

The Friends School Kamusinga Yearbook 2025

Common Sense, Uncommon Triumphs



Friends school Kamusinga Year Book, 2025

LEGACY OF EXCELLENCE



EPIGRAPHS



MAYA ANGELOU

"The greatest strength lies in the unity of hearts and the courage to rise above."

MARCUS AURELIUS

"You have power over your mind- not outside events. Realize this, and you will find strength."



DR WALTER BISHOP

"There are no limits, except for those we impose upon ourselves."



FOREWORD



Prof. Moses Poipoi,

The Board of Management at Friends School Kamusinga stands as a pillar of leadership, committed to fostering an environment where academic excellence, discipline, and holistic development thrive. Our collective vision is to nurture resilient, imaginative, and connected students who embody the school's motto, "Use Common Sense," in all their endeavors. We take pride in our role as stewards of this esteemed institution, ensuring that policies, resources, and infrastructure align with the evolving needs of our students and staff.

The Board remains dedicated to transparency, accountability, and strategic foresight, ensuring that FSK continues to soar to greater heights.

The collaborative spirit between the Board, parents, teachers, alumni, and the broader community has been instrumental in sustaining Kamusinga's legacy as an academic and extracurricular giant.

Owing to this, FSK has consistently produced leaders across politics, business, academia, technology, sports, and the arts.

As we reflect on our journey, we express profound gratitude for the unwavering support from all stakeholders who share our commitment to shaping young minds.

The Board remains dedicated to transparency, accountability, and strategic foresight, ensuring that Friends School Kamusinga continues to soar to greater heights. With optimism for the future, we pledge to uphold the values that make Kamusinga a beacon of excellence, empowering the next generation to contribute meaningfully to society.

Prof. Moses Poipoi, BOG Chairman

LEGACY OF EXCELLENCE

PREFACE FOR FRIENDS SCHOOL KAMUSINGA YEARBOOK, 2025

It is with great pride and heartfelt reflection that we present this publication from Friends School Kamusinga – a beacon of academic excellence, discipline, and holistic development. As one of Kenya's most distinguished learning institutions, our legacy is built on strong Quaker values, a commitment to integrity, and an unwavering pursuit of excellence. This institution, with its motto "Use Common Sense," has been more than just a school; it has been a home, a family, and a crucible where young minds are shaped into leaders of tomorrow. This compilation captures the essence of our vibrant school community – the achievements, the challenges we have overcome, the traditions upheld, and the dreams nurtured within our walls. It reflects the dedication of our students, the guidance of our teachers, the leadership of our administration, and the support of our broader school family.

In these pages, we celebrate the spirit of Kamusinga – a spirit rooted in faith, resilience, and unity. We hope this publication will not only serve as a record of the remarkable journey we've shared, but also as an inspiration for future generations who will walk these grounds with ambition and purpose.

This yearbook is a chronicle of our journey, a celebration of our achievements, and a reminder that no matter where life takes us, Kamusinga will always be a part of who we are. May this serve as a lasting tribute to the legacy we are proud to uphold.

In service and light,

The Editorial Team,
Friends School Kamusinga.

“Our foundations shape us, but
our dreams define where we
go next.”

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

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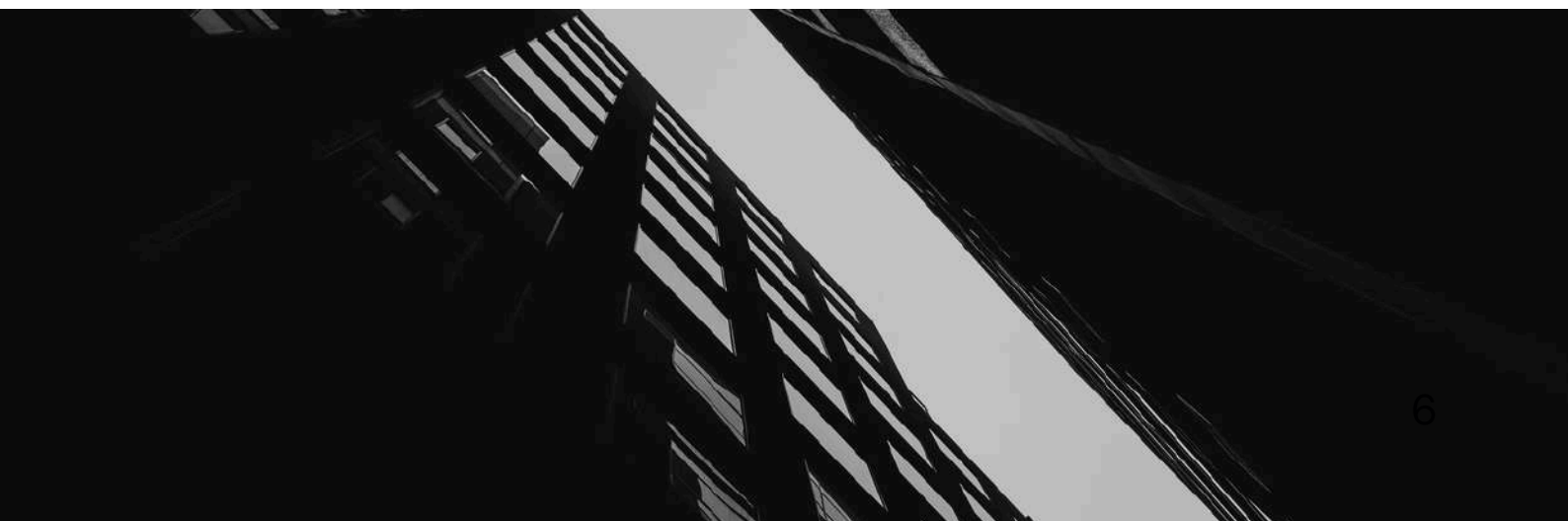
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FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

ACKNOWLEDGMENT

CHIEF PRINCIPAL

I am deeply honored to serve as Chief Principal of Friends School Kamusinga since January 2023. My heart swells with pride witnessing our students' brilliance, achieving a mean grade of B in the 2023 KCSE and excelling in sports and co-curricular activities. I am passionate about fostering a vibrant, disciplined environment where every student embodies our motto, "Use Common Sense," to become innovative and impactful leaders. My commitment is to unite our dedicated staff, supportive parents, and spirited students to sustain Kamusinga's legacy as an academic and extracurricular powerhouse. I am inspired daily by our community's resilience and drive. I pledge to lead with vision and enthusiasm, ensuring our school continues to shape a brighter future for all.

I am passionate about fostering a vibrant, disciplined environment where every student embodies our motto, "Use Common Sense," to become innovative and impactful leaders.

Paul Weloba – Chief Principal

H.O.D' S MESSAGE

As the Heads of Departments at Friends School Kamusinga, we are united in our pride and commitment to this great institution's legacy of excellence. Under the dynamic leadership of Chief Principal Mr. Paul Weloba Wanyonyi, we have witnessed remarkable strides in academic performance, culminating in a mean grade of B in the 2023 KCSE, and sustained dominance in co-curricular activities like hockey, basketball, and drama. Guided by our motto, "Use Common Sense," we strive to foster a disciplined, innovative, and supportive environment that empowers students to excel and become impactful leaders. We express our gratitude to our dedicated staff, supportive parents, and vibrant student body for their collective efforts in upholding Kamusinga's reputation as an academic and extracurricular giant. As Heads of the Examination, Technical, Sciences, Mathematics, Languages, Games, Boarding, Worship, and Guidance & Counselling Departments, we pledge to continue driving holistic growth, ensuring our students are equipped with the skills and values to shape a brighter future.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

SCHOOL CAPTAIN

As the Head Boy of Friends School Kamusinga, I am immensely proud to represent an institution that stands as a beacon of academic excellence and holistic development. Guided by our motto, "Use Common Sense," I am inspired by the leadership of Chief Principal Mr. Paul Weloba Wanyonyi, whose passion and innovative vision since January 2023 have driven our school to achieve a mean grade of B in the 2023 KCSE and maintain our dominance in national hockey, basketball, and drama competitions. It is a privilege to lead my fellow students in upholding Kamusinga's legacy of discipline, creativity, and unity, fostering a community where every student is empowered to reach their full potential. My role is to bridge the student body with the administration, ensuring our voices are heard while promoting a culture of hard work and mutual respect. I am grateful for the support of our dedicated teachers, committed parents, and vibrant alumni, which fuel our success. Together, we strive to push Friends School Kamusinga to even greater heights, preparing us to lead with integrity and make a lasting impact in society.

Mapesa Gideon, School Captain

My role is to bridge the student body with the administration ensuring our voices are heard while promoting a culture of hard work and mutual respect..

DEPUTY SCHOOL CAPTAIN

I am deeply honored to serve alongside the Head Boy in upholding the values & legacy of our esteemed institution. Inspired by Chief Principal Mr. Paul Weloba Wanyonyi's vibrant leadership, I am committed to supporting our school's pursuit of academic excellence, and our continued dominance in co-curricular activities. Guided by our motto, "Use Common Sense," I strive to foster discipline and harmonious relationship among my peers so that every student can thrive. My role is to support the School Captain in ensuring that the student body adheres to and remains disciplined while promoting a culture of mutual respect and collaboration. I pledge to contribute to our school's mission of nurturing resilient, imaginative leaders who use common sense in daily activities.

Dalmas Wafula, Deputy School Captain

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INTRODUCTION

A home of heart and heritage, in the gentle shadow of Mt. Elgon where the winds whisper tales of resilience, Friends School Kamusinga (FSK) was born in 1956 under the quite guidelines of Quaker Founder Allan Brandley with simple yet profound motto “Use Common Sense” FSK has woven a tapestry of memories over seven decades, nurturing generations of dreamers, scholars, research, business world and champions from classroom to extra-curriculum excellence.

Kamusinga is a sanctuary of learning and legacy. This is the story of a school that feels like a family where every challenge is met and triumph earned echoes the heartbeat of a community forever bound by its roots.

FOUNDING AND ORIGIN

Established

FSK was established in 1956 as a transfer unit from Friends School Kaimosi. The founding Principal was Allan Bradley, a British Quaker.

Official Naming 1958

FSK got its name, Friends School Kamusinga, aligning it with the British Secondary Schools Standards.

Location

Kimilili, Bungoma County. The school sits on a serene 56 Acres Campus on the slopes of Mt. Elgon, 409.9 kms from Nairobi.

Mission

To foster a dynamic demanding atmosphere that nurture’s resilient, commitment and imaginative students capable of reaching their highest potential.

National School Status

FSK was elevated to a National School in the year, 2011, a move led by the Ministry of education

Friends School Kamusinga (FSK) School Logo



Honouring the Past, Embracing the Future ...

FORMATIVE YEARS (1956 -1973)

The Formative Era (1956–1973) marks the foundational period of Friends School Kamusinga (FSK), established in 1956 by Allan Bradley in Kimilili, Bungoma County, under the Friends Church (Quakers). This era shaped FSK's identity as a leading educational institution in Kenya's Western Province. Initially a boys' secondary school, FSK laid the groundwork for academic rigor and holistic development on its 56-acre campus. The curriculum, aligned with the colonial and early post-independence systems, including Ordinary Level ("O" Level) and Advanced Level ("A" Level) subjects such as English, Swahili, Sciences, Mathematics, and Religious Instruction. By 1968–1975, additional subjects were introduced; reflecting Kenya's educational reforms post- 1963 independence. FSK quickly gained recognition for academic excellence and extracurricular activities, fostering discipline and leadership. Despite early resource constraints, the school's Quaker ethos and motto, "Use Common Sense," drove its growth, setting the stage for future prominence, though challenges loomed post-1970.

MODERN ERA (1973 - 2025)

The Modern Era (1973–2025) of Friends School Kamusinga (FSK) marks a period of remarkable resilience and achievement. Succeeding the Formative Years (1956–1973), this era saw FSK overcome post-1970 challenges, including financial difficulties and administrative setbacks, to emerge as a premier national institution. Under transformative leadership, notably Principal Christopher Khaemba (1996–2011) and successors like Simon Nabukwesi, Edwin Namachanja, Alex Maina Kariuki and Paul Wanyonyi Weloba, the school adopted merit-based admissions and enhanced its infrastructure. Academically, FSK excelled in KCSE examinations, achieving a 96% university entry rate in 2024 with a mean score of 9.36 (B plain). Co-curricular, it dominated field hockey (19 national titles), basketball, and drama, while earning accolades in science fairs. FSK's modern facilities and vibrant alumni network have reinforced its legacy. Guided by the motto "Use Common Sense," FSK continues to shape educational excellence and national development.

ACADEMIC EXCELLENCE

OVERVIEW

FSK has been consistently ranked among top Kenyan Schools in KCSE, while producing scholars who excel in Politics, Academia, Business, Art, Engineering, Technology, Research and Sports.



FSK Main Gate

KEY ACHIEVEMENTS



99.9% of students secure university entry annually.

Brains and Brilliance:
Kamusinga Academic
Dynasty Soars!

COMMUNITY AND TRADITIONS

- 1 Allan Bradley Day (Since 2006, February 18) – A sport tournament honoring the founder
- 2 Form 1 guardian system, cross-country race, Saturday motivational Talks and Entertainment encompassing movie nights
- 3 Closing day's dinner with award ceremony
- 4 Talents Day
- 5 AGM PTA Meetings
- 6 Academic clinic

FAMILY, FAITH AND FUN KAMUSINGA HEARTBEAT STRONG!

BOARD OF HONORS

PRINCIPALS

Since 1956, Friends School Kamusinga has roared, guided by visionary principals who transformed the humble institution into academic, sporting and cultural excellence. Each leader from our founding fathers to the current trail blazers has embodied the school motto ‘Use Common Sense’ to improve generation after generation to succeed in life and leave a great impact in the world. This board of honors celebrates their contributions, etched and entrenched in the heartbeat of KAMU as we continue to chase greatness.

As we honor these trail blazers we carry forward the legacy using common sense to chase excellence and keep the FSK’s spirit alive.

**ROAR ON ...
KAMU!**

BOARD OF HONORS

PRINCIPALS

NAME	TENURE	PERIOD SERVED (YEARS)
1. ALLAN BRADLEY	1956 – 1964	8
2. JOHN .C. WOODS	1965 - 1968	3
3. DAVID MASINDE	1969 – 1973	4
4. JONAH OUGO	1973 – 1974	1
5. JULIUS WASIKE	1974 - 1979	1
6. GEORGE LUSWETI	1979-1979	1
7. J.P.S MANDU	1979 – 1981	1
8. A. KIMUNGUYI	1981 – 1987	7
9. J. N SIMIYU	1987 - 1990	3
10. DAVID NGUTI	1990 – 1995	5
11. CHRISTOPHER .S. KHAEMBA	1996 - 1998	2
12. SIMON NABUKWESI	1999 – 2009	10
13. EDWIN NAMACHANJA	2009 – 2017	8
14. ALEX .M. KARIUKI	2018 – 2022	4
15. PAUL WELOBA WANYONYI	2023 – PRESENT	

BOARD OF HONORS

DEPUTY PRINCIPALS

NAME	PERIOD SERVED (YEARS)
1. MR. MICHAEL WARDEL MR. HENRY OWUOR	1956 - 1964
2. MR. RICHARD WOOD MR. JEVONS	1965 - 1968
3. MR. DAVID COOKE MR. TIMOTHY GOHOLE MR. PETER RADOLI	1969 - 1973
4. MR. JULIUS WASIKE	1973 - 1974
5. MR. JOSEPH W. ELIMAH	1974 - 1979
6. MR. A.A MUJIVANE	1979 - 980
7. MR. J.R. SAISI	1980 - 1981
8. MR. SAMSON M WECHULI	1981 - 1984
9. MR. RICHARD W. LUSWETI	1985 - 1989
10. MR. JAMES OUMA	1990 - 1992
11. MR. ROBERT KILAVUKA	1993 - 1995
12. MR. ASENA J. MUGANDA	1995 - JUN
13. MR. HESBON MUGANDIA	1993 - 1993
14. MR. JAPHETH MANG'ENI	1993 - JUN
15. MR SIMON NABUKWESI	1998 - JUN
16. MR DANIEL W. MWATURO	1998 - NOV
17. MR. EMMANUEL KHISA	2000 - SEP
18. MR. EDWIN NAMACHANJA	2004 - MAY
19. MR. NELSON MUTONYI	2006 - MAY
20. MR. JOSEPH WERE	2008 - JAN
21. MR. ELPHAS ALIVA	2008 - MAY
22. MR. ALBERT MUTAMBO	2009 - APR
23. MR. HENRY WANGILA	2010 - 2011
24. MR. ALEX LUYALI LIYAYI	2012 - 2015
25. MR. MOSES KHAOYA	2014 - 2016
26. MR. PHANICE MASENGELI	2016 - 2019
27. MR. PROTUS NDOMBI	2015 - 2022
28. MR. MATHEW WASEWE	2022 - 2025
29. MR. STANSLAUS WEKESA	2022 -
30. MR. CHEWA WAKHISI	2022 -

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

PRINCIPALS

ALLAN BRADLEY

1956 – 1964

A British Native and founding Principal who established FSK in 1956 as a Transfer Unit from Friends School Kaimosi.

His vision laid the ground work for FSK's academic and sports excellence.

Honored through the Annual Allan Bradley Tournament, since 2006.

