

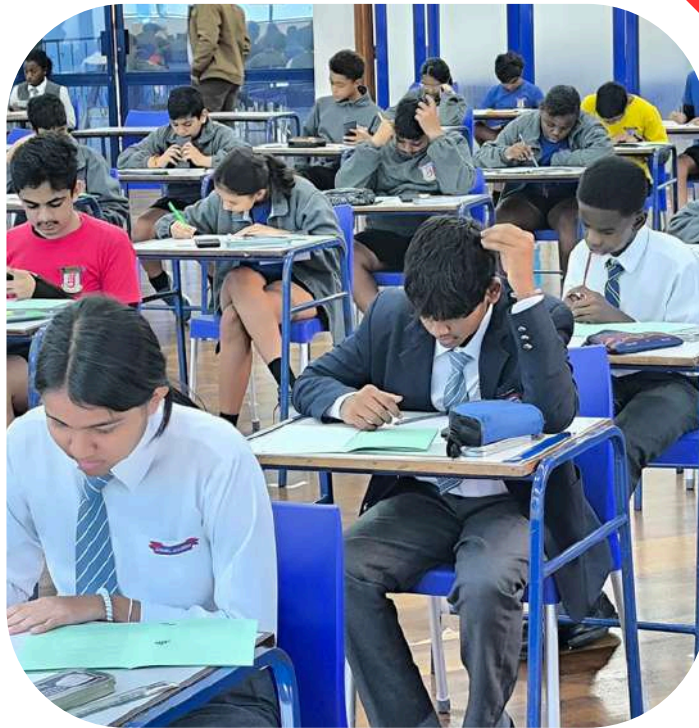


OSHVAL ACADEMY

◊ NAIROBI ◊

Junior High

**TERM I
WEEK IV
NEWSLETTER
2024/2025**



**“THE GREATEST AIM OF EDUCATION IS
NOT KNOWLEDGE BUT ACTION”**

~~Herbert Spencer~~

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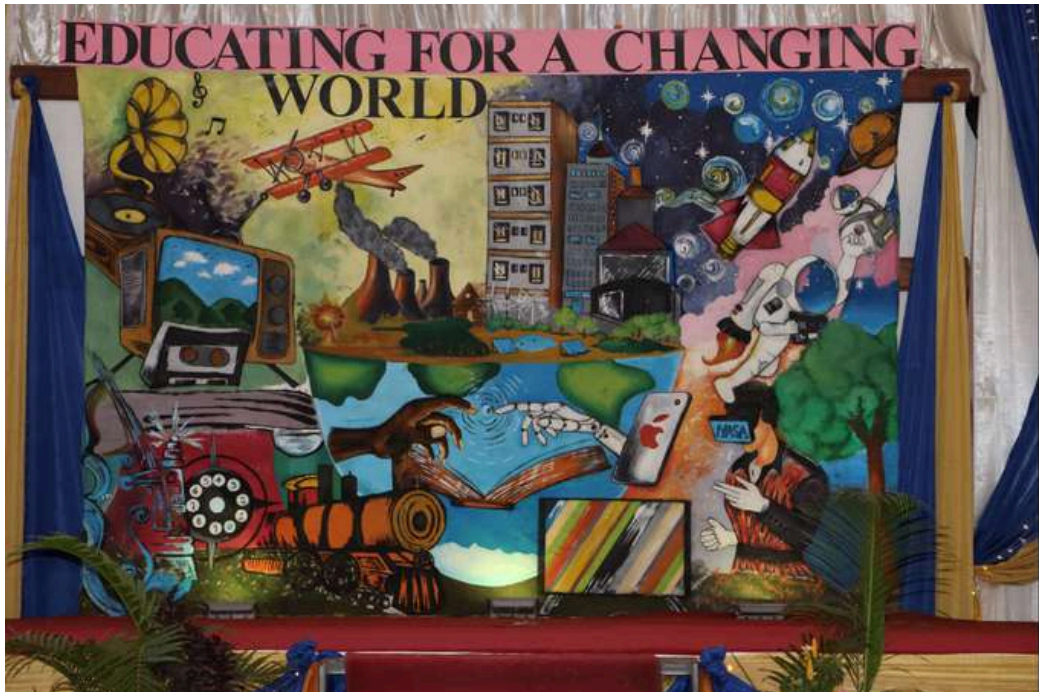
**First Parklands
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WEEK 4 ASSEMBLY



ANNUAL SPEECH DAY 2024 IN PICTURES



ANNUAL SPEECH DAY 2024 IN PICTURES CONT...



ANNUAL SPEECH DAY 2024 AWARDS



ANNUAL SPEECH DAY 2024 AWARDS CONT...



