



OSHVAL ACADEMY NAIROBI JUNIOR HIGH

WEEK 5 TERM II NEWSLETTER 2024/2025

QUOTE OF WEEK:

**"SUCCESS IS STUMBLING
FROM FAILURE TO FAILURE
WITH NO LOSS OF
ENTHUSIASM."**

—WINSTON CHURCHILL



ASSEMBLY IN PICTURES



School band members presenting the Indian National Anthem.



During assembly, the music department performed a beautiful music piece.



Announcements from some of the students.

AWARDING HARDWORK AT THE ASSEMBLY



On the left, the Deputy Head of School, Mr. Nelson, presents an award to the under-13 girls hockey team, while on the right, the Head of School, Mrs. Sujata, presents a trophy to the swimming team captain on behalf of the team.



On the left, the Deputy Head of School, Mr. Nelson, presents an award to the under-15 boys hockey team member for attaining the most valuable player of the tournament, while on the right, Ayaan Quadros of class 8D receives a medal and a congratulatory handshake from the Deputy Head of School, Mr. Nelson, for attaining position two overall at the East African under-14 Tennis championships.



On the left, the KeyStage 3 Coordinator, Mr. Protus, poses for a photo with the under-15 girls hockey team and their coach, Ms. Lucy, after presenting them with medals.



On the right the Pastoral / Co-Curricular Coordinator Ms. Balraj presents medals to the under-13 girls hockey team B together with their coach Ms. Getrude.



On the left, the KeyStage 4 Coordinator, Mrs. Rakhi, poses for a photo with the under-15 boys hockey team and their coach, Mr. Fednard, after presenting them with medals.



The Head of School, Mrs. Sujata, presents certificates to Math quiz winners.

EAST AFRICA MODEL UNITED NATIONS (EAMUN)

Our East Africa Model United Nations (EAMUN) Conference students embarked on an intensive four-day conference where they got to candidly debate various resolutions. This year we took 17 students who were spread across different committees such as Health and Technology, Ecology, Human Rights, and Special Summit. The students' participation was outstanding, and most of them got a chance to address their various committees despite the large numbers of delegates from all over East Africa.



EAMUN DAY 1



EAMUN DAY 1



EAMUN DAY 2



EAMUN DAY 2



EAMUN DAY 3



EAMUN DAY 4

YEAR 10 AND YEAR 11 MIDTERM EXAMS BEGIN

Examinations are a diagnostic tool for the learning process which students need to gauge their ability to comprehend and recall concepts taught. Year 10 and Year 11 students commenced their Midterm examinations on 7th February 2025. While the rest of the school Year 7-9 students will start their Midterm exams on 10th February 2025.

We wish our students the best in their examinations and urge you the parents/guardians and caretakers to give them all the necessary support during this period.



INCLUSIVE EDUCATION DEPARTMENT TRIP TO STEDMARK GARDENS

Inclusive Education Department students went on an academic trip to Stedmak Gardens, which is located in Karen. The students got the opportunity to see different animals, such as a Lama, different kinds of peacocks, quails, rabbits, snakes, lions, hyenas, ostriches, porcupines, pigeons, turtles, and tortoises, just to mention but a few. Students were very excited and some afraid to even come close to a rabbit. This trip was very essential to the students, and it came in handy at a time when they were learning about different kinds of animals and birds in their geography lesson. In addition, it gave students the opportunity to interact with the real animals and learn much more than what they could understand within a classroom setting. The trip has also improved their social interaction and awareness skills.