JOHN .C. WOODS

1965 - 1968

Guided FSK through their early years building on Bradley's Foundation.

His tenure stabilised the young institution.

Led by example, for instance, he would taste food before students were served.

DAVID MASINDE

1969 – 1973

Led FSK in the formative period contributing to its growing reputation.

He was a strict disciplinarian.

JONAH OUGO

1973 – 1974

Served briefly, helping to maintaining academic and administrative continuity.

JOHN WASIKE

1974 – 1979

Oversaw FSK during a period of expansion, strengthening its position in Western Kenya.

J.P.S MANDU

1979 – 1980

Short term tenure, focused on sustaining the school.

A. KIMUNGUYI

1980 – 1987

Led FSK for a significant period, contributing to its academic and extra-curriculum growth.

JOHN N. SIMIYU

1987– 1990

Led the prestigious Boys' School in Bungoma, Kenya, with a focusing on holistic student development.

JOHN N. SIMIYU

1987-1990

Led the prestigious boys' school in Bungoma, Kenya, with a focus on holistic student development.

A proponent in infrastructural change e.g., library, entertainment programs like drama & music enriching student life and expanded games facilities.

His leadership strengthened FSK's reputation for discipline and achievement.

DAVID NGUTI

1990 – 1995

Oversaw FSK before its academic revival in the mid-1990s. His tenure laid the ground work for subsequent improvements.

An orator per excellence!

WASTE NO TIME URGUING WHAT A GOOD LEADER
SHOULD BE.
BE ONE!

MARCUS AURELIUS

CHIEF PRINCIPAL, CHRISTOPHER SITUMA KHAEMBA



*C S Khaemba, Former Chief Principal
FSK*

CHRISTOPHER S KHAEMBA

1996 – 1998

CS Khaemba transformed FSK by introducing a merit-based admission system and strengthening governance, drawing on strategies he had practiced as Deputy Principal at Alliance High School. His reforms sparked an upward trend in academic performance. He later became Principal of Alliance High School and Co-Founder of Nova Pioneer.

Don't worry about the present.
Let's work hard, focus on
discipline, talk to the boys
constantly and success will come.

CSK

A true reformist!

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

CHIEF PRINCIPAL, AMB. SIMON NABUKWESI, 1999- 2009



***AMB. Simon Nabukwesi, Former Chief Principal
FSK***

Nick Named 'Jeshi' he led FSK for a decade, elevating its status in academics, sports - hockey where he thrived as a coach scooping over 19 titles of National Championships, Art & Drama.

Served as a Kenyan High Commissioner to Canada. His tenure saw a FSK dominate National Science Congresses and produce top KCSE performers, like Dickens Omanga Omasa (National Topper in 2006).

During his reign he saw an infrastructure development, additional dormitories, classes, Science lab and Computer lab ushering in digital era at FSK.

An era of academic & sports dominance.

Hockey Wizard!

A true change maker ...

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



Chief Principal, Edwin Namachanja

EDWIN NAMACHANJA

2009 – 2017

Highlights

FSK was upgraded to National school Status during his tenure.

He replaced asbestos roofing on the tuition block with galvanized iron sheets; upgraded furniture for both staff and students; constructed a modern ablution block for staffs and built a swimming pool.

FSK acquired a Scania bus; constructed Dr. Mailu Hostel; developed new Harambee and Muliro Hostels; added a second hockey pitch and established a 10-acre Sikhendu School Farm.

A true trail blazer!

ALEX M KARIUKI

2018 – 2022

Known for his unique leadership skills such as wearing the school uniform to connect with students leading FSK to a 9.6153 mean score during his reign.

PROTUS WANDELA NDOMBI

STINT in 2023

In acting capacity, he oversaw a transition period before Paul Weloba took over.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

**CHIEF PRINCIPAL PAUL WELOBA, FSK
2023 - PRESENT**



A true warrior!

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Paul Wanyonyi Weloba 2023 – Present

Current principal, installed January 2023

An alumnus and former teacher at FSK, Weloba also served at Alliance High School as a Senior Master and a teacher of English, while doubling as a rugby coach – a role that propelled him to international recognition as a respected rugby referee. He also was a National Coach for Kenya's Under-19 Rugby Team, further cementing his legacy in sports leadership.

Later, he held leadership roles as Senior Principal of Shikunga High School and Deputy Principal of Kakamega High School, among others.

Under the leadership of Chief Principal, Paul Weloba, FSK has made remarkable strides since 2023, transforming infrastructure, strengthening academics and elevating co-curricular and extracurricular excellence.

Highlights to His Tenure

INFRASTRUCTURE

- Completed the 1st and 2nd floors of the 700-capacity Jamhuri dormitory, enhancing student accommodation.
- Drilled a second borehole, ending water shortages.
- Repainted the school restoring its iconic colors.
- Installed a solar system to cut power costs and prevent prolonged blackouts.
- Built modern ablutions blocks and a centralised sewage system with a bio digester, generating biogas to lower fuel expenses.
- Paved the Eastern and Western highways with cabro.
- Renovated the famous South ablution block giving it a facelift.
- Upgraded the dining hall with modern furniture.

TECHNOLOGICAL ADVANCEMENTS

- Purchased 60 computers for the computer lab, enhancing digital learning.
- Established reliable high-speed internet through Starlink.
- Installed HD CCTV cameras for security.

SPORTS AND FACILITIES

- Refurbished the main basketball court with terrazzo and built a third cabro-paved court.
- The East Africa School Games Basketball Championship title was won.

EXTRACURRICULAR ACTIVITIES

- Equipped the school band with new brass instruments.
- 1st position secured in National Drama competitions.

ACADEMICS EXCELLENCE

Reclaimed a top 10 position in Kenya's 2024 KCSE with an impressive mean score of 9.8.

The above accomplishments reflect Chief Principal Weloba's commitment to elevating FSK in academics, infrastructure and extracurricular activities, fostering a holistic environment for student success. A true reflection of a game changer focused on modernising FSK.

THE PLACE WE LOVE TO BE

LIVING, LEARNING AND LAUGHING ALL UNDER ONE ROOF

THE SCHOOL HOSTELS

The school hostels include:

1. Victory House
2. Elgon House
3. Kenya House
4. Kenyatta House
5. Aggrey house
6. Chetambe House
7. Nakhisa House
8. Nyerere house
9. Jamhuri House
10. Amugune house
11. Dr. Mailu House
12. Muliro House
13. Harambee House
14. Nyayo House
15. Allan Bradley House

PREFECTS

The prefects are key to the running of the school. They see that the school routine and rules are adhered to.

THE SCHOOL HUB

Each facility enhances the students experience by supporting social, recreational, and academic needs.

Dining Hall: A communal space where students and staff can enjoy meals, often offering a variety of food options to cater to different dietary needs. It serves as a social hub for gatherings, fostering community through shared dining experiences.

Entertainment: A designated area or set of activities for relaxation and fun, which may include spaces for watching movies, live performances, or hosting events like talent shows or karaoke nights, providing a break from academic routines.

Games: A recreational area equipped with games such as board games, video games, or physical activities like table tennis or foosball, encouraging social interaction, teamwork, and stress relief among students.

Library: A quiet space for study and research, housing books, journals, and digital resources. It supports academic success by providing access to knowledge and a conducive environment for focused work.

Computer Lab: A facility with computers and internet access for academic or technical work, such as research, coding, or completing assignments, often equipped with specialized software and technical support.



EXTRA-CURRICULAR ACTIVITIES



A scene from the winning play, 2024

HIGHLIGHTS

At FSK, learning goes beyond the classroom. Learners are encouraged to explore their talents through a wide range of extracurricular activities. These include games and sports such as swimming, badminton, table tennis, chess, hockey, basketball, rugby, volleyball, handball, and soccer, as well as clubs and societies such as Science Congress, Music, Drama, Debating, St John's Ambulance, Scouting, and Young Farmers.

FIELD HOCKEY

Since 1999, when hockey was first introduced at FSK, the school has dominated the sport—winning 19 national titles and 18 East Africa championships.

BASKETBALL

FSK's basketball team, 'The Tigers,' has represented Western Province at the Nationals since 2004, finishing as first runner-up in 2009 and second runner-up in 2011. Their consistency has earned them dominance in the East Africa region.

DRAMA AND MUSIC

FSK has long showcased its talent at the National Drama Festivals, representing Western Province in Play and Narrative categories. Between 1999 and 2006, the team's outstanding performances even earned them the honor of entertaining the Head of State. Led by Mark Mutali Chetambe and Isaac Shitubi, the Drama Club nurtured talents like Isaac Mwaura, Augustine Oluoch, John Paul Wafula, and Jimmy Wanjala. In 2019, new stars such as Brandon Karoli and Bakuli Hemed emerged, continuing the legacy.

SCIENCE CONGRESS

The school has a Science Congress team which is currently ranked 'The Best Boys School in Kenya', 'Best School in Science' nationally in the field and overall ranked fifth nationally.

DEPARTMENTS, CLUBS AND SOCIETIES



DEPARTMENTS

The school comprises ten departments that oversee the school programs and co-curricular activities.

1. Examination Department
2. Technical Department
3. Sciences Department
4. Math Department
5. Swahili & Other Languages Departments
6. English & Libraries Department
7. Games Department
8. Boarding Department
9. School Worship Program Department
10. Guidance and Counselling Department

The heads of each department are appointed by the school principal.

CLUBS AND SOCIETIES

There are over 20 clubs and societies, some of which includes:

1. The Dramatic Society
2. Law and Debate Club
3. Scouting Club
4. The Computer Club
5. Science Congress Club
6. The School Choir
7. The Science Club
8. The Writers' Club
9. Kiswahili Club
10. The Christian Union

EDUCATION IS WHAT WE GET INSIDE
THE CLASS; GROWTH IS WHAT WE
SHARE OUTSIDE.

BLAST FROM THE PAST

Closing Day Hymn

God Be with You Till We Meet Again

God be with you till we meet again,

By His counsel's guide, uphold you,

With His sheep securely fold you,

'Neath His wings protecting hide you.

God be with you till we meet again,

When life's perils thick confound you,

Put His arms unfailing round you,

Keeps love's banner floating o'er you.

Till we meet, till we meet,

Till we meet at Jesus' feet;

Till we meet, till we meet,

God be with you till we meet again.

PIONEERING A SUSTAINABLE FUTURE

THE SCHOOL HOSTELS

In 2025, Friends School Kamusinga stands as a beacon of progress, embracing transformative infrastructure projects that blend functionality, aesthetics, and sustainability. These initiatives not only enhance our campus but also reflect our commitment to innovation and environmental stewardship, aligning with Kenya's Vision 2030 and its push for sustainable development. Here's a look at the remarkable developments that have defined our year.

1. Laying Cabro: Transforming Pathways with Style and Durability

This year, Friends School Kamusinga embarked on a transformative project to revamp our campus pathways by laying cabro blocks along the Assembly, North, and South Highway routes. These interlocking concrete pavers have turned our walkways into durable, visually appealing thoroughfares that withstand heavy foot traffic and the region's weather challenges.

The cabro pathways not only ensure safe and passable routes for students and staff but also add a touch of elegance to our school's landscape. The vibrant patterns and sturdy design symbolize our school's forward-thinking spirit, creating an inviting environment where students can move seamlessly between classes, dormitories, and activity areas. This project has elevated both the functionality and aesthetic appeal of our campus, fostering pride in our shared spaces.

2. Solar Panels: Powering a Brighter Future 24/7

In line with Kenya's leadership in renewable energy, Friends School Kamusinga has embraced solar power to ensure a reliable, round-the-clock electricity supply. In 2025, we installed state-of-the-art solar panels across key areas of the campus, harnessing the abundant Kenyan sunshine to power classrooms, dormitories and administrative buildings. This initiative aligns with national efforts, such as the Last Mile connectivity Project and Kenya's goals of 100%

clean energy by 2030, as highlighted by the International Energy Agency. Our solar systems provide uninterrupted lighting and power, enabling students to study late into the night, enhancing academic performance and safety. By reducing reliance on the national grid, we've cut down on energy costs. This, we believe, has set a model for sustainable living, inspiring our students to champion renewable energy in their communities.

3. Biogas Generation: Fueling Sustainability

Our commitment to a greener future took a great leap forward with the introduction of a biogas generation system in 2025. The system converts organic waste from our dining halls and farming projects into clean energy, providing an eco-friendly alternative for cooking and heating. This aligns with Kenya's National Cooking Transition Strategy, which promotes biogas as part of the push for 100% clean cooking by 2028. The biogas plant has reduced our reliance on traditional biomass, which accounts for 68% of Kenya's energy usage, and minimized waste, promoting environmental conservation. Students actively participated in maintaining the system, giving them hands-on experience in sustainable technology which reinforces our school's ethos of innovation and responsibility.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

A LEGACY OF PROGRESS



New look Pathway



Newly installed solar panels

The infrastructure developments—cabro pathways, solar panels and biogas generation— mark a pivotal chapter in Friends School Kamusinga’s journey. They reflect our dedication to creating a sustainable, modern, and inspiring environment for learning and growth. As we celebrate these milestones in our 2025 yearbook, we look forward to nurturing a generation of leaders equipped to build a brighter, greener future for Kenya and beyond.

Future *plans*

1. **School trajectory:** FSK's, trajectory and recent statements from its leadership provide insight into its anticipated direction. FSK is poised to build on its academic and extracurricular legacy, guided by its mission to foster resilient, imaginative, and critically thinking students.

2. **Academic Excellence and Curriculum Enhancement:** FSK aims to sustain and surpass its strong KCSE performance, with Principal Paul Weloba expressing optimism about future results, noting that the 2024 class was "more prepared" than the 2023 cohort, which achieved a mean score of 9.36 (B plain). The school plans to strengthen its rigorous academic programs, including curriculum implementation, revision programs, and academic support services like tutoring and counseling, to ensure over 99.9% of students continue to qualify for university

3. **Infrastructure and Facility Upgrades:** FSK's commitment to provide a conducive learning environment suggests ongoing investments in its 56-acre campus including modern classrooms, science laboratories, computer labs, and boarding facilities.

4. **Extracurricular Dominance:** FSK intends to maintain its dominance in field hockey (19 national titles), basketball ("Tigers" team), drama, and science fairs, with plans to expand opportunities in sports like rugby, volleyball, and swimming, as well as arts and leadership programs, to foster well-rounded students.

5. **Sustainability and Community Engagement:** FSK's dedication to responsible resource stewardship indicates plans to ensure a sustainable future, potentially through eco-friendly initiatives and community collaboration. Principal Weloba emphasized the role of teachers, parents, and the community in the past successes, suggesting continued partnerships to support holistic student development.

6. **Adapting to Educational Reforms:** With the transition from KCPE to KPSEA under the Competency-Based Curriculum (CBC), FSK will likely refine its admissions and teaching strategies to align with national educational standards, maintaining its merit-based selection of approximately 400 students annually.

7. **Shaping tomorrow:** Principal Weloba's statement, "A journey of a thousand miles begins with one step, there is a bright future for Friends School Kamusinga," reflects a forward-looking vision of continuous improvement and leadership in Kenyan education.



HONORED LEGACY MAKERS

**VANGUARD OF EDUCATIONAL
TRANSFORMATION**

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

THE KAMUSINGA VANGUARDS OF EDUCATIONAL TRANSFORMATION

The legacy of Friends School Kamusinga shines through its indomitable principals, whose vision and valor have sculpted a beacon of learning and leadership. The Kamusinga Vanguard of Educational Transformation—Christopher Khaemba, Simon Nabukwesi, Edwin Namachanja, Alex Maina, and Paul Weloba—embodies the motto “Use Common Sense” as reformists, game-changers, warriors, and trailblazers. Khaemba, a reformist architect, transformed Kamusinga into a national powerhouse in three years, later boosting Alliance High School’s enrollment by 25% and securing \$500,000 for infrastructure. Nabukwesi, a game-changer, elevated Kamusinga to 8th nationally in 2006, coached hockey to championship glory, and shaped national education policy as Principal Secretary.

Namachanja, a warrior, revitalized Kamusinga and later Maranda High School, driving academic excellence. Maina, a trailblazer, donned the school uniform in 2018 to inspire students, defying norms to uphold Kamusinga’s legacy. Weloba, a pioneer, instilled discipline and academic rigor, laying a foundation for sustained progress. Aligned with Kenya’s 2025 education reforms, including the competency-based curriculum and Vision 2030’s focus on skills and innovation, these leaders have advanced research, equity, and global competitiveness, forging a path for Kamusinga’s enduring impact across diverse fields.

Christopher Khaemba

A Former Principal, Alliance High School: A Reformist and an Architect of Academic Renaissance

Simon Nabukwesi

Friends School Kamusinga: Champion of Educational and Diplomatic Leadership

Edwin Namachanja

Former Principal, Friends School Kamusinga: Warrior of Scholastic Revival

Paul Weloba

An Alumni and Current Principal, Friends School Kamusinga: A Visionary Leader and the Vision Bearer

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

A JOURNEY OF LEADERSHIP AND EXCELLENCE AT FRIENDS SCHOOL KAMUSINGA



The impact of a leader's time at an institution is best understood by those who experienced it firsthand.

Chief Principal Chrisopher Khaemba 1996-1998

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

The impact of a leader's time at an institution is best understood by those who experienced it firsthand.

My short tenure as principal at Friends School Kamusinga deeply affected me, just as it did the students, teachers, support staff, and the wider school community I worked with.

