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# OSHVAL ACADEMY NAIROBI JUNIOR HIGH

## TERM I WEEK 3 2023 - 2024



### QUOTE OF WEEK:

**What is discipline?**

**Discipline is when you don't feel like, but you do it anyway.**

**Discipline is when you are tired, but you get up and do what needs to be done.**

**Discipline is when you do what you DON'T want to do NOW so you can get to do what you want later.**

**Discipline is something very few people have, and that is discipline.**



## Khushi Bhavesh Malde's Achievements in Table Tennis during the past summer holidays 2023.

Khushi Bhavesh Malde of year 11C took part in the regionals table tennis tournament which was held at Oshwal Academy Nairobi Junior High from 22<sup>nd</sup> July 2023 to 23<sup>rd</sup> July 2023 for Nairobi County. 120 girls took part in the competition and Khushi emerged position one in Nairobi County. Then from 29<sup>th</sup> July 2023 to 30<sup>th</sup> July 2023 Khushi also took part in the Nairobi Juniors Championship which was held at Oshwal Sports Complex where she won the 1<sup>st</sup> prize in under 15, 1<sup>st</sup> prize in under 19 and 1<sup>st</sup> prize in under 21 age categories.

The Nationals for secondary schools were held from 6<sup>th</sup> August to 13<sup>th</sup> August 2023 in Kakamega. Khushi Malde emerged overall 2nd and qualified to represent the country for the FEASSA games in Huye, Rwanda which were held from 18<sup>th</sup> August 2023 to 27<sup>th</sup> August 2023. Khushi Bhavesh Malde played in Team A in girl's category, and they came 4<sup>th</sup> overall.

Finally, Khushi was interviewed by Asian Weekly, and she was on the front page with the full article.



**Khushi Malde with KTTA president Andrew Mudibo and Fahd Daim**

**The Nationals Trophy awarded to the Nairobi team in Kakamega.**



**Khushi Malde holding the Kenyan Flag in Huye, Rwanda at the opening ceremony for the FEASSA games 2023.**



**The Asian weekly cover page.**



# YEAR 11 EDUTRIP TO SENIOR HIGH

On Monday, the 11th of September, Year 11 students attended a talk by U.S University representatives at the Oshwal Academy Nairobi Senior High campus. They engaged with the U.S University representatives on the courses offered in their institutions.





# YEAR 11 GLOBAL PERSPECTIVES PROJECT PRESENTATION AT THE AUDITORIUM

Year 7,8,9,10 and 11 congregated at the Junior High Auditorium for the Year 11 Global Perspectives Project presentation on awareness about the importance of Kenyan cultures to prevent the extinction of cultural traits in school.



Year 11 Global Perspective students with the Academic Consultant Mrs. Chotai showcasing the bracelets they are selling for charity. Mrs. Chotai graciously showed her support by purchasing one.





## YEAR 8 and Year 9 Career and Guidance session

The year 8 and year 9 students had a career talk on Thursday morning during zero lesson. The talk introduced the students to career coaching and the basic steps towards planning their careers.

Students were encouraged to start early to discover their passions, interests and attitudes . These are the things that will determine their future careers .

They were also reminded to take interest in their academic progress ahead of subject selection in year 9 to ensure they have good options.

The students were encouraged to take up the extra curricular cactivities in school as a way of building a good portfolio for their future courses and careers.



**Ms Linet Kaburu**

**Career Counsellor.**





# YEAR 8 AND YEAR 9 CAREER AND GUIDANCE SESSION IN PICTURES



The Career Counsellor Ms. Linet advising the Year 8 and 9 students on the importance of choosing their career path at a young age.



# INCLUSIVE EDUCATION DEPARTMENT DRAMA CLASSES

In our drama classes, we celebrate the beauty of diversity and recognize that every student brings their own unique talents and strengths to the table. Through collaborative storytelling, improvisation, and character development, we create a safe and inclusive space that encourages students to explore their creativity, build confidence, and express themselves authentically.



Inclusive Education Department students during Drama lessons.





# REWARDING HARDWORK AT THE ASSEMBLY



The Deputy Head of School Mr. Nelson pose for a photo with Racket games Championship winners while holding their medals and certificates of participation.





## FROM THE 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 13th September Under 13 girls' Team A and Team B netball team pose for a photo after a resounding victory against Light Academy 10-6 and St. Austin 9-3.



On 13th September Under 13 boys' Team A and Team B football team pose for a photo after a resounding victory against Light Academy 3-1 for both teams and lost to St. Austin 0-1 (Team A) and 2-1 (Team B). The goal scorers were El-Nathan Mattan 7E, Aaron Mnairobi 8C, David Waititu 8C, Jelani Gunga 7D. The most valuable players were team A Aaron Mnairobi 8C and team B El-Nathan Mattan 7E.







# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 4 SCHEDULE

17<sup>th</sup> Sep 2023 – 23<sup>rd</sup> Sep 2023



Sunday – 17<sup>th</sup> Sep 2023



Monday – 18<sup>th</sup> Sep 2023



Tuesday – 19<sup>th</sup> Sep 2023

➤ JAIN SAMVATSARI HOLIDAY

Wednesday – 20<sup>th</sup> Sep 2023



Thursday – 21<sup>th</sup> Sep 2023

➤ Year 10 & 11 Career Talk

Friday – 22<sup>nd</sup> Sep 2023

➤ Annual Cross Country

Saturday – 16<sup>th</sup> Sep 2023

