



OSHWAL ACADEMY NAIROBI

Junior High



QUOTE OF THE WEEK:

**"The future belongs to
those who
believe in the beauty of
their dreams"**

~ELEANOR ROOSEVELT~

WEEK 6 TERM 1 2024/2025 NEWSLETTER

CONTACT US



+254 725 529 622
+254 734 745 555



1st Parklands
Avenue, off Mpaka
Road, Parklands,
Nairobi, Kenya

juniorhigh@oshwalacademy.sc.ke

WEEK 6 ASSEMBLY IN PICTURES



PRESIDENT'S AWARD PRE-BRONZE EXPEDITION TO OLE POLOS IN PICTURES



PRESIDENT'S AWARD PRE-BRONZE EXPEDITION CONT...



INCLUSIVE EDUCATION DEPARTMENT DIWALI FAIR PREPARATION IN PROGRESS

Our Inclusive Education Department students are excited to showcase their creativity at the upcoming Diwali fair by crafting beautiful wool mats. This hands-on activity not only encourages artistic expression but also enhances fine motor skills and sensory experiences. By working with soft, colorful wool, students are engaged in a therapeutic process that nurtures patience and coordination. Each mat, crafted with love and care, represents their unique abilities and determination. This project fosters a sense of accomplishment, teamwork, and inclusion, as students collaborate and support one another throughout the process. We look forward to sharing these wonderful creations with the community, celebrating the talents of our students, and highlighting the importance of accessibility and creativity for all.



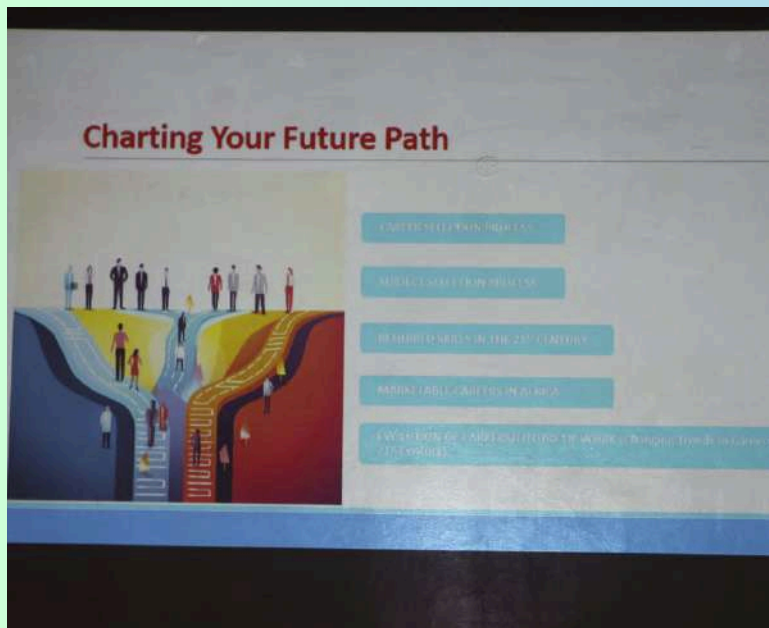
YEAR 8 CAREER TALK ON SELF-AWARENESS

During a professional talk on self-awareness, year 8 students were urged to develop self-awareness by comprehending their values, interests, abilities, and personalities.



YEAR 9 CAREER TALK ON CAREER DEVELOPMENT, SUBJECT AREAS AND PSYCHOMETRIC TESTS

Year 9 career talk on career development, subject areas and psychometric tests. This talk is aimed at preparing students for subject selection at the end of Year 9.



SPORTS CORNER



Our under-15 boys football team finished second in group matches and advanced to the quarterfinals, where they were defeated by Juja Preparatory. Most Valuable Player: Darsh Bhudia 9A.



