

# OSHWAL ACADEMY NAIROBI

## JUNIOR HIGH



### TERM 3 WEEK 8 NEWSLETTER

If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person.

**Bill Clinton**

## Head's Message

**Mrs. Kekul Patel**

**Dear Parents/Guardians,**

**We have successfully come to the end of week 8. This week marks the end of final IGCSE examinations. I would like to take this early opportunity to thank all Year 11 parents for their incredible support to their children and the school during the entire examination period. This support enabled the candidates sit for the examinations without any hitches. I wish all candidates all the best as they wait for their results in August.**



**Further, I would like to pass my special regards to all Junior High Campus parents for sending their children to school physically enabling us to achieve a 92% attendance rate. This truly demonstrates the confidence that you have bestowed to our campus.**

**Finally, I urge you to share the newsletter with your children so that they too will benefit from the informative and educative content in it. Stay safe and wish you the best in your daily endeavours.**

**Regards**

**Head of School - Junior High**



From Academic Coordinators

**Mr. Nelson Njuguna & Mrs. Sujata Yanamandra**

## **IMPORTANCE OF A STUDY TIMETABLE**

As we approach the End of Term Examinations, we urge you to encourage your children to prepare a study timetable for home use. It is always said that "Failing to plan, is planning to fail". As a parent, helping your child develop a study timetable will give him/her an effective time management strategy and allow him/her to succeed in school. Using a study timetable also enables a student to visualize what he/she got in a schedule for the day and across the week. Most importantly, preparing a study timetable will ensure that the student does not forget any upcoming exams.

## **OUR TOP 5 TIPS FOR MAKING THE PERFECT STUDY TIMETABLE**

- 1. Always keep your academic goal front of mind.**
- 2. Remember to schedule time each week to make your weekly study timetable.**
- 3. Keep your timetable in a place that you will see or access every day.**
- 4. Be consistent with your study and follow your schedule.**
- 5. Don't overload yourself. Do remember to schedule down time to avoid burn out!**

From Academic Coordinators

**Mr. Nelson Njuguna & Mrs. Sujata Yanamandra**

# SAMPLE HOME STUDY TIMETABLE

STUDY PLANNER FOR JOHN SMITH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10am	School	School	School	School	School	Sport	
10 – 11am	School	School	School	School	School	Sport	
11 – 12pm	School	School	School	School	School	Sport	Business
12 – 1pm	School	School	School	School	School	LUNCH/Rest	English
1 – 2pm	School	School	School	School	School	Accounting	Maths
2 – 3pm	School	School	School	School	School	Chemistry	Rest
3 – 4pm	Sport	Music	COME HOME	Scouts	COME HOME	REST	Biology
4 – 5pm	Sport	Music	REST	Scouts	REST	Biology	Physics
5 – 6pm	Dinner/Shower	Dinner/Shower	Dinner/Shower	Dinner/Shower	REST		
6 – 7pm	Accounting	Biology	English	Physics	Dinner/Shower	Dinner	
7 – 8pm	English	Physics	Chemistry	Maths	Night Off	Night Off	
8 – 9pm	REST	REST	REST	REST	Night Off	Night Off	
9 – 10pm	BEDTIME	BEDTIME	BEDTIME	BEDTIME	Night Off	Night Off	

At the end of the day, the most effective study timetable is the one that works for you. If that means including, meditation breaks, group chats about topics or 3 half-hour sessions every day that's totally fine! To make the perfect study timetable it must be right for you. Be consistent and you might be surprised how much easier it is to achieve your academic goals!





# PREFECTS TRAINING CAMP

## EVENT

On **Saturday 5th June 2021**, A total of **61 Prefects** participated in the Prefects Training Workshop held at the Oshwal Academy Nairobi – Primary Campus. There was a team of **8 teachers** who facilitated the program that ran from 8:30 am to 4:00 pm.

## SUCSESSES

**Prefects were trained in areas such as:**

- Teamwork • Time Management • Conflict Resolution
- Communication • Resilience • Empathy and Risk-Taking
- Roles of prefects • Trust, • Honesty and • Respect.

This was done through Group and Individual presentations, Role Plays, and Experiential Skits where all the prefects were actively involved.

The training was a success. All the prefects were excited, enthusiastic, full of confidence and ready to deliver their duties with a lot of ownership in the academic year 2021-2022, after the training session.

