

OSHWAL ACADEMY NAIROBI JUNIOR HIGH



TERM 3 WEEK 10 NEWSLETTER

If you are working on something that you really care about, you don't have to be pushed. The vision pulls you.

Steve Jobs

Dear parents/Guardians,

We have come to the end of week 10. Preparations for the End of Term Examinations are in top gear. I would like to take this opportunity to thank each parent and guardian/caretaker for the fantastic effort and commitment they have projected in making teaching and learning truly come alive. End of Term Examinations are important summative assessments that give us a clear indication of the level of teaching and learning during the year.



It is through these examinations that the school gets to realise the academic potential of each student. I would therefore like you to encourage your children to thoroughly revise the content for each subject for the whole academic year. Further, I would like to urge you to provide all necessary stationery/mathematical sets/calculators/pens needed to write the examinations. It is recommended that students have at least 2 ink pens for the examinations.

I would like to emphasise the following:

- Attendance will contribute 10% to the End of Term Examination.
- Midterm will contribute 20%
- End of Term Exams will contribute 70%
- The weighting for the End of Term Examination content will be as follows:

- 1. Term 1 content – 30%**
- 2. Term 2 content – 30%**
- 3. Term 3 content – 40%**

Finally, I would like to wish all parents and students a relaxing and enjoyable weekend. Stay safe and God Bless you all.

Regards,
Head of School

From Academic Coordinators

Mr. Nelson Njuguna & Mrs. Sujata Yanamandra

We would like to thank all our students for the zeal they have projected in the learning while at school. We must admit that this academic year was full of uncertainties, but our students resolve to face the doubts prevailed.

BULLYING

This week we would like to educate the parents and students on the dangers of bullying. Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues. **Kids who are bullied are more likely to experience:**

- **Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.**
- **Health complaints.**
- **Decreased academic achievement—in tests and examinations and they are more likely to miss, skip, or drop out of school.**

Kids who bully others can also engage in violent and other risky behaviours into adulthood. **Kids who bully are more likely to:**

- **Abuse alcohol and other drugs in adolescence and as adults**
- **Get into fights, vandalize property, and drop out of school.**
- **Have criminal convictions and traffic citations as adults**
- **Be abusive toward their spouses, or children as adults**

Kids who witness bullying are more likely to:

- **Have increased use of tobacco, alcohol, or other drugs**
- **Have increased mental health problems, including depression and anxiety**
- **Miss or skip school**
- **Adopted from www.stopbullying.gov**

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Acknowledgement

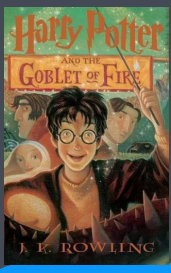


Devashri Shah

It is always a joy to see our students succeed in various co-curricular activities. It is always said that "Nobody ever won a chess game by resigning". Our very own Devashri Shah from Year 7D certainly did not resign while participating in the Chess Kenya Championship Competitions.

Devashri was crowned 1st position in the under 14 girls category in the Rising Stars Rapids Series on Tornelo. Further, she finished 3rd in the under 14 Girls Category in the Coast Qualifier.

In the African Schools Online Individual Chess Championships, Devashri finished in the 34th place. What an achievement! Kudos and congratulations Devashri!!



Harry Potter and The Goblet of Fire



Reviewed by: Anusha Gupta

Harry, a 14-year old wizard returns for his 4th year at Hogwarts, school of Witchcraft and Wizardry where he is accompanied by his 2 other friends, Ron Weasley and Hermione Granger.

The Triwizard tournament, an upcoming event in which 3 schools participated in ; Hogwarts, Durmstrang and Beauxbatons. There were 3 students selected (one from each school) and 3 ultimate challenges, which were extremely dangerous.

The Goblet of fire was a big, wooden cup which was kept in a jewel-encrusted wooden chest. It was the "Judge" that decided which 3 students were to be picked for the tournament in terms of how worthy they are

On Halloween night, the Goblet of Fire spits out the names of the champions who will compete in the Triwizard Tournament; along with Cedric Diggory, Fleur Delacour, and Viktor Krum, Harry Potter is selected! Since the Goblet's decision was final, Harry had to participate even though he was under age.

Turns out Harry taking part in the Triwizard tournament was a scheme to get Lord Voldemort into his human state through the help of one of his death eaters, Barty Crouch Jr. who was disguised as Prof. Alastor Moody.

This was one of my favourite books as I loved the imagination and thought behind it.

- Make sure you are revising with the right notes

- Consult your teachers or fellow classmates in case of difficulties

**Test yourself!
Using quizzes**

**Revise to
understand not
to remember**

- Do not revise many topics at the same time

- Know and prepare in advance for the topics you want to revise

**I WISH YOU
SUCCESS!**

*Not luck as you
have revised well!!*

NAILS IN THE FENCE

Story - A Lesson About Anger

STORY
CORNER



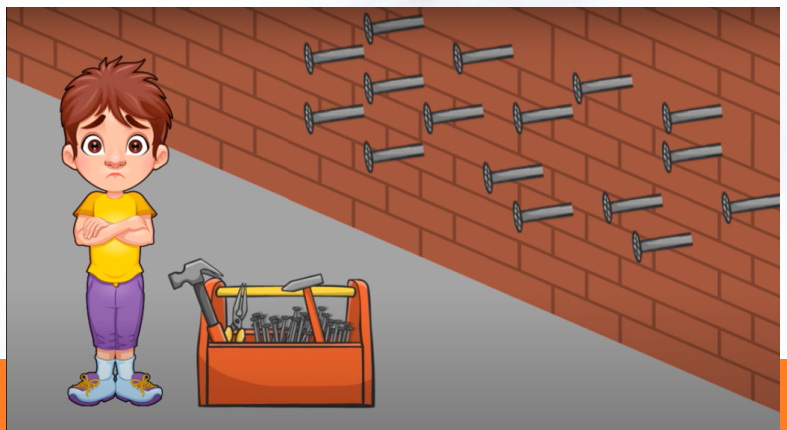
There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day, the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry. The wound is still there."

A verbal wound is as bad as a physical one.





Rugby

Rugby is a game in which the object is to carry the ball over the opponents' goal-line and force it to the ground to score.

In order to go forward, the ball must be passed backwards. The ball can be kicked forwards, but the kicker's team-mates must be behind the ball at the moment the ball is kicked

This apparent contradiction creates a need for fine teamwork and great discipline, as little can be achieved by any one individual player. Only by working as a team can players move the ball forward towards their opponents' goal-line and eventually go on to win the game.

Rugby is a highly physical game. To enjoy it to its utmost you need to be physically and mentally prepared. You also need to understand how to play safely.



A rugby ball, originally called a quanco, is a diamond shape ball used for easier passing



*Catch me if
you can*



WEEK 11 SCHEDULE



OSHWAL ACADEMY NIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 11 SCHEDULE

28th June 2021 04th July 2021



Monday- 28th June 2021

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

Tuesday- 29th June 2021

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

Wednesday- 30th June 2021

- Normal Classes for Year groups 7, 8 and 9.
- End of Year Exams for Year 10 start.

Thursday – 01st July 2021

- Normal Classes for Year groups 7, 8 and 9.
- End of Year Exams for Year 10 to be continued.

Friday- 02nd July 2021

- End of Year Exams for Year groups 7, 8 and 9 start.
- End of Year Exams for Year 10 to be continued.

Saturday-03rd July 2021

- No Exam day.

Sunday- 04th July 2021



SCHOOL LIFE IN PICTURES



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