My previous role as Deputy Principal at Alliance High School didn't guarantee success at Friends School Kamusinga. In fact, two predecessors appointed to lead the school had struggled—one was demoted, and the other resigned. Appointed in December 1995, I had time to consult FSK alumni, parents, and community members to understand what was needed to improve the school.

I spent at least two weeks that December inspecting classrooms, hostels, school boundaries, reviewing management and staff and introducing myself to teachers and workers during the holidays. We prepared everything before the students arrived.

The work done over my three years can best be described by others, but I'd like to share how I left.

In November 1998, I went to Nairobi to invite the late Fares Kuindwa, Head of Public Service, to open a new Administration Block funded by a fundraiser he led earlier that year. He confirmed his attendance for the following Saturday. Back at school, my Deputy, now Amb. Simon Nabukwesi, told me I was needed urgently in Nairobi, though no reason was given. I thought it was about the opening, but at a 7 pm meeting with the PS, Alliance Board members, the TSC Secretary and Education officials, I learned I was being transferred back to Alliance High School, following a student strike there. This was very tough, as I felt deeply invested in FSK and it felt as if I was abandoning the students.

Despite the sudden move, Amb. Nabukwesi and I built a lasting relationship between the two schools, benefiting both to this day. I later led Alliance High School for ten years, then moved to South Africa in 2008 to start the African Leadership Academy for three years, returned to Kenya to help launch Equity Bank's Wings to Fly Scholarship, served in Nairobi County Government, and soon after started Nova Pioneer Schools.

My time at FSK prepared me well for these successes.

I wish the current principal the best as he leads FSK to greater heights.

In the 2025 Friends School Kamusinga yearbook, Principal Christopher Khaemba stands out as an inspiring leader and patron of the Mixed Choir Performing Arts for the Alumni Alliance. His dedication has made the choir a powerful symbol of unity, blending tradition and innovation to engage students and alumni.

Khaemba's vision, shaped at Kamusinga and later at Alliance High School and Nova Pioneer, fosters creativity and leadership through the arts.

Khaemba is now driving a partnership to connect Kamusinga alumni with Nova Pioneer, the innovative school he co-founded. This collaboration aims to harness alumni expertise to advance Nova Pioneer's mission of shaping Africa's future leaders through innovation. Featured in the 2025 yearbook, this initiative reflects Khaemba's commitment to linking Kamusinga's legacy with a bold, forward-thinking future.

This was tough, as I felt deeply invested in FSK and it felt as if I was abandoning the students.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Chief Principal Amb. Simon Babukwesi 1999-2009



Kamusinga is more than a school; it is a family that shapes leaders in academics, sports, and beyond.

As an alumnus (1979–1984) and Former Principal (1998–2009) of this great institution, it is with immense pride that I reflect on FSK's enduring legacy of excellence. From my days as a student to serving as your principal, FSK has always been a beacon of academic rigor, discipline and holistic development.

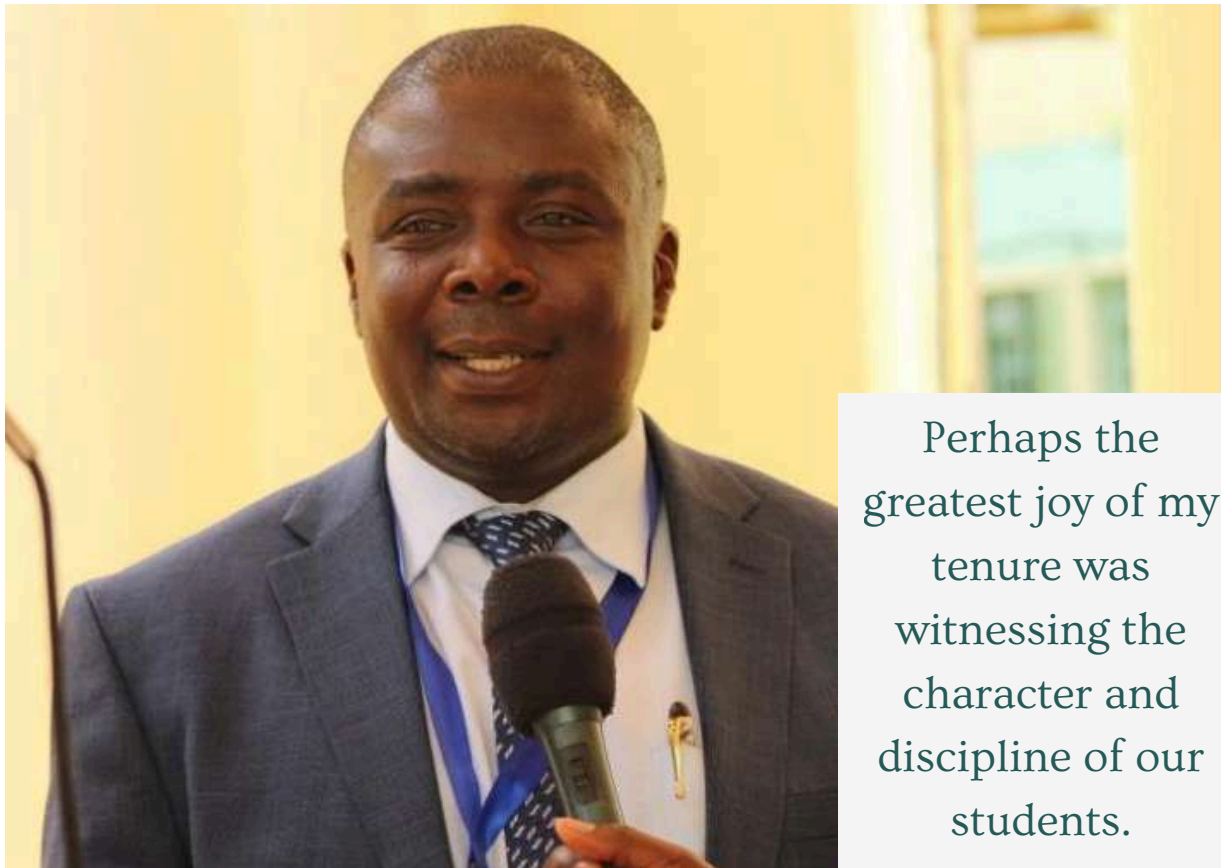
In 2025, as we celebrate another year of achievements, I commend the students, teachers and the Chief Principal, Mr. Paul Weloba, for upholding Kamusinga's tradition of excellence. Your stellar performance in the 2024 KCSE, reclaiming a top-ten position nationally, reflects the hard work and unity that define FSK. I urge you to build on this momentum, harnessing digital tools—like

the School Net Programme launched in 2021— to prepare student's for a dynamic future.

Kamusinga is more than a school; it is a family that shapes leaders in academics, sports, and beyond. As I once coached our hockey team to eight consecutive national titles (2001–2008) and the inaugural East African championship in 2009, I saw firsthand the power of teamwork and resilience—values you must carry forward.

To the Class of 2025, use common sense, as our motto reminds us, to navigate life's challenges. Support your alma mater as alumni, just as we continue to do, ensuring Kamusinga remains a cradle of greatness for generations.

Chief Principal. Edwin Namachanja, 2009 - 2017



My Journey

When I walked through the gates of Friends School Kamusinga as a young teacher in 1996, I could not have imagined the extraordinary journey that lay ahead. What began as a humble teaching role soon transformed into a lifelong mission of service, mentorship, and leadership.

Through dedication and an unwavering belief in the power of education, I rose through the ranks—first as a classroom teacher, later as Deputy Principal, and ultimately, in 2009, I had the honor of being appointed Principal of this great institution.

Academic and Co-Curricular Triumphs

My leadership philosophy was deeply shaped by the exemplary guidance of my predecessors, Mr. Christopher Khaemba and Ambassador Simon Nabukwesi, whose vision for the school laid a strong foundation for academic and holistic excellence. Their commitment to nurturing talent and character inspired me to embrace a similar approach—focusing on the development of both mind and spirit.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Unity of Purpose: Staff, Board, and Parents

The strength of Kamusinga has always been rooted in the unity of its stakeholders. The staff demonstrated remarkable commitment, always willing to go the extra mile for the success of the learners.

Together, we nurtured an environment where every teacher felt valued and every student supported.

The Board of Management, chaired by visionary leaders such as Retired Commissioner Cheloti and Dr. Noah Sitati, provided unwavering strategic guidance. Their focus on long-term growth ensured stability and progress during both calm and challenging times.

Our parents were exemplary partners, fulfilling their obligations with diligence and supporting the school's initiatives wholeheartedly.

Their cooperation was a testament to the shared belief that education is a collective responsibility.



The Spirit of Kamusinga Students

Perhaps the greatest joy of my tenure was witnessing the character and discipline of our students. The student population was cooperative, focused, and determined to excel, both academically and in character. Their leadership was strong, with prefects and student councils rising to every challenge with maturity and integrity.

Indeed, the school's motto, "Use Common Sense," was more than just words on a wall; it was a guiding principle in every decision and action—reminding us that wisdom often lies in simplicity and sound judgment.

Looking back

My years as Principal of Friends School Kamusinga remain a defining chapter of my life. It was a journey marked by triumphs, challenges, and countless moments of inspiration. Above all, it was a journey fueled by teamwork, shared vision, and an unwavering commitment to excellence. Friends School Kamusinga stands today as a beacon of educational achievement, and I am humbled to have played a part in shaping its story.

I am humbled to have played a part in shaping FSK's story.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

THE VISION BEARER



A journey of a
thousand miles
begins with one
step.

Chief Principal Paul Weloba, 2023-Present



Rt. Hon. Moses
Wetangula,
Speaker of the
National
Assembly:
Vanguard of
Legislative Unit



H.E. Kenneth
Lusaka, Governor
of Bungoma:
Beacon of
Resilient
Governance



H.E. Benjamin
Cheboi,
Governor of
Baringo:
Architect of
Transformative
Progress

Epic Trailblazers

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Rt. Hon. Moses Wetang'ula
Speaker of the National Assembly of Kenya



A proud alumnus of Friends School Kamusinga, Rt. Hon. Moses Wetang'ula is a beacon of resilience and leadership in Kenya. After earning a law degree from the University of Nairobi, he served as a magistrate, advocate and later as chairman of the Electricity Regulatory Board.

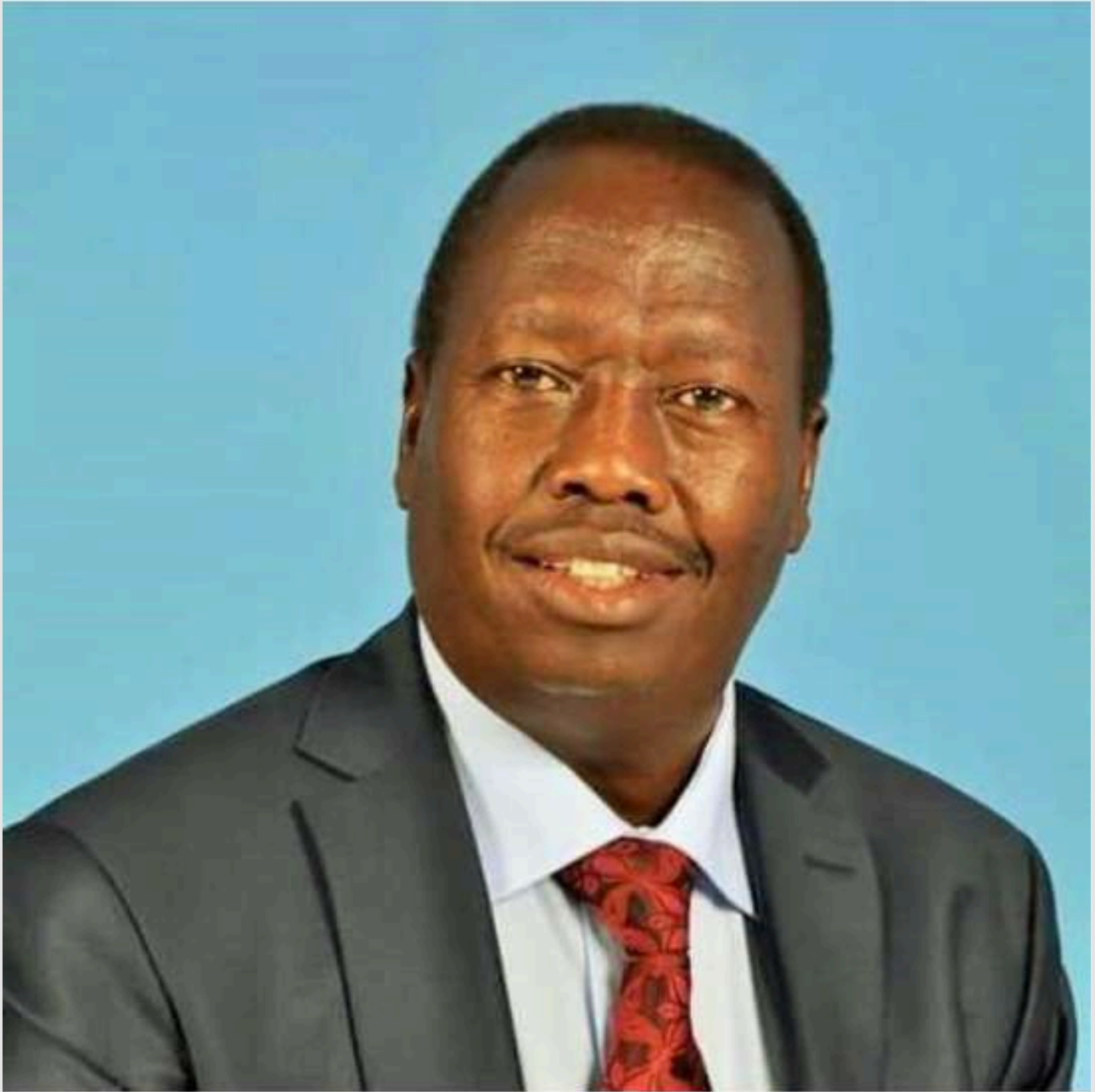
His political journey spans from nominated MP in 1993 to Minister, Senator and since 2022, Speaker of the National Assembly.

From Mukhweya village to Kenya's third most powerful office, Rt. Hon. Wetang'ula's story is an inspiration to FSK's class of 2025 to pursue excellence with determination.

One of Kenya's most influential leaders—shaping law,
policy and governance for over three decades

Rt. Hon. Moses Wetang'ula

H.E. Benjamin Chesire Cheboi, EGH, EBS



In the heart of Baringo County, a leader of remarkable vision and resilience stands tall—His Excellency Benjamin Chesire Cheboi, the first and current Governor of Baringo County and a proud alumnus of Friends School Kamusinga. As we celebrate the Class of 2025 in this yearbook, we honor one of our own whose journey from the classrooms of Kamu to the helm of county leadership inspires us all.

A Beacon of Leadership from Friends School Kamusinga



From Kamusinga, Benjamin pursued a Bachelor of Science in Mathematics and Chemistry at the University

Born in 1958 in the then Baringo District, Benjamin Cheboi's story is one of determination and excellence. His academic journey began at Kabarnet Boys High School for his O-levels, but it was at Friends School Kamusinga where he truly shone, completing his A-levels as one of the institution's best students. At FSK, Benjamin was shaped by the school's motto, "Use Common Sense," and its culture of discipline and ambition. His time here laid the foundation for a life dedicated to education, leadership, and service.

of Nairobi, followed by a Master's Degree in honors, including the Financing Higher Education Presidential Award, Elder of the University of the Burning Spear (EBS), and from the University of Manchester, United Kingdom. His passion for education led him to a distinguished career, serving as

Acting Academic Registrar at Jomo Kenyatta University of Agriculture and Technology and later as Deputy Chief Executive Officer and CEO of the Higher Education Loans Board (HELB). Under his leadership, HELB

transformed into a beacon of equity, ensuring countless Kenyan students accessed higher education through innovative loan programs. His work earned him recognition as a turnaround CEO, a testament to his transformative leadership.

A recipient of prestigious honors, including the Financing Higher Education Presidential Award, Elder of the Burning Spear (EBS), and a World Bank Fellowship, Governor Cheboi's legacy is one of humility and results-driven leadership.

As we, the Class of 2025, reflect on our time at FSK, let Governor Benjamin Cheboi's journey remind us that our potential is limitless. From the fields of Kimilili to the corridors of power, his story is a testament to the enduring spirit of Kamu—a spirit that continues to shape leaders who transform lives.

H.E. Kenneth Makelo Lusaka, EBS, CBS, EGH



As the Friends School Kamusinga Class of 2025 marks its legacy in this yearbook, we proudly celebrate one of our most illustrious alumni, His Excellency Kenneth Makelo Lusaka, the Governor of Bungoma County.

A true embodiment of the school's motto, "Use Common Sense," H.E. Lusaka's journey from the classrooms of Kamu to the pinnacle of leadership in Bungoma County inspires us to dream big and serve with purpose.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

FSK Trailblazer Leading Bungoma Forward

Born on September 18, 1963, in Kamukuywa, Bungoma County, Kenneth Lusaka's early years were shaped by resilience and determination. After attending Kamukuywa Primary School and Kibabii High School for his O-levels, he joined Friends School Kamusinga for his A-levels, where he honed his intellectual curiosity and leadership skills. At Friends School Kamusinga, Lusaka thrived in an environment that valued discipline, critical thinking, and community—a strong foundation that would guide his remarkable career. He went on to earn a Bachelor of Arts in Government and History from the University of Nairobi and later a Master's in Public Policy Administration from the Institute of Social Studies in the Netherlands, where he served as President of Scholars, showcasing his early admirable leadership prowess.

