

OSHWAL ACADEMY



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH



**QUOTE OF "I am always doing that which I cannot  
THE WEEK : do, in order that I may learn how to do  
it."**

**<<Pablo Picasso>>**

## TERM III WEEK 2 NEWSLETTER 2023-2024

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# YEAR 10 FOOD & NUTRITION TRIP TO DOMINO'S PIZZA, KAREN

Year 10 Food and Nutrition Students visited Domino's Pizza Karen for hands-on learning on food safety and preparation. They got to prepare their own pizzas and enjoy them at the end of their visit.





# ANNUAL INTER-HOUSE SPORTS TRIVIA

Our sports department had a weeklong team selection period where all students were given an opportunity to try out, join and represent their houses in various inter-school competitions in term 3.

The winners of this year's Inter-House Sports Trivia are 1st position Flamingo house, 2nd position Simba house, 3rd position Impala house, and 4th position Gazelle house.



**A good representation from all the teams; Flamingo house, Simba house, Impala house and Gazelle house**



# ANNUAL INTER-HOUSE SPORTS TRIVIA





# INCLUSIVE EDUCATION DEPARTMENT HAIR AND BEAUTY LESSONS IN PICTURES





# FROM THE SPORTS CORNER



**Our under 13 boys football team which played Premier Academy.**



**On 24th April our under 13 girls Netball team won against Premier Academy 13-10.**



# FROM THE LIBRARIAN'S DESK

## BENEFITS OF READING

**Reading is a complex process** that draws on many different skills. Together, these skills lead to the ultimate goal of reading: reading comprehension. Reading comprehension means understanding what's been read. Comprehension means understanding what's been read.

Reading comprehension is tested in every English exam including the final IGSE English paper



**Reading enhances fluency.** Fluent readers read smoothly at a good pace. They group words together to help with meaning, and they use the proper tone in their voice when reading aloud. Reading fluency is essential for good reading comprehension

## Reading builds vocabulary

To understand what you're reading, you need to understand most of the words in the text. Having a strong vocabulary is a key component of reading comprehension. Students can learn vocabulary through instruction. But they typically learn the meaning of words through everyday experience and also by reading.



## Reading builds on Sentence construction and cohesion

Understanding how sentences are built and connecting ideas within and between sentences, are skills that are important for reading comprehension as well.

Knowing how ideas link up at the sentence level helps students get meaning from passages and entire texts. It also leads to coherence, or the ability to connect ideas to other ideas in an overall piece of writing.

We urge our students to always read widely to be best prepared to handle any comprehension questions





# ANNUAL MUSIC RECITAL IN PICTURES





# VISIT BY PA REPRESENTATIVE FROM NIGERIA

On Thursday 25th April, our school had the honour of hosting Mr. Joseph Osoke Bello, National Director of International Award for Young People in Nigeria. He was accompanied by PA- Kenya officials: Ms. Maria Birgen (PA Kenya Deputy Director Projects and Programs) and Mrs. Wambui Matheri (PA Nairobi Regional Director). Mr. Bello was on a bench-marking mission to Kenya, and Oshwal Junior High was a priority port of call, owing to our robust PA program.



**Group photo during the visit by President's Award officials**



**Student activities during the previous PA expedition**



# THOUGHT OF THE WEEK

This week on our thought of the week board we shall be reflecting on respect.

Giving and receiving respect from others is important because it helps us feel safe and to express ourselves with confidence.

## What does respect look like?



You don't yell or talk over the top



You feel safe being around each



When you disagree you listen to



Neither of you is controlling the other person's choices



You both allow the other person space if they need it



You can both admit when you've made a mistake

## Here are simple ways you can be more respectful this week.

- |                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Listen and be present.</li><li>✓ Address mistakes with kindness</li><li>✓ Acknowledge others and say thank you</li><li>✓ Respect physical boundaries</li><li>✓ Speak up if others around you are being disrespectful</li></ul> | <ul style="list-style-type: none"><li>✓ Be thoughtful of others' feelings</li><li>✓ Make decisions based on what's right, not who you like</li><li>✓ Respect personal space and personal property</li><li>✓ Be willing to evolve and admit mistakes</li></ul> |
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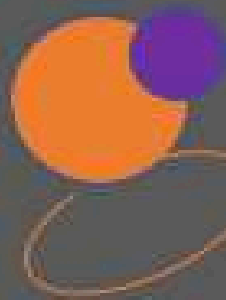


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 3 SCHEDULE

28<sup>th</sup> April 2024 – 4<sup>th</sup> May 2024



Sunday – 28<sup>th</sup> April 2024



Monday – 29<sup>th</sup> April 2024

- U13 Boys' Basketball vs. NIS (H)
- U13 Girls' Basketball Triangular (H).

Tuesday – 30<sup>th</sup> April 2024

- Year 9 Students' Subject Selection Talk
- U13 Boys' Rugby vs. Aga Khan Academy (A)
- U13 Girls' Basketball vs. Aga Khan Academy (A)
- U15 Boys' Football vs. NIS (H)

Wednesday – 1<sup>st</sup> May 2024

- LABOUR DAY – PUBLIC HOLIDAY

Thursday – 2<sup>nd</sup> May 2024



Friday – 3<sup>rd</sup> May 2024

- Overnight Prefects' Training Camp @ Flamingo Oliden



Saturday – 4<sup>th</sup> May 2024

- Overnight Prefects' Training Camp @ Hamingo Oloiden
- U13 Table Tennis Championship @ Oshwal Primary
- Parents' Career Presentations
- Naisula Invitational U15 Girls' Basketball
- U13 Boys' Football vs. Tilisi