



**St Joseph Integrated
Secondary
School**

THE YOUNG JOSEPHIANS

Inagural Issue • July 2026



**CREATIVITY UNLOCKED: HOUSES,
CRAFTS & CAMPUS SPARKS**



ST. JOSEPH INTEGRATED SECONDARY SCHOOL - BENGA

Motto:

"DUC IN ALTUM" ("Cast into the deep")



VISION STATEMENT

"Transformation of society and humanity by producing citizens who are grounded in the truth and rooted in Catholic values with a spirit of service and respect for others."



MISSION STATEMENT

"To provide holistic (integrated) education that promotes human dignity and development infused with the gospel truth and Catholic values in an environment of freedom and responsibilities for the service of community and humanity at large."



FOUNDATIONAL PILLARS

- 1. Faith Formation and Moral Development**
- 2. Academic Excellence with Local Relevance**
- 3. Holistic Human Development**
- 4. Community Service and Social Justice**
- 5. Sustainable Resource Stewardship**

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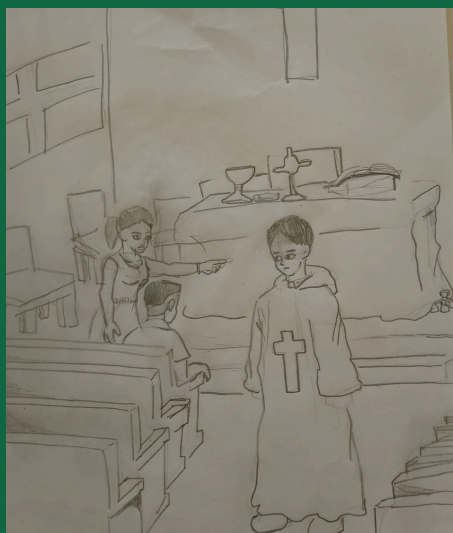
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FROM THE EDITOR



Dear Readers,

People often say that education opens doors.

I have come to appreciate how true it is. Every student at St Joseph Integrated Secondary School brings different abilities, aspirations and experiences. One of our greatest responsibilities as educators is to recognise those gifts and help each learner develop them with confidence and purpose. This newsletter is just about that.

I am happy to present to you our inaugural newsletter. Enjoy every moment because there aren't rewinds – only flashbacks. For you, we have worked hard to bring up an exhilarating flashback of events and achievements which I am sure will enthrall you.

Also, we have a varied range of short stories, poems, quotes, news reports and smithereens of creativity contributed by students.

Wish you a very happy reading!

Mr. Lawson Bwanali
English and Holistic Studies Teacher
Editor-in-Chief

Director's Message

Dear Students, Parents, Guardians, Teachers and Friends of St. Joseph,

It is with deep joy and gratitude to God that I welcome you to the first edition of the St. Joseph Integrated Secondary School newsletter. Every first is a moment of grace. Just as our school recently opened its doors to its pioneer students, this newsletter opens a window through which our whole community can see and share in the life growing here in Benga.

St. Joseph has never set out to be merely a place where examinations are passed. Our dream is to form young men and women who are complete — in mind, heart, hands, and spirit. This dream rests on our five pillars: Faith Formation and Moral Development; Academic Excellence with Local Relevance; Holistic Human Development; Community Service and Social Justice; and Sustainable Resource Stewardship.

Through these pillars, we labour each day to bring up students who are morally grounded — young people of honesty and integrity who do what is right even when no one is watching; students who excel in academics, not for pride, but so that their knowledge may serve their families, communities, and nation; hearts that are sensitive to the needs of others and of our country Malawi, noticing the struggling classmate and the community in need, and responding; and all-rounded men and women — disciplined in study, prayerful in spirit, skilled with their hands, and generous in service.

To our dear students: you are the pioneers of this great dream. I urge you — work hard. Guard your time, for an idle mind is the devil's workshop. Like Simon Peter, do not settle for shallow waters; put out into the deep. What you sow today in effort, you and your families will reap tomorrow.



Fr. Steven Jerry Ochieng

Director

To our beloved parents and guardians: thank you for entrusting your children to us. A school cannot raise a child alone. I earnestly urge you to continue collaborating with the school administration and teachers — attend our meetings, follow your child's progress, and reinforce at home the values we teach at school. Only together shall we bring this dream of St. Joseph to reality.

May St. Joseph, the quiet and hard-working guardian of the Son of God, teach our students diligence, our parents faithfulness, and all of us trust in God's providence.

With every blessing and gratitude,

Fr. Steven Jerry Ochieng, MCSPA
Director, St. Joseph Integrated Secondary School

Exclusive Interview

with **Sister Matilda Lazarus**
School Manager

*In this exclusive interview, **Sister Matilda Lazarus**, School Manager of St. Joseph Integrated Secondary School reflects on the school's first year. The interview was conducted by **Calvin Chitsulo**, a Form 1 student.*

You have run this school for almost a year now, share with us some of your achievements?

A. Looking back over the past year, I believe one of our biggest achievements has been successfully establishing and managing a new school. Other achievements include: Fixing the school into a proper system to improve academic performance of the students and the commitment of the staff. Furthermore, we have involved our students in a number of extracurricular activities such as sports, house program, exhibition and leadership training through pilotship. Last but not least, I have seen personal growth of students emanating from social service.

Q. What are some challenges that you have faced?

A. Like any new school, we have faced a number of challenges during our first year. One of the biggest has been establishing clear systems and policies. Setting consistent expectations for academic standards, student behaviour and daily school routines took time for everyone to adjust. We have also recieved minimal support from parents on different issues. I understand that attitude and willingness of parents differ which has greatly made it difficult to reach agreement for some issues.

Q. Can you tell us what's the main purpose for the democratic leadership (students council) which has been introduced?



Sister Matilda Lazarus

School Manager

Following the holistic approach to school management, we thought it wise to adopt a leadership system of student where students vote for their council leaders based on their policies and not popularity. The main purpose of introducing democratic leadership is to create a collaborative and empowering environment where students actively participate in decision making. This approach promotes our vision, mission and motto. Both students and teachers feel valuable as they are part of the decision making process.