A champion of education, Governor Lusaka has supported initiatives that resonate with FSK's legacy of academic excellence. His administration's scholarship programs have empowered students, including Joshua Mukhwana, a Kamusinga alumnus who scored an A plain with 82 points in the 2024 KCSE, crediting county support for his success. Lusaka's commitment to accountability is evident in actions like the 2023 interdiction of senior county officers for negligence, ensuring efficient governance. His partnership with institutions like Kibabii University and the Kenya Medical Training College reflects his vision to boost education and healthcare in Bungoma.

Beyond his achievements, Governor Lusaka remains a humble leader, attributing his success to faith and perseverance: "This far, I attribute the success of my journey to the Almighty God through whom I have moved mountains and crossed deep oceans of life." His time at Friends School Kamusinga instilled values of integrity and service, which continue to guide his leadership. Honored with the Elder of the Burning Spear (EBS), Chief of the Burning Spear (CBS), and Elder of the Golden Heart (EGH), Lusaka's legacy is one of impact and inspiration.

As we, the Class of 2025, step into the future, H.E. Kenneth Makelo Lusaka's story reminds us that the lessons learned at Kamusinga—resilience, leadership, and common sense—can shape not just our lives but entire communities. From the fields of Kimilili to the helm of Bungoma County, Governor Lusaka is a shining example of what it means to be a Kamusinga star.

Diplomatic Corps

H.E. George Masafu, Ambassador of Global Harmony

He serves as a champion of global unity, promoting peace and cooperation among nations, and symbolically representing harmony and understanding across borders.



H.E. David Kikaya, Ambassador of Regional Unity

Respected for strengthening regional collaboration, particularly within Africa and similar multilateral frameworks, demonstrating a diplomatic commitment to unity and shared progress.



H.E. Cleopha Mailu, Ambassador of Sustainable Development

He contributes to addressing global challenges such as sustainability, reflecting a distinguished diplomatic career dedicated to advancing environmental and economic progress.





Amb. George Masafu

A proud alumnus of Friends School Kamusinga, exemplifies the transformative power of our motto, “Use Common Sense.” Hailing from Kimilili, Bungoma, Masafu’s journey at FSK shaped his intellect and resolve, placing him among luminaries like Joshua Angatia and Professors Peter Mbithi and Arthur Obel. His time on these slopes of Mt. Elgon instilled a commitment to service that defines his illustrious career.

As Kenya’s Ambassador to the Democratic Republic of Congo, Dr. Masafu has strengthened bilateral ties, notably fostering partnerships as the DRC joined the East African Community.

His diplomatic finesse, evident in addressing sensitive issues with tact, has elevated Kenya’s global standing. A dedicated Quaker, his integrity and dedication reflect FSK’s values of discipline and community.

In 2025, as we celebrate our graduates, Masafu’s global impact inspires Kamusinga students to think critically, act boldly, and shape a better world.



Amb. Prof. David Kikaya

Professor David Kikaya stands as a shining testament to the enduring legacy of Friends School Kamusinga, where our motto, “Use Common Sense,” fuels greatness. A proud alumnus from Kimilili, Bungoma, Kikaya walked these Mt. Elgon slopes alongside luminaries like Joshua Angatia and Ambassador Dr. George Masafu, cultivating a passion for knowledge and service that defines his remarkable career.

As a distinguished professor, Kikaya has elevated academia through rigorous scholarship and mentorship, shaping minds in Kenya and beyond. His contributions to education and research resonate with FSK’s commitment to critical thinking and holistic growth. A steadfast Quaker, his integrity and dedication mirror the values instilled here, inspiring generations to pursue excellence with purpose.

In 2025, as we celebrate our graduates, Kikaya’s journey challenges every Kamusinga student to think boldly, lead wisely, and leave an indelible mark on the world.



Amb. Dr. Cleopa Mailu, MBS, EBS, EGH



Friends School
Kamusinga was more
than just a high school
to me—it was a training
ground for life. It's
where I learned that
brilliance wasn't just
about grades, but about
sound judgment and
steady character.

Friends School Kamusinga was more than just a high school to me—it was a training ground or life. It's where I learned that brilliance wasn't just about grades, but about sound judgment and steady character. The motto, 'Use Common Sense,' may seem modest, but in reality, it's a profound call to live with wisdom, responsibility, and practicality; a call to leadership and character, a spirit of service, responsibility, and humility that I carry with me to this day.

It is these qualities instilled in me that I have been able to excel in my professional life spanning through the private sector, public service, international professional service and a diplomatic stint in service of my country...from the humble corridors of medical practice at the Kenyatta National Referral Hospital, the Ministry of Health in various capacities to UNICEF and the Nairobi Hospital.

An illustrious career crowned by the singular honor of being the Cabinet Secretary Ministry of Health and later the Ambassador/ Permanent Representative of Kenya to the United Nations Office in Geneva and other international Organizations in Switzerland.

Through this sojourn, I remained in touch with FSK and participated in several projects and donations in support of the school and student body.

I am proud of being part of the FSK fraternity. Long live FSK!



I am proud of being part of
the FSK fraternity. Long live
FSK!



EXECUTIVE HIGHLIGHTS



Friends School
Kamusinga
proudly celebrates
the Kamusinga
Trinity of
Academic and
Civic
Excellence

01

PROF. PHILIP MBITHI, FORMER
VICE CHANCELLOR OF THE
UNIVERSITY OF NAIROBI

Prof. Mbithi drove transformative
reforms in higher education,
advancing research and institutional
growth.

02

PROF. OBEL, A DISTINGUISHED
MEDICAL RESEARCHER

Prof. Obel pushed boundaries with
his pioneering work, sparking global
discourse on scientific ethics.

03

HON. ANGATIA, A FORMER
MINISTER OF EDUCATION

Hon. Angatia championed integrity
and reform, shaping Kenya's
educational landscape. United by
Kamusinga's motto, "Use Common
Sense," these alumni exemplify
leadership, scholarship, and service
across diverse fields.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



PROF. ARTHUR OBEL
A DISTINGUISHED MEDICAL RESEARCHER

Professor Arthur Obel, a distinguished alumnus of Friends School Kamusinga, is featured in the 2025 yearbook for his pioneering contributions to HIV/AIDS research. A Kenyan scientist, Obel was among the first to identify HIV cases in Kenya, earning a PhD in Therapeutics from the University of London (1978) and an M.D. in Clinical Medicine from the University of Nairobi (1987). He held prestigious roles, including Chief Research Officer at KEMRI (1989-1991) and Chief Scientist in the Office of the President of Kenya (1995 - 1999), securing significant research funding.

The 2025 yearbook portrays Obel's journey as a reflection of Kamusinga's legacy of fostering ambition and intellectual rigor. Alongside alumni like Joshua Mulanda Angatia and Professor Phillip Mbithi, Obel's story underscores the school's role in shaping influential figures. His early work raised critical awareness about the epidemic. The yearbook highlights this duality, emphasizing the values of scientific integrity and perseverance instilled at Kamusinga.

PIONEERING PATH IN HIV RESEARCH

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



PROF. PHILIP MUINDE MBITHI

Prof. Philip Muinde Mbithi, a distinguished alumnus of Friends School Kamusinga (FSK), embodies the transformative power of education and leadership that defines this storied national boys' school in Bungoma County. From his early academic triumphs at FSK to his ascent as Vice Chancellor of the University of Nairobi (UoN) and Head of Kenya's Public Service, Mbithi's journey reflects the school's legacy of nurturing visionary leaders. His academic achievements and professional milestones not only elevated national institutions but also ignited a multiplier effect, inspiring generations and driving Kenya's socio-economic progress, cementing FSK's reputation as a cradle of impactful leadership.

Prof. Mbithi's academic journey began at Friends School Kamusinga, a Quaker-founded institution renowned for its rigorous academic and extracurricular programs. At FSK, he excelled in a competitive environment that fostered critical thinking and leadership, laying the foundation for his illustrious career. His academic prowess at FSK earned him the opportunity to pursue higher education, likely at the University of Nairobi or another prestigious institution, given his later leadership roles at UoN.

While specific details of his undergraduate degree are not explicitly documented in available sources, Mbithi's trajectory suggests he earned a bachelor's degree in a field such as veterinary medicine, agriculture, or a related discipline, aligning with UoN's strengths and his subsequent academic leadership. His academic achievements, built on the discipline and intellectual rigor instilled at FSK, equipped him to navigate complex challenges and rise to prominence, reflecting the school's ethos of producing well-rounded scholars poised to shape society.



FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Vice Chancellor of the University of Nairobi (1985–1991)

As Vice Chancellor of UoN from 1985 to 1991, following his tenure as Deputy Vice Chancellor from 1981 to 1985, Prof. Mbithi led one of Africa's premier universities through a transformative era. His leadership bolstered UoN's academic and research programs, producing graduates who fueled Kenya's development in policy, science, and industry.

Notably, Mbithi facilitated research funding for the controversial Pearl Omega project, led by fellow FSK alumnus Prof. Arthur Obel, demonstrating his commitment to scientific innovation and leveraging their shared Kamusinga network. This effort, though polarizing, underscored UoN's role as a driver of socio-economic progress, expanding access to higher education and fostering talent that advanced Kenya's growth.

Head of Public Service (1992–1996)

As Head of Public Service under President Daniel arap Moi, Mbithi shaped Kenya's governance framework by overseeing government operations and policy implementation. His strategic leadership reinforced public administration, enhancing service delivery in critical sectors like education, healthcare, and infrastructure. By fostering institutional stability, Mbithi laid the groundwork for socio-economic advancements that benefited millions, reflecting the problem-solving skills and resilience honed at FSK.

Multiplier Effect and Socio-Economic Impact

Prof. Mbithi's achievements created a profound multiplier effect, amplifying FSK's influence on Kenya's socio-economic landscape. At UoN, his leadership empowered thousands of graduates, equipping them to drive economic and social progress. As Head of Public Service, his policies fortified national institutions, fostering stability and growth. His role in the FSK alumni network, exemplified by his collaboration with Prof. Obel, magnified the school's impact, as graduates supported each other to advance national initiatives. Mbithi's success inspires FSK students, as evidenced by the school's 2024 KCSE performance, where 96% of candidates achieved university entry grades, reinforcing its legacy of excellence.

Conclusion

Prof. Philip Muinde Mbithi's journey from Friends School Kamusinga to the pinnacle of Kenya's academic and public service arenas is a testament to the enduring power of education and leadership. His academic achievements, rooted in his FSK foundation and likely culminating in a distinguished undergraduate degree, paved the way for his transformative roles as Vice Chancellor of UoN and Head of Public Service. Through these contributions, Mbithi sparked a multiplier effect, driving socio-economic progress and inspiring future generations. His legacy elevates FSK's tradition of excellence, standing as a beacon for Kamusinga students and a proud chapter in the school's history.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



JOSHUA MULANDA ANGATIA

A proud son of Friends School Kamusinga, Angatia embodied the essence of our motto, “Use Common Sense,” and left a legacy that continued to inspire many. Born on December 30, 1938, in Kabras, Kakamega, Angatia’s journey began at FSK, where his sharp intellect and unyielding principles were forged alongside peers like Professors Peter Mbithi and Arthur Obel. This foundation propelled him to remarkable heights as a leader, educator, and reformer.

As Kenya’s Minister for Health, Angatia’s courage shone brightly. He famously dubbed Afya House “Mafia House,” exposing corruption with a clarity that shook the system and championed accountability. His candid revelation about the difficulties of navigating the Kenya Central Medical Stores reflected his commitment to truth over comfort. Before politics, as headmaster of Upper Hill High School, he shaped young minds with discipline and vision, living out the Quaker values instilled at Kamusinga.

As we honor our graduates in 2025, Angatia’s story reminds every Kamusinga student to lead boldly, act justly, and pursue excellence. His life showed that from these grounds rise trailblazers who transform nations—one principled step at a time.

Fearless Champion of Integrity and Educational Excellence

FSK'S COMMERCE CATALYSTS



Joseph Nyongesa Weloba
Founder/CEO, Nisomar Group
Class of 1987



Chris Kirubi
Business Mogul
Class of 1956



Steve Ngosia
Founder, Flint
Home
Integrators
Class of 2003



Fred Waswa
Insurance Guru
Class of 1983



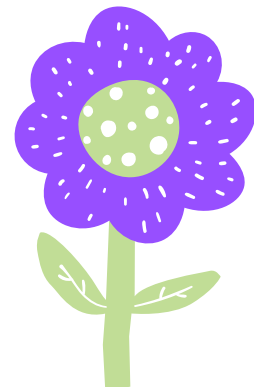
Jonathan Kinisu
MD, Tetra Pak East Africa
Class of 1996

CHRIS KIRUBI

Chris Kirubi, an esteemed alumnus of Friends School Kamusinga, turned the school's motto, "Use Common Sense," into a blueprint for extraordinary success. Rising from humble origins as an orphan, he built a formidable business empire that included Two Rivers Mall, Capital FM, and Centum Investment. By 2011, his net worth was estimated at \$350-500 million. His strategic contributions to Kenya's Vision 2030 and his role in job creation cemented his status as a national economic leader. Celebrated in the 2025 FSK yearbook, Kirubi's journey inspired students to pursue excellence with unwavering determination.

Beyond his corporate achievements, Kirubi's legacy shone through his philanthropy and mentorship. His "Ask Kirubi" platform empowered aspiring entrepreneurs with practical insights, reflecting his deep commitment to societal progress. Although he passed away in 2021, Kirubi's influence endured as a testament to resilience and impact.

The 2025 yearbook honored his call to "Dream boldly, impact profoundly," urging Kamusinga students to innovate and uplift their communities.



**Joseph
Nyongesa
Weloba**

**The
Entrepreneur
Who Built
His Own
Path**



Founder/CEO Nisomar Group

When Joseph Weloba walked through the gates of Friends School Kamusinga in 1984, few could have predicted the profound mark he would one day leave – not only in the school’s rich history, but also in Kenya’s maritime and business landscape. His journey from a spirited young student to a continental entrepreneur continues to inspire generations, including the Class of 2025, whom he personally visited during a Sunday service to motivate and encourage.

At FSK, Joseph stood out for his energy, athletic ability and sportsmanship. He explored volleyball with enthusiasm, but it was on the basketball court that he truly found his home. His discipline, teamwork and commitment to continuous improvement shaped much of the character that would later define his leadership style. In every arena, Joseph embodied the spirit of the school motto: “Use Common Sense.”

Academic Excellence and Professional Mastery

After completing his education at FSK in 1989, Joseph pursued Shipping and Maritime Studies at Bandari college, Mombasa, and later enrolled for higher learning at the University of Nairobi, where he earned a Bachelor of Commerce (BCom) and later a Master’s degree in Strategic Management. Armed with knowledge and ambition, he embarked on a

distinguished career in the maritime and logistics industry. Joseph joined Inchcape Shipping Company, one of the world’s leading marine service providers, and rose to the position of Regional Manager leading cross-border teams in Kenya and across Africa Demonstrating courage and vision, Joseph eventually resigned from corporate life to start his own company – Nisomar Group East Africa.

Under his leadership, the company flourished and expanded rapidly. What began as a local enterprise soon spread its wings across and beyond Africa, opening branches in Tanzania, Mauritius, Greece and Dubai Joseph grew and transformed Nisomar into a respected brand known for excellence, reliability and deep expertise in the shipping and freight industry.

Joseph Weloba legacy remains strong. His values continue to influence those who worked with him and the many whose lives he touched, including the young students of FSK who he returned to inspire many years later. His journey – from the classroom, basketball courts of Kamusinga to the boardrooms of Africa, Europe and the Middle East – reflects the power of determination, discipline, and belief in one’s purpose.

**A Leadership Legacy That Lives On
A Pride of FSK**

JONATHAN KINISU



Everyone has a defining moment in their lives when they can pinpoint an event, a situation, a person or a place that made such a profound impact that it formed the lynchpin by which everything else rests.



Everyone has a defining moment in their lives when they can pinpoint an event, a situation, a person or a place that made such a profound impact that it formed the lynchpin by which everything else rests.

FSK was that turning point for me. It instilled personal discipline, responsibility, academic rigor, leadership and of course - the school motto - "Use Common Sense". The teachers at FSK, all of whom I fondly remember and cherish, were passionate and deliberate about their role in transforming our lives - provided one played their part.



As a former Tiger, basketball is where I found my home while at FSK. It is where I learnt the meaning of teamwork, the joy of victory, the agony of defeat, as well as built some lifelong friendships.

I've been fortunate to have studied, worked and travelled around the world but at the heart of all this, FSK as an institution rings true as the place that contributed most to whom I am today.



STEVE NGOSIA

From the storied legacy of Kenya House 2003 to today's ground-breaking achievements, FSK stands as a beacon of excellence, discipline and innovation. This institution doesn't just educate, it forges leaders. The proof? Alumni like *Steve Ngosia, who revolutionized Kenya's smart home technology with Flint Home Integrators, embodying the FSK spirit of turning vision into reality.



