community. Having youth and future farmers engaged at the forefront in these efforts is key, and schools with active 4-K Clubs are the first port of call for rolling out the program. The initial batch of 100,000 seedlings for starting-off the programme, have been earmarked for 87 schools and 30 of these are SOFDI supported schools across Vihiga County with active 4-K Clubs. The 4-K Clubs will ensure there is good stewardship of the seedlings, also inspiring them as they establish their own tree nurseries, and as they undertake other environmental-conservation related activities in their schools.

Indeed, tree planting is only one aspect of the initiative, which will help demonstrate the importance of restoring tree cover and soil-covering plants to help conserve water, increase the biodiversity of animal and plant life, and improve

the local environment for future generations' health and wealth. Additional components that will ensure the success of the program include:

- Training on environment conservation
- Distribution of assorted tree seedlings including fruit trees
- Establishment of tree nurseries
- Establishment of woodlots/boundary planting
- Management of plastics
- Strengthening of 4-K Clubs
- Environmental champions and awards in school
- Monitoring and evaluation

Apart from ameliorating the effects of climate change more broadly through a reduction in green houses gases and improved carbon sequestration, this greening initiative is expected to have a multiplier effect in the surrounding community by curbing land degradation, reducing surface erosion, and reducing pressure on surrounding vegetative cover as communities will have sources of wood fuel. Education and awareness creation on environmental conservation will increase propensity for community participation and 4-K Clubs have a key role to play in showcasing best practices and being champions in their communities.

Ikuvu Primary 4-K Club is the perfect example of this. The club has managed its own agroforestry nursery and been educated on climate change issues and how this impacts the environment and farming decisions and practices, including soil and water conservation and crop/seed selection. They even play a key role in the SOFDI WISER (Weather Information Service) network, where their school receives the weekly, monthly and seasonal weather forecast from the Meteorological Department. The forecast is posted on a central blackboard for the entire school community to see and share at home, so they can make informed farming decisions and take wise action amidst increasing irregularity. Ikuvu is among 60 schools supported by SOFDI in this way, where environmental awareness and conservation issues have been mainstreamed and are a key part of 4-K Club activities. SOFDI is focused in Western Kenya (Vihiga and Kakamega Counties), working to improve food security, good nutrition, and access to livelihoods through a range of nutrition-sensitive and climate-smart agriculture programmes. Since 2005, the organisation has been training and supporting farmers groups and protecting springs, and in 2012 the 4-K Club program came to life with a vision to share these sustainable farming and agroecology practices with school communities. Across 60 schools over this time, they have engaged thousands of youth hands-on with agriculture and are helping reposition farming as a viable future livelihood.

The School Greening Initiative is a welcome effort that aligns with the organisation's goals of training patrons and 4-K members on all aspects of holistic environmental conservation and creating healthy ecosystems where communities can thrive.

The recent launch was a success with over 500 trees distributed to Ikuvu Primary School and subsequent distribution to the other schools within the County currently ongoing. The varieties include Croton, Nandi flame, Grevillea, and Bischofia. The SOFDI supported school tree nurseries will also be growing calliandra, grevillea, croton and fruit trees like pawpaws and tissue culture bananas. The tree seedlings upon maturity will be distributed to parents under the school home technology transfer model. Through these channels, the School Greening Initiative will also extend far beyond the school walls to make a wide impact across the community.

***Governor Otichilo of Vihiga County issues seedlings to other schools through headteachers present while Launching the school greening initiative***

***Governor Otichilo plants a tree during the occasion***

# Champion of the Month

Our April 2023 Champion is **Mr. Wesley Lelei,** Headteacher and Patron Kosabei Primary School 4-K Club, Nandi County. He is very passionate about 4-K Clubs and has helped many schools in Nandi County to establish their 4-K Clubs. We received numerous nominations from the County, supporting his quest to be recognized as the 4-K Clubs Champion. He plans to lead his 4-K Club in their project to establishing a 4 acre school garden. The food to be grown will be used to support the school feeding programme which ensures that learners stay in school.