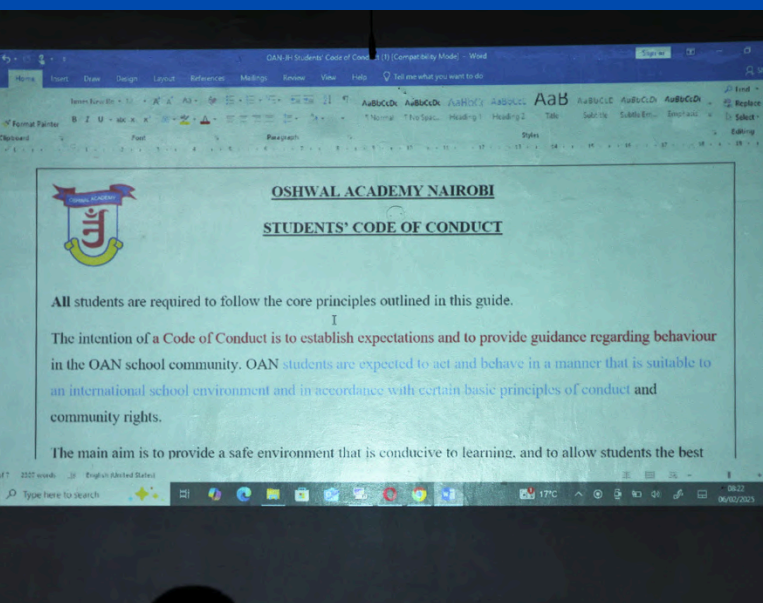
YEAR 9 PASTORAL TALK

Year 9 students participated in an interactive session with the Head of Year 9, Mr. Dennis, Year 9 Proctor, Ms. Beryl, and their HomeRoom Tutors on topics such as self-discipline, general grooming, healthy relationships, and empathy for one another.



YEAR 8 PASTORAL TALK

Year 8 congregated at the Auditorium for a Pastoral talk on discipline in general and grooming facilitated by the Year 8 Proctor Mr. Kopiyo.



YEAR 9 CAREER TALK FACILITATED BY CAREER COUNSELLOR, MS. LINET

Year 9 students had a career talk facilitated by Career Counsellor, Ms. Linet where they were guided on various career opportunities, they can venture into.



Year 9 Subject Selection & Career Guidance

Helping Students Choose the Right Subjects for Their Future

Why Subject Selection is Important

- Helps align subjects with future career interests
- Builds a strong academic foundation
- Opens pathways to university, TVETS, and apprenticeships
- Develops skills for different industries

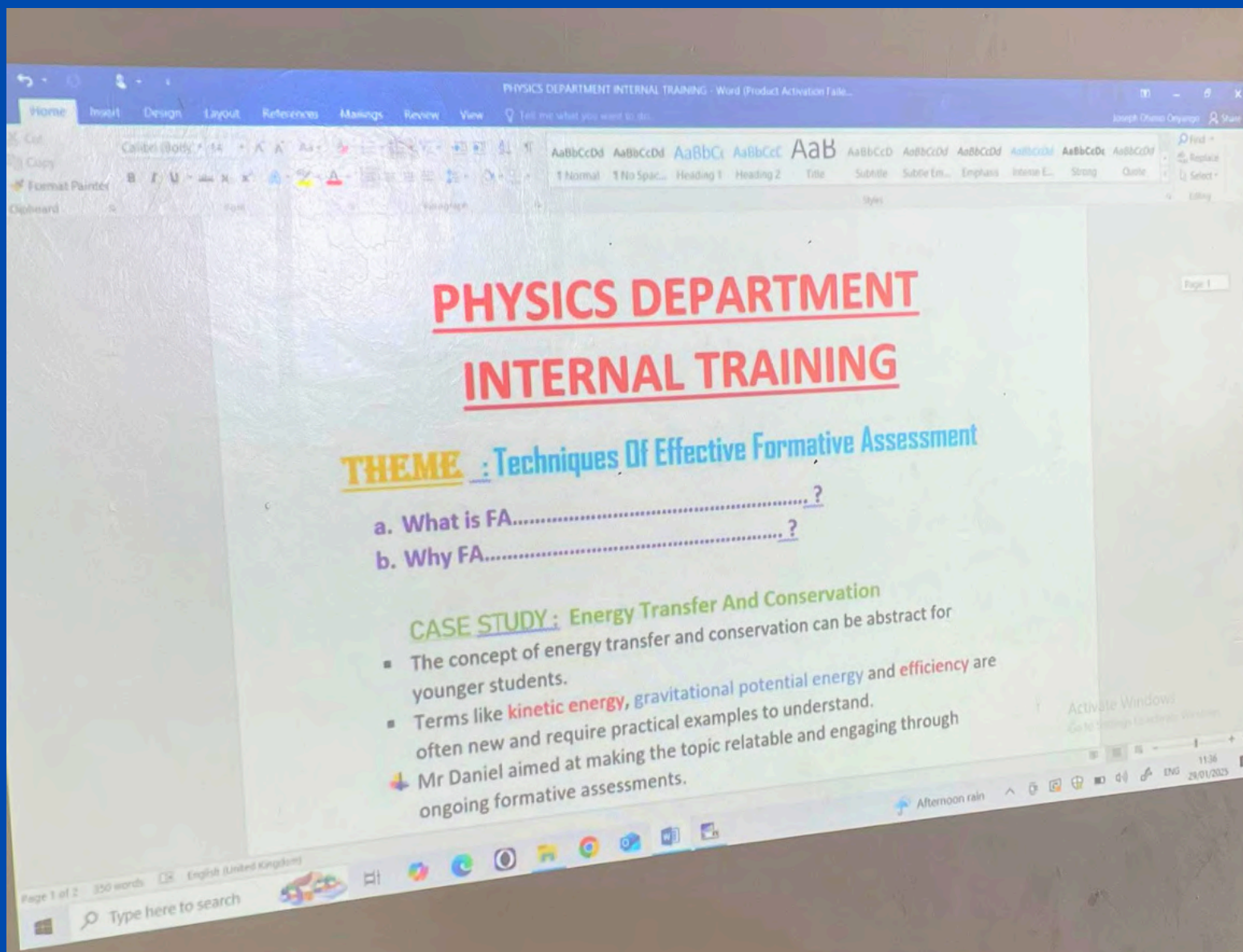
Factors to Consider When Choosing Subjects