The world knows our motto: *"Use Common Sense."* But what truly sets us apart is uncommon determination—the kind that drives our students to outthink, outwork, and outperform. Whether in robotics, the arts, or entrepreneurship, Kamusinga boys don't just follow trends—they set them.

Our **2023 KCSE national ranking (12th)* wasn't an accident—it was the result of a culture that demands brilliance, both in the classroom and beyond. Here, greatness isn't a dream—it's an expectation. Every debate won, every rugby match dominated, and every scientific breakthrough made by our students adds another chapter to FSK's legacy.



As we celebrate the *2025 Yearbook, we're not just reflecting on achievements—we're igniting the next era of excellence. The future belongs to those who dare to push boundaries, and Kamusinga is the launchpad. To our students: Carry this legacy forward. To the world:

Watch closely.

THE NEXT GENERATION OF LEGENDS IS
ALREADY HERE!

FRED WASWA

The future's
waiting, take
that first step
today!

As I reflect on the journey of Fred Waswa, I'm transported back to the vibrant years of 1980 to 1983 at Friends School Kamusinga, where the seeds of ambition and camaraderie were sown. It's a story that feels personal, almost like a conversation with an old friend who's gone on to do extraordinary things. Let me take you through the remarkable arc of Fred's life, from those schoolboy days to becoming a towering figure in the insurance and pension world—a true guru and titan.



A Journey Rooted in Friendship and Ambition

Picture a young Fred Waswa navigating the lively corridors of FSK in Kenya House from 1980 to 1983. Those weren't just years of hitting the books; they were a time of forging lifelong friendships and sparking dreams that would carry him far.

FSK was more than a school—it was a crucible where Fred's passion for excellence and his knack for thinking ahead took root. I can almost see him, full of energy and ideas, laying the groundwork for a career that would transform lives across East Africa.

A Visionary Leader in the Pension Industry

Fast forward to today, and Fred stands as the Founder and Group CEO of Octagon Africa Financial Services Limited, a pension scheme administration powerhouse, actuarial services, insurance broking and training across Kenya, Uganda, Zambia, and Tanzania. With over 30 years in the game, 20 of them steering the ship in senior management, Fred's become the go-to expert in pensions. His leadership isn't just about running a company; it's about building trust and security for countless individuals planning their futures. I'm struck by how his vision has turned Octagon Africa into a beacon of reliability in a complex industry.

INSURANCE GURU AND RETIREMENT
TITAN

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



Pioneering Reforms and Industry Growth

Let me tell you about one of Fred's proudest moments: his role in shaping the Retirement Benefits Authority (RBA) regulations in 1999. This wasn't just paperwork—it was a game-changer that brought clarity and accountability to Kenya's pension sector. Fred didn't stop there. As a co-founder of Kingsland Court Trusts and Benefits Services Limited from 2001 to 2006, he helped establish a secretariat for the Association of Retirement Benefits Schemes. That move? It set a new standard for compliance, making sure pension schemes weren't just promises but rock-solid commitments. I can't help but admire how he saw the big picture and made it happen.

Excellence and Innovation

Fred's story starts humbly, as a management trainee in the insurance world, but it's clear he was never meant to stay in the background. At Minet ICDC, he was named Best Employee of the Year in 1996, and I can see why—he was revolutionizing pension administration by harnessing the power of information technology. Later, as the first Area Pensions Principal Officer for Standard Chartered Bank in East Africa, he proved he could lead with both heart and strategy. Every step of his career feels like a masterclass in turning challenges into opportunities.

A Global Voice and Thought Leader

Now, let's zoom out to the global stage. Armed with a Bachelor of Science in Statistics and Computer Science from the University of Nairobi, Fred is not just a leader but a teacher. As a certified Trustee, Trainer and examiner with the RBA, he's shared his wisdom everywhere—from London's International Conference on Employee Benefits to the East Africa Community Central Bank's Pension Workshop. I can imagine him commanding voice breaking down complex pension concepts with clarity and passion. And then there's his Retirement Benefits Handbook (2015), a guide that's become a must-read for anyone in pensions. It's like he's handing out blueprints for financial security.

A Legacy of Impact and Inspiration

What gets me about Fred is how his story feels like a bridge between ambition and impact. From those FSK days to reshaping an industry, he's shown what's possible when you combine grit, smarts and a genuine desire to make a difference. His work has empowered people to retire with dignity, and that's no small feat. I find myself inspired by how he's turned technical expertise into a touching legacy.

Join the Journey

Fred's journey isn't just a story—it's a call to action. Whether you're planning your financial future or aiming to make waves in your field, let Fred's example light the way. Visit Octagon Africa at www.octagonafrica.com to explore how you can secure your tomorrow. Dive into his Retirement Benefits Handbook or connect with the Association of Retirement Benefits Schemes to stay in the loop. The future's waiting—take that first step today.

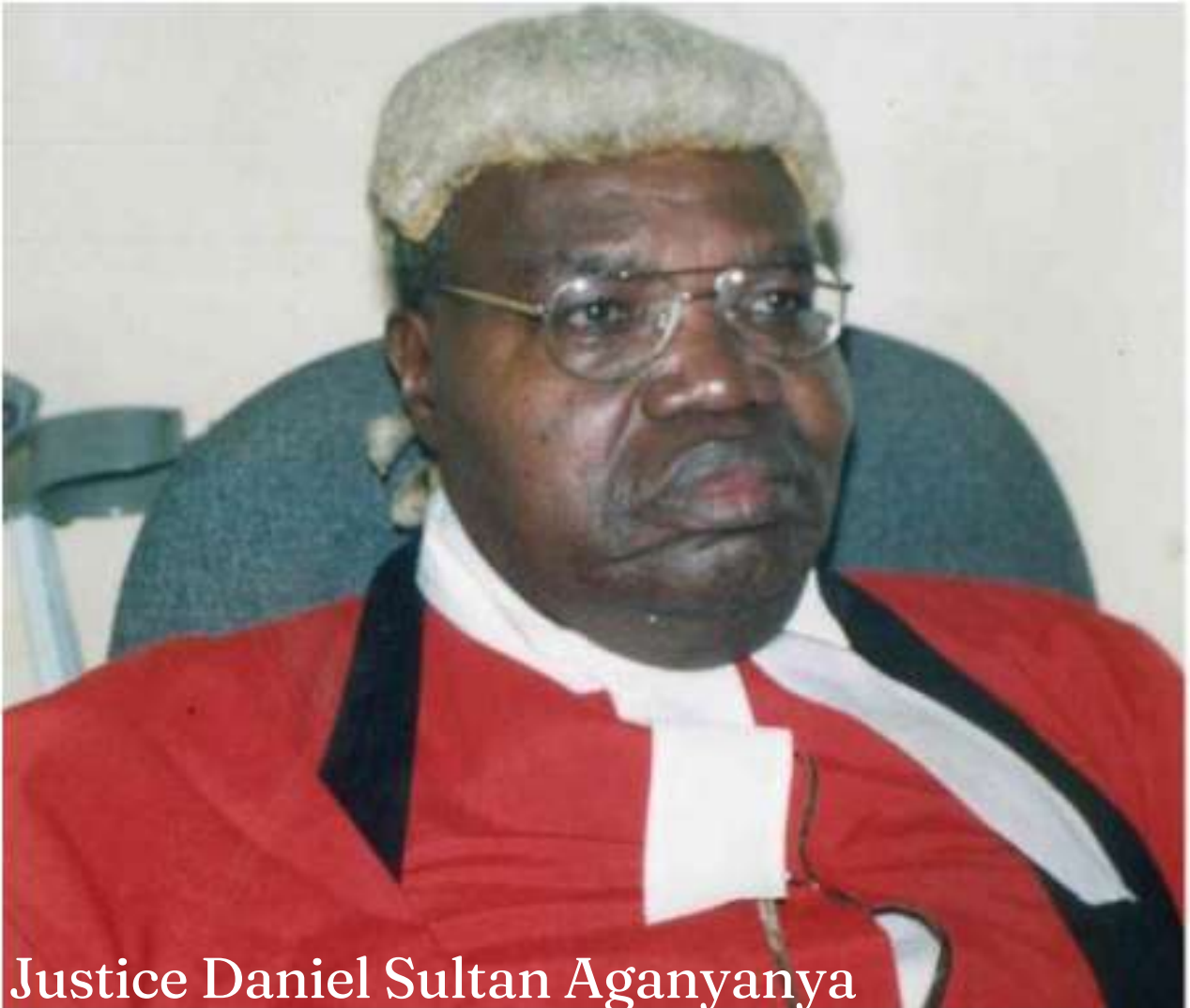


The future's waiting—take that first step today.

LAW AND ORDER



OUR RADIANT ALUMNI



Justice Daniel Sultan Aganyanya

Kamusinga rises with a thunderous cheer in this 2025 Yearbook as we celebrate Justice Daniel Sultan Aganyanya, a stellar alumnus whose journey from the melodious choirs of Friends School Kamusinga (FSK) to the hallowed benches of Kenya's High Court and Court of Appeal echoes with wisdom, grace, and courage! A former choir star whose voice once lifted our spirits on the slopes of Mt. Elgon, Justice Aganyanya's legacy as a fearless jurist has transformed Kenya's judiciary, inspiring the Class of 2025 to sing their own song of impact. Joined by luminaries like Prof. Philip Muinde Mbithi, Steven Ngosia, and other FSK trailblazers, his achievements spark a vibrant multiplier effect, propelling our nation forward and cementing FSK's place as a powerhouse of excellence in Kimilili, Bungoma County.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

At FSK, Daniel Sultan Aganyanya was more than a student—he was a lead vocalist in our renowned choir, whose harmonious notes resonated through inter-house competitions and set the stage for his future brilliance. Excelling in the Kenya Certificate of Secondary Education (KCSE), he carried forward FSK's academic legacy, which continues to shine with our 2024 KCSE triumph, where 96% of candidates soared to university entry grades. After FSK, Aganyanya pursued a law degree, likely at the University of Nairobi, and was called to the bar, launching a career that would redefine justice in Kenya. His early days as a law teacher molded future legal giants, while his private practice in 1971 focused on helping clients access justice, reflecting the compassion and leadership instilled at FSK.



From Choir Star to Judicial Titan

Justice Aganyanya's judicial career, spanning 38 years, delivered justice with wisdom and grace, strengthening Kenya's legal framework and fostering public trust in the judiciary. His rulings on high-profile cases like the Robert Ouko assassination, Julie Ward murder, and Goldenberg inquiry shaped national discourse, ensuring accountability and fairness. His stand against corruption during the 2003 judicial purge inspired reforms, enhancing the judiciary's role as a pillar of socio-economic stability. As an FSK choir star, he contributed to the school's cultural legacy, which continues to thrive in national drama and music festivals. His achievements, rooted in FSK's values, created a multiplier effect, mentoring legal professionals and inspiring students to uphold integrity and leadership.



Senior Principal Magistrate, Derrick Kuto

Derrick Kuto, a towering figure in Kenya's judiciary, exemplifies the values instilled by Friends School Kamusinga (FSK). As a Senior Principal Magistrate and former President of the Kenya Magistrates and Judges Association (KMJA), his career reflects the school's commitment to nurturing disciplined, visionary leaders. His journey—from the halls of Kamusinga to judicial reform forefront—showcases how FSK's motto, "Use Common Sense," translates into principled decision-making and service to society.

Kuto's legacy is marked by groundbreaking milestones—the historic 2021 election as KMJA's first magistrate president, championing better welfare for judicial officers and his arbitrations that portray unwavering commitment to fairness. These accolades not only honor his professional brilliance but also mirror FSK's tradition of producing trailblazers—leaders who redefine possibilities in law, governance, and beyond.

These accolades not only honor his professional brilliance but also mirror FSK's tradition of producing trailblazers—leaders who redefine possibilities in law, governance, and beyond.

Moral Lessons and Call to Action – Emulating the FSK Spirit Kuto's story reminds FSK students that greatness begins with integrity, resilience, and service—core values the school has upheld for decades. As future leaders, they must draw inspiration from his journey, recognizing that their time at Kamusinga is a foundation for impactful lives. Let his example challenge the Class of 2025 to pursue excellence, advocate for justice, and uphold the FSK name with pride. The call is clear: Use your common sense, lead with courage, and leave your mark on the world.

Snr Principal Magistrate, Benmark Ekhubi



From an uncertain scholar to a preeminent jurist and celebrated athlete!

Carrying FSK's values into his juridical career, Ekhubi has distinguished himself as a Senior Principal Magistrate at Milimani Law Courts, adjudicating complex cases with jurisprudential finesse. His tenures as Treasurer and Secretary General of the Kenya Magistrates and Judges Association have effectuated transformative reforms within the judicial milieu, enhancing the administration of justice. Ekhubi's synthesis of legal erudition and athletic prowess exemplifies his multifaceted talent and unwavering resolve, proudly upholding FSK's legacy with distinction.

Beyond the academic sphere, FSK's commitment to comprehensive development unearthed Ekhubi's latent talents, particularly in hockey. Joining the school's team in Form 1, he earned the sobriquet "all-time legend." His leadership was instrumental in FSK's acquisition of the national hockey trophy in 2000, where he was adjudged Most Valuable Player—a precedent setting achievement for the institution. This triumph inspired subsequent generations and solidified his legacy, with Ekhubi continuing to mentor successive teams.

On February 4, 1997, Benmark Ekhubi enrolled at Friends School Kamusinga (FSK), situated at the foothills of Mt. Elgon, grappling with uncertainty about his identity and potential. The school's dynamic culture, sagacious mentors, collegial peers, holistic educational approach, and steadfast religious foundation transmuted his doubts into clarity, confidence, and purpose. These formative years inculcated in him the cardinal virtues of resilience, integrity, service, empathy, patriotism, and diligence, shaping him into a paragon of FSK's founding ethos.

Ekhubi's odyssey from an uncertain scholar to a preeminent jurist and celebrated athlete serves as a compelling testament to the transformative power of perseverance and a robust foundational ethos. His steadfast commitment to jurisprudential excellence and societal upliftment, both in the adjudicatory arena and on the hockey field, continues to inspire. By embodying FSK's enduring principles, Ekhubi not only elevates the administration of justice but also galvanizes future generations to pursue their potential with unwavering courage and purpose.

From an uncertain scholar to a preeminent jurist and celebrated athlete!

As a proud alumnus of FSK (Class of 1997), Robin exemplifies legal brilliance, academic dedication, and societal impact. As an Advocate of the High Court of Kenya and an adjunct lecturer at Mount Kenya University Law School, Robin masterfully combines incisive legal expertise with a deep commitment to advancing justice and shaping future leaders. With over 20 years of outstanding performance in legal practice, academia, and corporate governance, Robin leads Mayeku Busolo Advocates, offering expert guidance on commercial law, world trade law, criminal and civil litigation. His practice is marked by precision, integrity, and a client-centered approach.

As Assistant Director of Regulatory Affairs at the Communications Authority, Robin drives innovation by advising on frameworks for emerging digital technologies, policy development, and legislative progress, positioning Kenya as a leader in the global digital landscape.

In academia, Robin's passion for education shines as an adjunct lecturer at Mount Kenya University Law School. His teaching blends rigorous legal insight with a human touch, inspiring students to pursue justice with compassion and excellence.

Call to Action

Connect with Robin Mayeku Busolo for expert legal counsel, transformative policy insights, or to be inspired as a student of law. Reach out through Mayeku Busolo Advocates or Mount Kenya University to engage with a visionary leader dedicated to justice and progress.

Communication Authority (K)

CA is Regulatory body with responsibilities of licensing radio communications, telecommunications, broadcasting, postal and courier services.



Robin Mayeku Busolo, Advocate

Mt. Kenya University
Courses offered:

- i. Law Course
- ii. Criminal law
- iii. Criminal procedure
- iv. Criminology
- v. Commercial law
- vi. Technology law

Keywords: CA – Communication Authority, Law course.

A Legal Luminary with a Heart for Humanity

TECHPRENEURS

&

VISIONARIES



William E. Aluku
CEO, Velocity Software Ltd

What an incredible journey shared at Friends School Kamusinga! From late-night study sessions to unforgettable moments on the basketball and rugby stages, our time there shaped us into who we are today. The lessons we learned—both in and out of the classroom—taught us resilience, compassion, and the value of community, preparing us for life's challenges and opportunities. A heartfelt thank you to our dedicated teachers, supportive families, and amazing friends made.

Here's to cherished
memories and bright
horizons!



Jimmy Wati

*Technical Assistance
Advisor,
International Monetary
Fund*

Friends School
Kamusinga was more
than just books and
exams—it was laughter
echoing through dorms,
fierce house competitions,
epic dining hall stories,
and friendships that stood
the test of time. We came
in as teens, left as legends,
and the memories still
make us smile today.



We came in as teens, left as legends, and the
memories still make us smile today.



Mubarak Muyika Techpreneur

At Friends School Kamusinga, he transformed adversity into innovation, becoming a tech prodigy. Orphaned at just 11 years, he excelled at Kamusinga, winning awards at the Kenya Students Congress on Science and Technology for his "Kahunic Infra-photo Surveyor" and "Enhanced Petrol Tracker." At 16, he founded Hype Century Technologies, a web design firm, sold it at 19 for millions, and later launched Zagace in Silicon Valley. Declining a Harvard scholarship, Muyika's grit earned him spots on Forbes Africa's 30 under 30, inspiring Kamusinga's 2025 yearbook as a beacon of tech entrepreneurship.