Q. What should the new students coming next academic year expect?

A. As we welcome new students in the next academic year, we want them to expect a school that values discipline, academic excellence and personal growth. They should expect to learn the system of the school, follow the pioneers mindset to understand the school culture and house spirit. They should also expect to **CAST INTO THE DEEP** in every school activity guided with our five foundational pillars.

Q. What future for the next academic year look like?

As we enter our second academic year, we see it as an important stage in the school's development. The next academic year represent a crucial shift from surviving the initial launch to stabilising and optimising operations. Year one was focused on fundamental survival, basic compliance and immediate problem solving. Year two will shift towards growth, consistency and structural refinement.



Hybrid leadership, unified vision.

At **St Joseph Integrated Secondary School**, experience and collaboration come together to drive exceptional results.

This is how lasting impact is built.



Cell: +265 98 816 2400

A CATHOLIC BOARDING SCHOOL AT BENGHA - NKHOTAKOTA



The School Manager leads students in the ceremonial hoisting of the national and school flags, marking the start of the school day.

Headteacher's Message

ST. JOSEPH INTEGRATED SECONDARY SCHOOL – A HOME AWAY FROM HOME

The joy that floods St. Joseph Integrated Secondary School is beyond measure. The school is a hub that nurtures the heart, skill and promotes holistic learning. This kind of learning gives them a well-being of growing responsibility and accountability. The sun rays of success and fulfilment is seen visibly in the growth and development. In addition, the vision and mission inspires our learners to realization that life is a mystery rooted in the truth and in the gospel values that promote a spirit of service and treating others with dignity.

Moreover, this educational centre transforms learners by shaping them into freedom that illuminate their unenlightenment, thus freeing them to become enlightened in mind, soul and spirit. The learners find the school a home where humanity is practised and centred in values that shapes their destiny.

Furthermore, leadership has made our learners to discover the servant heart. They have learned to be in service to one another in their pilotship kind of leadership. They not only think of themselves but also others.

Consequently, whenever I discuss and talk to them on whether they find the school safe or not, their responses are usually positive. The school is safe, secure and healthy to them regardless of gender.

Also, the house system plays a major role where every learner belongs to a house where house teaches are mentoring them. Every teacher is committed to teaching the mind and touching the heart of every learner. They nurture the intellectual, physical, emotional and spiritual dimensions of students.



Julius Nandi
Headteacher

Again, on matters of faith formation and moral development, learners are growing in grace, age and wisdom. Faith shapes them towards understanding of God and how they can discipline their lives morally in order to please God.

Family spirit is seen when they celebrate birthdays every month. This always reminds them that they are at home even though away from their physical home. Likewise, learners find purpose in serving one another in need and reaching out to Agogo in our parish. Mingling with them gives them a sense of purpose and learning to value those in need and support them.

In conclusion, learning at St. Joseph is an opportunity not just for academic excellence, but to produce a well-rounded human person—fully human and fully alive.

NEWS



"News is the first
rough draft of
history."

- Philip Graham

Students Trained on News Reporting

Students at St. Joseph Integrated Secondary School – Benga in Nkhotakota district have been trained in news reporting, interviewing, photography and newsletter designing.

The training started on Saturday, 20th June 2026 at the school campus and has come to an end today, Sunday, 21st June 2026.

One of the staff members at the school, Mr. Lawson Bwanali, stated that the training will help the students write more credible news and take good pictures. Mr. Bwanali also expects them to improve in their vocabulary and writing skills.

Commenting on the training, Prince Pensulo, a student said that the program has helped him to improve in taking good photos and News writing.

The training was facilitated by **Radio Alinafe** staff.



Fr. Steven Inspires Students to Stay Focused



By Edith Thouzen - Form 1

On 25th June 2026, Fr. Steven, the Director of St. Joseph students of St. Joseph Integrated Secondary School had a talk with students, on the topic "Responsible Relationships as Students."

Fr. Steven advised the students to be responsible in their relationships with one another and to treat each other as brothers and sisters. He spoke plainly warning that sexual relationships are not allowed. He also explained the consequences of sexual relationships while at school which include early marriages, teenage pregnancies and school dropouts which are rampant in Nkhotakota.

Speaking on the academic performance of students, Father Steven said he is not happy that only 3 girls are in the top 20. To encourage the students, especially the girls, Fr. Steven played a song titled Stand up for the champions,

reminding them not to allow failure to define them and to believe in their potential.

On his parting short, he reminded the students why he had spoken so openly, saying, *"I have spoken plainly because I respect you. I have not sugarcoated these things because the truth, spoken with love, is more useful than comfort that leads to harm."* He further encouraged them by saying, *"You are capable of more than you know. But capability must be matched with discipline, focus, and wise choices."*

Reflecting on the talk, one of the students, Prisca Kaitano, said, *"The talk and the song has encouraged her to work hard and keep moving forward."*

Apart from the talk Fr. Steven also showed the students motivational videos carrying the message *"the effort we put in today will determine our future."* Once every term Father Steven organises talks with students on a wide range of topics.

St Joseph Students Elect New Student Leaders

By Destiny Nchakwe & Prince Pensulo - Form 1

On 7 July 2026 students of St Joseph Integrated Secondary School held their first democratic student leadership elections to choose representatives who will serve the school community.

Before voting began the Head Teacher, Mr. Julius Nandi told all students to vote responsibly. One of the candidates for Speaker, Destiny Nchakwe of the fame of Odyia Zake said he was nervous because it was his first time participating in such an important election for St Joseph Integrated Secondary School.

The voting process was well organised. Each student went to the polling station, got a ballot paper marked their candidates in secret and put the ballot paper into the ballot box. After voting, students went back to their classrooms and waited until 3:20 p.m.

At 3:20 p.m, they gathered in the dining hall for the announcement of the results. All 60 students casted their votes. Madam Masoo, the Geography and History teacher, announced the results.

The winners were Calvin Chitsulo, who was elected Prime Minister; Destiny Nchakwe, who was elected Speaker; and Comfort Mbulage, who was elected Class Representative. The elected ministers were Zwellithin Njolomole, Noel Panyani, Success Majanga, Theophilus Chirwa, Patience Mzama, and Esnart Mtekama.

After the election the new prime minister of St. Joseph Integrated Secondary School Calvin Chitsulo stated that the students of St. Joseph should be happy because a positive change in students' leadership is about to happen.



