

OSHWAL ACADEMY NAIROBI JUNIOR HIGH



TERM 3 WEEK 9 NEWSLETTER

A comfort zone is a beautiful place,
but nothing ever grows there.

Author - Unknown

Head's Message

Mrs. Kekul Patel

Dear Parents/Guardians,

It is my sincere hope that you are all healthy and keeping safe. As this school year draws to a close and we approach the last days of this term, I want to thank each and every one of you. Firstly, for choosing Oshwal Academy Nairobi Junior High and secondly for trusting us with your children's education and finally for all the support that you have given us as teachers. I also want to thank every child for all the warmth, memories of full physical reopening and the learning that we have shared over the term.



As our students prepare for the End of Year Examinations, I would like to take this early opportunity to pass some crucial information about the End of Year Examinations.

- The Examination will cover all the content taught in the **Academic Year 2020/2021** i.e. Term 1, Term 2 and Term 3.
- The weightage of the examination content from each term will be as follows: 30% from **Term 1, 30% from Term 2 and 40% from Term 3**
- This Examination will be crucial for determining the final mark and grade that will be used to draw the list for best academic performers in the Academic Year 2020/2021 in readiness for the **Prize Giving Day** in Term 1 of Academic Year 2021/2022.
- School attendance in the **last two weeks** to the End of Term Examinations will be closely monitored. Any students who will be absent **without any valid explanation will not be allowed** to sit for the examinations.
- Kindly assist your child to come up with a personal revision timetable to help him/her prepare for the examinations.

Finally, I would like to emphasize on the dangers of different types of bullying. Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to your children to determine whether bullying or something else is happening to them. The school has a zero tolerance towards bullying which may lead to immediate exclusion from school. Kindly talk to your children about the virtue of respecting their peers.

I wish you a restful weekend and fruitful coming week.

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!!

LIBRARY



Benefits of Reading Books

WHY YOU SHOULD READ BOOKS EVERY DAY



SHARPENS YOUR MIND

By concentrating on words and lines it stimulate on your brain. Daily reading can help sharpen your mind.



REDUCE YOUR STRESS

Reading help you to focusing on words, lines and some sentences. These help to pulling your mind away from stress and make you feel relax.



BOOST SLEEP

Reading help you to fall asleep, de-stress you and also improve your sleeping quality. Reading is like sleeping pill which can lead you into restful sleep.



PREVENT DEPRESSION

Self help books can prevent depression. Reading boost the part of the brain that deal with depression. It boost your brain with happiness and ambitions.



EXPAND VOCABULARY

The more you read, the more words you gain. Reading improves your vocaburaly and you can express your own thoughts and feelings.

BOARDEN YOUR IMAGINATION

"I don't have to look far to find treasures, I discover them each time I visit a library"

Michael Embry

Very Specific Tips To Learn French

1. Activate Your Passive Memory

Don't focus too much on understanding everything, just pick a book suitable for your level.

Once again, it's advisable to watch suitable videos for your level, without English subtitles (you can use French subtitles

2. Get Creative To Memorize Gender

If you want to speak French perfectly, **you'll need to know the gender of each and every noun.**

One easy way to remember gender is to use sticky notes: Stick the written French word together with its article on the designated object to remember the gender with the word (for example, stick la table on the table).

3. Focus On Intonation

Try to repeat simple sentences from a video and once you get it right, your English R will not be a trouble. In fact, it might even give you an exotic and charming accent!

4. Learn Food Vocabulary

As you probably already know, French people are obsessed with food. That means that learning **food vocabulary is the perfect ice breaker** to start a conversation with a French speaker and sound very French yourself!



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One night four high school students were bowling until late and didn't study for the Physics test which was scheduled for the next day. In the morning, they thought of a plan.

They made themselves look dirty with grease and dirt.

Then they went to the Head of School and said they had gone out to a wedding last night and on their way back the tire of their car burst, and they had to push the car all the way back. So, they were in no condition to take the test.

The principal thought for a minute and said they could have the re-test after 3 days. They thanked him and said they would be ready by that time. On the third day, they appeared before the principal. The principal said that as that was a Special Condition Test, the four students were required to sit in separate classrooms for the test. They all agreed as they had prepared well in the last 3 days.

