



OSHVAL ACADEMY NAIROBI JUNIOR HIGH



QUOTE OF WEEK:

**"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 II WEEK 5
NEWSLETTER
2023-2024**

ASSEMBLY IN PICTURES



Mathematics Contest winners being awarded at the assembly.



Enoch Mwendwa Muthini from the Inclusive Education Department presenting a report on his experience during there visit to Nairobi National Museum during assembly.



A section of students congratulating the Mathematics Contest winners during assembly.



Our MSMUN delegates on arrival at the UN headquarters in Gigiri for the 30th MSMUN Conference.

THEME: YIBAMBE-HOLD FAST!

Theme: Yibambe-hold fast.

Our MSMUN students have had an intensive four day Conference where they got to candidly debate various resolutions . This year we took 13 students who were spread across the following committee :Health and Technology, Ecology, Human Rights and Special Summit. They were delegates for Cyprus, Syria Arab Republic, Philippines and World Bank. Among the non-delegates we had two Junior Chairs, two Secretaries and one Press Corp.

The students' participation was outstanding and the majority of them got a chance to address their various committees despite the large numbers of delegates from all over East Africa.

The following got special recognition:

1.Grishma Sudha, Best Secretary

2.Sarvesh Sriram, Honorary Mention in Special Summit.

3.Jeremy Kombe, Honorary Mention in Human Rights.



END OF WEEK 5 FIRST AID REPORT FOR THE NEWSLETTER

"A FABULOUS BUT FLU-FILLED WEEK"

Greetings good people! It has been an eventful week at the school with trips, conferences, games and most importantly continued quality education. Fixing itself between all the fun events is a suspected flu virus.



- **T**he suspected flu virus has contagiously spread among some of the students who have presented with sore throat, sneezing, nasal blockage and headaches. This has almost transformed our usual happy school rhythm into a symphony of coughs and sniffles. In response, the nurse has been able to offer first hand regime to the affected and infected students and as well referred some of the students to seek full medical treatment and to ensure everyone's well-being.
- **S**ome of the ailing students have been able to seek Doctor's attention while some have sort comfort from panadol and flugon to combat the unwelcome flu's intrusion.
- **We** are, with all gentleness, requesting the parents to consider a prompt medical check-up for their children whenever they report flu-like symptoms like cough, chest pains, headache, sneezing, nasal blockage and running nose. These signs often

indicate or lead to Upper Respiratory Tract Infections (URTI). Seeking medical attention will be protective to those who have caught the 'suspected virus' and to the ones who haven't.



- **Let us join hands to ensure a safe, healthy and comfortable environment for all the students.**

I wish y'all a fruitful and fun weekend weekend.

Nurse, OJH.

YEAR 10 CAREER TALK FACILITATED BY MS. YVONNE AND MS. TAMARA FROM UNISERVE

Year 10 students were taken through a talk on Careers of the Future by two representatives from Uniserve, Ms. Yvonne and Ms. Tamara. The talk allowed students to learn about different careers that may interest them, and what they would need in order to follow these career paths.

THE FUTURE OF WORK

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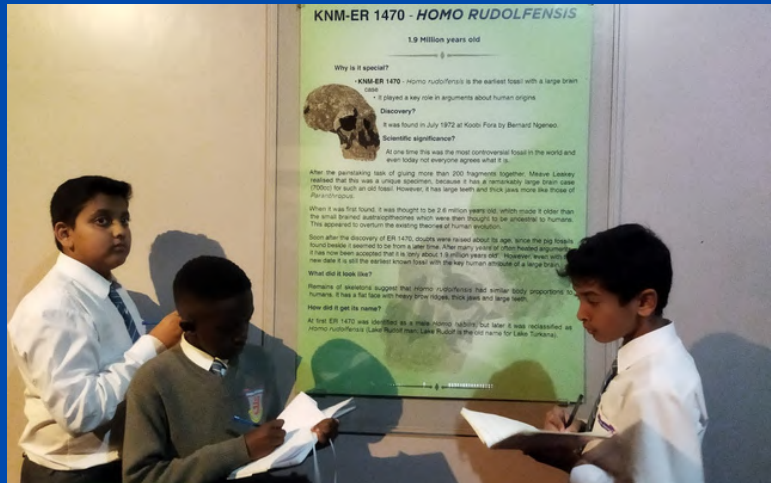
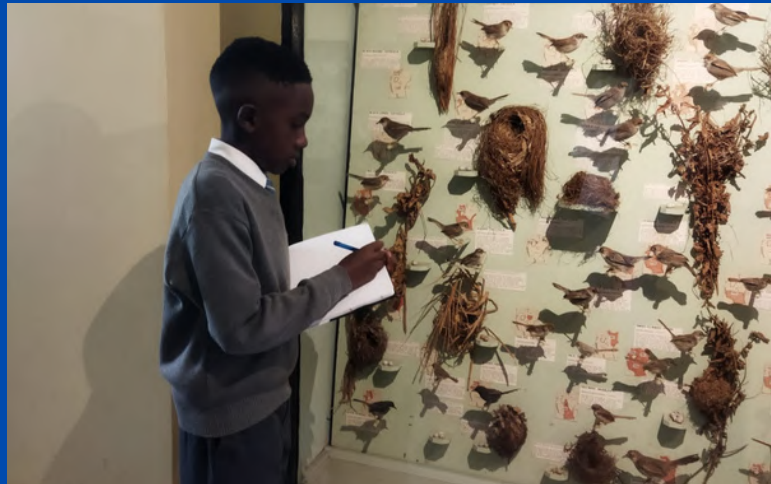