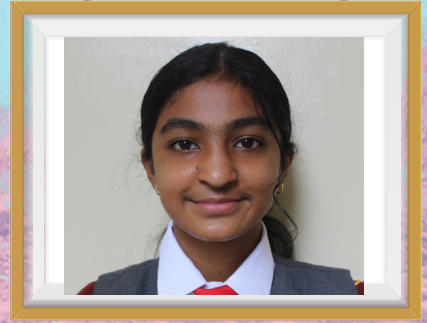




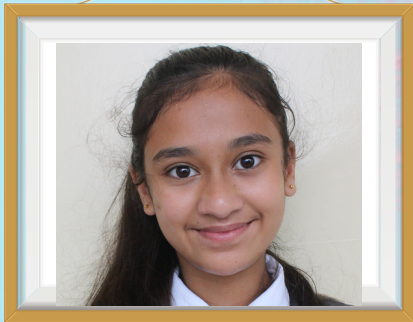
# GUJARATI & HINDI ELOCUTION FIRST PRIZE WINNERS



**Siana Dodhia**



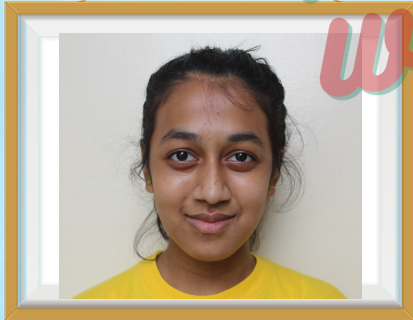
**Anusha Gupta**



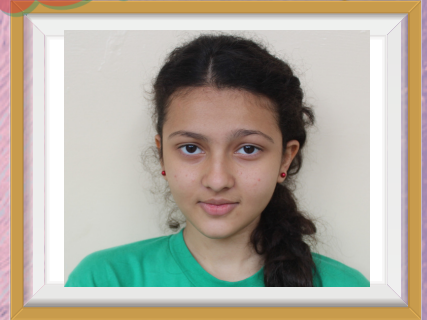
**Khushi Malde**



**Akshita Srivastava**



**Krisha Maru**



**Siya Rao**



**Akshat Karania**



**Saurav Mishra**

*...and the winners are...*



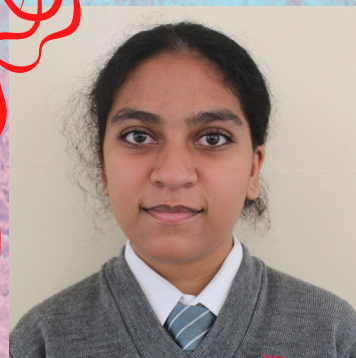
# MFL ELOCUTION FIRST PRIZE WINNERS



**Tchabu Antoinette**



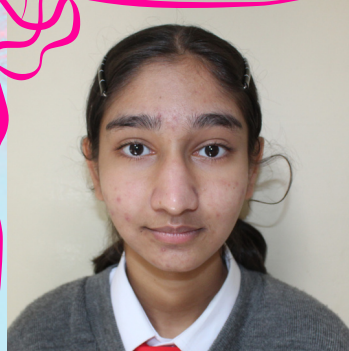
**Tanushri Dobhal**



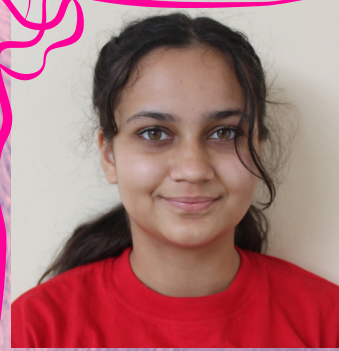
**Hemali Meisuria**



**Jia Hiranandani**



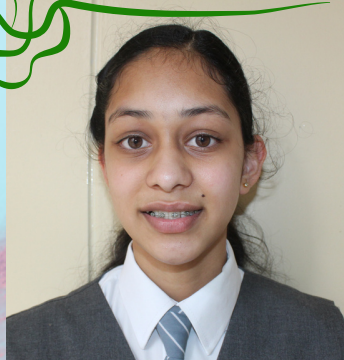
**Nikita Parikh**



**Anoushka Tak**



**Sanvi Shah**



**Ruhi Shah**



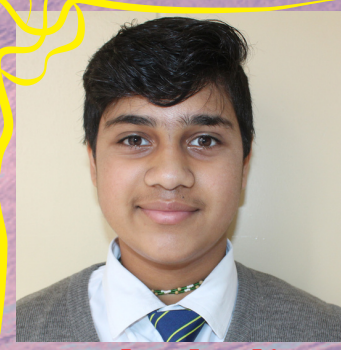
**Vivaan Anand**



**Ella Wanjohi**



**Sharleen Ndonga**



**Ronak Ghedia**





A book is a gift  
you can open  
again and again.

- Garrison Keillor



**We are open!!!**

**Come and:**

- Borrow a book
- Make an enquiry
- Do private study
- Conduct research work
- Complete an assignment
- Write your project



***THE LIBRARY IS OPEN  
FOR EVERYONE DURING  
THE FOLLOWING PERIOD.***



**After school**

3:30pm-4:30pm

**Lunch**

12:50pm -1:40pm

**Morning**

7:30am-8:10am

**Break**

10:20am- 10:50am



**Regular revision:** Early preparation and constant revision helps you avoid last minute panic

**Create revision time:** Make a revision time table that works for you. Set apart some time e.g. early evening/ late evening or early morning to revise

**Self-testing:** Always conduct self- assessment exercise to test your understanding after every topic



**Backward tracing:** Attempt questions from past papers.

Obtain revision past papers from internet sites such as:

