



Oshwal Academy Nairobi, Junior High



QUOTE OF THE WEEK:

Education breeds confidence.
Confidence breeds hope. Hope
breeds peace.
~~ Confucius ~~

TERM III WEEK 5 NEWSLETTER 2023/2024

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First Parklands avenue, off Mpaka
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WEEK 5 ASSEMBLY IN PICTURES



ANNUAL MUSIC AND DANCE SHOW IN PICTURES



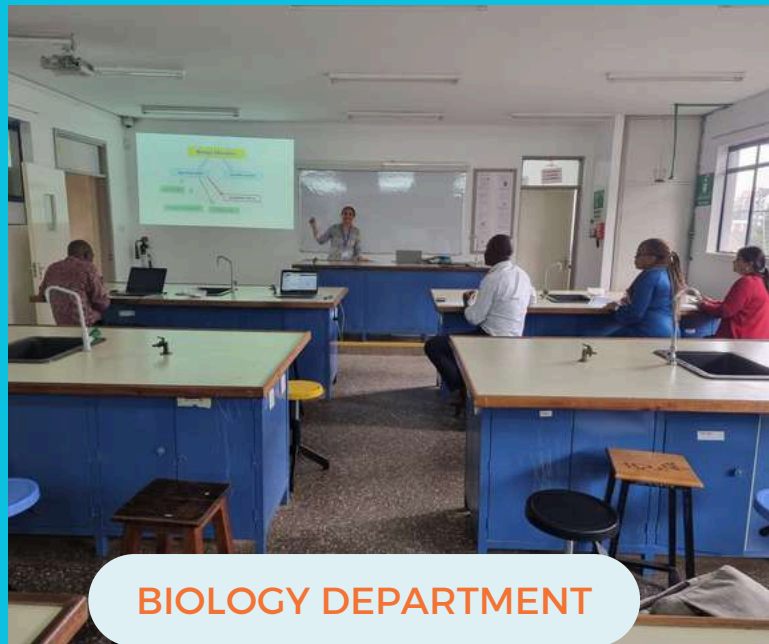
ANNUAL MUSIC AND DANCE SHOW IN PICTURES CONT...