YEAR 9 PASTORAL TALK FACILITATED BY THE PASTORAL DEPARTMENT

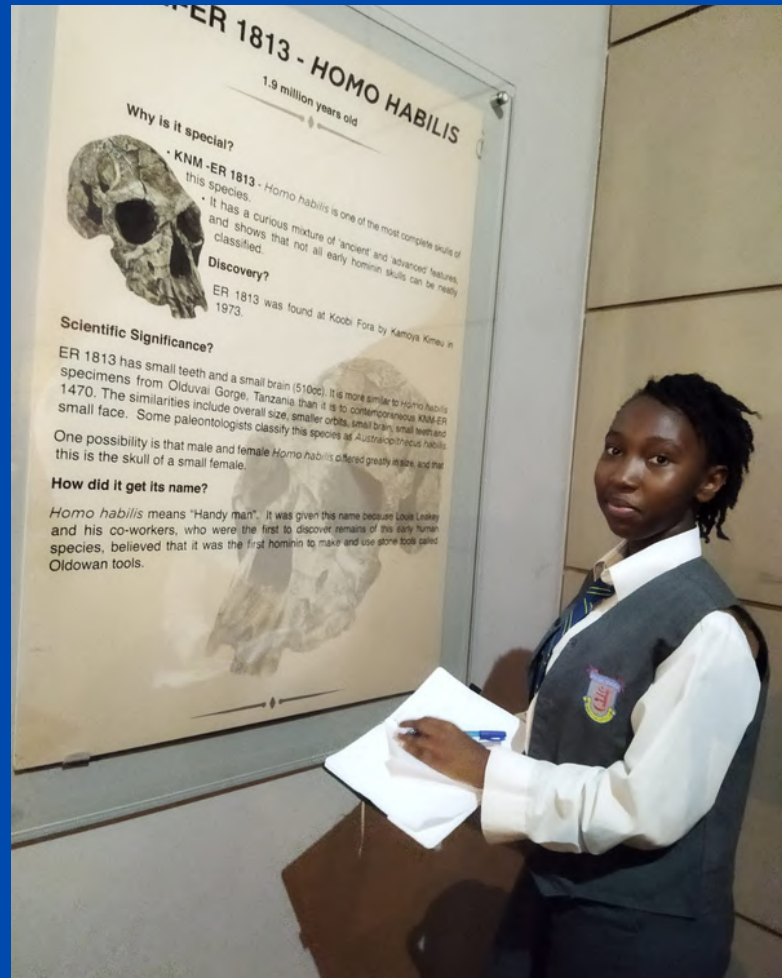
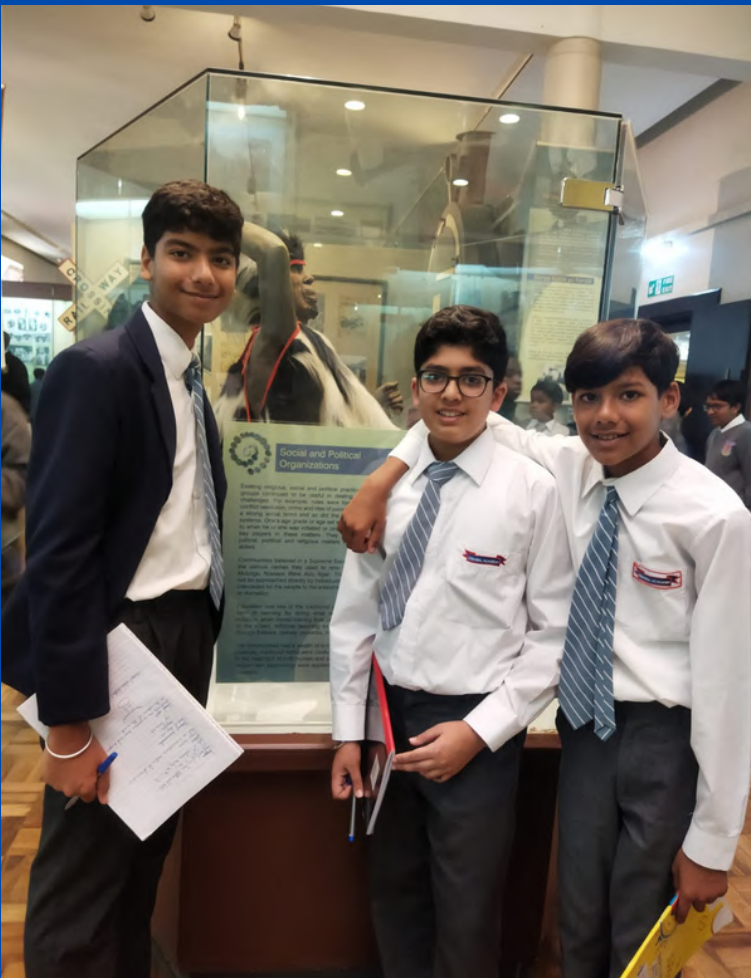
The Head of Year 9 Mr. Herman and Year 9 Proctor Mr. Samuel and the Home Room Tutors having an interactive session with the Year 9 students on matters discipline, emotional wellbeing, healthy relationships and compassion towards each other.