<https://www.savemyexams.co.uk/>



**Multiple choice question approach:** Read all the given choices and give reasons why some are wrong as you narrow down to the correct answer. Justify your answer



- ✓ *Create and use flash cards.*
- ✓ *Make use of past papers and marking schemes.*
- ✓ *Create revision groups.*
- ✓ *Change your study method for a difficult topic. For example, relate it with everyday life.*
- ✓ *Revise similar items together for easy relatability. For example, revise writing of chemical equations together with reactivity of metals or salt formation.*



# YEAR 6 VISIT TO JUNIOR HIGH CAMPUS

The Year 6 students from Oshwal Academy Primary Campus paid a visit to Junior High Campus on Tuesday 8th June 2021 in the company of their teachers led by Mr. Mungai. This was a familiarisation visit whereby they were welcomed by the Head of the School Mrs. Kekul Patel.

Mrs. Kekul took them through the expectations for all those who will be transitioning to Junior High from Primary Campus next academic year. The Head of the school highlighted areas such as the number of subjects offered in junior high, the importance of having a good study plan, other educational and extra-curricular programs available in school for the students.

The other speakers during the visit included the Deputy Head of School – Mr. Soni, Key Stage Four Coordinator, Pastoral Coordinator, and the Head Proctors for Junior High and Primary Campuses, our Head boy and Head girl.

The Year 6 students were then given a tour of Junior High Campus by the School Prefects where they were shown both educational and extra-curriculum activity facilities available at the campus. Some of the facilities included State of the art Science Laboratories. Ultra-modern Library, ICT Laboratories, Swimming Pool, Basketball Court, Lunch Hall, and Classrooms.

The visit was a success as most of the Year 6 students requested if they could have a follow-up meeting to learn more about the Junior High campus.





# SPORTS



**Netball is a ball sport played by two teams of seven players**

## **THE BASIC RULES OF NETBALL**

- ✓ **You cannot travel with the ball.**
  - ✓ **There are only 7 players on court from each team at all times unless a player has been sent off by the referee.**
  - ✓ **You cannot snatch or hit the ball out of a player's hand. This is called contact. You must stand beside the player until the ball has left the players hands**
- 
- ✓ **When defending the ball, you must stand 3 feet away from the person with the ball.'**
  - ✓ **Players cannot hold the ball for more than 3 seconds. This includes throwing it the air, no-one else touches it and you catch it again. Or bouncing the ball.**
- 
- ✓ **Players are not allowed to move into the areas that they are not designated to.**
  - ✓ **When the defense in the circle is called up by the referee, they have to stand beside the shooter. The shooter has the decision of shooting the ball or passing the ball.**
  - ✓ **When the ball goes out of court, the team who last touched the ball hands the ball over to the opposing team. They have 3 seconds to stand outside of the court at the line where it went out and pass the ball.**

# Netball



IT'S TIME TO



play



# WASTE PAPER COLLECTION FOR A RECYCLING PROJECT

## REMINDER

**In a spirited fight against climate change, the school has organised a waste paper collection drive. The drive is part of the larger campaign that will see 100% of the proceeds channelled towards a tree planting project. Won't this make a difference towards humanity's endeavours to make the world a better and more habitable place?**

**This is an initiative of one of our former students,.**

**Yash Shah who is currently pursuing higher education at our sister campus – Oshwal Academy Nairobi Senior High. He is in year 12A. To this end, the junior High campus will provide a collection centre on two days - 17.06.2021 – 18.06.2021.**

**Special arrangements have been made to ensure that there's no litter at the collection site.**

**As a part of this campaign, collection boxes are placed in from where old newspapers, notebooks, worksheets and other waste sheets of paper will be collected by our volunteers.**

**What is the impact of wastepaper collection and recycling? To put it simply, Recycling one ton of newsprint saves about 1 ton of wood while recycling 1 ton of printer or copier paper saves slightly more than 2 tons of wood. Thus, recycled paper leads to saving of trees and hence, the environment. So, let`s join hands and make this campaign a success.**

**We kindly urge you to join us in this noble cause by participating or encouraging your children to bring wastepaper on the dates mentioned above.**



**Yash Shah**



# WEEK 9 SCHEDULE



## OSHWAL ACADEMY NIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 9 SCHEDULE  
14<sup>th</sup> June 2021 20<sup>th</sup> June 2021



**Monday- 14<sup>th</sup> June 2021**

- Normal Classes for Year groups 7, 8, 9 and 10

**Tuesday- 15<sup>th</sup> June 2021**

- Normal Classes for Year groups 7, 8, 9 and 10

**Wednesday- 16<sup>th</sup> June 2021**

- Normal Classes for Year groups 7, 8, 9 and 10

**Thursday – 17<sup>th</sup> June 2021**

- Normal Classes for Year groups 7, 8, 9 and 10

**Friday- 18<sup>th</sup> June 2021**

- Normal Classes for Year groups 7, 8, 9 and 10

**Saturday-19<sup>th</sup> June 2021**

**Sunday- 20<sup>th</sup> June 2021**