Matthews Chinyama making a campaign speech

ST JOSEPH INTEGRATED SECONDARY SCHOOL STUDENTS ELECTION BALLOT PAPER	
Vote for your favorite leader by ticking in the box.	
Speaker  Destiny Mchakwe ☐  Matamando Chakhaza ☐	Academic  Esnart Mtekama ☐  Julius Mthandi ☐
Prime Minister  Calvin Chitsulo ☐  Matthews Chinyama ☐	Culture and Arts  Success Majanga ☐  Angel Nkhoma ☐
Health & welfare  Patience Mzama ☐  Amanda Jamu ☐	Community Service  Gift Sofasi ☐  Zwellithin Njolomole ☐
Sports & Recreation  Theophilus Chirwa ☐  Miracle Palani ☐	Environment  Mphatso Nyirenda ☐  Noel Panyani ☐
	Class Representative  Davie Kananji ☐  Comfort Mbulage ☐

Rest Thy Well Florence



*By Calvin Chitsulo and Esnart Mtekama
Form 1*

Students and staff of St. Joseph Integrated Secondary School joined family, friends and the local community in mourning the passing of Madam Florence Mkagula, a dedicated administrator who faithfully served the school.

Madam Florence joined St. Joseph Integrated Secondary School on 19 September 2025 as the Communication and Administrative Officer. She was also the teacher in charge of the Womanhood Programme. During her time at the school, she worked tirelessly to promote discipline, good morals and spiritual growth among students. Her commitment, kindness and willingness to help others earned her the respect and admiration of both students and staff.

Towards the end of the academic year, Madam Florence became seriously ill after developing kidney related complications. She was admitted to Queen Elizabeth Central Hospital in Blantyre where she received treatment. Sadly, she passed away on 12th June, 2026. She was laid to rest the following day, 13th June, 2026.

During the funeral and Requiem Mass, many people shared heartfelt tributes, describing Madam Florence as hardworking, caring, courageous and compassionate. Her life of service touched many people within the school and the wider community.

In a touching gesture of support, Fr. Steven, St Joseph Integrated Secondary School director promised the bereaved family that he will be supporting education of Madam Florence Children.

A Promising Debut



By Edith Thouzen - Form 1

On 26 May 2026, students from St Joseph Integrated Secondary School–Benga (SJISS) visited Benga Community Day Secondary School to take part in friendly matches in volleyball, netball, and football.

The first game was volleyball. St Joseph started strongly by winning the first set 25–18. However, despite their impressive start, they could not maintain the momentum and eventually lost the match.

The second game was netball. The St Joseph team played with determination but lost the match 37–30.

The final game was football. Although the team gave their best effort, they were defeated 3–0. In a post match interview, Miracle Palani the football team captain and sports pilot of SJISS remained positive despite the loss. He explained

that the condition of the pitch affected his team's performance.

"The ground has too much grass, and it wasn't well cut. It made it difficult for us to control the ball properly." He said.

He also noted that the opposing team was physically strong and played well. Looking ahead, the captain expressed confidence in the team's future.

"We just need to practice a lot and get used to playing on different grounds. With more training, we will be ready to compete better next time," he said.

After the matches, students from St Joseph congratulated the host teams for their good sportsmanship. Although some people expressed disappointment with the results, the visit was an important learning experience.

Sports Meet

On 17th and 18th July, students participated in the Inter-Class and Inter-House Sports Meet, competing in football, netball, volleyball, relay races, sack races, chess and checkers. The aim of the competition was to promote teamwork, sportsmanship and healthy competition. Outstanding performers will receive awards and certificates on 24th July, 2026.



Girls' netball match between Form 1A and Form 1B during the Inter-Class Sports Meet.



Girls' representing five houses in sack race match during the Inter-Class and House Sports Meet.

Sports Meet



Girls' volleyball match between Form 1A and Form 1B during the Inter-Class Sports Meet.



Form 1A girls celebrate their 3 - 1 football victory against Form 1B during the Inter-Class and house Sports Meet.

Results of Sports Meet

Sport	Category	Winner/Result	Best Player
Football	Girls	Form 1A	Khethiwe Kawalewale
Football	Boys	Form 1B	Theophilus Chirwa
Netball	Girls	Form 1A	Shantel Moyo
Volleyball	Boys	Form 1B (20–15, 20–14)	Calvin Chitsulo
Volleyball	Girls	Form 1B (10–7)	Nicole Tembo

Relay Race

Position	Girls	Boys
1st	Bakanja	Monica
2nd	Bakhita	Bakhita
3rd	Lwanga	Bakanja
4th	Monica	Lwanga
5th	Kizito	Kizito

Chess

Position	Girls	Boys
1st	Esnart Mtekama (Monica House)	Mathero Kandihero (LwangaHouse)
2nd	Mwanasha Mpaso (Kizito House)	Vic Magoha (Kizito House)
3rd	Shantel Mwandira (Bakhita House)	Noel Panyani (Bakhita House)

Checkers

Position	Player
1st	Alfred Phimbi (Bakhita House)
2nd	Kenneth Chikazinga (Bakanja House)
3rd	Prince Pensulo (Kizito House)

Late Drama as Bakhita House Defeats Kizito House



Kizito House



Bakhita House

Shantel Mwandira - Form 1

Saint Bakhita house and Saint Kizito house had a football match. The match took place on the 29th of June 2016 in the evening after their study cycles. It was a very tough game played by the two houses, boys and girls mixed during the game.

The teams were coached by the house teachers, Mr Bwanali and Mr Chadaine for Bakhita house and Kizito house respectively.

After 30 minutes of regular play, the match remained level, with neither team able to score. Bakhita House only came close to securing victory in the 29th minute when Zwelithin missed a clear scoring opportunity. With the deadlock still unbroken, the game was decided by a penalty shootout where St Bakhita House emerged victorious with 5 goals scored by Alfred Phimbi, Success Majanga, Zwellithin Njolomole, Prisca

Kayitano and Patience Mzama and St Kizito House score 4 penalties by Khethiwe Kawale, Lawrence, Prince Pensulo and Happy Banda.

Destiny Nchakwe, one of the members of St Bahitha house said that the game was fair and a good game even though they won but they still promoted unity among members of the two houses. He also added that the game helped him and the other members to be physically fit.

SHORT STORIES

"Until lions have their
own historians, the
history of the hunt will
always glorify the
hunter."

Chinua Achebe
(Things Fall Apart)

The Price of a False Accusation

Vic Magoha - Form 1

Limbani and his parents went to church. There was a very big activity at their church and Limbani preached in the church that day. He preached on the theme of "love your enemies." Many people were so happy on this day including Limbani since he liked going to the church and worshipping God.

After church Limbani was called by the church elder Mr Kagwa. He received many gifts from him because he preached well. He arrived home with his parents very late and he was very weak. After classes on Friday, he went to choir practice. There were also his two close friends, James and Lanita. They finished their choir practice, Lanita thought he was very happy the atmosphere changed that day. Lanita called Limbani aside. "Limbani, you are very handsome. I want you to be my girlfriend." Lanita said with a beautiful smile on her face. Limbani was caught off guard. He turned down the proposal politely saying, "I don't do those things and by the way I consider you as my sister."

Since he refused she didn't have any other option. She kissed him by force when Mr Kagwa saw them, Lindani pushed Limbani

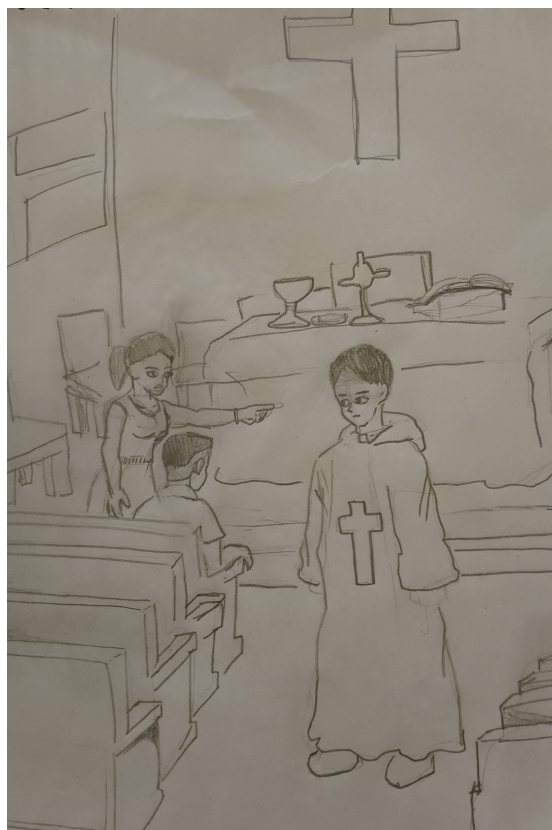


Illustration by Success Majanga

"I don't do those things and by the way I consider you as my sister."

away. Then she lied to the priest saying that he wanted to rape her. Limbani tried to explain what happened but no one believed him. He was arrested and sentenced for one year.

When he came out from prison just after one week, Lanita broke the glass door and hit the church and slammed Limbani. He was told to pay back 1 million kwacha for the glass. This time he was in hot soup soup. Limbani was stressed and very disturbed in mind after hearing this. After all, no one believed him again.

He explained later on to his friend Nico. His friend asked him why he was looking so troubled. Limbani explained everything to his friend. Nico and Limbani sat under a tree. Nico gave Limbani a cigarette to smoke since he was stressed he accepted to smoke. This became his habit. He stopped going to church. Since Limbani was smoking too much he got mad, and he also stole a goat. The owner caught him and forgave him. After his parents saw how he was they called the priest to pray for him. After days passed, he came back to normal.

Lanita felt so guilty because her close friend faced a lot of challenges because of her. She decided to confess everything to the priest. She asked for forgiveness from everyone and everyone forgave her including Limbani. After that they lived happily as they lived before.

The Broken Promise

Matamando Chakhaza - Form 1

Long ago, far and wide in the land of the Ngoni lived a woman and her two children, one son and one daughter. The woman herself was named Ume, her son Taro and her daughter Umne. Ume had become more and more unaware about her son's behaviour, each day he was more clever than the others. Even her neighbors could see this change. Like mosquitoes buzzing around a sleeping person, the neighbours repeated their warnings over and over as Ume made beads as the tradition of women.

"Ume please what if your son mixes up with some other tribe or messes himself with the king's guards." One of the neighbors pleaded with her, but once again that too became a song.

One day the spirit cleverness entered Umne then made her decide to follow her brother. All that was in her mind was the question: what does my brother do? Where does he go?

Taro as usual picked up his bow and a bunch of arrows and went out to the forest to hunt but this time he had a secret following behind like a thief in the midst of a crowd. He then stopped at an unusual spot far from the territory of the Ngonis. Umne hid behind a big boulder and watched his brother hunt in this lonely foreign land without the protection of the village warriors.

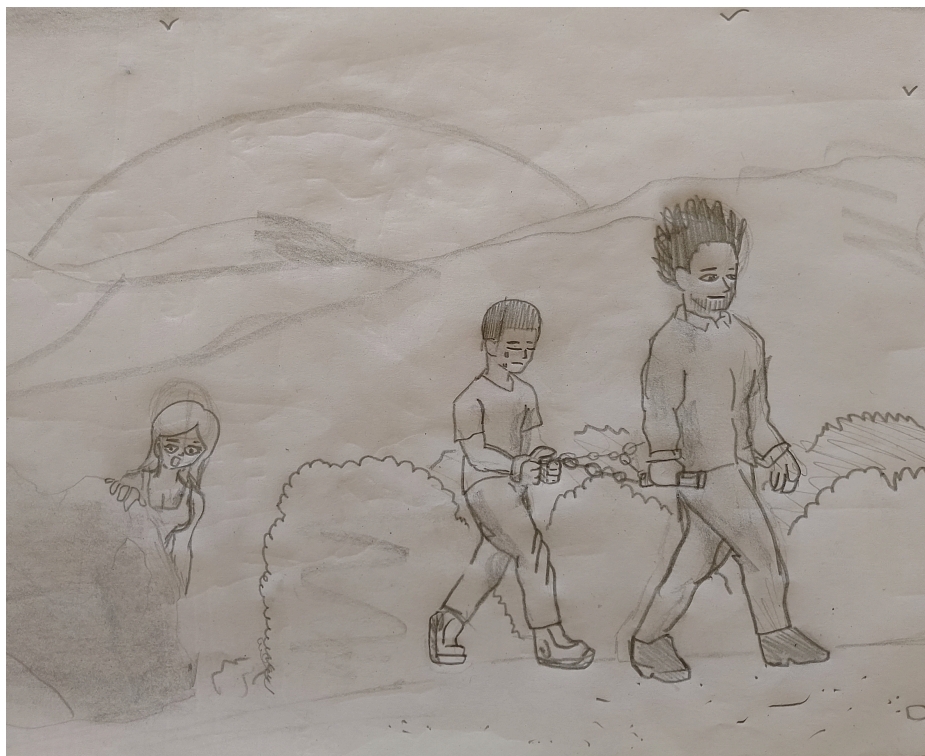


Illustration by Success Majanga

*"We'll
always be
together."*

Soon, minutes felt like hours as she waited for something to happen but one thing was clear in her mind - she had trespassed. Suddenly, there came out strong men dressed in Arabic clothes. They must have been the nosy slave traders acting like innocent traders but looking for slaves to sell.

They overpowered Taro in terms of strength and tied him up before he had time to pull out a spear. Ume hid behind stoney wide eyed, closing her mouth to avoid screaming. She watched them take her brother away, nothing to say though she is usually clever with words now quiet with fear.

Only when she was sure they were gone did she run back to the village. As the sun disappeared behind the hills, Umne realized that Taro's footprints had vanished forever. A careless mother had lost her son and a younger sister had lost a brother. She remembered his promise: "We'll always be together." But how could that promise survive when he was being taken into slavery?

The Journey of Nathan and Chisomo

Dumisani Chirwa - Form 1

Everyone in Kangolo village knew how gifted Nathan was. He never found difficulties in learning. It is for this reason that the head teacher of Kangolo Primary School allowed him to join Standard eight earlier than most children of his age. Nathan worked very hard despite being one of the youngest candidates. He successfully got selected to Kasungu Secondary School.

On his first day at secondary school, Nathan met Chisomo. They soon became close friends because they were both very good at Mathematics. They also performed well in Science. Whenever students in the upper classes had problems with Mathematics, they often asked Nathan and Chisomo for help.

One day they met some older form two boys who bullied them though this happened multiple times, Chisomo and Nathan never gave up. They studied hard to achieve their dreams.

Both Nathan and Chisomo had dreams for the future. Nathan wanted to become a Mathematics teacher, while Chisomo wanted to become a bank manager. They completed their secondary education with excellent grades. Sadly, they were selected to different universities.

One week after Nathan started his first year at university, the fourth-year students returned to campus. Nathan was bullied by another student named Ganizani. Although he felt hurt, he chose not to fight back and continued concentrating on his studies.



Illustration by Success Majanga

After completing their tertiary education, Nathan became a Mathematics teacher, while Chisomo achieved his dream of becoming a manager at FDH Bank.

One day, Nathan went to town to collect his monthly salary. While there, he visited FDH Bank and was surprised to find Chisomo working in a beautiful office as the bank manager. The two friends were delighted to meet again after several years.

Their friendship grew even stronger. Nathan later returned to university to earn a degree, and with Chisomo's support, he was eventually employed at the same bank. They were happy to work together once again.

Meanwhile, Ganizani, who had bullied Nathan at university, failed to complete his education after he was expelled from school. Later, he went to the bank hoping to ask Chisomo for a job as a security guard. He felt ashamed when he saw Nathan there. Although Nathan remembered how badly Ganizani had treated him, he had already forgiven him and treated him with kindness.

When the teacher asked the class if anyone wanted to be a pilot in primary school, almost all of them raised their hands, Nathan recalled. He also remembered how his dreams had changed throughout the years. He realized that while dreams may change, education is the secret to success.

POETRY



"Poetry is the spontaneous
overflow of powerful feelings:
it takes its origin from
emotion recollected in
tranquillity."

— William Wordsworth

POETRY



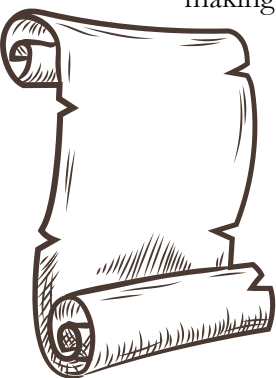
The Stuff Not to Play with

Noel Panyani - Form 1

The stuff not to play with
 the unpleasant whiff that flows
 through whilst wind
 that is released by troops and cops
 provoked by employed as well as emp
 as well as unemployed
 spreading every direction
 as if its a virus
 that is venomous like a viper

The stuff not to play with
 The stuff that burns
 as if your in an oven
 making eyes red
 as if your were involving
 in ingesting whisky
 making people to suffer
 gasping for fresh air
 as if the land isn't their habitat

The stuff not to play with
 making people to be weak
 and making them silly
 as if its a practical joke
 accompanied by Stitch's kick's and punches
 making people to weep because of its venom
 but what's the stuff purpose?
 is to create peace and justice
 among people?



How do you feel

Gloria Sikwese

How do you feel
 leaving your family
 leaving your friend alone
 why do you appear
 in someone's life

How do you feel
 Making someone to feel
 Neither sad nor happy
 Making your people struggle
 Making your nation to loose

How do you feel
 letting your family face danger
 leaving your home with no hope
 No sign of your return
 Only your sweaty words
 leaving them sad and worn out
 Because of your faults
 how do you feel



I am Proud of Myself

Diana Namsongole - Form 1

I am proud of myself
People speak ill of me
but then I don't give up and
I don't care
I am like a tree that bends
But never breaks
I am proud of myself

Their words were stones,
But I built my path with them
And I will always stand for the truth
I am proud of myself

I am proud of myself
Everyone who hates the truth
Is not supposed to be on earth
Some are forcing me to be a bad girl
But then they failed
Because I know who I want to be

I am proud of myself
Some people do things against me
But I choose to rise above them
I am proud of myself

Ups and Downs

Amanda Jamu

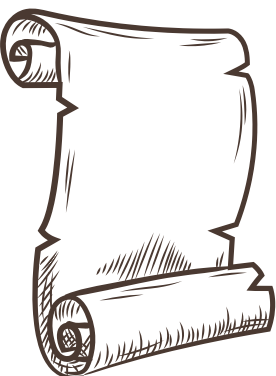
Full of ups and downs, Life is a wheel
that never stops turning
Today you are rich tomorrow you are poor
Today your happy tomorrow you are sad
What a tragedy

You wish to go back to your past
Opening page after page
Opening slide after slide
Trying to get a little bit wealthy

But Wooh! Destiny knocks on the door
Trying to look for an angel to get you out of
this mess
But since you didn't work hard
This is your fee

That time playing was fun
Parents telling you to work hard
But you never listened
Now that you are alone
While yesterday's laughter echoes in your mind

You had ears but you never listened
Now you are behind bars
Stealing people charms
Trying to find something better
But now your chance is gone
Better luck next time



Speak Out

Has social media done more harm than good?

“

Yes, social media teaches children things that are not of their age like sex videos and pictures. Also it is making many youths to engage in bad behaviours for the purpose of trial and curiosity. Another one is, it makes children to stop respecting elders because they think and see like they are grown up because of the things that they are watching.

Gloria Sikwese



“

Yes. Social media has done more harm than good because it exposes many students to inappropriate language and negative behaviours. Some students imitate what they see online, including drug abuse, cyberbullying and other harmful activities.

Destiny Nchakwe



“

NO, children are learning from social media how to cook and learning new talents. It is also helping people to know what's happening around the world. It also helps people not to have stress by watch funny videos. These days people use social meadia to advertise their goods and services easily. People make friendship and communicate with family easily through facebook.

Mwanasha Mpaso



My Dream, My Future



Amanda Jamu

When I grow up, I want to be a lawyer and study more about law. Studying is my hobby so it works with my career because it doesn't need lazy bones. Every day I ask myself, what should I do in order to achieve this goal? Which path should I follow in order to be a good Lawyer? But I come to realize that Education and hard work will help me. I choose this career because it's just a matter of giving justice to people and avoiding violence. The word justice and fairness is my priority. This type of career will not only help me; it will also help our country's development. Every day when I fall, I tell myself that I'll rise. Always staying positive and never giving up. I look forward towards my dream as they say your future starts today not tomorrow.



Zwellithin Njolomole

I was born in a family of 4. My mother is a police woman, my father is a business man and my brother is studying qua-mobile mechanic. I would like to be a military doctor so that I can serve people during wars and peace making mission.

What am doing to succeed my goal is working hard in science subjects such as biology so that I can understand people body parts. Not only that I am also working hard in languages so that I can communicate with people in wars and peace keeping mission.

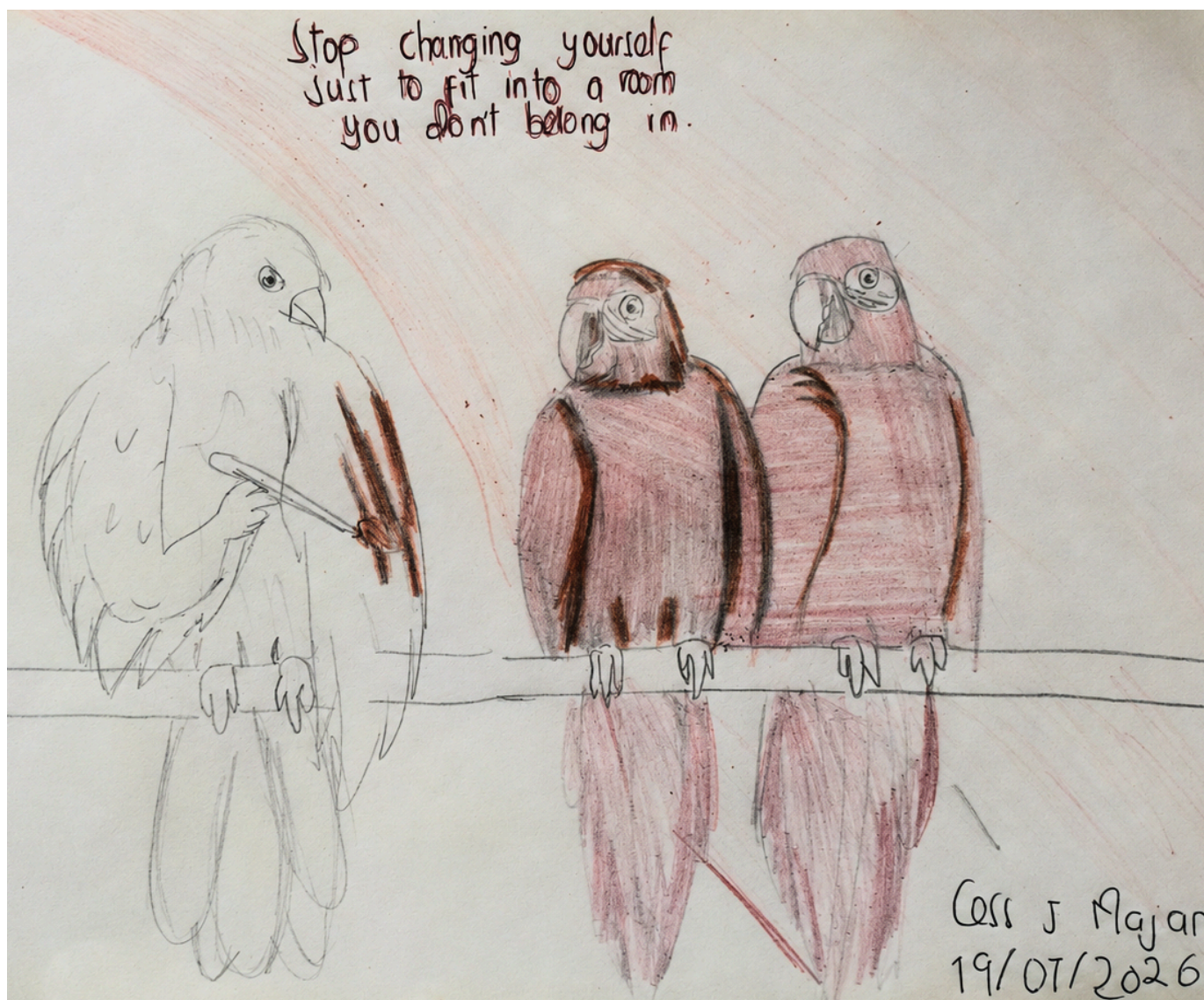


Yankho Steven Chigalu

Many people do plan different things in life. I will explain more about my future. Firstly, my name is Yankho Steven Chigalu. In future I want to become many things and the things I want to become are Army commander and Medical doctor. I want to become an Army commander to lead and train strong soldiers and troop and protect my country from enemies. I want to become a medical doctor because I want to serve my people different drugs in different hospitals. Finally, I will work hard in leadership skills and karate.

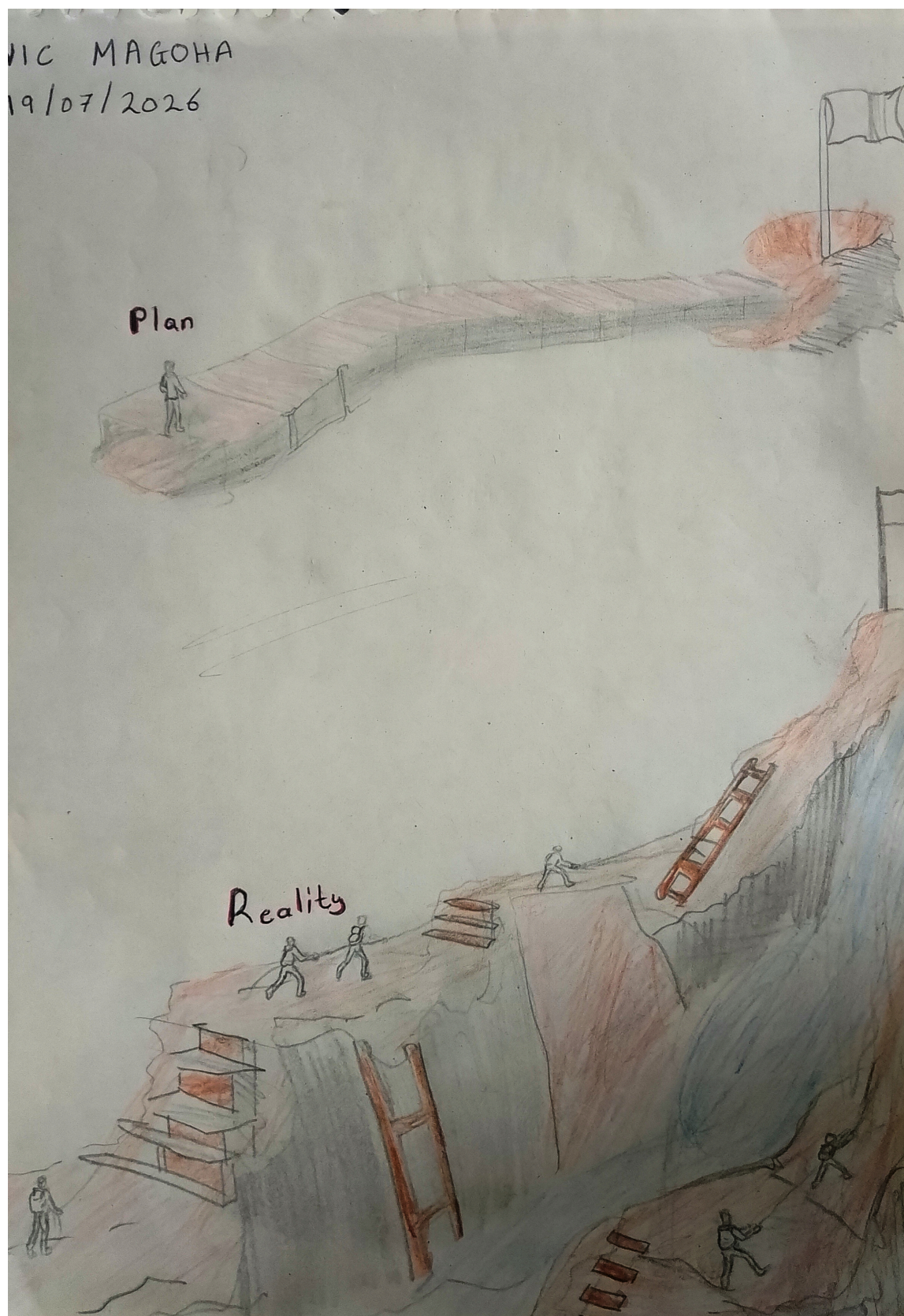
Art for Art Sake

Success Majanga



Art for Art Sake

Success Majanga



Art for Art Sake

Success Majanga



HOUSES



St Joseph Integrated Secondary
School exists because someone
dared to believe that young
people in this community
deserve a chance at a quality
education.

Fr. Steven Ochieng

Bakanja House

Motto: Complete Mind, Body and Spirit

Bakanja House proudly bears the name of Blessed Isidore Bakanja, a young Catholic martyr whose life was marked by unwavering faith, integrity, humility, and courage. His devotion to Christ was symbolised by the Brown Scapular of Our Lady of Mount Carmel, which he wore faithfully despite persecution. His example inspires every member of our house to remain steadfast in faith, uphold truth, and serve others with humility and compassion.

The green colour of the house symbolises growth, hope, renewal, and perseverance, reflecting our commitment to developing students who flourish academically, physically, spiritually, and morally.

As the house associated with the school's pillar of Holistic Human Development, Bakanja House is committed to nurturing the whole person. We believe that true education extends beyond the classroom to include character formation, physical well-being, spiritual growth, leadership, and service to the community. This vision is reflected in our motto, "Complete Mind, Body and Spirit," and in the Latin phrase "Integer Mente Corpore et Spiritu."

Our house crest reinforces this mission through a human figure wearing a scapular, symbolising Blessed Isidore Bakanja's faithful witness to Christ. Surrounding the



figure are three interconnected circles, representing the unity of the mind, body, and spirit. Together, these symbols remind us that every student should strive for balanced and holistic growth.