YEAR 7 EDUCATIONAL TRIP TO NAIROBI NATIONAL MUSEUM IN PICTURES



YEAR 7 EDUCATIONAL TRIP TO NAIROBI NATIONAL MUSEUM IN PICTURES



YEAR 9 ART STUDENTS LEARNING ABOUT CUBISM STYLE OF PAINTING IN PICTURES





OSHWAL OPEN JUNIOR CHESS TOURNAMENT 2024(5TH EDITION) IN PICTURES



FROM SPORTS CORNER

The sports department has been a beehive of activities with numerous opportunities for our students to engage in various inter-school sports competition.



On 27th January, a good representation from our under 13 boys basketball team. In a pool of 4 teams we played 3 matches, we won against swami, Riara but lost to Agakhan.



On 27th January, our under 15 boys football represented us well in the John Garrod & David Anderson football tournament. They managed to reach quarter finals where they were eliminated by Agakhan through penalties.



A good representation from our under 15 boys football team who played out a goalless draw against Samaj team.



A good representation from our under 15 Girls Football team and lost to Samaj 3-2.



A good representation from our under 15 Girls Hockey, Team A drew with Crawford 1-1 while team B drew with Samaj 0-0.





A good representation from our under 13 Boys hockey Team A lost 0-1 to Samaj while under 13 Boys hockey Team B lost 1-3 to Samaj.



A good representation from our under 13 Girls hockey Team A won 2-0 against WoodCreek School while our under 13 girls Team B drew with Nairobi Academy 1-1.



A good representation from our under 13 Boys hockey team who won 8-1 against Nairobi Academy, and 4-0 against Woodcreek School.



A good representation from our under 13 Boys basketball team won 32-6 against Brookhurst Lavington.

OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 6 SCHEDULE

4th Feb 2024 – 10th Feb 2024

Sunday – 4th Feb 2024



Monday – 5th Feb 2024

➤ Mid-Term Exams Begin

Tuesday – 6th Feb 2024

➤ Mid-Term Exams

Wednesday – 7th Feb 2024

➤ Mid-Term Exams

Thursday – 8th Feb 2024

➤ Mid-Term Exams

Friday – 9th Feb 2024

- Mid-Term Break Begins
- Year 7 Overnight Trip to Tafari Castle
- Year 8 Overnight Trip to Lake Elementaita
- PA Silver Expedition - Sagana

Saturday – 10th Feb 2024

- Mid-Term Break
- Year 7 Overnight Trip to Tafari Castle
- Year 8 Overnight Trip to Lake Elementaita
- PA Silver Expedition – Sagana
- IPSSA U15 Boys & Girls Hockey vs Crawford (A) @8:30AM