The Test consisted of only 2 questions with a total of 100 Points:

1) **Your Name?** _____ (1 Points)

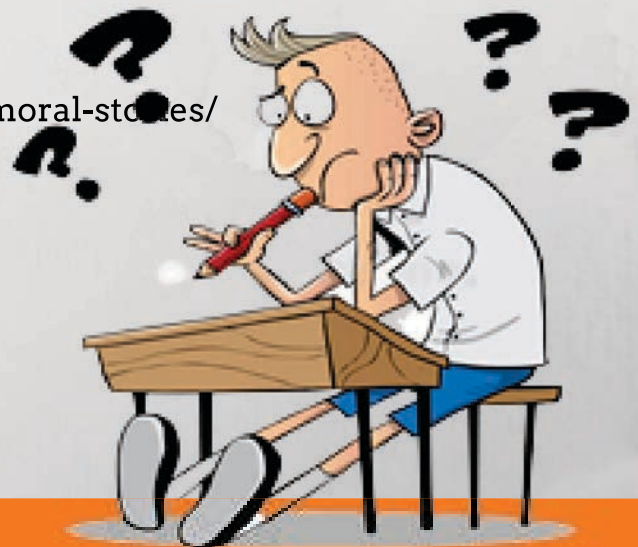
2) **Which tire burst?** _____ (99 Points)

Options – (a) Front Left (b) Front Right (c) Back Left (d) Back Right

Moral of the story:

Take responsibility and be principled. Don't follow a crowd and never allow your friends take charge of your life. There will always be time for everything: time for studies and that of hanging out with peers. **PLAN YOURSELF WISELY.**

Source: - <https://wealthygorilla.com/best-short-moral-stories/>



SPORTS



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

- ✓ Games are played on a rectangular court with raised goal rings at each end.
- ✓ Each team attempts to score goals by passing a ball down the court and shooting it through its gal ring.
- ✓ Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court.
- ✓ During general play, a player with the ball can hold on to it for only three seconds before shooting for a goal or passing to another player.

The winning team is the one that scores the most goals.

Netball games are 60 minutes long



Our school team has attracted more than 20 girls in the Under 15 team whose training is on Tuesday and Thursday morning from 6.30 am.



Netball has the following advantages:

- True team sport (no ball hogs allowed), doesn't matter size/ability level,
- A position on court for everyone,
- Great hand/eye coordination
- Teaches spatial awareness



Netball



Let's
play



MAZINGIRA SAFI COMPETITION

The annual Mazingira Safi competition was held on 9th June 2021 based on the World Environmental Day's theme for this year "Ecosystem Restoration".

The students participated in three categories as under:

- **Art**
- **Photography**
- **Essay writing**

The essay writing competition was held in all modern foreign languages i.e. Gujarati, Hindi, Kiswahili, German, French.

The winners will be awarded certificates next week on Wednesday.

For the love
of the
environment



WASTE PAPER COLLECTION FOR A RECYCLING PROJECT

REMINDER 2

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,.

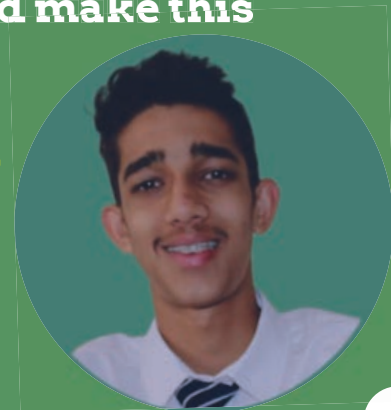
Yash Shah who is currently pursuing higher education at our sister campus – Oshwal Academy Nairobi Senior High. He is in year 12A. To this end, the junior High campus will provide a collection centre at the reception.

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 10 SCHEDULE



OSHWAL ACADEMY NIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 9/10 SCHEDULE

21st June 2021 27th June 2021



Monday- 21st June 2021

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

Tuesday- 22nd June 2021

- Normal Classes for Year groups 7, 8, 9 and 10
- **Year 11 students report to Senior High Campus as AS-Level Students**
Reporting Time: - 07:20 am- 07:50 am

Wednesday- 23rd June 2021

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

Thursday – 24th June 2021

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

Friday- 25th June 2021

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

Saturday- 26th June 2021

Sunday- 27th June 2021

SCHOOL LIFE IN PICTURES



*Starting the day
with a prayer & a song*



SCHOOL LIFE IN PICTURES



Good shots
are not easy
to get!!