MEDICAL ALUMNI **CARE, INNOVATION** **& SERVICE**



Dr. Edward Simiyu Kawa
Dental Surgeon
Class of 1994



Prof. Vitalis Mung'ayi
Anesthetist
Class of 1981



Dr. Jonathan Wawire
Anatomic Pathologist
Class of



Dr. Dickens Omanga, Surgeon
Class of 2006



Dr. Samuel Ateya
Class of 1996

Prof. Vitalis Mung'ayi Anaesthetist

In the heart of FSK, where dreams are born and futures crafted, Prof. Vitalis Wanyonyi Mung'ayi's journey inspires the Class of 2025 to pursue excellence with purpose and faith. From the classrooms to the forefront of global healthcare, his story shows what a product of FSK can achieve with grit and compassion. Prof. Mung'ayi earned his Bachelor of Medicine and Surgery from the University of Nairobi in 1990. Followed by a Master of Medicine in Anesthesiology in 1998, all while serving as an officer in the Kenya Defence Forces—a testament to his discipline and drive. His quest for knowledge led to a Certificate in Intensive Care Medicine from Tel Aviv University in 2002 and a Fellowship in Intensive Care Medicine from the University of the Witwatersrand in 2006. At Aga Khan University Hospital in Nairobi, Prof. Mung'ayi has been a Consultant Anesthesiologist and Associate Professor since 2015. He laid the foundation for the Department of Anesthesiology as its Foundation Program Director in 2004 and led as Chair from 2006 to 2012, while also serving as Clinical Director of the Intensive Care Unit, crediting God's grace for these milestones. His leadership extends as Interim Chair of the Critical Care Society of Kenya, a member of the College of Anaesthetists of East, Central, and Southern Africa (CANECSA), and a consultant for the Kenya Medical Practitioners and Dentists Council on anaesthesia matters.



A devoted educator, Prof. Mung'ayi shapes future doctors as an external examiner for Master of Medicine programs at Makerere University (Uganda), Muhimbili University of Health and Allied Sciences (Tanzania), and the University of Nairobi. His work at King Faisal Hospital in Rwanda and Mater Hospital in Nairobi reflects his heart for service. With over 30 publications and 440 citations, his research on preoperative anxiety, pain management, and mobile health innovations brings care to underserved communities. To the Class of 2025, Prof. Mung'ayi's life is a call to action: let your Kamusinga roots anchor you and your dreams lift you to change lives. As he says, "Compassion and knowledge can heal what's broken and build what's possible." May his legacy inspire you to make a difference, one life at a time.

Courses accessed at Aga Khan University Hospital, Nairobi.

Medical College, East Africa | The Aga Khan University

<https://share.google/wZlc3MxfAaAOsDrdS>

Graduate School of Media & Communications | The Aga Khan University

<https://share.google/7lebmgbotNg5vmOx4>

School of Nursing and Midwifery, East Africa | The Aga Khan University

<https://share.google/mDRQUMHJVYi1Ppy3>

Harmony in Purpose

Prof. Vitalis
Mung'ayi



In the storied legacy of Friends School Kamusinga, the Class of 1996 holds a special place, shaped by the visionary leadership of Chief Principal Christopher Khaemba. Among the vibrant voices of Kenyatta House was Samuel Ateya, whose passion for the school choir filled the air with harmony and hope. The school's motto, "Use Common Sense," became more than words—it was a guiding light that instilled discipline, clarity, and purpose, shaping Samuel's path toward a remarkable future. Under Chief Principal Khaemba's transformative guidance, Friday evening sessions brought influential figures to inspire the student body, planting seeds of ambition and resilience. Samuel embraced the lessons of early rising and personal discipline, forging a foundation of mental fortitude that carried him through rigorous academic pursuits across continents. From earning his Bachelor of Medicine and Surgery (MD) to completing a Master's in Family Medicine and becoming a Fellow of the East, Central and Southern Africa College of Family Physicians (ESCA-CFP), Samuel's journey reflects the enduring impact of Kamusinga's culture of excellence.

Today, Dr. Samuel Ateya stands as a beacon of service and leadership in Kisii County. As a Consultant Family Physician, he delivers compassionate care to his community, while his role as an Adjunct Lecturer at Kisii University's School of Medicine inspires the next generation of medical professionals. As the Founding Director of Kanyimbo Hospital, he has created a legacy of healing and hope, rooted in the values of perseverance and clarity instilled during his formative years at FSK.

In this 2025 yearbook, we celebrate Dr. Samuel Ateya, a proud alumnus of the Class of 1996, whose life embodies the spirit of Friends School Kamusinga. His achievements in healthcare and education are a testament to the school's ability to shape focused, grounded individuals ready to transform the world. From the choir's melodies to the halls of medicine, Dr. Ateya's journey reminds us that with discipline, determination, and common sense, the possibilities are limitless.

Dr. Edward Simiyu Kawa **Dental Surgeon** **Class of 1994**

A distinguished alumnus who entered Friends School Kamusinga in 1994 as a member of Nyerere House, has built an inspiring career rooted in the values he developed at the school. After earning his Bachelor of Dental Surgery from the University of Nairobi, he now serves as a dedicated dentist at Eldoret Hospital, making a meaningful impact in healthcare.

During his time at FSK, Edward was known for his dedication and leadership within Nyerere House, actively engaging in academic and extracurricular pursuits. His commitment to excellence paved the way for his rigorous studies at the University of Nairobi, where he honed his skills in dental surgery. Today, as a respected dentist, Dr. Kawa combines professional expertise with a passion for community service, improving the lives of his patients and embodying the spirit of service fostered at FSK.



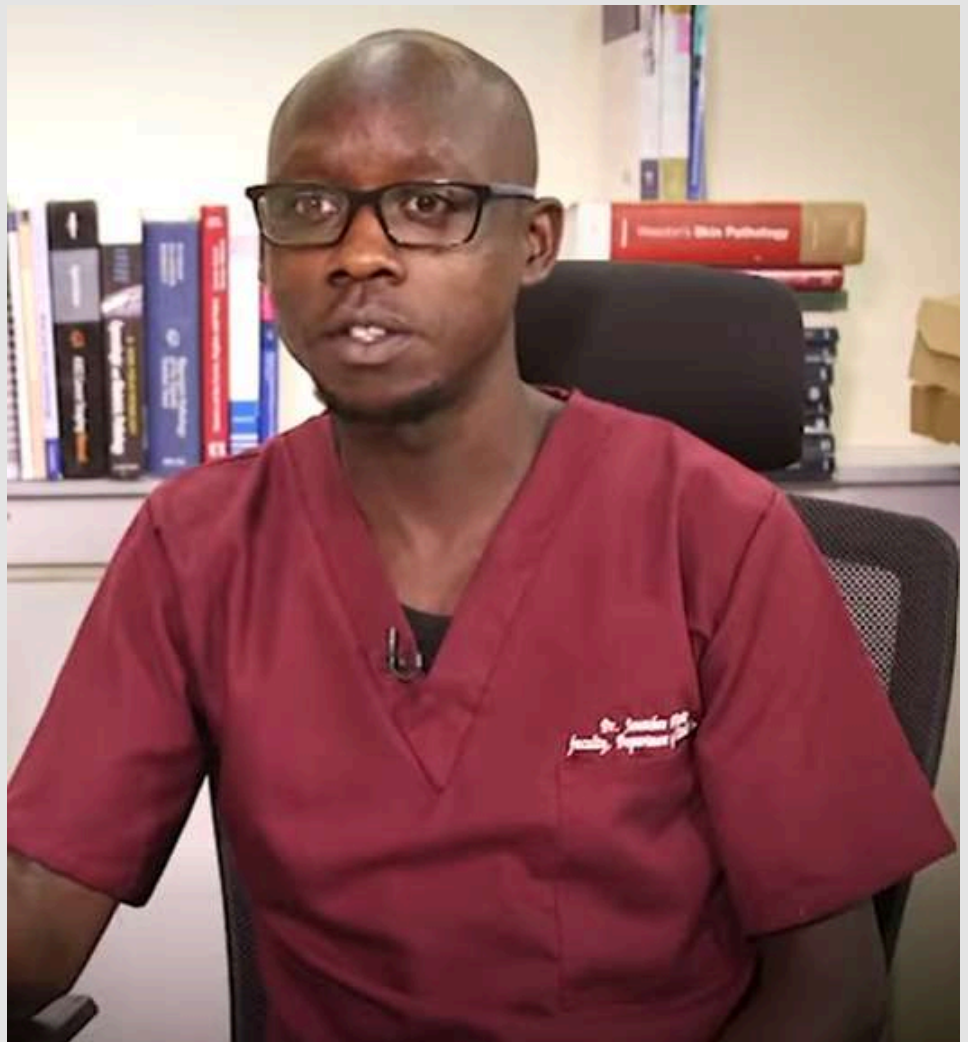
Call to Action:

Dr. Kawa's journey from Kamusinga to a impactful career in dentistry inspires us all. Let his story encourage you to seize every opportunity at Kamusinga, pursue your goals with determination, and make a lasting difference in your community!

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Dr. Jonathan Wawire Anatomic Pathologist

A distinguished alumnus of Friends School Kamusinga, Dr. Jonathan Wawire has built an impressive career as an anatomic pathologist at Aga Khan University Hospital in Nairobi. Specializing in cancer diagnostics, his meticulous analysis and insightful interpretation of tissue samples have been vital in delivering accurate and timely diagnoses. With advanced training from Brown University and collaborations on cutting-edge research—particularly in HPV-associated cancers—Dr. Wawire exemplifies the intellectual rigor and discipline nurtured at FSK. His work not only advances patient care but also integrates innovative technologies like AI-driven pathology to improve outcomes in Kenya and beyond.



Dr. Wawire's journey from Kamusinga's classrooms to international pathology conferences reflects the school's enduring commitment to excellence. As a mentor and researcher, he embodies FSK's values of curiosity and service, inspiring future generations of medical professionals. His story reminds current students that the foundation laid at Friends School Kamusinga can propel them to global impact—proving that "common sense," when paired with dedication, transforms into extraordinary achievements.

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



**Dr. Dickens Omanga, Surgeon
Class of 2006**

Dr. Dickens Omanga, a stellar alumnus of Friends School Kamusinga, redefined excellence as the 2006 KCSE national top performer. From Mount Elgon's humble roots, he wielded the school's "Use Common Sense" ethos to conquer academic heights, earning a medical degree from the University of Nairobi in 2013 and a master's in Orthopaedic Surgery from Moi University in 2021. Now a trailblazing consultant at Kitale County Referral Hospital, Dr. Omanga's ascent from FSK's halls to healing hands, as highlighted in the 2025 yearbook, ignites ambition in every student, proving that "Brains Plus Grit Equal Impact."

More than a surgeon, Dr. Omanga is a beacon for the next generation, dropping knowledge bombs on YouTube to spark resilience and focus in youth. His mantra, "Choose Smart, Thrive Hard," echoes his Kamusinga-honed discipline, urging students to seize opportunities and shape futures. Featured in the 2025 FSK yearbook, his story celebrates a legacy of transforming lives through medicine and mentorship, challenging students to "Break Barriers, Build Legacies" with unwavering purpose.



FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



Special Features





Professor Patrick Kere Maelo Kenya House, Class of 1999

Dr. Noah Sitati, our Guardian of the Wild, is proof that dreams born in the classrooms of Friends School Kamusinga can soar across continents. Armed with a Bachelor's from Kenyatta University, a Master's from Moi University, and a PhD from the University of Kent's Durrell Institute, he's become a global force in conservation. His mission? To bridge the gap between humans and elephants, turning conflict into harmony. From the sweeping Mara ecosystem to the forests of Central Africa, Dr. Sitati's groundbreaking work shows us that protecting wildlife starts with uplifting communities. His story is a call to the Class of 2025: chase your passion, and you can change the world.

With over 45 publications and a trail of inspired students—13 master's and 8 PhD scholars—Dr. Sitati's impact ripples far beyond the savannah. He's led WWF Kenya, served as CEO of the Masai Mara Wildlife Conservancies Association, and now shines as a Wildlife Species Expert for WWF Tanzania. As Co-chair of the IUCN's Human-Elephant Conflict Working Group and a KWS honorary warden, he crafts strategies that save elephants and secure livelihoods. Using tools like GIS and remote sensing, he maps a future where nature and people thrive together. His journey reminds us that every step forward counts, no matter how wild the path.

To the Kamusinga family, Dr. Sitati is more than a conservation hero—he's a beacon of purpose. His work across Kenya, Tanzania, Mozambique, and Central Africa inspires us to think big and act boldly. As we flip through the pages of 2025, let his legacy fuel our dreams.

Whether it's tackling global challenges or making a difference right here at home, Dr. Sitati's roar echoes loud: protect what matters, unite for change, and leave the world better than you found it. Class of 2025, let's answer his call and carve our own paths to greatness.

Protect what matters,
unite for change, and leave
the world better than you
found it.

**Professor Patrick Kere
Maelo
Kenya House
Class of 1999**

Take a step toward
making a difference
—pursue knowledge,
engage in meaningful
causes, or contribute
to sustainable change
in your community
today!



In the 2025 Friends School Kamusinga Yearbook, we celebrate Professor Patrick Kere Maelo, a luminary in public and environmental health whose career exemplifies excellence and service. As the Dean of the School of Public Health at Moi University's College of Health Science, an Associate Professor in the Department of Environmental Health and Disaster Risk Management, he shapes the next generation of health professionals while advancing critical research and policy. His leadership and expertise have made him a cornerstone of academic and societal progress in Kenya and beyond. With over fifteen years of experience, Professor Maelo's work in disaster management, sustainable development, and pandemic preparedness has had a transformative impact. His extensive portfolio includes prestigious certifications as a Lead Environmental Impact Assessment Expert with NEMA and a Lead Auditor for Quality Management Systems.

Beyond Kenya, his consultancy roles and prolific publications have earned him global recognition. As an adjunct lecturer at Linköping University in Sweden and the Heidelberg Institute of Global Health in Germany, he bridges local and international expertise, fostering innovative solutions to pressing global challenges.

Professor Maelo's dedication extends to community leadership, notably through his service on the board of the Kenya Red Cross Society's Uasin Gishu Branch. His ability to blend academic rigor with practical, community-driven solutions sets him apart as a true changemaker. From securing research grants to advising government task forces, his contributions resonate across sectors, inspiring others to pursue excellence with purpose.

Call to Action

Be inspired by Professor Maelo's journey! Whether you're a student, professional, or community member, take a step toward making a difference—pursue knowledge, engage in meaningful causes, or contribute to sustainable change in your community today!

Dean School of Public Health
Department of Environmental Health & Disaster
Risk Management Moi University
College of Health Sciences
Moi University, Eldoret City - Kenya

FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



Bakari Mohammed Wangusi
Class of 1999

In the rolling hills of Kimilili, Bungoma County, where the legacy of Friends School Kamusinga (FSK) thrives, Mohammed Wangusi stands out as a shining example of creativity and resilience. Featured in the 2025 FSK Yearbook, Mohammed's story is one of turning challenges into opportunities, blending innovation with practicality to address the pressing issue of unemployment through agribusiness. Mohammed, a proud alumnus of FSK, graduated in 1999, a time when Kenya's youth unemployment rate was soaring, with over 35% of young people struggling to find stable work. Undeterred by the lack of formal job opportunities, Mohammed looked to his roots for inspiration. Raised in a community where agriculture is the backbone of life, he saw untapped potential in the land and its resources. His innovative approach, an agribusiness model centered on rearing horses and goats, a venture that not only sustains him but also inspires his peers.

Horses, often seen as a luxury, became Mohammed's bold entry into agribusiness. Recognizing the growing demand for equine-related activities—such as recreational riding, tourism, and even cultural events in Western Kenya—he invested in a small stable of well bred horses. These animals, cared for with precision, serve local tourism ventures and provide a unique income stream. Mohammed's creativity shines in how he markets these services, using social media to attract clients and partnering with local schools for educational farm visits. His vision transforms the perception of horses from mere symbols of prestige to viable economic assets.



