



# Oshwal Academy Nairobi Junior High

## QUOTE OF THE WEEK :

**“We can’t become what we need to be by remaining what we are.”**

**--Oprah Winfrey**

**TERM II  
WEEK 2  
NEWSLETTER  
2024/2025**

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# WEEK 2 ASSEMBLY IN PICTURES



Under 15-Boys Cricket team pose for a picture with the Head of School after receiving their awards.



The Deputy Head of School awarding the swimming team that scooped 16 Gold , 7 silver and 6 bronze medals at the Developmental Swimming Gala.



Students being introduced to Internet of Things (IoT) and how it is applicable in the current technology world, an example of smart homes was given.

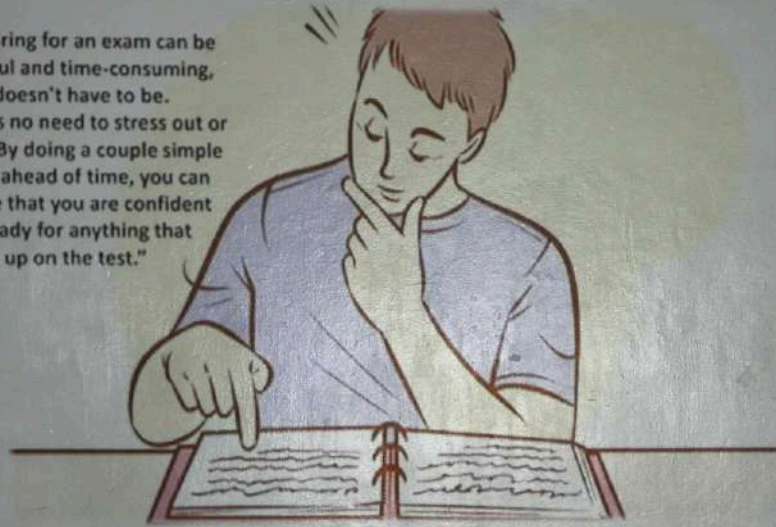


# YEAR 11 IGCSE CAREER TALK ON PICTURES

Year 11 students participated in an interactive session with the Career Counsellor Ms. Linet Kaburu and the Head of Year 11, Ms. Esther Maina on time management techniques, effective study habits and important tips to prepare for a competitive exam as they prepare for their IGCSE Exams.

## Important Tips to Prepare for Competitive Exam

"Preparing for an exam can be stressful and time-consuming, but it doesn't have to be. There's no need to stress out or cram. By doing a couple simple things ahead of time, you can ensure that you are confident and ready for anything that comes up on the test."



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## Time Management Techniques

1. Pomodoro Technique – Work for 25 minutes, take a 5-minute break.
2. Prioritize Tasks – Use the Eisenhower Matrix (Do, Plan, Delegate, Eliminate).
3. Set SMART Goals – Specific, Measurable, Achievable, Relevant, Time-bound.

## Balance Study with Well-Being

1. Sleep – Aim for 7-9 hours per night.
2. Exercise – Regular physical activity boosts focus and reduces stress.
3. Breaks – Take regular short breaks to prevent burnout.
4. Social Time – Spend time with friends and family to recharge.





# YEAR 10 & 11 MATHEMATICS QUIZ ENTRANCE TEST





# YEAR 10 IGCSE PHYSICAL EDUCATION ROCK CLIMBING TRAINING AT HELL'S GATE NATIONAL PARK





# YEAR 7 ROBOTICS SESSION IN PICTURES





# YEAR 8 ROBOTICS SESSION IN PICTURES





# YEAR 10 ROBOTICS SESSION IN PROGRESS





# YEAR 10 & 11 ART TRIP TO THE KAREN VILLAGE

Our Year 10 & 11 Art students had a very engaging and fun day on Friday 17th January 2025, interacting with a number of very skilled professionals in the field of Fine Art and Design. To say the least, they enjoyed the day and were very fulfilled and happy. The trip exposed the learners to a host of activities, some of which were practically new to them.





# SPORTS CORNER

Join us in congratulating our Swimming team for scooping 16 gold medals, 7 silver medals and 6 bronze medals at the Developmental Swimming Gala held at the School of the Nations.





## SPORTS CORNER CONT...



Join us in congratulating our under-15 Boys Cricket team for attaining 1st runners up at the International & Private Schools Sports Association (IPSSA) under 15 Boys Cricket champions.

Our under 15 boys Hockey squad recently played against Aga Khan High School. The game ended in a thrilling tie of 1:1. The same results apply to our under-15 girl's hockey squad against Aga Khan High School.



The game finished in an exciting tie of 2-2, demonstrating strong competition from both teams. Throughout the game, both sides demonstrated skilful plays and cunning tactics, but neither could seal the victory. Our players fought tirelessly until the last whistle, exhibiting amazing endurance and drive.



Our under-15 Boys Basketball team gave it their all in the field, but they were overwhelmed by Samaj School 27-34 in favour of Samaj School.



## SPORTS CORNER CONT...



Our under-13 Girls Hockey team on their 2-goal win over Samaj School



Our under-13 Boys Hockey team edged out Samaj School 3-1.



