



OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

“COMPASS FOR LIFE SKILLS”

**TERM 2 WEEK 8
NEWSLETTER
2020-2021**

*Year 11 Mock 3
Examinations in
progress*

WEEK 8 HIGHLIGHTS

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



Life at Junior High Campus
Education ~ Fun ~ Leadership ~ Responsibility



HEAD'S MESSAGE

Dear Parents/Caregivers,

Malcolm X once said "Education is the passport to the future, for tomorrow belongs to those who prepare for it today." I would like to thank the entire fraternity of Junior High Campus for supporting us in making sure that we secure the future of our learners through provision of quality education and imparting moral values that will enable our learners adapt to the ever changing global stage. Week 8 saw the start Mock 3 examinations for Year 11. The examinations are on-going and we wish them all the best.

The EAMUN virtual conference comes to an end today. We are happy to report that our participating students were exemplary. We await for the results next week. We are happy to report that Year 10 have resumed science practical lessons which had been halted under COVID-19 guidelines.

Return of project work by KS3 students is on-going and judging by the projects handed in, I must commend all the students, the teachers and the parents for the incredible support extended to the learners. Parents are reminded that the deadline for handing in projects is Monday 1st March 2021.

The End of Term 2 examination is fast approaching. Parents are urged to assist their children in designing a home revision timetable so that they are able to study without undue pressure of last minute revision. The earlier they start revising the term's content the better and the easier it will be while tackling exam questions.

Year 11 students who missed some Mock 3 papers due to participation in EAMUN virtual conference will sit for the missed exam papers in the 11th week i.e. from 15th March 2021 to the 18th March 2021. Individual students will be advised of timings depending on their group subjects.

Stay safe and God bless you all.

Mrs. Kekul Patel
Head of School – Junior High

Information to parents

PASTORAL DESK

Prefects Selection:

The vigorous process of selecting the 2021/2022 Prefects Body is near completion. The Senior Prefects Interviews were held yesterday with successful candidates for Heads positions to be announced in due course. We wish to thank all those students who took part in both 1st and 2nd interviews. We were amazed by the courage and confidence level showcased by our students during the interview process.

The following is the schedule for the remaining part of the prefect's selection process.

Day & Date	Time	Year Group	Event	Venue
CAMPAIGN SPEECHES				
Monday 1 st March 2020	8:20am – 9:00am	Year 9s	Head Boy & Head Girl Campaign Speeches	School Auditorium
	10:50am – 11:30am	Year 10s	Head Boy & Head Girl Campaign Speeches	School Auditorium
Tuesday 2 nd March 2020	8:20am – 9:00am	Year 7s	Head Boy & Head Girl Campaign Speeches	School Auditorium
Wednesday 3 rd March 2020	8:20am – 9:00am	Year 8s	Head Boy & Head Girl Campaign Speeches	School Auditorium
VOTING PROCEDURE				
Wednesday 3 rd March 2020	9:40am – 10:20am	Years 8 and 9	Voting Physically in School	School Premises
	9:40am – 10:20am	Years 7 and 10	Voting online	N/A

We wish also to mention that this process excludes the Year 11 students with the aim of according to them enough time as they prepare for their IGCSE Exams.

School Uniform:

It is important to take note that our boys and girls have grown over time and the school uniform that they were wearing prior to Corona onset might not be well-fitting now. We have witnessed situations where students are wearing tight-fitting uniforms including P.E Kits making them uncomfortable to fully take part in the learning process. We kindly request parents/guardians, to always confirm that their child is properly dressed and groomed in the morning before leaving home for the day's activities in School.

Pick-up Time:

Parents are advised to always organize and pick up their Children from School on time. Years 7 – 9 are always done with their daily sessions by 3:00 pm hence ready to be picked from school. Years 10 and 11 are always done with their daily sessions by 3:20 pm and equally ready to be picked thereafter.

EAMUN VIRTUAL CONFERENCE IN PICTURES



Year 10 Chemistry practicals

The year 10 chemistry students were delighted to start their practical lessons after a full term of online learning. They were clearly very excited.

