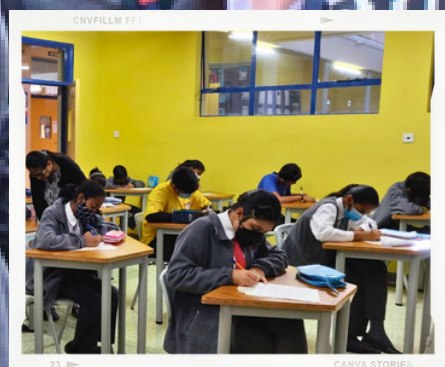




# OSHVAL ACADEMY NAIROBI JUNIOR HIGH

"The more that you  
read, the more  
things you will  
know, the more that  
you learn, the more  
places you'll go."

—Dr. Seuss



**TERM III WEEK II  
NEWSLETTER  
2022-2023**





# ANNUAL INTER-HOUSE SPORTS TRIVIA

Our sports department had a week long team selection period where all students were given an opportunity to try out, join and represent the school in various inter-school competitions in term 3. The students turned out in large numbers eager to join one of the teams. The selection was very competitive and students who did not get a chance to be in the team will be provided with additional training sessions on separate days to help them polish their skills.





## YEAR 10 GEOGRAPHY METEOROLOGICAL WEATHER INPUT AT OSHWAL CENTER

On 27th April, the Humanities department organised a training session for the year 10 Geography students on weather station equipment and instruments. The objective was to help the students see how various instruments used in capturing and measuring aspects of weather. It would have been a better idea to visit the Meteorological department but that was not possible because the department of metrology is yet to lift the Covid restrictions. As a result, an expert from the department was invited as a resource person to demonstrate how the instruments work. The workshop which was attended by 39 students was hosted at Oshwal centre.





# P.E DEPARTMENT INSET

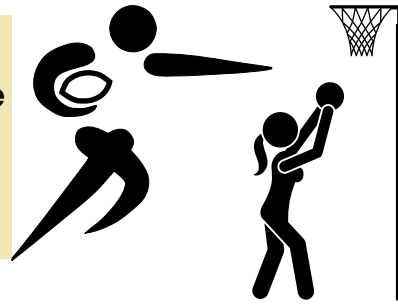
We hosted a training session for our Physical Education Department teachers on Netball and Rugby coaching together with other teachers from a number of International Schools in attendance. This is to ensure that our teachers are on the same page with the rest of the teachers Internationally and that our students get the best that they can ever do.





# U13 & U15 RUGBY AND NETBALL TOURNAMENT AT NAIROBI ACADEMY

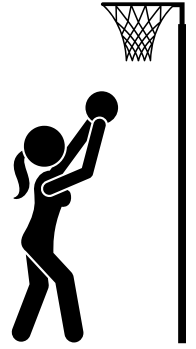
Our Rugby and Netball teams hit the ground running with their first match at The Nairobi Academy on 27th April. The Rugby matches were thrilling to watch as both schools put in a credible performance. The match referee shared a few insights which we look into implementing going to the next set fixtures.





# UNDER 15 FOOTBALL AND NETBALL FIXTURE VS BROOKHURST INTERNATIONAL SCHOOL TOURNAMENT AT OSHWAL CENTER

The highlight of the week was the U15 Boys Football and U15 Girls Netball where we hosted Brookhurst International School. The Football match was a thriller with our student Gadiel Ng'ang'a in Year 10 scoring a Hatrick to help the team win the match. The girls were equally on a winning mode, against their worthy competitors.







# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

## TERM 3 WEEK 3 SCHEDULE

Sunday – 30<sup>th</sup> Apr 2023



Monday – 1<sup>st</sup> May 2023

➤ Labor Day Public Holiday

Tuesday – 2<sup>nd</sup> May 2023

- Prefects Internal Training @7:55am to 8:55am
- U15 Boys Rugby vs Hilcrest (Away) @2:30pm
- U15 Girls Basketball vs Hilcrest (Away) @2:30pm

Wednesday – 3<sup>rd</sup> May 2023

- U13 Boys Rugby vs Braeside (Home) @1:30pm
- U13 Girls Netball vs Braeside (Home) @1:30pm

Thursday – 4<sup>th</sup> May 2023

- U13 Boys Football vs NIS (Home) @2:30pm
- U13 Girls Netball vs NIS (Home) @2:30pm

Friday – 5<sup>th</sup> May 2023

- Departure for Overnight Prefects Training Camp
- Year 11 IGCSE French Listening Exams @ 12:30pm

Saturday – 6<sup>th</sup> May 2023

- Overnight Prefects Training Camp
- U15 IPSSA Rugby Tournament @ Oshwal Centre