YEAR 7 HEALTH TALK BY THE SCHOOL NURSE

YEAR 7 HAD A SELF-CARE TALK AT THE SCHOOL AUDITORIUM FACILITATED BY THE SCHOOL NURSE MS. OWUOR. THE AIM OF THE SESSION WAS TO EMPHASIZE ON THE SIGNIFICANCE OF SELF-CARE AND PROVIDE PRACTICAL INSIGHTS FOR MAINTAINING A HEALTHY AND BALANCED LIFESTYLE.

THEME OF THE TALK - "ENCOURAGING YOUNG INDIVIDUALS TO PRIORITIZE SELF-CARE IS AN INVESTMENT IN THEIR FUTURE HEALTH AND WELL-BEING."



YEAR 10 & 11 CAREER TALK IN PICTURES

The talk was facilitated by Mr. Hussein from Imperial Education Consultants. He shared with the students on how best one can be able to choose a career that fits their abilities



IED STUDENTS HAIR AND BEAUTY LESSON IN PICTURES

Inclusive Education Department students during their Hair and Beauty Lesson.

In the hairdressing training session, the students gained practical skills in various aspects of salon services. They started by learning how to properly welcome clients into the salon, ensuring a warm and professional greeting. As part of their hands-on practice, the girls worked with dummies to learn how to comb and style hair.



Cindy and Mary focused on braiding techniques, using natural hair to hone their skills and develop precision in creating neat, stylish braids. Meanwhile, Tyrel, Bakhita, and Nicholas learned how to operate the shampoo chair, with particular attention to regulating the tap water temperature for the comfort of clients. They also practiced preparing clients for the shampoo process, from seating them to guiding them through the head-washing procedure.

Tyrel also had an enriching experience learning to use the overhead dryer, gaining confidence in handling the equipment.

Olin specialized in providing head and shoulder massages to male clients, learning the techniques to offer a relaxing and professional salon experience. The training session provided valuable hands-on experience, helping the students build confidence in their hairdressing and customer service skills.



SPORTS CORNER



Join us in congratulating our under 15 girls netball team who humbled Makini School 27-0
Most Valuable players :
1. Siya Nagaria 9E
2. Mitchell Muteerwa 9D

Our under 15 boys football team had a match with Strathmore School, and the match concluded with a thrilling draw of 1:1. The players fought hard until the final whistle, highlighting the resilience and determination of both squads. The goal scorer were Mathew Muthini.



Our under 15 boys football team had a match with Makini School, and the match concluded with a thrilling draw of 2:2 showcasing intense competition from both teams. Each side displayed skillful plays and strategic moves, but neither could secure the win. The players fought hard until the final whistle, highlighting the resilience and determination of both squads.



SPORTS CORNER CONT...



Our under 13 girls football team begun their winning streak by humbling Regis School 1:0 and Makini School 4:0

Most Valuable players :

- 1. Jewel Mbui 8C**
- 2. Aryana Ndote 8G**

Goal Scorers :

- 1. Leslie Makena 7G**
- 2. Aryana Ndote 8G**
- 3. Samantha Njeri 8F**

Our under 13 boys football team had a match with Regis School, and the match concluded with a thrilling draw of 1:1. While on the other hand we were humbled by Makini School 2:0. The players fought hard until the final whistle, highlighting the resilience and determination of both squads.



Join us in congratulating our under 13 girls netball team humbled Makini School and Regis School by winning 15-0 and 12-5 respectively.

Most Valuable players :

- 1. Eta Maria 8G**
- 2. Saisha Bavaria 8D**
- 3 . Reya Gudka 8E**

THOUGHT OF THE WEEK

OSHWAL ACADEMY JUNIOR HIGH

THOUGHT OF THE WEEK

Integrity Means

- ✓ Doing the right thing
- ✓ Being Honest in your work
- ✓ Being Transparent
- ✓ Being Trustworthy



INTEGRITY

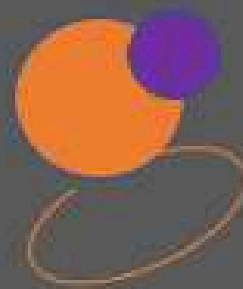


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 5 SCHEDULE

22nd September 2024 – 28th September 2024



Sunday – 22nd September 2024



Monday – 23rd September 2024

➤ Mid-Term Exam Begins (Year 10 & 11)

Tuesday – 24th September 2024

➤ Mid-Term Exam Begins (Year 7-9)

Wednesday – 25th September

➤ MTE

Thursday – 26th September 2024

➤ MTE

Friday – 27th September 2024

➤ MTE Ends

Saturday – 28th September 2024

- PA Pre-Bronze Expedition
- U13 Boys' & Girls' Football Tournament @ Braeburn Nanyuki
- IPSSA U15 Boys' Football Tournament @ Crawford
- IPSSA U15 Girls' Netball Tournament @ Crawford