Join us in applauding our under-13 Girls Football team on their 6 - 1 win over School of Nations

The under-13 Girls Football team goal scorers were;

1. Leslie M'Nairobi 2 goals
2. Samantha Njeri 1 goal
3. Abby Ruhiu 1 goal
4. Aryana Ndote 1 goal
5. Jewel Mbui 1 goal

On the other side, our under-13 Boys Basketball team edged out School of Nations 4 - 74 points.





# SPORTS CORNER CONT...



Join us in applauding our under-13 Boys Hockey team (LEFT) on their 2 - 0 win over Aga Khan High School. On the other side, our under-13 Girls Hockey team (RIGHT) gave it their all in the field, but they were overwhelmed by Aga Khan High School 0- 1 in favour of Aga Khan High School.



Join us in applauding our under-15 Girls Hockey team on their 8 - 1 win over Rift Valley Academy. Most Valuable Player : Aanishka Kaul 9G



# THOUGHT OF THE WEEK

## The Compassionate Farmer



In a quiet village surrounded by green fields and tall mountains, there lived a farmer named Arun. He was known for his hard work but also for his stern demeanor. Arun believed that everyone should solve their own problems and rarely extended a helping hand to others. One day, a terrible storm swept through the village, leaving many homes and fields in ruins. Among the most affected was an old woman named Meera, who lived alone at the edge of the village.

Her small hut was destroyed, and her crops were washed away. She roamed the village, asking for help, but most people turned her away, including Arun.

“She should have been better prepared for the storm,” Arun muttered when Meera approached him. He closed his door without giving her a second glance.

That night, Arun had a strange dream. He found himself in a barren land, his fields dry and his crops dead. No one came to help him, and he felt helpless and alone. As he wandered, he heard a soft voice saying, “Now you feel what others feel. Only through empathy will your heart open.”

Arun woke up startled. The dream stayed with him, and he couldn’t shake the feeling of sadness and despair. He decided to visit Meera the next morning.

When he arrived at her broken hut, he saw her struggling to rebuild it with her frail hands. For the first time, Arun saw beyond her age and weakness; he saw her determination and pain. Without a word, he rolled up his sleeves and began to help. Word spread quickly, and soon other villagers joined. Together, they rebuilt Meera’s hut and planted her fields. Arun felt a sense of fulfilment he had never known.



From that day on, Arun changed. He became a man who listened and cared, offering help to those in need. His kindness inspired others, and the village grew stronger as they supported one another.

Arun learned that empathy wasn’t just about feeling sorry for someone but about understanding their struggles and taking action to make a difference.

Moral: True strength lies in compassion. Empathy connects us to others, helps us understand their struggles and reminds us to share what we have. This helps us build a stronger, better world.





OSHWAL ACADEMY JUNIOR  
HIGH SCHOOL

THOUGHT OF THE WEEK

# EMPATHY

THE ABILITY TO SEE THINGS FROM ANOTHER PERSON'S  
PERSPECTIVE AND FEEL THEIR EMOTIONS.

## How to demonstrate empathy

- Listen actively
- Withhold judgement
- Practise mindfulness
- Validate other people's feelings
- Be understanding
- Come up with appropriate responses







# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

## TERM 2 WEEK 3 SCHEDULE

19<sup>th</sup> January 2025 – 25<sup>th</sup> January 2025



Sunday – 19<sup>th</sup> January 2025



Monday – 20<sup>th</sup> January 2025

- U15 BOYS' & GIRLS' FOOTBALL VS. ROSSLYN (A) @4PM

Tuesday – 21<sup>st</sup> January 2025

- INTERHOUSE MATHS QUIZ
- U15 BOYS BASKETBALL VS. BROOKHURST (A) @ 1:30PM
- U15 GIRLS FOOTBALL VS. BROOKHURST (H) @ 1:30PM

Wednesday – 22<sup>nd</sup> January 2025

- U15 BOYS & GIRLS HOCKEY VS. CRAWFORD (A) @1:30PM
- U15 BOYS BASKETBALL VS. CRAWFORD (A) @1:30PM
- U13 BOYS & GIRLS HOCKEY VS. NAIROBI ACADEMY (H) @1:30PM

Thursday – 23<sup>rd</sup> January 2025

- DEADLINE FOR PA BRONZE PAYMENT
- U15 BOYS & GIRLS HOCKEY VS. BROOKHURST RUNDA (A) @3PM
- U15 BOYS BASKETBALL VS. NAISULA (A) @10AM
- U15 GIRLS FOOTBALL VS. NAISULA (A)

Friday – 24<sup>th</sup> January 2025

- ANNUAL SWIMMING GALA
- KAISSO REGIONAL SWIMMING GALA



Saturday – 25<sup>th</sup> January 2025

U15 BOYS INVITATIONAL FOOTBALL TOURNAMENT @ BGE  
IPSSA U15 BOYS' & GIRLS' HOCKEY TOURNAMENT @ CRAWFORD  
NAIROBI COUNTY LEVEL SENIORS @ KIOTA SCHOOL