- Interests and strengths
- Career goals and university prerequisites
- Subject difficulty and workload
- Enjoyment vs. necessity (balancing passion with practicality)



PHYSICS DEPARTMENT INTERNAL TRAINING

Physics teachers engaging in a collaborative internal training session, enhancing their skills and sharing innovative teaching strategies to inspire the next generation of scientists.



ધરતી રડે છે



જંગલ તૂટી - તૂટીને ઇમારતો બને છે,
પથ્થર તૂટી તૂટીને રેતી બને છે
મારા વાહલા કુદરતનું ધ્યાન રાખ,
કારણ કે ધરતી રડે છે.



છોડી ગયા આપણા વૃક્ષો, પશુઓ અને પક્ષીઓ,
અને એ દિવસ દૂર નથી જ્યારે આપણેને છોડશે મનુષ્યો
મારા વાહલા સંસારનું ધ્યાન રાખ,
કારણ કે ધરતી રડે છે.



ખોટું બળે છે બળતણ, જેથી ભેગુ થાય છે ઝેરી વાયુ,
સૂર્ય ઉર્જાનો ઉપયોગ કર, નહિ તો ગગન થઇ જશે કાળું
મારા વાહલા, પરિવારણનું ધ્યાન રાખ,
કારણ કે ધરતી રડે છે.



સોનુ થઇ ગયું છે મોંઘુ, અને બેરોજગાર થઇ ગયા છે માનવી ,
મફતમાં મળતું નથી રાશન, સરકાર બની ગઈ છે સ્વાર્થી
મારા વાહલા બધાના અર્થતંત્રનું ધ્યાન રાખ,
કારણ કે ધરતી રડે છે.



ધર્મની લીધે થાય છે ઝગડા અને યુદ્ધો,
બગાડ થાય છે મૂલ્યવાન ખનીજોનો
મારા વાહલા મનુષ્યની સોય બદલવાનું ધ્યાન રાખ,
કારણ કે ધરતી રડે છે.

બિલાડી

મારી પાસે છે એક બિલાડી,
તેનું ઘર છે ગુલાબી,
તે રોટલા ખાય,
અને ટોપલીમાં સૂઈ જાય.

પછી તે જાગે છે,
પછી છાશ પીવે છે,
પછી રમવા જાય છે,
અને પછી પાછી આવે છે.



એક દિવસ તે ઝાડ ઉપર ગઈ,
અને પછી નીચે ના આવી ગઈ,
પછી અગ્નિશામકો આવ્યા,
અને બિલાડીને નીચે લાવ્યા.

બિલાડીની આંખો બદામી છે,
તેની સફેદ રંગાટી રૂપાળી છે.

મારી બિલાડી રાણી છે,
મારી પ્રિય બિલાડી છે.

Pavan Hemal Shah -7A
OA05762





મારું પ્રિય પશું!

