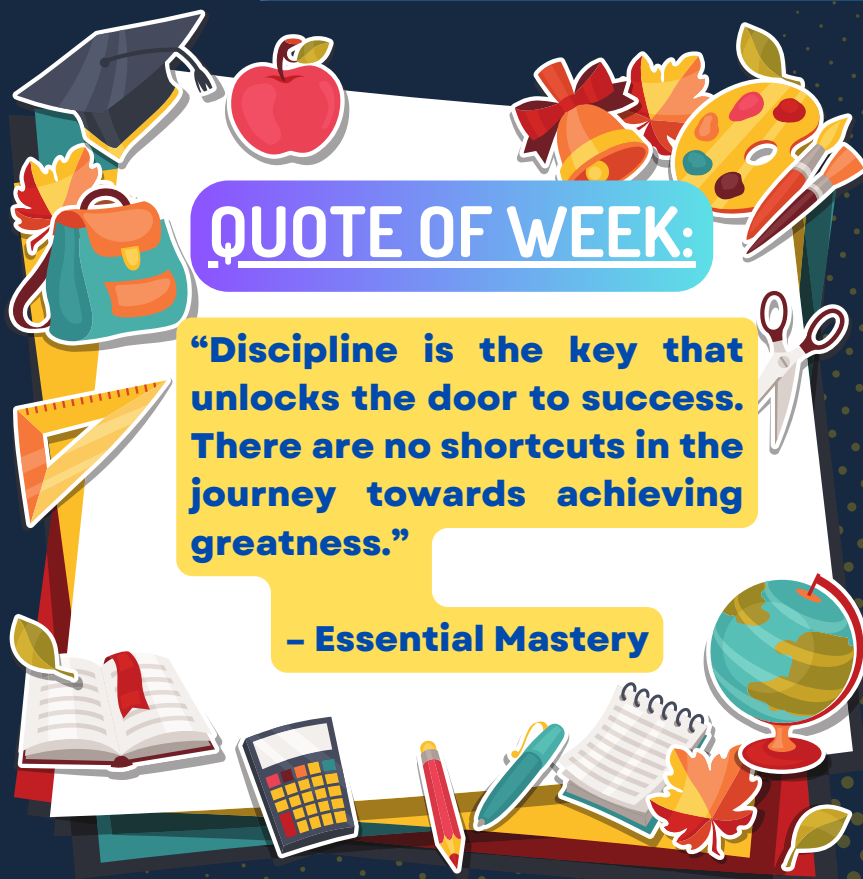




# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

## TERM II WEEK 8 NEWSLETTER 2023/2024



### QUOTE OF WEEK:

**"Discipline is the key that unlocks the door to success. There are no shortcuts in the journey towards achieving greatness."**

**- Essential Mastery**

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# ASSEMBLY IN PICTURES





# YEAR 8 CAREER TALK FACILITATED BY MS. YVONNE FROM UNISERV IN PICTURES





# **YEAR 10 ADOLESCENT REPRODUCTIVE HEALTH TALK**

## **FACILITATED BY SCHOOL NURSE MS. OWUOR**

**On the 21st of February, 2024, the year 10 students were given a talk on Adolescent Reproductive Health with an aim of ensuring adolescents navigate the adolescence stage safely, with confidence, and with the best prospects for a healthy and productive life.**

**The talk delved into various changes that occur during adolescence including physical, biological, cognitive and social aspects. Understanding these changes is crucial for a holistic approach to reproductive Health. Focusing on Adolescent Reproductive Health (ARH) as well ensures the adolescents are well prepared with safety measures to conquer major health risks such as HIV/AIDS, teenage pregnancies, drug and substance use and other Health consequences.**

**We focused on the critical aspects of ARH such as peer pressure/ peer influence, drug and substance abuse, Sexually Transmitted Infections or Diseases (STIs/STDs), HIV/AIDS and adolescent pregnancy and their associated consequences. Emphasis was then placed on the importance of self-awareness, good decision making skills, assertiveness and open communication regarding reproductive health as key components of navigating adolescence successfully.**

**With the well-targeted talk, the students have been empowered with skills necessary for a healthy transition through adolescence.**





