

OSHWAL ACADEMY NAIROBI

JUNIOR HIGH



TERM 3 WEEK 11 NEWSLETTER

The only limit to our realization of tomorrow will be our doubts of today.

Franklin D. Roosevelt

Head's Message

Mrs. Kekul Patel

Dear Parents/Guardians

We have come to the end of week 11. The end of term examinations are progressing smoothly and we are busy preparing the schedule for the closing week. As we had informed you earlier, we shall be collecting text books from Years 7, 8 and 9. We urge you to start counterchecking your child's book numbers against the list sent to you from the book store.



As we progress towards the end of the term, I would like to pass the following information.

- **We have made available to you the clubs E-book for next Academic Year. Kindly go through the E-book and help your child choose his/her club of interest.**
- **After choosing the club, kindly pay for the club by the 6th of August 2021.**
- **You should only choose one payable club.**
- **Prize giving marks computation will be the average of term 1, term 2 and term 3 marks.**
- **Students have been verifying their term1 and term 2 marks for prize giving. Kindly find out if your child has verified his/her marks.**

Lastly, I would like to wish all students the best of luck in the remaining End of Term Examination papers.

Enjoy the weekend and stay safe.

Regards,

Head of School

Deputy Head's Message

Mr. Pushap Raj Soni

Dear students

As your End of Year Exams are on, I take this opportunity to say that we are behind you, cheering you on to the finish line. You might be feeling stressed, overwhelmed, confused, and so tired – we understand that, but keep going. Give it everything you have got – you are nearly there – and know that whatever happens next, you have got what it takes for an amazing life.



We understand that the potential in you is breath-taking, whether you have realised it yet or not. There will be choices, twists and turns in your path, and a lot of that path will not be anything like you imagined. That is one of the beautiful things about life. Sometimes things will work out exactly as you thought, and sometimes things will be different. It is in the unexpected that the magic happens so take notice of your disappointments – they are often opportunities.

As you sit down to your exams you owe it to yourself to work hard and do your best but know that the results will not be a measure of you. There is no exam, or assessment that will even come close to showing what you are capable of, or the life that is waiting for you.

Exams will test your memory and your understanding of a particular concept, not your intelligence. They will show you what you are capable of during one hour of one day in one subject. It might be a subject that lights up your potential, or it might not.

Education is powerful, but some of the most powerful things your time at school would have given you will not be found on the periodic table or between the dog-eared pages of a maths book. Your education given you the capacity to have a voice and a presence – whether that is through the way you use words, the way you create, the way you play sport or perform – or maybe it is something else.

Hopefully, above all else, it has taught you that you can learn anything and do anything when you put in the effort.

Deputy Head's Message

Mr. Pushap Raj Soni

It is important to work hard and give it everything you have got but know that there are so many more things about you that will determine the life you have.

You have incredible power to open all sorts of doors and shape the life you want. This power is yours and nobody can take it from you. It is yours regardless of the marks you get. You cannot even know the doors you will open, and you will find the way to open them whether you get the grades you want or not. You do not have to have it all figured out yet.

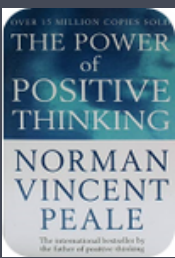
Your path will be crooked, unexpected, and beautiful, which is exactly the way it should be. Do not let any of the bends or detours change your belief in your own potential, or the wonderful depth and richness of you.

Just give your best and do not think about grades. Plan, revise, take proper rest and be positive all the time ahead. I strongly believe that each one of you is a winner. I am sure, with your focused endeavour you will be able to reflect your potential.

All the best!

Deputy Head of School

THINKING *Positive*



THE POWER OF POSITIVE THINKING

Reviewed by: Pragya Prakash



The Power of Positive thinking is an international, motivational bestseller written by Dr. Norman Vincent Peale. The book was first published in 1952 and was written for the purpose of motivating every age group.

The book "The Power of Positive Thinking" proposes the method of Positive thinking. It aims at ensuring that the reader achieves fulfilment and satisfaction at every point of their life. The book consists of over 200 pages. Nevertheless, here are the most important points, divided into lessons:



Lesson 1- Believe in yourself and visualize your goals- Yes, Self Confidence is key. If you don't believe in yourself, you shall feel and in turn, act inferior

Lesson 2- Break your habit of worrying- As students, most of us spend our time thinking what other people say or think about us. We start worrying over no reason. It's not your job to worry about what people think about you! Do not please people and stop living for them, live life on your terms.



Lesson 3- Change your attitude- Don't misinterpret situations and take each situation negatively. Each situation has something to learn from. However bad the problem is, don't exaggerate it in your mind.

In order to achieve a powerful yet positive mindset, these three lessons are all what you need to follow. As Dr. Peale mentioned in his book "The way to happiness: keep your mind free from hate, and heart free from worry. Live simply, expect little, and give much". Think positive, do positive, and most importantly, Be positive.

Stay Positive



Dear Students

As we approach the end of this wonderful term where I met most of you for the first time, I would like to appreciate each and every one of you who took time to visit the library. I was impressed by those of you who were not afraid to tell me that it was their first time visiting the library or borrowing a book since they stepped into the school. I am particularly proud of those of you who kept me on toes, borrowing books consistently and ensuring that my desk was always full of books for "reserve".

The last 3 months have proven that each and every one of us can be an avid reader if he or she identifies the books they like. The journey of discovering your different reading interests has been an exciting one for me. I am grateful for those of you who trusted me enough to ask questions and receive answers about the books they should read. I look forward to receiving even more students to the library next term. Come let us share in our reading adventure together!

Your Librarian
Ms. Everlyne.