4/1/2025

મારું પ્રિય પશું પાંડા!
તેના રંગ છે સફેદ અને કાળા!
પણ નાનો મજા નો લાગે છે!
મારું પ્રિય પશું પાંડા!

આંખ એની નાની!

લાગે સુંદર મજાની!

અને હાથ પગ તો કાળા,

બીજા બધા ભાગ સફેદ રૂપાળા!

મારું પ્રિય પશું પાંડા!

ભલે તે રીંછની જાતનું હોય...

પણ તેની એક જુદી પહેચાન હોય!

એનું નાક અને મોઢું રીંછ જેવું લાગે

પણ વધારે નાનું અને સુંદર લાગે!

મારું પ્રિય પશું પાંડા!



ચાઈનાના જંગલમાં રહેતું,
બાંબૂના છોડમાં હિચકાંતું,
બાંબૂ ના છોડો ખાતું,
આખી દુનિયામાં જાણીતું,
પાંડા મારું માનીતું!

BY: AARVI SAVLA

CLASS: 8B



રમકડા

રમકડા, નાના નાના ગાડીનાં રમકડા,
જે નાના બાળકને રમાડે,
એના નાના નાના પૈડા,
અને એની મોટી મોટી બારી,



બાળક જ્યારે ગાડીને ધક્કો મારે,
ગાડી નાની જગ્યામાંથી નીકળી જાય,
જેવી રીતે નાનુ ઉંદર જાય,
રમકડાની ગાડીની કેવી મજાની!
આમ તેમ દોડી જાય એવી મજાની !

ત્યારે ગાડી ઝડપ ઝડપથી ભાગે,
પી.....પી અવાજ કરે,
ઊંધી થાય, સીધી થાય
અને બાળકનું મન ભરે .



રમકડા ની ગાડી જે ધાતુથી બને,
જે મોટા હથોડાથી પણ નો તૂટે,
એવી મજબૂત ગાડી,
મારા પ્રિય દોસ્ત ગાડી ,
રમકડાની ગાડી !

DHANYA MITESH HEMANI

Class - 7D

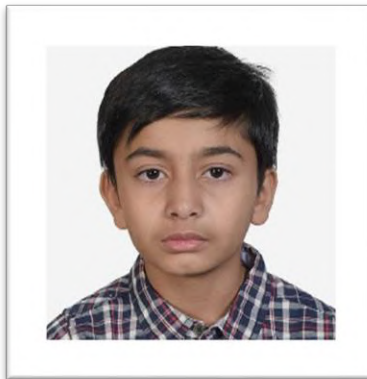


- એક ભણેલો વાંદરો જંગલ માં રહે.
ઝાડથી ઝાડ લટકીને ફૂટે,
કેળમાંથી કેળું લઈને ફૂદકો મારે,
પછી આરામથી બેસીને કેળું ખાઈ લે.



- એક ભણેલો વાંદરો જંગલ માં રહે.
વાંદરા બહું સમજદાર હોય,
બધી વસ્તુમાં શોખ હોય,
વાંદરાં બચ્યા સાથે બહું રમે.

- એક ભણેલો વાંદરો જંગલ માં રહે.
ઉંચાં ઝાડમાં પરિવાર સાથે રહે,
એના આગલા બે પગ હાથ જેમ કામ કરે,
વાળમાંથી ટોલા પણ કાઢી દે.



તીર્થ પાણખાનીયા, 7D.

CLASS ACTIVITIES



Year 8 Biology students are actively conducting a positive food test practical, exploring the science behind nutrients and gaining hands-on experience in food analysis, essentially bridging the gap between theoretical knowledge and practical application in the study of biology.



Siana Deepak of Year 11 explaining picture base in Gujarati during Gujarati lesson.



Year 8G students are utilizing multimedia devices at the library to access research papers, analyze data, and collaborate on scientific discoveries in real time under the guidance of there biology teacher, Mrs. Preeti.

FROM 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.



Join us in applauding our under-13 Girls Hockey team B for emerging 3rd position overall at the International & Private Schools Sports Association (IPSSA) Tournament.



We had the pleasure of hosting Premier Academy for a Basketball game. Our under 15 boys' Basketball team edged out Premier Academy under 15 boys' Basketball team 37 - 29. Each team gave their all, making the day full of electrifying experiences.



