



OSHVAL ACADEMY NAIROBI JUNIOR HIGH

WEEK 7 TERM II NEWSLETTER 2024/2025

The quote section is framed by various school supplies: a graduation cap, a red apple, a green backpack, a yellow ruler, a pair of scissors, a paint palette, a globe, a calculator, a pencil, a notebook, and a smiling brown backpack filled with pens and pencils. The background includes a dotted grid pattern.

QUOTE OF WEEK:

**"SUCCESS IS THE SUM OF
SMALL EFFORTS, REPEATED
DAY IN AND DAY OUT"
-ROBERT COLLIER**



WEEK 7 ASSEMBLY IN PICTURES



Students performing Jain prayer at the assembly.



Introduction of the new English teacher Ms. Immaculate during Assembly.



Announcements from some of the students.

RECOGNITION OF RUHI AND RAJVEER'S ACHIEVEMENT AT THE NAIROBI COUNTY SWIMMING ASSOCIATION LEVEL 2 SWIMMING CHAMPIONSHIPS



Join us in congratulating two of our students for their achievements at the Nairobi County Swimming Association Level 2 Swimming Championships held at Kiota School. Ruhi Pravin Hirani of Year 10B won one silver medal in 100 meters breaststroke swimming, while Rajveer Remy Pandit of Year 10C won one gold medal in 100 meters freestyle, one silver medal in 200 meters freestyle, and a victor's trophy for 1st runners up in the boys 14-15 years age category.



EXCITING ADDITION TO STUDENT RECREATION TWO NEW POOL TABLES INTRODUCED

We are thrilled to announce the introduction of two brand-new pool tables for our students to enjoy during break and lunch times! This exciting addition is part of our ongoing efforts to provide a variety of recreational activities that promote relaxation, social interaction, and skill development. The pool tables, are located in the student common area, offers a fun and engaging way for students to unwind, build friendships, and develop valuable skills such as hand-eye coordination, strategic thinking, and sportsmanship. Whether you're a beginner or an experienced player, everyone is welcome to participate and enjoy the game. To ensure everyone has a positive experience, we encourage students to respect the equipment's, take turns, and play safely. Staff members will be on hand to offer guidance and answer any questions students may have. We believe this new addition will create a vibrant and inclusive atmosphere during break times, giving students another healthy outlet to recharge and connect with their peers.





Day One of the World Scholar's Cup 2025 was filled with excitement, teamwork, and discovery! From thrilling debates to creative writing and global friendships, participants embraced every challenge and made lasting memories. The journey has just begun—more adventures await!



YEAR 11 GEOGRAPHY STUDENTS FIELD TRIP TO KARURA FOREST

Year 11 Geography students embarked on an exciting and educational field trip to Karura Forest, one of Nairobi's most treasured natural reserves. The trip was organized as part of the curriculum to provide students with hands-on learning about ecosystems, biodiversity, and environmental conservation. The walk through the forest offered students the opportunity to observe a variety of plant and animal species, enhancing their understanding of local biodiversity. Along the way, the students explored key geographical features, including the scenic waterfalls, caves, and wetlands, allowing them to connect theoretical knowledge from the classroom with real-world examples. Throughout the day, students actively engaged in data collection, noting various plant species, mapping the terrain, and recording weather patterns to support their coursework. The interactive experience not only reinforced their geographical knowledge but also fostered a deeper appreciation for environmental stewardship. The field trip concluded with a reflection session where students shared their observations and key takeaways. Many expressed newfound awareness of the importance of conserving natural resources and the impact of human activities on delicate ecosystems. Overall, the visit to Karura Forest was both educational and inspiring, equipping Year 11 Geography students with valuable insights and practical skills that will benefit their geographical studies and promote environmental responsibility.



YEAR 11 UNIVERSITY FAIR AT SENIOR HIGH

Our Year 11 students attended a university fair which was hosted at Senior High. The students were offered presentations as follows: Medicine by UCLAN, Law by the University of Exeter, Business by the University of Leeds. UCAS by Newcastle University, Engineering by Sheffield University and VISAS by the University of Kent. This exercise was important for the students because they were able to interact and make inquiries on the following areas:

- Admissions
- Application Procedure
- Fees
- Scholarships
- Internships
- Visa Application
- Work Study Opportunities



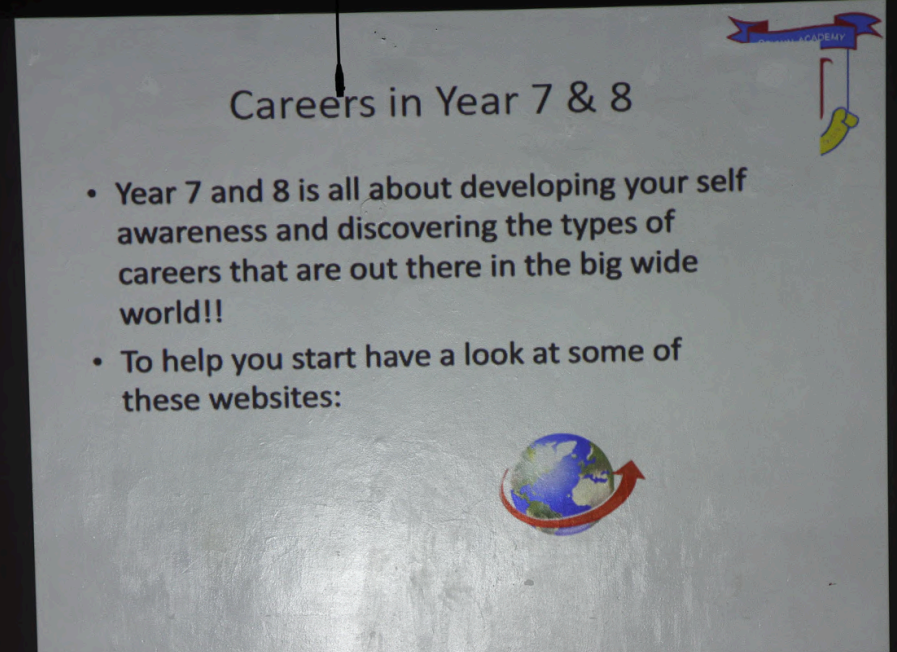
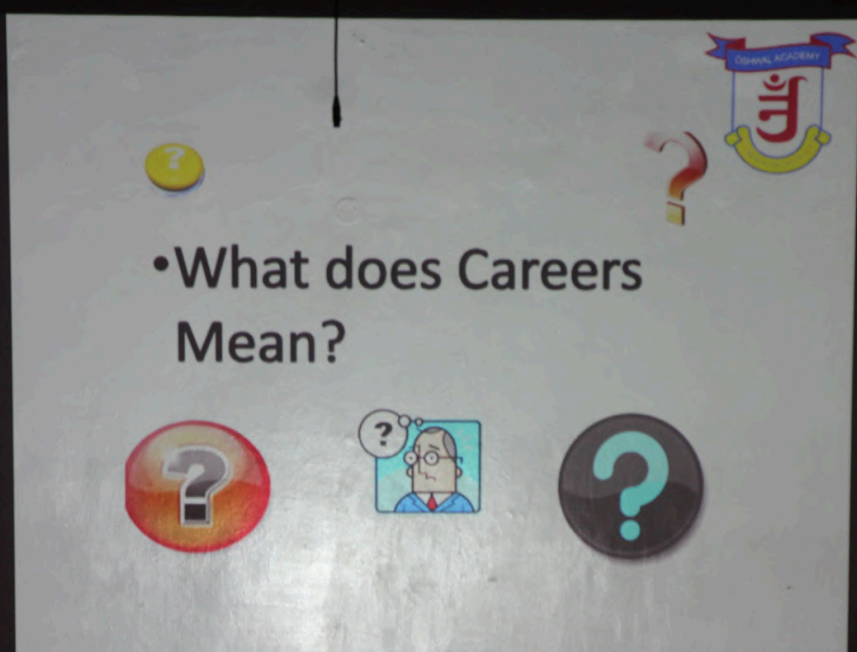
YEAR 10 FRENCH STUDENTS VISIT TO ALLIANCE FRANÇAISE

Year 10 MFL students visited Alliance Française De Nairobi. On arrival, the students took a familiarization tour around the institution and saw the audio visuals, Le Grammaire, Médiathèque and Campus France. The students were then introduced to various activities such as Game of Finding Animals, Objects and Verbs Alphabetically; descriptions of a things, people and objects with the rest having to guess the correct names based on the descriptions. This experience was very beneficial to the students who enjoyed and participated actively during the entire session. The hosts were impressed by the students conduct for the entire duration of the visit. They were encouraged to take up the International French Examination DELF Junior which consists of A1,A2,B1,B2 levels and are offered at the institution.



YEAR 7 CAREER TALK FACILITATED BY THE CAREER COUNSELLOR, MS. LINET

Year 7 students gathered in the school Auditorium for an engaging and inspiring career talk facilitated by the Career Counsellor Ms. Linet. The talk is aimed at helping them explore various career paths and understand the importance of planning for the future. The talk was organized to introduce the Year 7 students to a range of professions, encourage self-discovery, and highlight the connection between education and career choices. Students were given the opportunity to ask questions, leading to lively discussions about the qualifications needed for various careers, the role of technology in the modern workplace, and the importance of developing soft skills such as communication, teamwork, and problem-solving. One of the highlights of the talk was an interactive segment where students participated in activities that helped them identify their strengths and potential career interests. The Career Counsellor encouraged the students to stay curious, explore extracurricular activities, and make the most of their educational journey. Overall, the Year 7 career talk was a valuable experience, sparking curiosity and inspiring students to dream big while taking thoughtful steps toward their future aspirations.



YEAR 11 HUMAN BIOLOGY STUDENTS EXPLORE CELLS UP CLOSE

Year 11 Human Biology students enjoyed a hands-on lesson using brand new microscopes to prepare and observe cheek cell slides with the guide from their teacher Mrs. Rakhi. The activity allowed students to apply their theoretical knowledge of cell structure in a practical setting. They carefully collected cheek cells, prepared slides with stain, and used the microscopes to identify structures like the nucleus, cytoplasm, and cell membrane. The new equipment provided clear, detailed views, sparking excitement and curiosity. This engaging experience helped students develop essential lab skills while deepening their understanding of human cells.



YEAR 11 CHEMISTRY PRACTICALS ON TITRATION





OSHVAL ACADEMY JUNIOR HIGH

THOUGHT OF THE WEEK



POSITIVE ATTITUDE

One small
.....
POSITIVE
THOUGHT ☺
EACH MORNING
can change
YOUR
Whole Day ☺

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.

Pet Riley

#PositiveAttitude

The Power of a Positive Attitude



Rohan was a bright and curious boy, but he had been struggling in school for months. No matter how hard he tried, he just couldn't seem to grasp the concepts and was failing his exams. He felt like giving up and thought that he just wasn't cut out for school.

One day, his teacher, Mrs. Kumar, approached him after class. "Rohan, I know you're struggling, but I believe in you," she said. "I want you to help me with a special project – our school garden. We need someone to help us plant and maintain it."

Rohan was hesitant at first. He didn't know anything about gardening and didn't think it would help him with his studies. But Mrs. Kumar's enthusiasm was infectious, and eventually, he agreed to give it a try.

As Rohan worked on the garden, he began to realize that it wasn't just about planting seeds and watering them. It was about nurturing and caring for something, and watching it grow. He started to enjoy the process and took pride in his work.

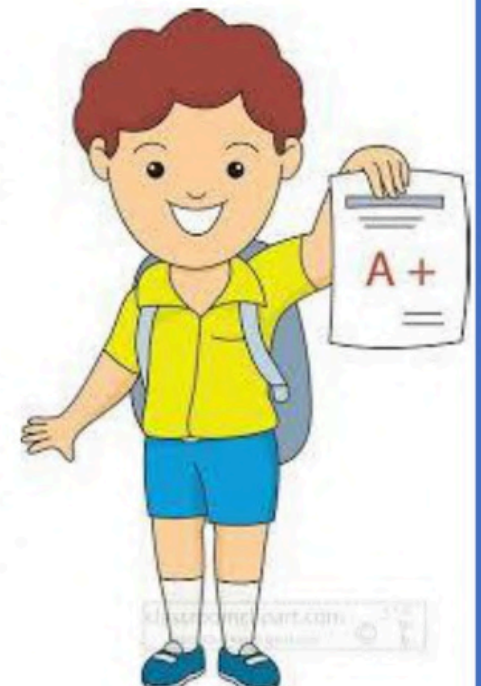


But what really surprised Rohan was how much he learned from the experience. He learned about responsibility, hard work, and the importance of a positive attitude. He realized that if he could make a difference in the garden, he could make a difference in his studies too.

With newfound determination, Rohan started applying the same attitude to his schoolwork. He began to pay attention in class, ask questions, and seek help when he needed it. And slowly but surely, his grades started to improve.

Rohan's confidence grew, and he started to enjoy learning again. He realized that he wasn't a failure and that he was capable of achieving his goals. He learned that a positive attitude can change everything and that with hard work and determination, anything is possible.

From that day on, Rohan approached challenges with a new mindset. He knew that he could overcome obstacles and achieve his dreams, one small step at a time. And he never forgot the lessons he learned in the school garden – lessons that stayed with him for the rest of his life.



धरती रो रही है

कलयुग का दानव ,यही है मानव ।
जो जलाता है आकाश,और जलाता है धरती ॥



धरती को रुलाता है ,खुद चैन से सोता है ।
जंगल जलाता है ,और पशु-पक्षियों के घर उजाड़ता है ॥

कोई अंतर ना बचा नरक और धरती में ।
यहाँ भी दुख ,वहाँ भी दुख ॥



नरक में बुरे लोग जलते हैं, धरती पर पेड़-पौधे जलते हैं ।
इंसान बुरा बनता जाता है ,धरती को जलाता जाता है ।

NAME : AKHILESH PAREEK

CLASS : 9 B

EVENT : HINDI POEM WRITING COMPETITION

POSITION : SECOND

पृथ्वी के आँसुओं की पुकार

धरती रो रही है ,कण-कण में छाया विनाश
पेड़-पौधे जंगल जानवर ,मुरझा-मुरझा हो गए उदास
सरिता प्यारी, अम्बर नीला ,बहते कूड़े का हो गए शिकार ।

मानवजाति की उन्नति के चक्कर में ,प्रदूषण से डस गए प्रकृति के हाथ
दूर-दूर से देखने पर ,सिर्फ नजर आते हैं दर्द के भंडार ।

अम्ल की वर्षा से गिरते ओले ,जलाते हैं हमारी ही खाल
इतिहास स्वयं गवाह है ,पीने को पानी, ऑक्सीजन का अभाव
कर रहा है इंसान अपना ही संहार ।



कड़कती बिजली और बरसते बादल , लगता है मानो, नीले गगन पर
छाया है मायूसी और अँधकार चीखती आवाजों से गूँज रहे ,चारों ओर छा रहा हाहाकार ।



अश्रु बहते झरने समान ,फटते ज्वालामुखी से हैं परेशान
याद रखना मेरे दोस्त ,धरती रो रही है .. वीभत्स दृश्य है तैयार ।

NAME : VARCHASV GUPTA

CLASS : 10 B

EVENT : HINDI POEM WRITING COMPETITION

POSITION : FIRST



मनुष्य तेरे अत्याचार

ऐ मनुष्य देख ज़रा , क्या हाल है तेरी माँ का !
सह-सह कर तेरे अत्याचार ,हो गई है , वह लाचार ।

जला रहे हो , काट रहे हो, हरे-भरे वन उसके !
विष बना दिया है नदी-समुद्र को ,जो थे अमृत उसके ।

माँ के पुत्र हुए तुम कैसे ,करके पाप इतने खोटे !
क्या यही है मानव तुम्हारी सोच ?अरे, करो कुछ तो संकोच !



पाला-पोसा है जिस धरती ने उसी पर तुम टूट पड़े ,
पर याद रख , ऐ मनुष्य पृथ्वी से नहीं लड़ रहा है तू

वाचन नहीं , अब रण होगा ,परिणाम जीवन या मरण होगा ।
धरती माँ पर पुत्र टूटेंगे ,तो सौभाग्य मनुष्य के फूटेंगे ।।

संभाल जा ऐ मनुष्य , अभी है समय
बुद्धी से तू ले काम , वरना होगी मद्य प्रलय !

NAME : YATHAARTH KUMAR SINGH

CLASS : 10 G

EVENT : HINDI POEM WRITING COMPETITION

POSITION : SECOND

मेरा प्रिय खिलौना- गुड़िया रानी

गुड़िया रानी बड़ी प्यारी, मेरे पसंदीदा सबसे न्यारी ।
हाथ हैं उसके छोटे-छोटे, गाल हैं उसके मोटे-मोटे ॥



काले-काले उसके बाल, चलने की उसकी अलग है ढाल ।
देखो कैसे खड़ी है, लगती सुंदर परी है ॥



बैठ के वह मुस्कराती, सपनों में वह मेरे आती ।
गुड़िया रानी बड़ी प्यारी, मेरे पसंदीदा , सबसे न्यारी ॥

NAME : ANSHIKA SHANDILYA

CLASS : 7 F

EVENT : HINDI POEM WRITING COMPETITION

POSITION : FIRST

मेरा प्रिय तोता

मेरा प्रिय तोता है बड़ा निराला, है बड़ा सुंदर और सयाना ।

जो भी उसको हाथ लगाए, वह उसे प्यार से बुलाए ॥

जब भी सुबह होती, तो उसकी टाँय-टाँय शुरू हो जाती ।

उसका मन इतना साफ, कि कोई भी उसको देखकर कर देता माफ ॥



फिर बड़े शान से घर में घूमता, बिल्ली देखकर चुप-चाप कोने में घुस जाता ।

बाद में परेशान हो खुद ही बाहर आ जाता, और कोई भी उससे नाराज ना रह पाता ॥

थोड़ी देर में खाना खाकर, अपने दोस्तों को पाकर खुश हो जाता ।

मेरा प्रिय तोता है बड़ा निराला, है बड़ा सुंदर और सयाना ॥



NAME : ADIVA JAIN

CLASS : 8 G

EVENT : HINDI POEM WRITING COMPETITION

POSITION : FIRST

मेरा प्रिय पक्षी – मोर

बड़ा सुहाना हूँ मैं, बारिश में नाचता हूँ ।
पंखों को बारिश में, मैं फैलाता हूँ ॥
भारत का राष्ट्रीय पक्षी कहलाता हूँ, अपनी सुंदरता के लिए जाना जाता हूँ ।
पंखों को बारिश में, मैं फैलाता हूँ ॥



कार्तिक जी का हूँ मैं वाहन, मयूर भी बुलाया जाता हूँ ।
पंखों को बारिश में, मैं फैलाता हूँ ॥
कृष्ण जी को हैं मेरे पंख प्यारे, पंख में मेरे हैं, रंग कई सारे ।
पंखों को बारिश में, मैं फैलाता हूँ ॥



पूरे भारत में पाया जाता हूँ, आओ, मेरे सुंदरता का आनंद उठाओ ।
पंखों को बारिश में, मैं फैलाता हूँ ॥
बड़ा सुहाना हूँ मैं, बारिश में नाचता हूँ ।
पंखों को बारिश में, मैं फैलाता हूँ ॥

NAME : DAIVIK BANSAL

CLASS : 7 D

EVENT : HINDI POEM WRITING COMPETITION

POSITION : FIRST

मेरे जीवन की एक यादगार घटना

मनुष्य अक्सर बिना सोचे समझे लोगों के प्रति एक धारणा बना लेता है। उसके बात-चीत के ढंग तथा उसकी पोशाक पर मात्र एक नजर डालकर उस व्यक्ति का दर्जा समाज में तय कर लिया जाता है। फिर कभी-कभी किसी धारणा को आधार बनाकर उसका नामकरण कर दिया जाता है।

मेरे गाँव में भी एक ऐसे व्यक्ति थे, लोग प्रेम से उन्हें 'कैची' बुलाते थे। जब मैं ग्यारह वर्ष का हुआ, तब मालूम हुआ क्यों? जब वे पंद्रह वर्ष के थे, तो वे दामी टोली (गाँव के बेरोजगार युवाओं की 'अति सभ्य' टोली) के सदस्य बन गए थे। सिगरेट, गुटखा इनका प्रिय भोजन बन गया था। दामोदर चाचा, इनके पिता, बड़े घमंडी और स्वार्थी मनुष्य थे। मेरे दादाजी ने बताया था कि १९७१ में जब भारत पाकिस्तान का युद्ध हुआ था और राष्ट्रवाद की लहर पूरे गाँव में थी, तब स्वर्गीय प्रधानमंत्री श्रीमती इंदिरा गाँधी जी ने पूरे गाँव से आग्रह किया था कि सभी लोग किसी ना किसी रूप में योगदान दें। तब पंचायत ने निश्चय किया कि सभी लोग कम से कम आधा किलो चावल दान करें, और वह अनाज सीमा पर तैनात जवानों के पास जाएगा। गाँव में सभी लोगों ने दान दिया, सिर्फ 'कैची' के पिता दामोदरजी को छोड़कर। तभी से गाँववालों ने उनसे बात-चीत छोड़ दी। और इसीलिए जब 'कैची' गलत संगति में पड़ा तो गाँव में किसी ने भी इनको बताना जरूरी नहीं समझा।



परंतु जब दामोदरजी को पता चल तो वे 'कैची' को पीटते हुए घर लाए। फिर उस घटना के बाद 'कैची' जी को किसी ने कभी नहीं देखा। तीन साल बाद जब दामोदर जी की मृत्यु हुई, तब सबने देखा कि उनकी छाती पर छुरी के दाग थे। अफवाह फैल गई कि इनके पुत्र ने कैची से इनकी हत्या कर दी थी। और तब से इनका नाम 'कैची' पड़ गया। एक लंबे समय तक 'कैची' साहब को किसी ने नहीं देखा था। कहानिया पढ़-पढ़ कर मैंने भी अपने मन में एक छवि बना ली थी – लंबी दाढ़ी, लंबे नाखून और नीला चेहरा। जब भी मैं गाँव आता तो अपने दोस्तों के साथ 'कैची' को घर से बाहर निकालने का प्रयास करता। पिताजी इस बात से गुस्सा हो जाते थे। वे कहते 'उस व्यक्ति से बात-चीत करना उचित नहीं है।



दिवाली का समय था । पूरा गाँव रोशन था , एक ' कैची ' के घर को छोड़कर । मैं अकेला था और पटाखे फोड़कर वापस आ रहा था । ' कैची ' के घर के सामने पहुँचकर मैं कुछ देर खड़ा रहा । जैसे ही आगे बढ़ने लगा , एक हाथ मेरे कंधे पर पड़ा । मेरे पीछे मुड़ते ही एक जोरदार मुक्का मेरे नायक पर पड़ा । मैं बेहोश हो गया । एक दिन होश में आने के बाद मुझे पता चला कि एक चोर मुझे लूटने का प्रयास कर रहा था । परंतु मैं सही-सलामत सिर्फ इसलिए बच पाया क्योंकि ' कैची ' मुझे बचाकर घर लाए थे । यह बात पिताजी ने मुझे मुस्कराते हुए बताई । तब जाकर मुझे समझ आया कि ' कैची ' जी सच में अपने नाम के अनुरूप नहीं थे बल्कि लोगों ने उनके प्रति एक गलत अवधारणा बना ली थी ।

NAME : YATHAARTH KUMAR SINGH

CLASS : 10 G

EVENT : HINDI ESSAY WRITING COMPETITION

POSITION : FIRST



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 8 SCHEDULE

23rd February 2025 – 1st March 2025



Sunday – 23rd February 2025

- NAIROBI COUNTY LEVEL 3 @ PEONI

Monday – 24th February 2025

- YEAR 10 FOOD & NUTRITION TRIP TO PAPA JOHN'S HURLINGHAM
- U15 BOYS' & GIRLS' HOCKEY VS. BRAESIDE THIKA (A) @ 1:30PM

Tuesday – 25th February 2025

- INTERHOUSE SPELLING BEE
- YEAR 11 STUDENTS' TRANSITION MEETING @ SENIOR HIGH @ 8:30 AM
- U13 GIRLS' FOOTBALL & U13 BOYS' BASKETBALL VS. LIGHT ACADEMY VS. ROPHINE (H) @1:30PM
- U15 BOYS' BASKETBALL VS. NIS (A) @1:30PM

Wednesday – 26th February 2025

- YEAR 11 GEOGRAPHY TRIP TO CBD
- U13 BOYS & GIRLS HOCKEY VS. BRAESIDE (A) @ 1:30PM
- YEAR 11 PARENTS' TRANSITION MEETING @ SENIOR HIGH @ 5:30PM

Thursday – 27th February 2025

- U15 BOYS' & GIRLS' HOCKEY VS. ROSSLYN (H) @4PM
- ANNUAL SCHOOL PLAY - PRIMARY & JUNIOR HIGH SHOWS

Friday – 28th February 2025

- ANNUAL SCHOOL PLAY - SENIOR HIGH SHOW @ 2PM

Saturday – 1st March 2025

- **ANNUAL SCHOOL PLAY - PARENTS' SHOW (2:30PM-4:30PM)**
- **IED SPORTS EXTRAVAGANZA**
- **U13 BOYS' BASKETBALL TOURNAMENT @ JUJA PREP**
- **U13 GIRLS' FOOTBALL TOURNAMENT @ JUJA PREP**
- **TENNIS PLAYOFFS @ PEPONI**
- **U14 SUPER 7s HOCKEY TOURNAMENT @ PEPONI**