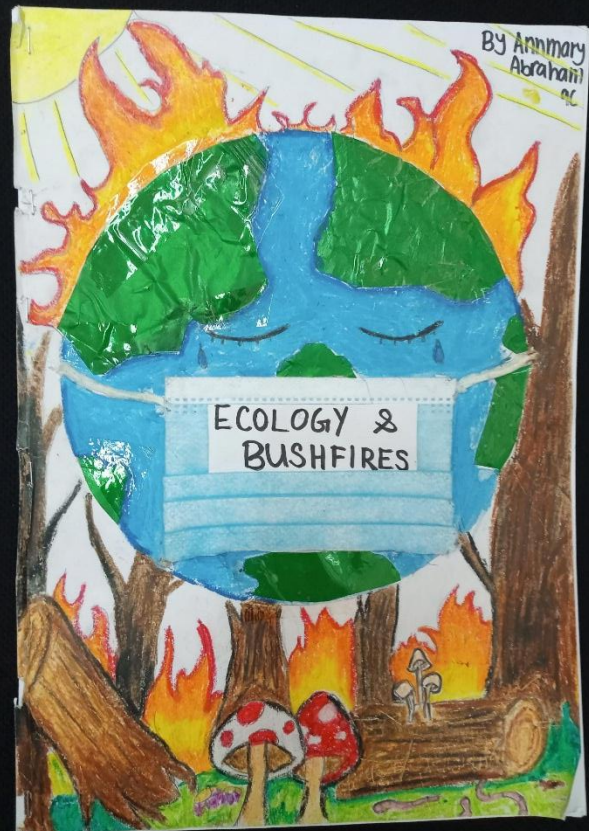


Sample Key Stage 3 projects cover pages

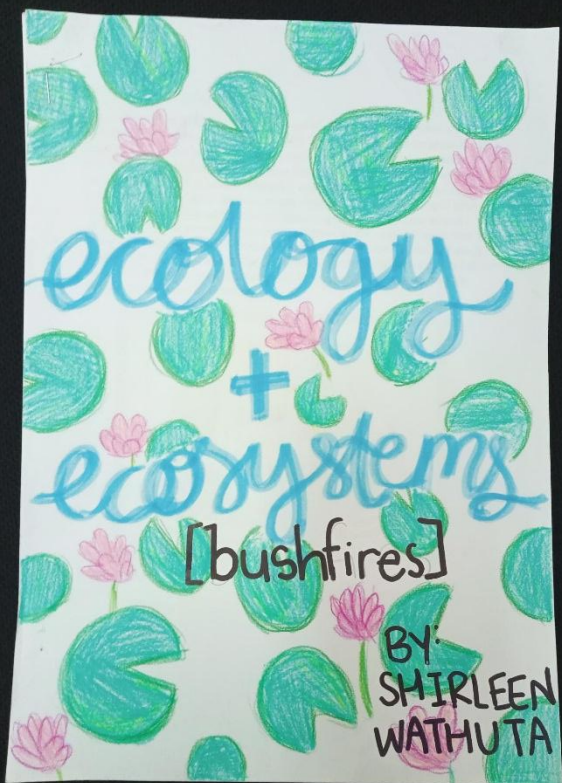
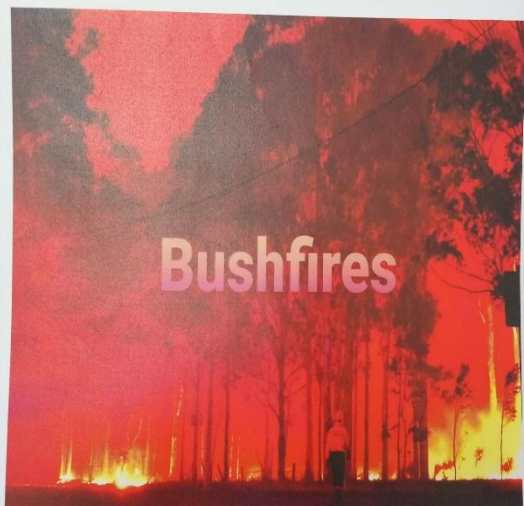
A HEALTHY BODY A HEALTHY MIND



Done by= Krishitha
Class= 8B



SIYARAO
BIOLOGY PROJECT
9C



Bullying: Tips for Parents

Bullying: Tips for Parents

Incidents of school violence demonstrate that bullying can have tragic consequences for individuals, families, schools and entire communities. Bullying is painful, lasting and related to low self-esteem, suicidal thoughts, anger, and other mental and physical health problems. Because of the increased risk of suicide associated with bullying--for victims and perpetrators alike--open dialogue and support are crucial in ensuring safety for our children and teenagers.

Recognize It

Bullying is aggressive behavior. It occurs when a child is targeted by one or more youth with repeated negative actions over a period of time. These are intentional attempts to cause discomfort or injury and can include name-calling, obscene gesturing, malicious teasing, exclusion, threats, rumors, physical hitting, kicking, pushing and choking. Cyber-bullying is also a real and growing problem today. Make no mistake: bullying of any kind is a form of violence that should not be tolerated.

Spot the Bullies

- Both boys and girls bully. Boys bully more often and are more likely to experience physical bullying. Girls are more likely to experience emotional bullying and sexual harassment.
 - Bullies usually pick on others out of frustration with their own lives. They target other children because they need a victim who is weaker than them.
 - While they may feel uneasy about it, many children tease their peers simply to go along with the crowd.
 - Bullying is linked to depression. Bullies are more likely to have social influence and be overly concerned with popularity. They are also more likely to have low self-esteem, be easily pressured by others, be less able to identify with the feelings of others, view violence in a positive way, and have difficulty in following rules.
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Know Their Targets

- Those who are seen as being different from their peers or are weak, depressed, less popular, or unable to get along with peers are more likely to become victims of bullying.
- Females in high school are twice as likely as male high school student to report being cyberbullied. They are also more likely to report being bullied on school property

Take Steps to Stop It Checklist

- **Start early.** Parent/child talks are essential. Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis. Even small acts of teasing should be stopped in their tracks. Don't fail to correct this kind of behavior due to a child's young age. This is exactly when to stop it.
- **Teach your children how to be assertive.** Encourage your children to express their feelings clearly, say no when they feel uncomfortable or pressured, stand up for themselves without fighting and walk away in dangerous situations.
- **Stop bullying when you see it.** Adults who remain silent when bullying occurs are encouraging it and making it worse.
- **Listen and support children who speak up.** Telling an adult about bullying is not easy for children. If a child comes to you seeking assistance with bullying, spend time listening to them and provide affirmation and support before taking actions. Read through and discuss our Bullying Checklist with your child as a resource.
- **Recognize the signs of depression.** Youth who experience persistent bullying can develop signs of depression like sadness, isolation, poor concentration and sleeping problems. These symptoms can affect their relationships and school performance. Many children do not recognize or speak up about their emotional needs. Make sure to reach out and get them help when you see these signs.
- **Tell your children to take action when they see bullying behavior.** Tell them to speak out against the bully and inform a teacher if the behavior doesn't stop. Bullying continues only when we allow it to.
- **Communicate clear policies and consequences.** Bullying is less likely in schools where adults are involved and firm about stopping bullying behaviors. Send out a clear message at your school that bullying will have negative consequences.

*Enjoy the
Weekend*