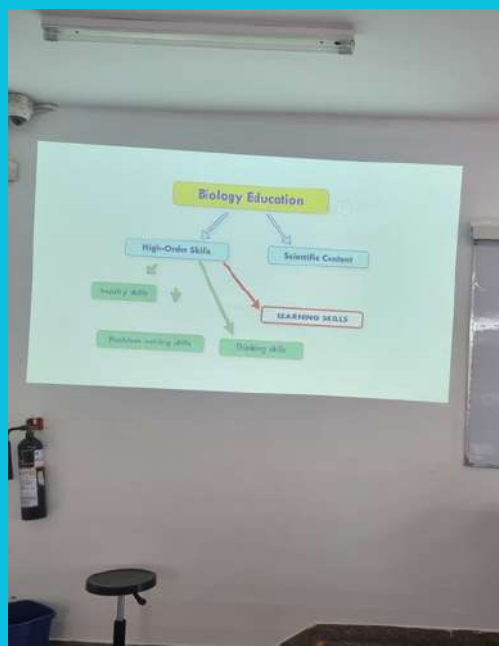
INTERNAL DEPARTMENTAL TRAININGS



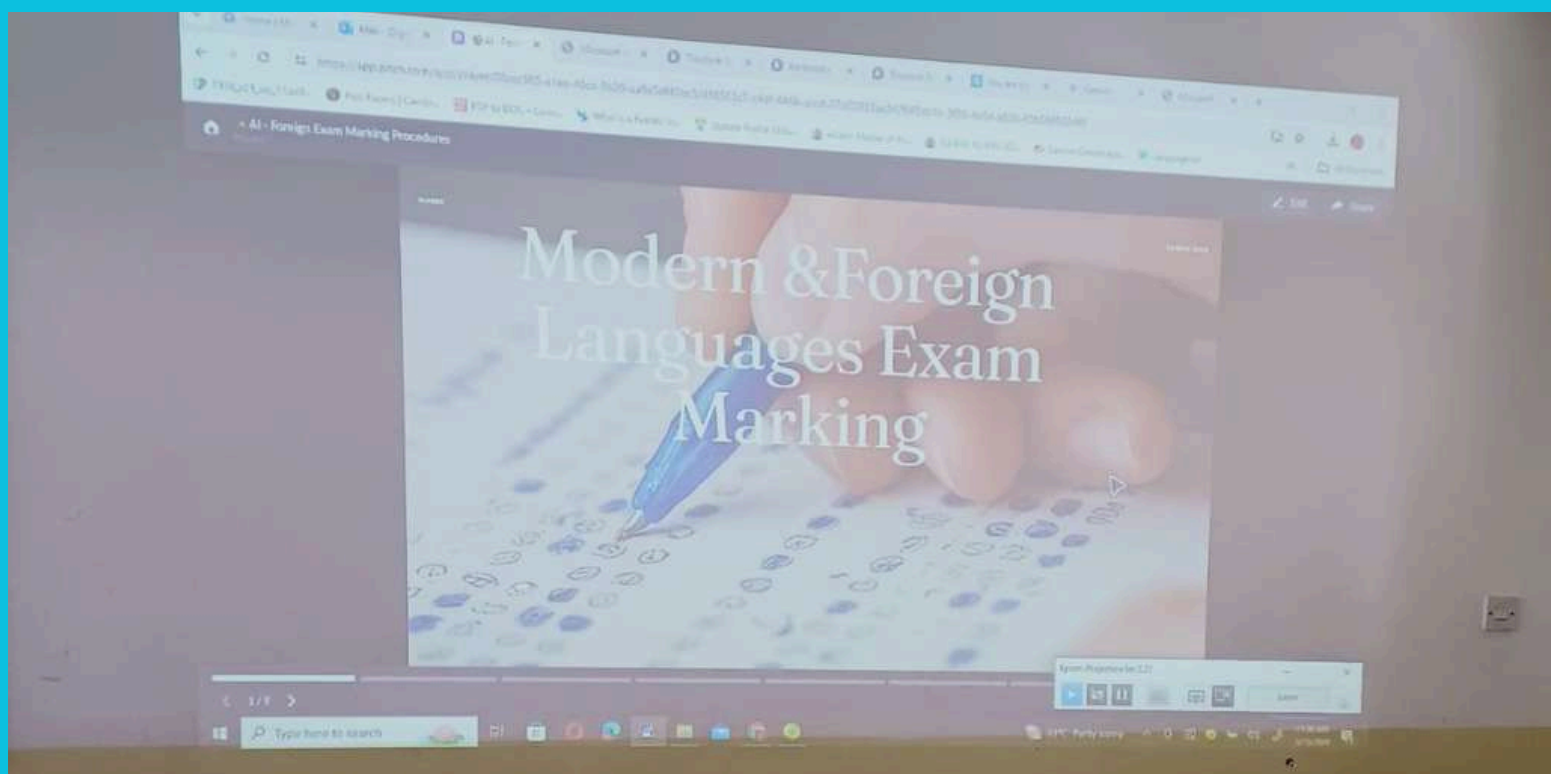
ENGLISH DEPARTMENT



BIOLOGY DEPARTMENT



MFL DEPARTMENT



YEAR 7 HEALTH TALK BY SCHOOL NURSE IN PICTURES

PUBERTY AND ADOLESCENCE

BY: MS OWUOR



YEAR 9 SUBJECT SELECTION TALK IN PICTURES



YEAR 7 AND 8 UNIVERSITY OF WATERLOO MATHEMATICS CONTEST IN PICTURES



SPORTS CORNER



Our U13 Rugby played Crawford



U15 Girls basketball team represented us well against Hillcrest



U13 Girls football team won 2-0 against Makini School



U13 Boys football played against Makini School



U13 Girls played against Crawford, they drew 8-8

MID-TERM EXAMS IN PROGRESS



OSHWA! ACADEMY JUNIOR HIGH

THOUGHT OF
THE WEEK

PERSEVERANCE

NEVER GIVE UP

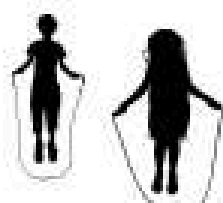
BELIEVE THAT
YOU CAN DO IT

KEEP ENCOURAGING
YOURSELF

KEEP
WORKING

DO YOUR BEST





Problem of the Week

Problem A and Solution

Skipping at School

Problem

Sophia is an excellent skipper and skips every morning recess with her friends at school. At the end of each recess, she counts how many times she has jumped.

Sophia rarely misses her jumps or gets caught on the skipping rope, and so she averages 60 jumps every minute.

- (a) If recess is 10 minutes long, how many jumps do you expect Sophia to complete in a single recess?
- (b) How many days will it take for Sophia to complete at least 5000 jumps, if she jumps for one recess every day?

Solution

- (a) Since Sophia jumps an average of 60 times in 1 minute, and recess is 10 minutes long, we can expect Sophia to complete $60 \times 10 = 600$ jumps in a single recess.