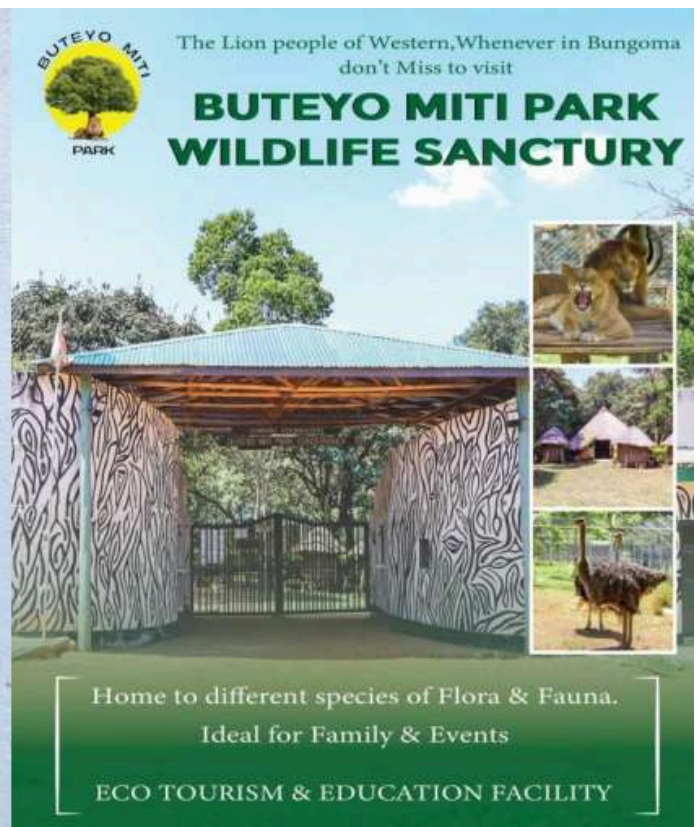
FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE



Goats, a more traditional livestock choice, form the backbone of his operation. Mohammed breeds high-quality goats for meat and dairy, tapping into the rising demand for organic products. His innovative edge lies in sustainable practices: he uses biogas from goat waste to power his farm, reducing costs and environmental impact. He also trains unemployed youth in his community, teaching them animal husbandry and entrepreneurship, creating a ripple effect of empowerment. “Unemployment isn’t a dead end,” Mohammed says in his yearbook feature. “It’s a chance to create something new, something yours. At FSK, Mohammed’s story resonates with the school’s ethos of discipline and excellence, as highlighted in its

rich history. His venture aligns with the school’s legacy of producing leaders who tackle real-world challenges with ingenuity. The 2025 yearbook celebrates Mohammed not just for his business acumen but for embodying the spirit of innovation that FSK instills in its students. His work is a testament to how creativity, rooted in community and tradition, can forge paths where none seem to exist.

As Friends School Kamusinga marks another year of molding visionaries, Mohammed Wangusi’s agribusiness model stands as a powerful narrative in the 2025 yearbook—a call to action for students to think boldly, act locally, and transform challenges into opportunities.



Chris Buteyo A Conservationist

In the 2025 Friends School Kamusinga Yearbook, we celebrate alumnus Chris Buteyo, a visionary from Bungoma making waves as a climate change agent and hospitality entrepreneur. At the helm of a thriving wildlife conservancy in Bungoma, Chris combats climate change by preserving Kenya's rich biodiversity and promoting sustainable land practices, ensuring ecosystems flourish for future generations.

His innovative hospitality ventures in the region offer eco-conscious tourism experiences, blending conservation with immersive guest stays that highlight environmental stewardship. Embodying FSK's values of leadership and service, Chris inspires us to protect our planet while proudly representing Bungoma.

**Champion of
Conservation and
Hospitality**



FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

From 1994 to 1998, Mr. Titus Isogol transformed Friends School Kamusinga (FSK) as a teacher of CRE, IRE, and History, earning CRE Teacher of the Year in Bungoma District (1995–1998) and Kenya’s Best CRE Teacher in 1998, honored by PS Dr. Elizabeth Masiga. He coordinated clubs and societies (1996–1998), coached badminton, Scrabble, and tennis– becoming National Secondary Schools Sports Racquet Games Commissar (1997–1998)—and served as YCS Patron, Bungoma Diocese Coordinator. His FSK tenure launched a dynamic career, from Deputy Principal at St. Paul’s Amukura (1998) to Principal at multiple schools (2000–2023), culminating as Chief Principal at St. Paul’s Amukura in 2023 to date.

Join the Quest for Greatness

Mr. Isogol’s journey embodies FSK’s legacy of shaping queens and kings of excellence. As Patron of the 1998 FSK class and a pillar of the FSK Forever group, he maintains enduring bonds with students and colleagues. His story inspires action: embrace passion, lead with purpose, and carry the FSK torch to transform lives and build a brighter future through excellence.



Mr. Titus Isogol

Igniting
a Legacy
of
Impact



Christopher Barasa
National Secretary General of UASA-KENYA
Class of 1997

With UN-Habitat's stark warning that 70% of Africa's urban population lives in slums—a crisis poised to overwhelm cities by 2050—Gola's mission proves education is the ultimate weapon against despair, turning Kamu's lessons into a legacy of hope. From diving to save goals to lifting young dreams, his journey from goalkeeper to hope-builder challenges every Tiger to rise.

Call to Action

Tigers, hear the roar of Christopher Barasa's legacy and let it shake you awake! Kamusinga didn't just shape a goalkeeper—it forged warriors of change, and now it's your turn to charge into the fray. Look around—spot the need, whether it's a struggling peer, a forgotten community, or a dream left in the shadows. Act with the same fire Gola carried from Kamu's fields to Mathare's alleys.

From the sun-kissed fields of Friends School Kamusinga, where Christopher Barasa, known as “Gola,” stood fierce as goalkeeper from 1994 to 1997, a fire was kindled that would blaze a trail to Mathare slums. Molded by FSK's pillars of discipline, resilience, and service under the inspiring leadership of Principal Christopher Khaemba, Gola's journey, immortalized in the 2025 yearbook, is a thunderous call for every Kamu Tiger to transform passion into purpose.

Achievement and Narration

On Kamusinga's vibrant pitches, “Gola” forged resilience that propelled him to establish the Genesis Joy Project Institute in 2000, a lifeline for Mathare's children trapped in poverty, where, as National Secretary General of UASA-KENYA, he now battles for slum schools to secure government recognition and support.



Sport Icons





Africa's Fastest
Man and
Kamusinga's Pride!

Ferdinand Omanyala
Class of 2014

In the hallowed halls of Friends School Kamusinga, where dreams are nurtured and talents honed, one name shines brighter than ever in 2025—Ferdinand Omanyala Omurwa, Class of 2014, Africa's fastest man and a global sprinting sensation. Known for his electrifying speed and unyielding determination, Ferdinand has not only etched his name in the annals of athletic history but has also become a beacon of inspiration for every student who walks the fields of Kamusinga.



Born on January 2, 1996, in Hamisi, Vihiga County, Ferdinand's journey to greatness began right here at Friends School Kamusinga. Initially a rugby winger, his raw speed on the pitch caught the eye of a friend who urged him to try athletics. This pivotal moment sparked a remarkable career shift, leading him from the rugby fields to the track, where he would redefine what it means to be a Kenyan sprinter. At Kamusinga, Ferdinand's early sporting endeavors in volleyball, basketball, hockey, and rugby laid the foundation for his relentless work ethic and competitive spirit, qualities that continue to define his legacy.

Ferdinand's rise to prominence has been nothing short of extraordinary. In 2021, he shattered barriers by running 9.77 seconds in the 100m at the Kip Keino Classic in Nairobi, setting a new African record and becoming the ninth-fastest man in history. This feat, achieved against a world-class field, announced his arrival on the global stage. Though he has not yet claimed the coveted World Championship 100m title, Ferdinand's performances have been awe inspiring. In 2022, he clinched gold in the 100m at both the African Championships and the Commonwealth Games, becoming the first Kenyan in 60 years to win the latter. His 2024 Olympic campaign in Paris, where he served as Kenya's flag bearer, saw him reach the 100m semi-finals, clocking 10.08 seconds, a testament to his consistency despite fierce competition.



Beyond athletic prowess



Beyond his athletic prowess, Ferdinand's journey is one of resilience. His commitment to excellence, forged during his time at Kamusinga and later at the University of Nairobi, where he pursued a Bachelor of Science in Chemistry, reflects the values of discipline and perseverance instilled in him as a student here

In 2025, as Ferdinand prepares for the World Athletics Championships in Tokyo, he carries the hopes of a nation and the pride of Kamusinga.

Ferdinand remains a role model, inspiring young athletes through motivational talks at schools, including our own, and advocating for the growth of sprinting in Kenya. His desire to return to rugby in his 40s, shared with a nostalgic smile, reminds us of his deep-rooted love for sport, which began on our fields.

To the students of Friends School Kamusinga, Ferdinand Omanyala is more than an alumnus; he is a symbol of what is possible when talent meets tenacity. His story encourages every Quaker to chase their dreams with unwavering focus, knowing that the world is watching. As we celebrate his achievements in the 2025 yearbook, we salute Ferdinand for carrying the Kamusinga spirit to the global stage and inspiring us to run our own races, no matter the distance.



Ferdinand Omanyala

MAXWELL WAKHUNGU FUCHAKA Amugune House, 2006

In the annals of Friends School Kamusinga, few names resonate with the thunderous impact of Maxwell Wakhungu Fuchaka, Amugune in 2006. A son of the soil, Maxwell emerged from the vibrant fields of Western Kenya to become a towering figure in the world of hockey, a beacon of leadership, and an enduring inspiration to generations. His story, as immortalized in the 2025 Friends School Kamusinga yearbook, is not just one of athletic triumphs but of an unyielding spirit that transformed challenges into victories and dreams into reality.

Maxwell's journey began on the dusty pitches of Kamusinga, where his love for hockey was ignited. As a student in 2006, he stepped onto the national stage at the Secondary School Hockey Championship in Shanzu, wielding his stick with a blend of finesse and ferocity that left opponents in awe. At just 18, he was named the Most Valuable Player of the tournament, a testament to his raw talent and unrelenting drive. That moment under the coastal sun was more than a personal triumph; it was a declaration that Maxwell Wakhungu Fuchaka was destined for greatness.

His prowess only grew stronger as he transitioned from schoolboy star to a titan of Kenyan hockey. As captain of the Warriors Hockey Club, Maxwell led his team to an astonishing 13 Kenya Hockey Premier League titles. Each victory was a masterclass in leadership—his ability to rally his teammates, strategize under pressure, and dominate the field made the Warriors a dynasty. Opponents feared the sight of Maxwell charging forward, his stick an extension of his will, carving paths through defenses with precision and power. Off the field, his camaraderie and humility endeared him to teammates, who saw in him not just a captain but a brother-in-arms. Maxwell's leadership extended beyond the club to the national stage, where he donned the captain's armband for the Kenya National Hockey Team. Representing the nation, he carried the hopes of millions, embodying the spirit of resilience and unity that defines Kenya. Under his captaincy, the team faced formidable international opponents, with Maxwell's commanding presence and tactical brilliance elevating Kenya's standing in the sport. His name became synonymous with national pride, a symbol of what dedication and talent could achieve on the global stage.



FRIENDS SCHOOL KAMUSINGA – LEGACY OF EXCELLENCE

Maxwell's legacy transcends the scoreboard. Today, as a Physical Education teacher at the prestigious Crawford International School, he channels his passion into shaping the next generation of athletes. His classroom is the field, his lessons drawn from a life of discipline, teamwork, and perseverance. Students at Crawford speak of a teacher who doesn't just instruct but inspires, who sees potential in every swing of the stick and every sprint across the turf. Maxwell's journey from a young dreamer at Kamusinga to a mentor molding future champions is a powerful narrative of giving back to the community that shaped him.

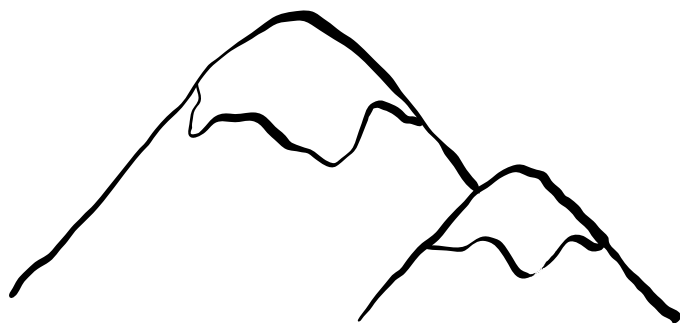
The 2025 Friends School Kamusinga yearbook dedicates a glowing tribute to Maxwell, capturing the essence of his indomitable spirit. It recounts the roar of the crowd at Shanzu in 2006, the electric atmosphere of Warriors' 13 title triumphs, and the quiet strength of a man who led Kenya's hockey team with honor.

The yearbook's pages likely paint vivid scenes: a young Maxwell, eyes blazing with determination, scoring a decisive goal; a captain lifting the premier league trophy amidst cheering teammates; a teacher encouraging a student to push past their limits. These stories are woven with pride, celebrating a Kamusinga alumnus whose life embodies the school's motto of excellence and service.

Maxwell Wakhungu Fuchaka's story is not just about hockey; it's about the heart of a lion who roared through every challenge, leaving an indelible mark on the sport and the lives he touched. From the fields of Kamusinga to the international arena and now the classrooms of Crawford, his journey reminds us that true greatness lies in lifting others as you climb. In 2025, as Friends School Kamusinga reflects on its heroes, Maxwell stands tall—a warrior, a leader, a teacher, and forever a son of Kamusinga.



The Lion of Kenyan Hockey



LEADERSHIP

PILLARS OF PURPOSEFUL LEADERSHIP THE FSK EXPERIENCE

At Friends School Kamusinga (FSK), leadership is not just a badge of honor—it is a way of life, forged in every classroom, field, and stage. As an academy of leadership, FSK nurtures students through a vibrant tapestry of opportunities: from steering cultural week celebrations that honor unity in diversity, to shining on talent night stages and commanding the hockey or basketball courts with unwavering teamwork and resilience. These experiences sculpt principled leaders—bold enough to embrace diversity, courageous on the field, and creative in every endeavor.

At the heart of FSK's legacy are trailblazers who empower, inspire, and bridge differences— those who embody service before self, grit in adversity, and vision for the future. In every cultural showcase, sporting victory, and burst of creative expression, Kamusinga champions the tenets of humility, discipline, and transformation. Here, leadership is lived: “We rise by lifting others,” forging a legacy that endures in every act of unity, passion, and purpose.