ANNOUNCEMENT

- Remember to return all books borrowed from the library before school closes in two weeks.
- If you would like to borrow books for the holiday visit the library for special arrangements to be made.
- All lost books must be replaced or paid for before September for you to access school books



How to Study



Knowing how to study effectively is a skill that will benefit you for life. Developing effective study skills requires lots of time and patience. If you follow these tips you'll be on your way to discovering which type of studying works best for you—so you can knock your next test out of the park!

- **Get organized:** Carry a homework planner at all times. Entering homework, projects, tests and assignments as soon as they are assigned will make sure they aren't forgotten about.
- **Pay attention in class:** It's important to concentrate and avoid distractions when the teacher is speaking..
- **Steer clear of distractions:** Be aware of what distracts you in class and know how to steer clear of these distractions. Avoid sitting next to friends if you know they will distract you.
- **Make sure notes are complete:** Writing clear and complete notes in class will help you process the information you are learning. These notes will also become study notes that can be reviewed before a test. Talk to friends or the teacher if you have missed a class to ensure your notes are complete.
- **Ask questions if you don't understand:** Raise your hand and ask questions if you don't understand something. If you don't feel comfortable asking in front of everyone, write yourself a reminder to talk to the teacher after class.
- **Make a study schedule/plan**
- **Review notes from class every evening and simplify your notes**
- **Talk to teachers:** Teachers are there to help you do your best. Talk to your teacher and ask for clarification or extra help if you need it before your test.
- **Designate a study area:** The best study spot is one that is quiet, well-lit, and in a low-traffic area.

- **Study in short bursts:** For every 30 minutes you study, take a short 10-15 minute break to recharge. Short study sessions are more effective and help you make the most of your study time.
- **Study with a group:** Working with classmates encourages an interactive environment to keep you engaged. This gives you a chance to test your knowledge with others, quiz each other on the content, and help boost each other's confidence

IMPORTANCE OF INFORMATION TECHNOLOGY

In this world of information superhighways, the use of technology is inevitable in every sphere of life. people all over the world rely on communication technologies and computers every day to do their day-to-day chores. The use of technology ensures that users find doing tasks easy, faster, and efficiently.

The biggest advantage of choosing information technology for a career is that it will let you do most of the things by simply clicking on a mouse. It gives you an opportunity to progress your career as an IT developer and opens very many job opportunities.

Information technology plays a vital role in every business type including small, medium and large (multinational). Information technology is used in companies to implement communication. Network (intranet and internet) and email play a key role in the organisational communication internally as well as externally.

We need information technology in today's world to establish faster communication, maintain electronic storage and provide protection to records. In a simple way, IT makes a system of electronic storage to provide protection to company's records



Good company helps you learn good things. Bad company makes you learn bad things.

Two parrots built a nest in a banyan tree. They lived with their two young ones, which they took good care of. The mother and the father parrot went out to gather food in the morning and came back home by evening. One day, when their parents were away, the young parrots were captured by a cruel hunter.

One of the birds managed to escape and flew away from the hunter. He ended up at a hermitage and grew up listening to kind words and compassion. The hunter put the other parrot in a cage, and soon it learned a few bad words and phrases. The hunter and his family were crude and didn't care much about kind words.

One day, a passer-by was resting outside the hunter's hut. Sensing someone outside, the parrot said, "Fool, why are you here? Fool! Leave! I'll cut your throat". Scared, the traveller went away, and on his journey, he reached the hermitage where the other parrot was. The parrot at the hermitage spoke, "Welcome traveller. You are free to stay here as long as you want".

Surprised, the traveller told the parrot that he encountered a similar parrot elsewhere and it was very cruel. How is that you are so kind?" The parrot replied, "That must be my brother. I live with the sages, and my brother lives with hunters. I learned the sage's language, and my brother learned the hunter's language. The company we keep decides who we will be".

Moral: Keep good company if you want to be a good person

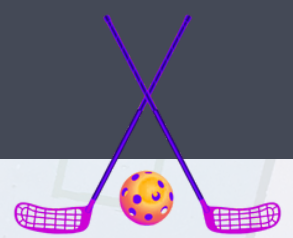
Source:

<https://www.shortstoriesforkids.net/moral-stories/good-company-and-bad-company>





FLOOR BALL



What is floor ball?

Floorball is a type of floor hockey with five players and a goalkeeper in each team. Men and women play indoors

How Floorball is played

Floorball is played in a match between two teams consisting of five field players and a goalkeeper in the rink at one time.

Matches are played in three twenty-minute periods

The idea of the game is to score more goals than the opposite team within the limits of the rules. The basic roles of the players are forwards, defenders and goalkeeper

Floorball equipment

The basic equipment of a field player includes a stick, shoes and clothes suitable for playing. The goalkeeper has a helmet, goalkeeper pants, a jersey and protective gear.

Floor ball is played with special sticks and a plastic ball with holes.

Rules



Players are not allowed to:

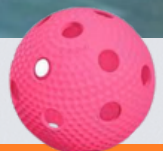
- hit, block, lift or kick an opponent's stick
- push, tackle or obstruct the opponent
- play the ball above the knee level with the stick
- raise the blade above waist level when hitting the ball
- jump up and stop the ball
- play the ball with your stick between the opponent's legs



FLOOR BALL



Let's play



WEEK 12 SCHEDULE



OSHWAL ACADEMY NIROBI

JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 12 SCHEDULE

05th July 2021 11th July 2021



Monday- 05th July 2021

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

Tuesday- 06th July 2021

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

Wednesday- 07th July 2021

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

Thursday – 08th July 2021

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

Friday- 09th July 2021

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

Saturday-10th July 2021

Sunday- 11th July 2021

SCHOOL LIFE IN PICTURES



SCHOOL LIFE IN PICTURES



SCHOOL LIFE IN PICTURES



*Wishing
you
success*