- (b) From part (a) we expect Sofia to complete 600 jumps in one recess. Since she jumps for one recess every day, then in two days, we would expect her to complete $600 + 600 = 1200$ jumps. We can make a table to determine how long it will take Sophia to complete at least 5000 jumps.

Days	Total Jumps
1	600
2	$600 + 600 = 1200$
3	$1200 + 600 = 1800$
4	$1800 + 600 = 2400$
5	$2400 + 600 = 3000$
6	$3000 + 600 = 3600$
7	$3600 + 600 = 4200$
8	$4200 + 600 = 4800$
9	$4800 + 600 = 5400$

After 8 days, we would expect Sophia to have completed 4800 jumps, and after 9 days we would expect Sophia to have completed 5400 jumps.

Therefore, it will take Sophia 9 days to complete at least 5000 jumps.

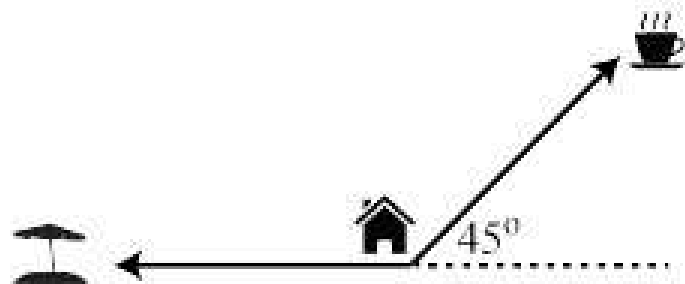


Problem of the Week

Problem E

Coffee Run

On Saturday morning at 8 a.m., Ayla and Hamza left their house. Ayla walked west towards the beach, and Hamza rode his e-scooter northeast to his favourite coffee shop, then headed to catch up with Ayla. Ayla walked at a constant speed of 4 km/h and Hamza rode his e-scooter at a constant speed of 20 km/h. If Hamza caught up with Ayla exactly 45 minutes after they left their house, what is the maximum possible distance between their house and the coffee shop?



TERM III WEEK 6 SCHEDULE



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 6 SCHEDULE

19th May 2024 – 25th May 2024



Sunday – 19th May 2024



Monday – 20th May 2024

➤ MID-TERM EXAMS

Tuesday – 21st May 2024

➤ MID-TERM EXAMS

Wednesday – 22nd May 2024

➤ MID-TERM EXAMS

Thursday – 23rd May 2024

- Mid-Term Break Begins
- Scouts' Training Camp

Friday – 24th May 2024

➤ Scouts' Training Camp

Saturday – 25th May 2024

- Scouts' Training Camp
- IPSSA U13 Boys' Rugby Tournament @ Woodcreek
- IPSSA U15 Girls' Basketball Tournament @ Woodcreek