Fig. 1

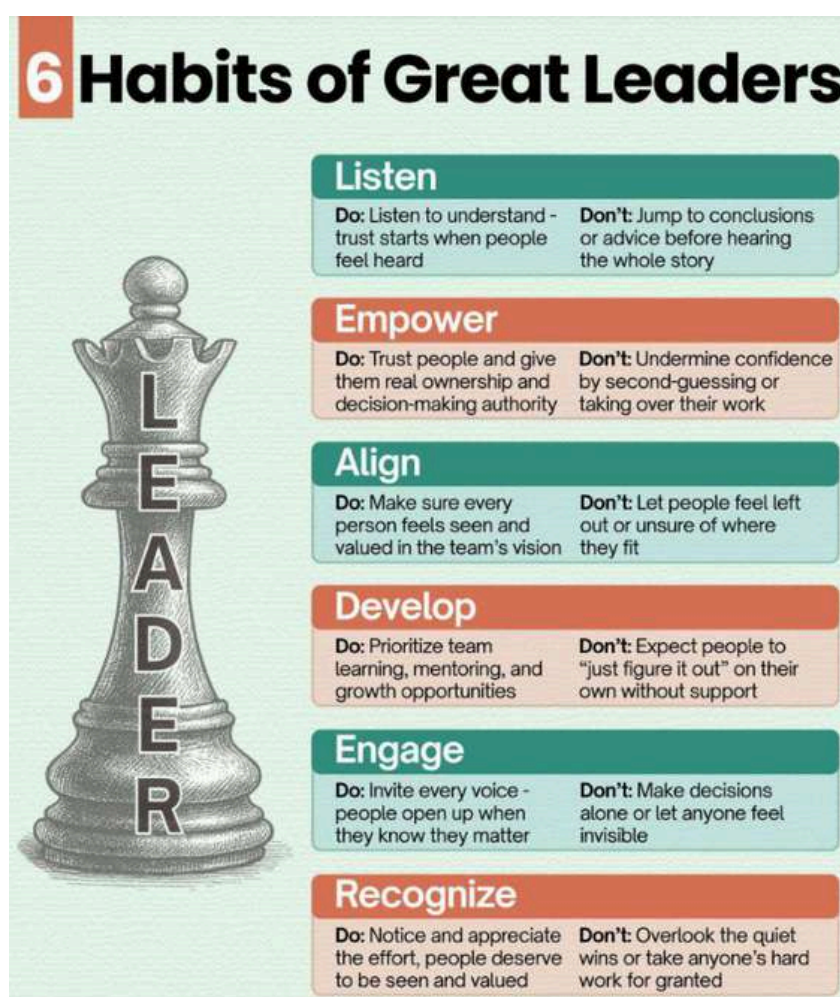


Fig. 2

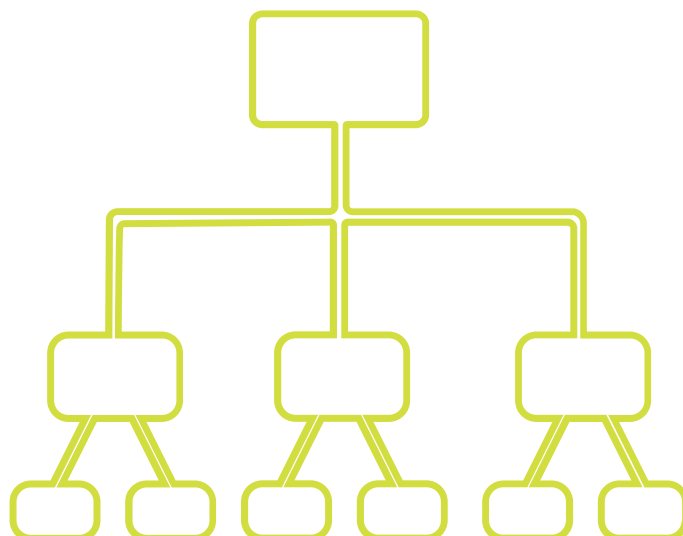
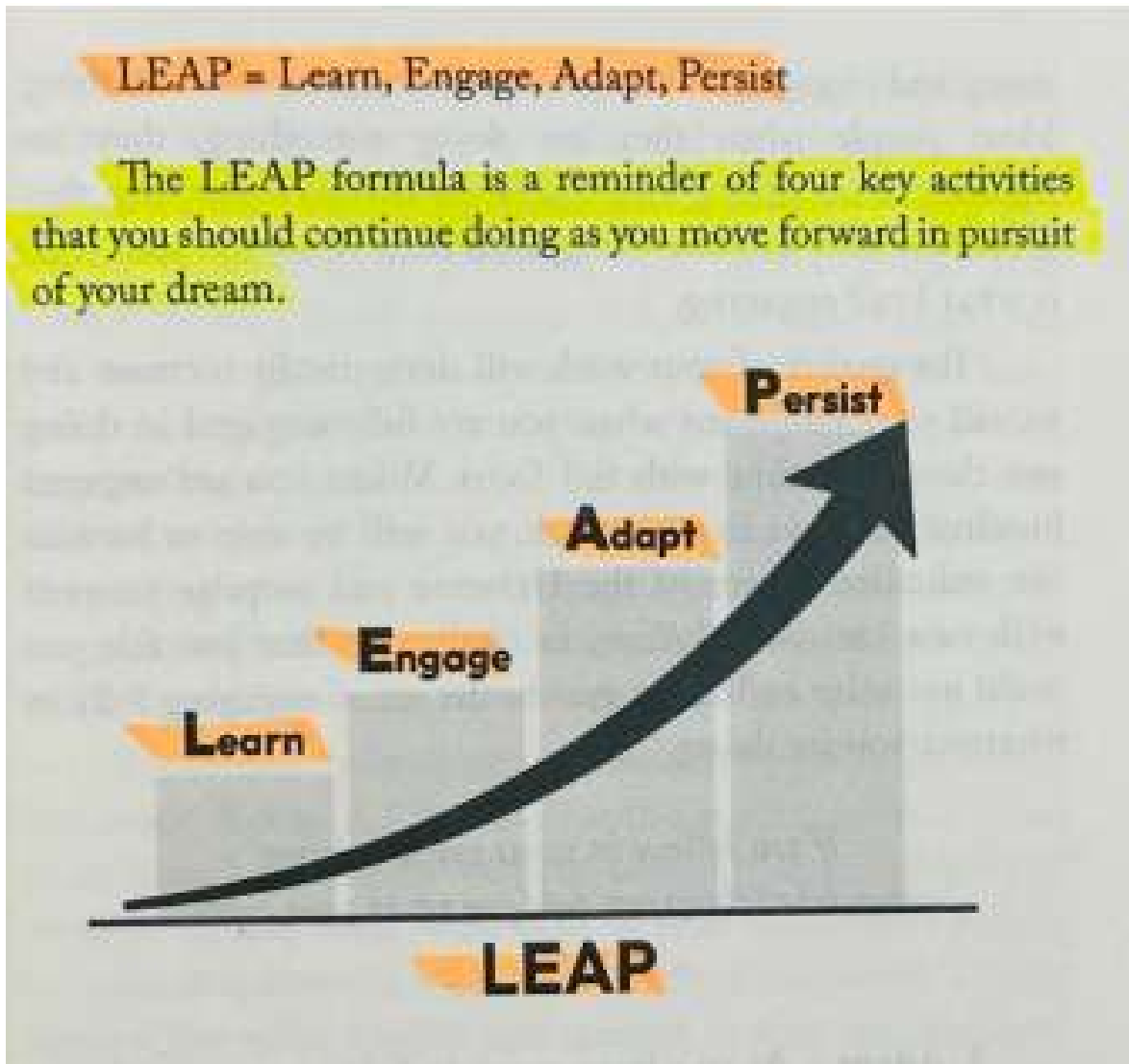
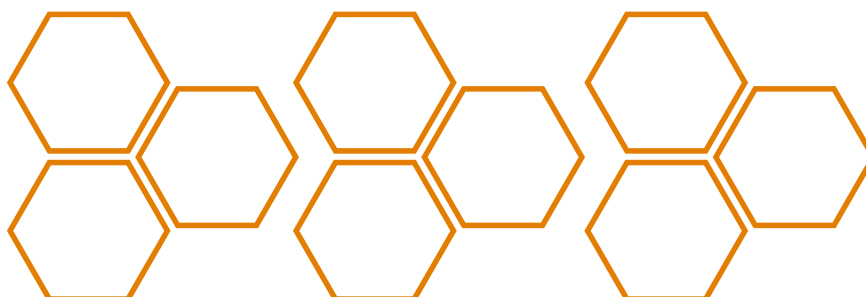


Fig.3



HEALTH TIPS

THREE TIPS FOR FSK STUDENTS AND ALUMNI IN 2025

For the Friends School Kamusinga 2025 yearbook, here are three concise health tips for male students, recent graduates, and senior alumni, emphasizing vitamin D, outdoor activities, and mental wellness with medical checkups:

01 Boost Vitamin D with Sunlight

Get 15–30 minutes of morning or late afternoon sunlight daily to enhance vitamin D, strengthening bones and immunity



02 Stay Active Outdoors, FSK Style

Aim for 60 minutes of daily outdoor activity.

- Students, compete in co-curricular activities
- Recent alumni, organize local sports and meetups.
- Senior alumni, try low-impact activities like walking or golf inspired by FSK's active legacy

These keep you strong and focused, honoring the school's tradition.

03 Nurture Mental Wellness with FSK Bonds and Medical Checkups

Boost mental health by connecting with the FSK community and prioritizing regular medical checkups.

- Students, compete in co-curricular activities and visit the school clinic for routine health screenings.
- Recent alumni, mentor students and schedule annual checkups;
- Senior alumni, share stories at reunions and consult doctors for age-appropriate tests like blood pressure or prostate screenings. Take social media breaks and relax outdoors to stay resilient for 2025.



NOTABLE ALUMNI

HENRY CHAKAVA - KENYAN PUBLISHER	01
BENJAMIN CHEBOI - FIRST GOVERNOR OF BARINGO COUNTY	02
CHRIS KIRUBI - BUSINESSMAN, ENTREPRENEUR, INDUSTRIALIST AND PHILANTHROPIST	03
KAKAI KISSINGER - HUMAN RIGHTS ACTIVIST AND ATTORNEY, FORMER CHIEF REGISTRAR OF THE JUDICIARY OF KENYA	04
KENNETH LUSAKA - SPEAKER OF THE SENATE OF KENYA, GOVERNOR OF BUNGOMA COUNTY	05
CLEOPA KILONZO MAILU - AMBASSADOR, PERMANENT REPRESENTATIVE TO THE UN WORLD TRADE AND FORMER CABINET SECRETARY FOR HEALTH	06
CLEOPHAS MALALA - SENATOR, KAKAMEGA COUNTY	07
MUBARAK MUYIKA - INTERNET ENTREPRENEUR AND BUSINESSMAN	08
FERDINAND OMANYALA - SPRINTER AND 2020 OLYMPICS RECORD HOLDER	09
TYLOR ONGWAE OKARI - BASKETBALL PLAYER FOR KENYA'S NATIONAL BASKETBALL TEAM	10
MOSES WETANGULA - SPEAKER OF THE NATIONAL ASSEMBLY OF KENYA, FORMER MINISTER FOR FOREIGN AFFAIRS AND FORMER MINISTER FOR TRADE	11

CORPORATE SOCIAL RESPONSIBILITY



The Friends School Kamusinga 2025 yearbook shines a spotlight on the remarkable Corporate Social Responsibility (CSR) initiatives that have uplifted the school community. These efforts, driven by dedicated alumni and sports teams, reflect a deep commitment to giving back as seen below:

Jimmy Wanjala, a distinguished pilot and proud alumnus, has soared to new heights in inspiring Kamusinga students. Through captivating motivational talks, he has ignited ambition, sharing his journey from the classroom to the cockpit. Wanjala's words resonate, encouraging students to dream big and persevere. Beyond inspiration, his generosity shines through his sponsorship of needy students, covering fees and providing resources to ensure no one is left behind.

Amb. Cleophas Mailu has left an enduring mark on Kamusinga through his transformative CSR contribution: the construction of a modern hostel. This state-of-art facility provides a comfortable and secure living space, enhancing the student experience and fostering a sense of community. Mailu's dedication to improving infrastructure reflects his vision for a nurturing environment where students can thrive. The 2025 yearbook honors his generosity, recognizing the hostel as a cornerstone of Kamusinga's growth and a testament to his commitment to education. **Hockey Legends: Equipping Future Champions.**

The Hockey Legends, a group of passionate alumni, have rallied to support Kamusinga's hockey team with unwavering dedication. Through their fundraising efforts, they mobilized funds to purchase new hockey sticks, uniforms, and essential accessories, equipping the team for success. Their contributions have boosted team morale and performance, helping Kamusinga dominate on the field. The 2025 yearbook salutes the Hockey Legends for their commitment to nurturing talent and preserving the school's proud sporting legacy.

Basketball Tigers: Revitalizing the Court!

The Basketball Tigers, another dynamic group of alumni, have transformed the school's basketball program by funding the renovation of the existing basketball court. Their efforts have created a modern, high-quality playing surface that enhances training and competition. This revitalized court has energized the team, fostering pride and excellence in every game. The 2025 yearbook applauds the Basketball Tigers for their impactful contribution, which has strengthened Kamusinga's reputation as a hub for sporting excellence. These CSR initiatives—led by Jimmy Wanjala, Amb. Cleophas Mailu, the Hockey Legends, and the Basketball Tigers—have enriched Friends School Kamusinga, creating opportunities and inspiring greatness. The 2025 yearbook proudly showcases their contributions, celebrating their role in building a brighter future for the school and its students.

BUILDING A VIBRANT THRIVING COMMUNITY

At Friends School Kamusinga, our community thrives on relationships that extend well beyond academic spaces, creating a legacy that lasts a lifetime. The 2025 yearbook captures the essence of bonds formed through trust, openness, and generosity—whether in lively study hall discussions or triumphant moments on the sports field. These connections, built on joy and unwavering support, don't fade after graduation; they evolve into meaningful networks that influence lives, careers, and aspirations. From school grounds to global stages, our community's ties remain strong.

Our relationships are defined by a commitment to go above and beyond, fostering connections that endure across time and distance. Through mentorship, alumni gatherings, or collaborative community initiatives, we continue to strengthen these bonds. The 2025 yearbook reflects the spirit of togetherness that shapes our identity, celebrating the trust and kindness at the heart of our community. As we move forward, we pledge to nurture these connections, ensuring they remain a cornerstone of our shared journey.

Every moment shared—whether in classrooms, on playing fields, or at reunions—adds to the rich tapestry of our community's story. These interactions, rooted in mutual respect and support, create a foundation for lifelong friendships and professional networks. The 2025 yearbook serves as a tribute to these enduring relationships, highlighting how they inspire personal growth and collective success. Our community's strength lies in its ability to sustain these ties, no matter where life takes us.

By actively staying connected and supporting one another, we build a community that transcends generations and geographies. Whether through guiding younger students, organizing alumni events, or spearheading community projects, we remain united by shared values. The 2025 yearbook invites us to celebrate the trust and generosity that define us, encouraging a commitment to keep these bonds alive and thriving for years to come.



Former Principal C S Khaemba, Anthony Maina (KRA) Kinyua (CEO Founder Atlantis)

Dr Abednego Ongeso, Duncan Juma, Dr. Chetambe at all Saints cathedral Nairobi for Ustadh Nyonje's requiem mass.



FRIENDS SCHOOL KAMUSINGA'S YEARBOOK 5-YEAR STRATEGIC PLAN

Friends School Kamusinga's yearbook strategic 5-year plan, Shares the school's history, academic excellence, and extracurricular achievements detailing its strong academic performance, rich extracurricular programs, and commitment to holistic student development. Below is an outline of 5-year strategic plan for the yearbook, tailored to align with the school's ethos and goals.



Vision

To produce a high-quality, inclusive, and innovative yearbook that captures the essence of FSK's academic, extracurricular, and cultural achievements, fostering school pride and preserving memories for students, alumni and the community.

Mission

To document the school's legacy, celebrate student and staff contributions, and create a dynamic yearbook that reflects FSK's values of excellence, discipline, and community while embracing modern technology and creative storytelling

Goals and Strategies

Enhance Content Quality and Inclusivity.

Objective

Ensure the yearbook comprehensively represents all aspects of school life, including academics, sports, arts, and community events.

Strategies

Expand coverage to include diverse student voices, such as contributions from various classes, houses, and clubs (e.g., hockey, basketball, drama, and science congress teams).

Year 1: Recruit and train a core yearbook team, including Form 2 and 3 students to ensure continuity.

Year 2-3: Introduce a mentorship program where senior students guide younger ones in yearbook tasks.

Year 4-5: Establish a yearbook awards system to recognize outstanding contributions, boosting student motivation.



Paul Weloba, Chief Principal
FSK 2025

CONCLUSION

Based on standard yearbook practices and FSK's context as a national boys' boarding school with a strong legacy in academics and sports, the data collection process likely involves a combination of school records, student surveys, professional and candid photography, and contributions from staff and alumni. This ensures a comprehensive representation of the school's vibrant community, capturing moments from events like Allan Bradley's Day, national championships, and academic milestones. However, challenges such as resource constraints, data accuracy, and ensuring inclusivity must be addressed to produce a high quality yearbook that reflects FSK's pride and traditions.



RECOMMENDATIONS

1. Implement a centralized platform (e.g., Google Forms or a dedicated section on www.fsk-kamusinga.sc.ke) for students and alumni to submit personal details, quotes, and photos. This reduces manual errors and ensures accessibility.
2. Enhance Inclusivity: Actively reach out to students less involved in extracurricular activities to ensure their inclusion through class-specific questionnaires or interviews. Include a section highlighting diverse student experiences, such as academic improvement stories or contributions from non-sporting clubs like the Young Farmers Club.
3. Leverage Technology for Photography: Train the school's media club to capture high-quality candid photos using affordable equipment, supplementing professional photography to reduce costs.
4. Engage Alumni and Community: Feature a section on alumni achievements to inspire current students and strengthen FSK's legacy.



A HEARTFELT **THANK YOU** FROM THE FSK OLD BOYS CHAIR

As the Chair of the FSK Old Boys Association, I, Fredrick Kabusia, am deeply honored to pen this note of gratitude in the 2025 Yearbook. Friends School Kamusinga is more than a school; it is a legacy that shapes leaders, fosters resilience, and builds lifelong bonds. This year, as we reflect on our shared journey, I extend my sincerest thanks to all who have contributed to the continued excellence of our alma mater. To the dedicated teachers and staff, your tireless efforts in nurturing the minds and hearts of our students are the cornerstone of FSK's success. Your commitment to academic rigor and extracurricular excellence ensures that Kamusinga remains a beacon of opportunity, as evidenced by the outstanding 2024 KCSE results, with over 96% of candidates achieving university entry grades.

To the students, past and present, your passion and drive embody the spirit of "Use Common Sense." Your achievements in academics, sports, and the arts continue to elevate FSK's reputation as an academic and extracurricular giant.

To my fellow Old Boys, your unwavering support through the FSK Alumni Association has been transformative. From funding infrastructure projects to mentoring the next generation, your contributions ensure that Kamusinga's legacy endures. A special mention goes to those who shared their stories and memories, reminding us of the bonds that unite us across generations.



Fredrick Kabusia

FSK Old boys chair

To the parents, community, and friends of FSK, your collaboration and encouragement have been vital in sustaining our school's growth. As we look forward to a new chapter, including plans to give our beloved campus a refreshed look, your partnership remains invaluable.

Finally, I honor the vision of Allan Bradley, whose founding spirit we celebrate each year on Allan Bradley's Day. His legacy inspires us to strive for excellence in all we do.

As we close this year's chapter, let us continue to uphold the values that make Friends School Kamusinga exceptional. Together, we are not just alumni but custodians of a proud tradition. Thank you all for making 2025 a year to remember.



Peter Bradley (left; son of school founder, Allan Bradley) with former school principal, Edwin Namachanja

NORMAN KHAMALA
KENYATTA HOUSE
(1994 - 1997)

**AUTHOR
YEAR BOOK
2025**

In the heart of Friends School Kamusinga, where dreams ignite and futures are forged, Norman Khamala stands as a beacon of relentless ambition. With Endless Possibilities as his mantra, he carves a legacy of courage and vision. Each step he takes echoes with purpose, inspiring peers to chase the stars and embrace the boundless horizons of tomorrow. In the 2025 yearbook, his name shines not just as an author, but as a storyteller of hope, embodies the polymathic spirit of “ostinato rigore” through his relentless pursuit of excellence weaving a narrative that challenges limits and dares to dream beyond the ordinary.

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FOOTNOTE

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YEARBOOK 2025

DATA COLLECTION TEMPLATE

METHODS FOR COLLECTION OF DATA

1. Photography
2. Surveys & Questionnaires
3. Observation & archival reviews
4. Interviews – Phone interviews, Zoom meeting, Google meet

01 PERSONAL DETAILS

1. Full Name: _____

2. Nickname (optional): _____

3. Class/Form: _____

4. Admission Number: _____

02 School life

1. Clubs/Societies Participated In:
2. Sports Teams (if any):
3. Leadership Positions Held (e.g., Prefect, Captain):
4. Most Memorable School Moment:
5. Biggest Achievement in School: