



# OSHVAL ACADEMY NAIROBI

## JUNIOR HIGH

### "COMPASS FOR LIFE SKILLS"

**TERM 2 WEEK 5  
NEWSLETTER  
2020-2021**

*Year 10 finally start  
their Food and  
Nutrition practical  
classes*

#### WEEK 5 HIGHLIGHTS

- ❖ HEAD'S MESSAGE
- ❖ INFORMATION TO PARENTS
- ❖ JUNIOR HIGH IN PICTURES
- ❖ Weekly tip for parents



## *Life at Junior High Campus*

*Education ~ Fun ~ Leadership ~ Responsibility*



# HEAD'S MESSAGE

Dear Parents/Caregivers,

We have come to the end of week 5. It is amazing how time seems to zoom past our daily jobs and procedures. However, it is equally gratifying to see our children grow and flourish as they pursue their dreams of becoming independent, productive, admirable and successful global citizens.

Week 5 has been particularly eventful as Year 10 Food and Nutrition students started their IGCSE practical classes. Further, the virtual MSMUN conference has been going on for the entire week.

I would now like to take this opportunity to thank most of the parents who have taken time to supervise project tasks for their children in KS3. Indeed, we have received some exceptional projects from many students.

In keeping with Covid-19 guidelines and protocols, we would like to inform parents that the gate separating primary campus and Junior High will remain closed. However, parents with siblings in both campuses and who have a genuine reason for wanting their children to use the said gate may request for permission from my office by writing an email by Monday 8<sup>th</sup> February 2021. Students who will be granted permission will be issued with a special gate pass. Temperature will be monitored at the same gate. Parents will strictly not be allowed to use the said gate.

Year 10 Midterm exam timetable is out and will accompany this newsletter. Year 10 students are urged to take this exams seriously as we shall keep accurate records which may be needed by examining bodies while in Year 11.

Due to the recent announcement by Pearson's Edexcel examining body concerning cancellation of May/June 2021 IGCSE examinations, many parents are asking whether Cambridge will also cancel their examinations. I would like to inform you that Cambridge IGCSE May/June examinations are on and scheduled as per the time table we availed to you earlier. In case of any developments from Cambridge, we shall keep you informed.

Last but not the least, I would like to inform you that we have revised the mathematics groups we had created at the start of the term. In line with encouraging peer learning, and healthy competition, students who have shown a steady improvement will be joining the mainstream classes for the above reasons.

I would like to end by urging parents to talk to their children about the negative effects of bullying. As you are aware, we have a zero tolerance to bullying, whether physical, verbal or online/social media bullying.

Stay safe and God bless you all.

Mrs. Kekul Patel  
Head of School – Junior High



# Information to parents

## MSMUN VIRTUAL CONFERENCE

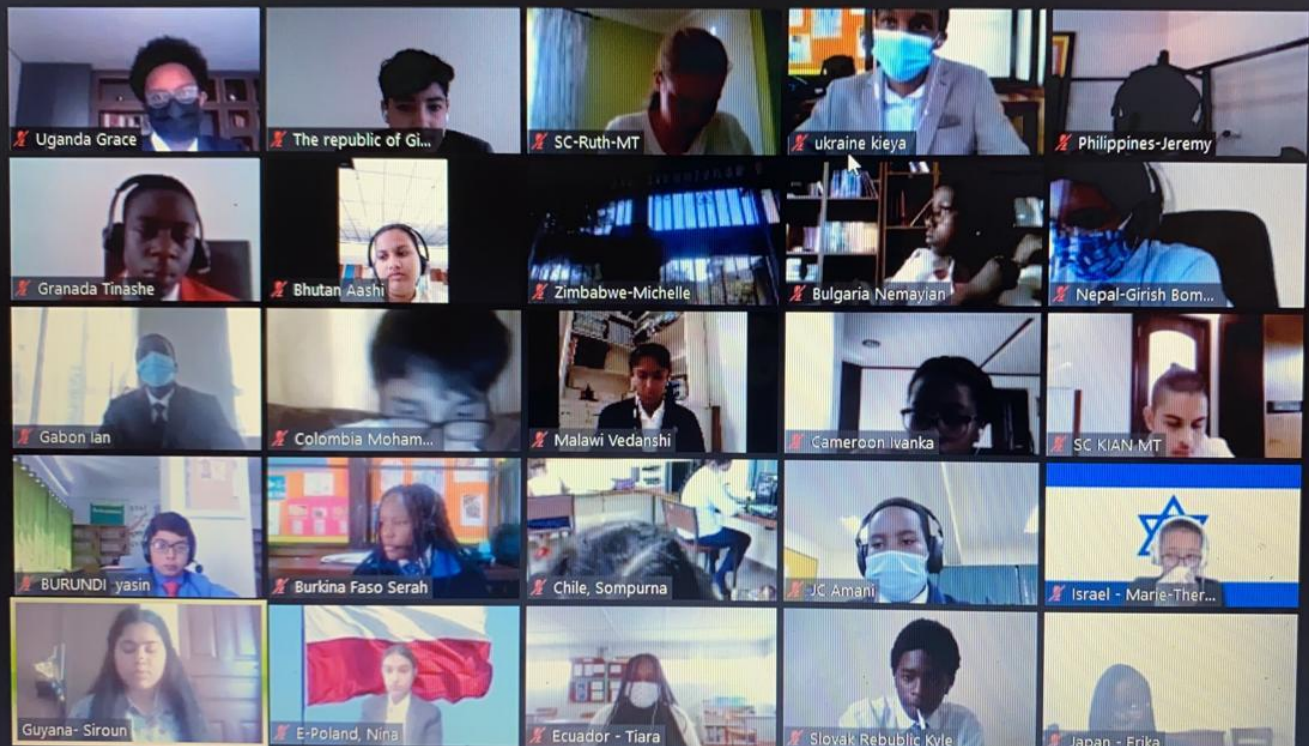
The objective of the Model United Nations is to seek, through discussion, negotiation and debate, solutions to the various problems of the world. In the process, the participating students learn to adopt views and attitudes other than their own and break away from narrow national interests and develop international cooperation.

The research and preparation involved in the Model United Nations, the negotiations and debate, give the young people an insight into the world's problems and enable them to understand the causes of conflict between nations.

The Model United Nations contributes in fulfilling the aims and goals set by the founders of the United Nations in the Preamble to the Charter of the United Nations — namely to practice tolerance and live together in peace with one another as good neighbours. The Model United Nations also offers students an excellent opportunity to expand, develop and put into practice their language skills.

The Middle School Model United Nations Conference is a conference that is designed for junior high school students. The MUN programme simulates the activities of the real United Nations Organization and aims to build up the confidence and enhance the debate skills of all the participants. Our students did extremely well.

## MSMUN VIRTUAL CONFERENCE





MSMUN Advisor Mr.Omollo handing over the resolution booklets to the MSMUN student leader

2:48 PM



Model  
United  
Nations



# This week's School Play Auditions

The school play auditions have been on-going. Sample this week's images of the auditions.

We can  
talk this  
out  
man!!



No. way!!  
We will  
square it  
out!



## Year 8 weekly assembly

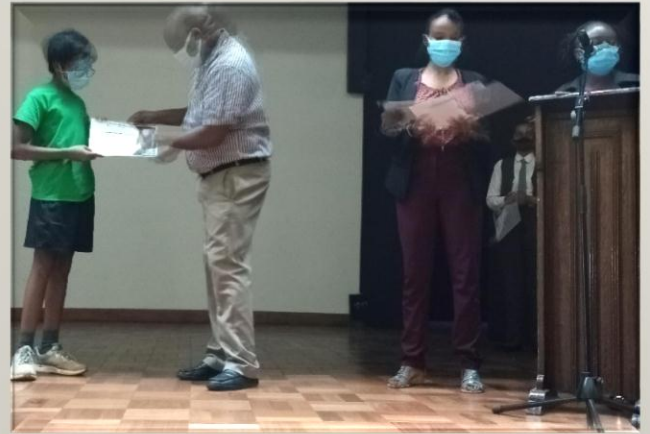
The year 8 weekly assembly held on the 3<sup>rd</sup> of February was exceptional. Student also received their certificates for exceptional performance in academics and co-curricular programmes. Purahan and Paraag had a presentation on "Lessons from and Eagle"