Under the dedicated leadership of our House Teachers, Miss J. Banda and Mr. R. Y. Wella, Bakanja House promotes teamwork, discipline, leadership, academic excellence, and Christian service. Every member is encouraged to participate fully

in academic, sporting, cultural, and spiritual activities while living out the Catholic values that Blessed Bakanja exemplified.

Although Bakanja House currently has 12 members, we are proud of the strong sense of unity and family that defines our community. We eagerly look forward to welcoming new students from the upcoming cohort, confident that they will strengthen our house with their talents, enthusiasm, and commitment to our shared values.

Together, we continue to grow as a community inspired by Blessed Isidore Bakanja, committed to holistic human development, and dedicated to becoming people who are truly complete in mind, body, and spirit.

Bakhita House

Motto: From Chains to Grace



St Josephine Bakhita House is one of the five houses at St Joseph Integrated Secondary School. This house has twelve students. Six boys and six girls. They are supervised by a house teacher who really cares about them. St Josephine Bakhita House is about Faith Formation and Moral Development. The school wants the students to be people who believe in God and do the right thing.

The house is named after St Josephine Bakhita who lived from 1869 to 1947. Her life story is really amazing. She was a slave. She became free and was even made a saint. This inspires the students to trust God and be hopeful even when things are tough. The house motto is "From Chains to Grace" which means that bad things can become good if we trust in God. The color of our house is blue which means peace and trust. The house symbol is a shield with a broken chain that turns into a cross. This symbol reminds us of St Josephine Bakhita's life.

As students of St Josephine Bakhita House, our values are resilience, forgiveness, spiritual growth and unwavering faith. We help each other with school work, moral guidance and social things. We talk about what we're good at and what we need help with. This makes us family.

This term was really great for our house. We planned a lot of activities from Week 2 to Week 14. We have had house debates, sports. One amazing thing we have done is to visit Alinafe hospital where we cheered the sick. We have worked together and everyone shows leadership and discipline. We are very proud to be part of this house. We like how it has helped us become responsible students and friends. We are excited to meet the students who will join us next term.



A moment of celebration as Constance Magreta receives a 5kg bag of maize meal after emerging as the lucky winner in the Tiyamike Talent Show raffle draw.



Bakhita House members pose for a group photo after visiting Alinafe Community Hospital in Benga, where they cheered patients and donated groceries as part of community service.

Kizito House

Motto: Faithful in Small Things

Kizito House is the third house at St Joseph Integrated Secondary School. House system helps us to grow with good characters.

Kizito house is named after St Kizito. He was one of the youngest Ugandan martyrs at just 13-14 years old. His youth, dedication to his responsibilities and ultimate sacrifice for his beliefs inspire us to be faithful stewards in small daily tasks. St Kizito is an example that shows that even young people can make significant contributions through consistent responsible care of what is entrusted to them.

In our house, we have four values which are responsibility, faithfulness, humble service and care for creation. These values teach us students of Kizito house and St Joseph Integrated Secondary School at large to be caring of our environment, being responsible and humble to everyone.

St Kizito House, our vision is to create citizens that are going to develop Malawi and make it a better place for everyone who lives in it.



Lwanga House

Motto: Knowledge Ignites Courage

At St. Joseph Integrated Secondary school, there are five different houses and our house is named St. Charles Lwanga. Every house is based on the Five School Pillars and we at St. Lwanga follow pillar number two which is Academic excellence with local relevance. We are represented by colour white which means fire, and our motto is “Knowledge ignites Courage” and our slogan is ‘Lwanga on the move! Viva Lwanga!

There are 12 members in the house, 6 girls and 6 boys guided by two teachers; Ms. Masoo and Mr. Mumba. Every term we have a house plan for all the activities that we are supposed to follow every meeting. We usually meet on Monday, Wednesday and Fridays where we have discussions and activities which help us to learn self-control, how to solve problems as well as play different games either indoors or outdoors. St. Charles Lwanga House is the best!!!



St Monica

Motto: perseverance in compassionate service.

St Monica was the mother of St Augustine, who converted him to Christianity with her never ending faith.

In St Monica, our colour is yellow which means hope and our motto is persevere in compassionate service. Our pillar is community service and social justice. In our house we believe in transformative prayer, persistence, community building and patience. In our house we are twelve members, six boys and six girls. The names are as follows; Matamando Chakhaza, Esnart Mtekama, Florence Manda, Angel Nkhoma, Kettie Wyilesi, Thandizo Chikuse, Matthews Chinyama, Mariafostino Chinjedza, Joshua Mkandawire, Theophelus Chirwa, Elemia Nkhoma and Clement Blessings. Our house mother is Miss S.Mkweu. In our house we perform different activities and these include; dancing, singing, indoor games, drama and poetry. We also do bible sharing and discussions to succeed in life. Our mother encourages us to work hard in both academics and daily life. We all love each other and we try our best to make everyone happy



MEET OUR BEST TEAM OF TEACHERS



Redson Yamikani Wella

Physics & Computer
Dean of Students



Susan Mkweu

Agriculture & Animal Husbandry
Dean of Students



Lawson Bwanali

English & Holistic Studies



Numeri Chadaine

Chemistry & Biology



Josophine Banda

Mathematics



Micheal Mumba

Music



Vannesa Masoo

Geography & History



St Joseph Integrated Secondary School

Second Cohort

REGISTER NOW



SECOND SET

2026-2027 INTAKE - ENTRY EXAMS

Entrance exam fees: **MwK30,000**

Subjects administered for Form One only; **Mathematics, English, Primary Science and general paper**

The school takes both boys and girls in equal measure. Age limit 13.

Venue: Maula Parish, **Saturday, 29th Aug 2026** (Lilongwe and other districts)
Benga Parish, **Saturday, 22nd Aug 2026** (Salima and Nkhotakota districts)

Time: 8:30am

Entry fee due by **20th Aug 2026** or on the date of the exams

Deposit at:
Missionary Community of
St Paul the Apostle
Standard Bank, Capital city
Acc # **9100000755173**

Benga Parish
Airtel Money#: 0989035366 /code 1010257
TNM Mpamba#: 0882920031 /code 213258

Location: Near Benga market on Salima Nkhotakota Road

Cell: +265 987 531 205

A CATHOLIC BOARDING SCHOOL AT BENGAL - NKHOTAKOTA





Duc in Attum