## Nominations for Wesley Lelei

1. ***I, Emily Chepchumba the Patron of Sarwat 4-K Club*** do nominate Mr Wesly Lelei of Kosabei primary as our April 2023 Champion.
2. ***I, Peninah Jepkorir Kigen, the Patron of Tindiret Tea Primary 4-K Club,*** do nominate Mr Wesley Lelei of Kosabei Primary School as our April 2023 Champion.
3. ***I, Mrs Dorcas Mutai the Patron of Kosabei Primary School 4-K Club*** nominate Mr Wesley Lelei of Kosabei Primary school as our April 2023 champion.
4. ***I Mr Ben Ngeno the Patron of Kosabei Primary School 4-K Club*** nominate Mr Wesley Lelei of Kosabei primary school as our as our April 2023 champion
5. ***Commissioner Ruth Kenyaga, the patron of Baharini Primary School 4-K Club,*** nominate Mr. Lelei Wesley of Kosabei primary schools as our April 2023 champion. Thanks in advance.
6. ***Mr Kemboi Stanley Chemasis Primary School*** nominate Mr Wesley Lelei as April 2023 Champion
7. ***I am Reuben K. Ngeno, Patron Tulwomoi Primary School 4-K Club.*** I hereby nominate Lelei Wesley as 4-K Club April champion.
8. ***I am Mr Kemei Nicholas CSO Tindiret Zone,*** I recommend Mr Lelei Wesley Kosabei Primary School as our April 2023 4-K Club Champion
9. ***I, Mr Christopher Letting, the Patron of St.Mathews Maraba Primary School 4-K Club*** nominate Mr.Lelei Wesley of Kosabei Primary Schools as our April 2023 Champion
10. ***I, Mr Mike Busienei the patron of Simotwet Primary School 4-K Club*** nominate Mr. Lelei Wesley of Kosabei Primary Schools as our April 2023 Champion
11. ***I, Mrs Jenifer Towett the Patron of St. Johns Primary School 4-K Club*** nominate Mr. Lelei Wesley of Kosabei Primary School as our April 2023 champion
12. ***I, Mrs. Monicah Alexander the patron of Chepkechir Primary School 4-K Club*** nominate Mr Wesley Lelei of Kosabei Primary School as our April 2023 Champion.
13. ***Janet Kenei Uasingishu Primary School,*** nominating Mr Wesley Lelei of Kosabei Primary School as our April 2023 Champion.
14. ***Mr Simeon K. Langat the Patron of Kiguskong Primary School 4-K Club*** nominate Mr Lelei Wesley of Kosabei Primary School as our April 2023 Champion
15. ***I, Mr. Ezekiel Biwott of Kosabei pry. School,*** nominate Mr. Wesley Lelei of Kosabei Primary School as our April 2023 Champion. Congratulations.
16. ***I, Mr Henry Kemei, the patron of Chepkechir primary school 4-K Club*** nominate Mr. Lelei Wesley of Kosabei primary school as our April 2023 Champion.
17. ***I, David Chepkwony the 4-K Club Patron of Chelambut Primary School,*** do hereby nominate Wesley Lelei of Kosabei Primary School as our 4-K Club April 2023 Champion.
18. ***I, Mrs Agneta Barasa, Patron of Baharini Primary 4-K Club,*** do nominate Mr Wesley Lelei of Kosabei Primary School as our Champion of April 2023.

# WORD SEARCH PUZZLE

## Find Legumes

**Find and circle all the different types of legumes that are hidden in the grid.**

*By Sasha Christine, 6 East Bamburi Primary School - The Shinning Star 4-K Club*

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| Z | A | N | K | E | S | J | L | N | G | J | N |
| E | P | D | F | I | S | T | E | S | N | W | S |
| F | P | N | L | E | G | U | M | E | S | A | E |
| F | I | U | P | R | T | V | X | Z | C | A | M |
| E | E | T | A | N | K | D | E | R | G | R | I |
| S | R | S | M | A | I | Z | E | K | I | C | H |

## Gardening

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | S | W | H | E | E | L | B | A | R | R | O | W | W | H | G | E | G | R |
| U | P | E | G | S | P | E | T | U | N | I | A | S | S | N | F | N | R | T |
| C | A | G | O | R | T | L | S | O | I | L | O | C | I | N | O | W | A | U |
| H | D | H | R | R | E | L | R | O | W | S | A | T | O | M | A | E | K | L |
| S | E | R | O | O | A | E | S | S | E | B | N | I | E | M | A | E | E | I |
| I | S | W | C | U | W | F | N | S | D | A | T | R | N | E | P | L | B | P |
| A | E | C | N | U | O | E | O | H | L | L | U | O | G | N | O | O | S | S |
| L | L | N | A | I | L | R | G | P | O | T | O | N | M | V | E | U | S | F |
| P | A | B | R | L | N | T | M | N | L | U | A | G | E | A | N | I | L | T |
| I | I | E | E | O | I | I | I | U | I | R | S | G | I | S | T | O | B | S |
| N | N | E | T | C | A | L | C | V | D | G | E | E | H | R | W | O | S | E |
| W | N | T | A | C | R | I | I | Y | A | T | G | I | E | E | A | E | E | I |
| H | E | S | W | O | T | Z | H | E | A | T | N | I | R | D | O | M | V | S |
| E | R | G | A | R | D | E | N | B | S | E | E | S | D | H | S | S | O | I |
| E | E | O | O | B | D | R | L | O | E | C | I | N | A | G | R | O | L | A |
| L | P | H | S | S | D | E | E | W | G | N | I | X | A | L | E | R | G | D |
| L | E | V | O | H | S | A | E | P | S | M | U | I | N | A | R | E | G | H |
| O | P | P | I | T | C | H | F | O | R | K | E | C | A | R | R | O | T | S |

### Last month's answers

1. ANNUALS
2. BEANS
3. BEETS
4. BIENNIALS
5. BROCCOLI
6. CARROTS
7. COMPOST
8. CULTIVATE
9. DAISIES
10. DIGGING
11. FERTILIZER
12. FLOWERS
13. FUCHSIA
14. GARDEN
15. GERANIUMS
16. GLOVES
17. GNOME
18. GREENHOUSE
19. GROW
20. HOES
21. HORTICULTURE
22. HOSE
23. HYDRANGEA
24. LILACS
25. LILIES
26. MARIGOLDS
27. ORGANIC
28. PEAS
29. PERENNIAL
30. PETUNIAS
31. PINWHEEL
32. PITCH FORK
33. PLANTING
34. RAIN
35. RAKE
36. RELAXING
37. ROSES
38. ROWS
39. SEEDS
40. SHOVEL
41. SOIL
42. SPADE
43. SUNSHINE
44. TOMATOES
45. TROWEL
46. TULIPS
47. VEGETABLES
48. WATER
49. WEEDS
50. WHEELBARROW

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