Sanvi the Emcee







## LESSONS FROM AN EAGLE

By Puraan and Paraag

## LESSONS FROM AN EAGLE

1. Eagles fly alone or with their own kind.

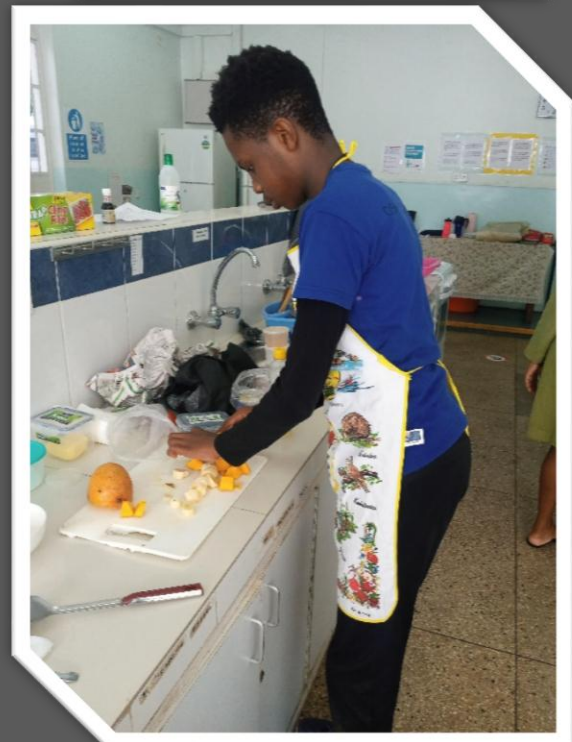
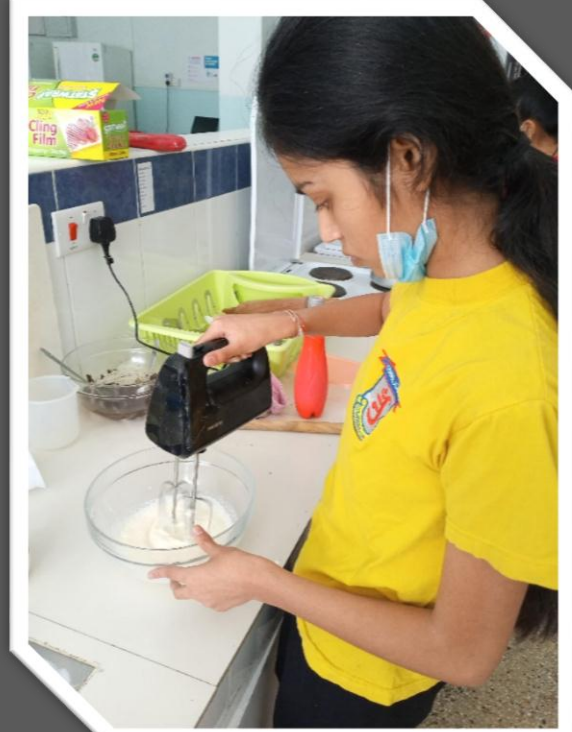
### Life lesson

Associate with people who can help you to grow, have a positive mindset and also like to spend time with you. Also, not everyone will share your vision or dream. Find people who think like you so that you can both dream and grow together. Don't waste your time with bullies and negative people. And don't share your dreams with just anybody.



# Year 10 Food and Nutrition classes

We are glad to inform that the Year 10 Food and Nutrition students have now started their practical lessons. This is extremely important as it will sharpen their culinary skills. See some year 10 students in food preparation action!!!







## Some tasty and yummy foods



# Healthy Eating: Tips for Parents

Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.

Sure, eating well can be hard — family schedules are hectic and grab-and-go convenience food is readily available. But our tips can help make all five strategies part of your busy household.

## Family Meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods

Also, family meals are a chance for parents to introduce kids to new foods and to be role models for healthy eating.

Teens may turn up their noses at the prospect of a family meal — not surprising because they're busy and want to be more independent. Yet studies find that teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect.

You might also try these tips:

- Let kids invite a friend to dinner.
- Involve your child in meal planning and preparation.
- Keep mealtime calm and friendly — no lectures or arguing.

What counts as a family meal? Whenever you and your family eat together — whether it's takeout food or a home-cooked meal with all the trimmings. Strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate a teen who's at sports practice. It also can mean setting aside time on the weekends when it may be more convenient to gather as a group, such as for Sunday brunch.

## Stock Up on Healthy Foods



Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks.

Follow these basic guidelines:

- **Work fruits and vegetables into the daily routine**, aiming for the goal of at least five servings a day. Be sure you serve fruit or vegetables at every meal.
- **Make it easy for kids to choose healthy snacks** by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- **Choose whole-grain breads and cereals** so kids get more fiber.
- **Limit fat intake** by avoiding fried foods and choosing healthier cooking methods, such as broiling, grilling, roasting, and steaming. Choose low-fat or nonfat dairy products.
- **Limit fast food and low-nutrient snacks**, such as chips and candy. But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- **Limit sugary drinks**, such as soda and fruit-flavored drinks. Serve water and low-fat milk instead.

## Be a Role Model

The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.

Another way to be a good role model is to serve appropriate portions and not overeat. Talk about your feelings of fullness, especially with younger children. You might say, "This is delicious, but I'm full, so I'm going to stop eating." Similarly, parents who are always dieting or complaining about their bodies may foster these same negative feelings in their kids. Try to keep a positive approach about food.

## Don't Battle Over Food

It's easy for food to become a source of conflict. Well-intentioned parents might find themselves bargaining or bribing kids so they eat the healthy food in front of them. A better strategy is to give kids some control, but to also limit the kind of foods available at home.

Kids should decide if they're hungry, what they will eat from the foods served, and when they're full. Parents control which foods are available to their kids, both at mealtime and between meals. Here are some guidelines to follow:

- **Establish a predictable schedule of meals and snacks.** It's OK to choose not to eat when both parents and kids know when to expect the next meal or snack.
- **Don't bribe or reward kids with food.** Avoid using dessert as the prize for eating the meal.

- **Don't use food as a way of showing love.** When you want to show love, give kids a hug, some of your time, or praise.

*(Adopted from [kidshealth.org](http://kidshealth.org))*



Be healthy,  
Enjoy the week  
And stay safe