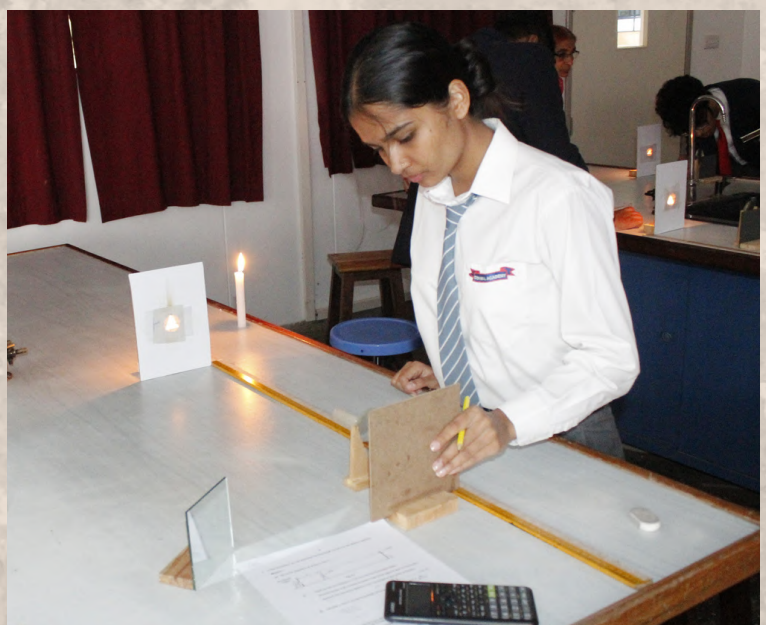
# YEAR 6 VISIT TO JUNIOR HIGH

On 20th February we had the pleasure of hosting Year 6 students from our sister campus – Oshwal Academy Nairobi Primary school for a talk and a tour of the junior high campus. During the visit, we divided them into two groups for easy and convenient viewing of our facilities. The facilities that we showed them included the Drama and Music room, the Library, Information and Communication Technology laboratories as well as the Science (Physics, Chemistry and Biology) laboratories. All of them were eager to join us as soon as the new Academic year begins.





# LAB PRACTICALS IN PICTURES





*Congratulations!*



**Khushi Malde of year 11C played the regional trials for Table Tennis in ladies category at Oshwal Sports Complex on 27th January 2024 in Nairobi and came 1st in Nairobi County.**

**Later she played the National Trials at Jomo Kenyatta University Main Campus on Thika Road on 10th and 11th February 2024. Here there were top 2 players from 8 counties so a total of 16 players.**

**In the first round all the 16 players had to play each other in a set of best of 5. The matches started at 10.00 am and finished at 8.30pm. Only top 8 players would be selected to qualify for the National Team out of 16 players. Khushi came in top 8 and got selected in the Ladies National Table Tennis Team. She was the youngest player in the Ladies category who qualified for the Ladies National Table Tennis Team.**



## 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 20th February, our under 15 girls hockey team performed exceptionally well during their match against Peponi International School at Oshwal Center by managing to hold their strikers from scoring against them. The score was Oshwal 0 Peponi 0. The Most Valuable Players were Sanskriti Jawla 10C and Dhruvi Chavda 10 G.



On 22th February, our under 13 boys basketball team performed exceptionally well during their match against Woodcreek International School but they were overwhelmed to 12-21 as the final score.





# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

## ANNUAL SCHOOL PLAY

02 March, 2024



5:30PM-8:00PM

JUNIOR HIGH AUDITORIUM



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# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 9 SCHEDULE

25<sup>th</sup> Feb 2024 – 2<sup>nd</sup> March 2024

Sunday – 25<sup>th</sup> Feb 2024

Monday – 26<sup>th</sup> Feb 2024

- Year 11 Geography trip to CBD
- IED Walk along 1<sup>st</sup> Parklands
- U13 Boys & Girls Hockey vs NIS (H) @2pm
- U15 Boys & Girls Hockey vs Braeside Thika (A) @2pm

Tuesday – 27<sup>th</sup> Feb 2024

- Spelling Bee (8am to 3:45pm)
- Year 11 Transition Meeting at Senior High
- U13 Boys Football vs NIS (H)
- U13 Girls Hockey vs NIS (H)

Wednesday – 28<sup>th</sup> Feb 2024

- Year 10 Talk on Job Shadowing
- U15 Boys & Girls Football vs St. Nicholas (H)
- U13 Hockey triangular vs Brookhouse Runda vs Braeside Thika (A)
- U13 Girls Football vs Brookhurst Lavington (H) @1pm

Thursday – 29<sup>th</sup> Feb 2024

- Annual School Play Students Show



**Friday – 1<sup>st</sup> March 2024**

- **Oshwal Invitational Swim Meet (1pm onwards)**
- **Annual School Play Senior High Show**

**Saturday – 2<sup>nd</sup> March 2024**

- **IED Sports Extravaganza**
- **KAISSO U13 Boys Hockey Tournament @ Nairobi Academy**
- **KAISSO U13 Girls Hockey Tournament @ Greensteds**
- **KAISSO U15 Boys B-Ball Tournament @ Aga Khan Academy**
- **KAISSO U15 Girls Football @ Braeside Thika**
- **ISK Swimming Gala**
- **Annual School Play Parents' Show (5:30 to 8:00PM)**