**Join us in congratulating our under 15 boys football team for humbling Braeside School 3:0
Goal scorers: Darrell Blasio - 2 goals, Ansh Vara - 1 goal,
Most valuable player: Darrell Blasio**



Join us in celebrating our under 15 girls' netball team for finishing first in their group stage and qualifying for the quarterfinals. The girls competed quite well.



Our under-15 girls netball team postponed their triumph against Braeside Thika by scoring 9 goals to the opponents 16



Join us in congratulating our under-13 boys football team on their 3-0 victory over Braeside school, including Team A and B

Goal scorers :

- 1. Leor Mutere - 1 goal**
- 2. Samuel Waweru -1 goal**
- 3. Justin Kombe - 1 goal**
- 4. George Kamau - Hat trick**

Most Valuable Player:

George Kamau

SPORTS CORNER



Join us in congratulating our under-13 girls football team on their 5-0 victory over Brookhouse school

Goal scorers :

- 1. Jewel Mbui 8E - 2 goals**
- 2. Leslie M'Nairobi 7G - 1 goal**
- 3. Aryana Ndote 8G - 1 goal**

Most Valuable Players:

- 1. Jewel Mbui 8G**
- 2. Aryana Ndote 8G**
- 3. Mishika Shah 8F**



Join us in congratulating our under-15 boys football team on their 5-2 victory over Regis School

Goal scorers :

- 1. James Muiruri - Hat trick**
- 2. Two own goals from Regis School**



Our under-15 girls netball team was humbled by Braeburn Garden Estate School 16-32.

Most Valuable players :

- 1. Natalia Como 10F**
- 2. Khushee Malde 9C**

OSHWAL ACADEMY JUNIOR HIGH



THOUGHT OF THE WEEK



PERSEVERANCE

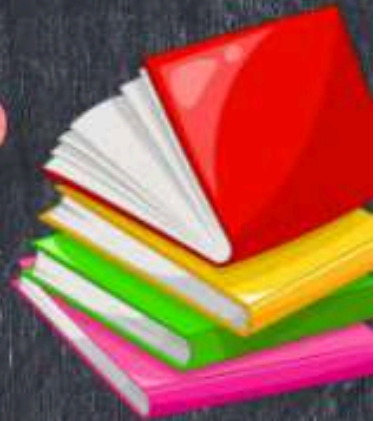
NEVER GIVE UP

BELIEVE THAT
YOU CAN DO IT

KEEP ENCOURAGING
YOURSELF

KEEP
WORKING

DO YOUR BEST



POSITIVE AFFIRMATIONS TO BUILD

Resilience

1. I believe in never giving up on myself.
2. I have it within me to turn the tide in my favor.
3. Even the best have had to make a start somewhere.
4. When life gives me lemons, I make lemonade.
5. Mistakes allow me to learn something new.
6. I believe that perseverance conquers all.



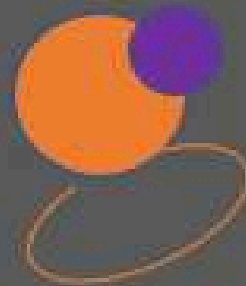


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 7 SCHEDULE

6th October 2024 – 12th October 2024



Sunday – 6th October 2024



Monday – 7th October 2024

- U15 Boys' Cricket League Match vs BGR (H) @ 12pm

Tuesday – 8th October 2024

- U15 Boys' Cricket League Match vs NIS (H) @ 1:30pm
- Year 11 IGCSE P.E. Cricket Filming @ 1:30pm

Wednesday – 9th October 2024

- Navratri Celebrations (2:30pm – 5:30pm) @ JH MPH (Half Day)
- U13 Boys' & Girls' Football vs. Brookhurst Lavington (A)

Thursday – 10th October 2024

- Huduma Day (Moi Day) – PUBLIC HOLIDAY

Friday – 11th October 2024

- Mid-Term Break Begins
- PA Pre-Silver Expedition

Saturday – 12th October 2024

- Mid-Term Break
- PA Pre-Silver Expedition