Join us in congratulating our under-13 girls hockey team on their 1-0 victory over Crawford International School.



Our under-15 boys' hockey team played their last match of KAISSE league against Premier Academy at Oshwal Center and won 3:2.



Join us in applauding our under-13 Boys Hockey team A for emerging Champions at the International & Private Schools Sports Association (IPSSA) Tournament. While on the other hand our under-13 Boys Hockey team B attained 1st Runners up position at the International & Private Schools Sports Association (IPSSA) Tournament.



Join us in congratulating our under-15 girls football team on their 1-0 victory over Premier Academy. Goal Scorer: Alison Amor



Join us in congratulating our under-15 girls hockey team on their 1-0 victory over Premier Academy. Most Valuable Players were Naavya Jethwa 9C and Prabhleen Matharu 10F



Join us in congratulating our under-15 boys football team on their 2-1 victory over Juja Preparatory. Most Valuable Player is Ansh Vara 10D

FROM SPORTS CORNER CONT....



Join us in congratulating our under-13 girls hockey team on their 5-1 victory over Juja Preparatory.



Join us in congratulating our under-13 boys hockey team on their 3-0 victory over Juja Preparatory.



Join us in congratulating our under-13 boys football team on their 2-0 victory over Juja Preparatory.

YEAR 11 IGCSE CYCLING FILMING AT HELL'S GATE IN PICTURES



CLUB TIME



MUSIC CLUB



CODING CLUB



DANCE CLUB



TAEKWONDO CLUB





SHOWING GRATITUDE ALWAYS

Makes you happier

Fills you with peace

Makes you healthier

OSHWAL ACADEMY JUNIOR HIGH
THOUGHT OF THE WEEK

WHAT ARE YOU GRATEFUL FOR?

The Hidden Gift of Gratitude



In a bustling high school, there was a girl named Lisa. She was intelligent and hardworking but often complained about everything—her homework, her parents, and even her friends. She always focused on what she lacked rather than what she had.

One day, her history teacher, Mr. Carter, noticed her attitude and decided to give the class an unusual assignment. He handed out blank notebooks and said, “For the next week, write down three things you

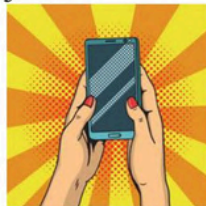
are grateful for every day. No excuses.”

Lisa sighed, thinking it was a waste of time. But since it was for a grade, she reluctantly started. On the first day, she struggled. “There’s nothing special,” she thought. But she wrote down

1: Today my mom made my favourite breakfast



2: My best friend texted me a funny joke.



3. I finished my math homework on time



As the week went on, Lisa started noticing more...

Her dad driving her to school even when he was tired



A classmate sharing their notes



The warm sunlight on a chilly morning



By the end of the week, something changed. She felt lighter, happier. She realized how much she had been taking for granted.

When Mr. Carter collected the notebooks, Lisa handed hers in with a smile. “I never knew how much I had to be thankful for,” she admitted. He nodded. “Gratitude doesn’t change what we have, but it changes how we see it.”

From that day forward, Lisa made a habit of appreciating the little things. And in doing so, she discovered that happiness wasn’t about having more—it was about valuing what was already there.



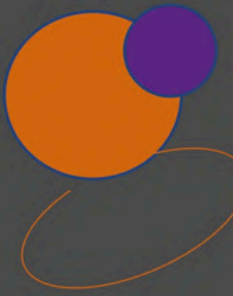


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 6 SCHEDULE

9th February 2025 – 15th February 2025



Sunday – 9th February 2025

- NAIROBI COUNTY LEVEL 2 SWIMMING CHAMPIONSHIP AT KIOTA SCHOOL

Monday – 10th February 2025

- MID-TERM EXAMS BEGIN (YEAR 7-9)

Tuesday – 11th February 2025

- MID-TERM EXAMS

Wednesday – 12th February 2025

- MID-TERM EXAMS END

Thursday – 13th February 2025

- MID-TERM BREAK BEGINS
- PA BRONZE EXPEDITION

Friday – 14th February 2025

- MID-TERM BREAK
- PA BRONZE EXPEDITION

Saturday – 15th February 2025

- MID-TERM BREAK
- PA BRONZE EXPEDITION