

OSHWAL ACADEMY



OSHWAL ACADEMY NAIROBI - JUNIOR HIGH

**WEEK 1
TERM III
NEWSLETTER
2024/2025**

WELCOME

BACK TO SCHOOL

TERM 3 OPENING ASSEMBLY

This term started on a very high note on Tuesday, 22nd April 2025, amid the heavy downpour that graced the day. Nonetheless, the students and staff attendance was impressive. We gathered in the Auditorium. Our incoming Head Girl Ruth Wanjiru Kimani and incoming Head Boy Khush Rajesh Jagatiya were the prefects on duty, and so they had the onus of coordinating the assembly.

The teachers made various announcements, followed by our senior school leaders, led by our Principal, Mr. Vijender Kumar Sharma and Head of School Mrs. Sujata Yanamandra. In a nutshell, the students were reminded to maintain discipline and begin the term with vigor instead of waiting for exam time to begin working hard. They were also reminded about the need to actively get involved in the term activities, which are captured in the school calendar that was already sent to you.

We look forward to a successful term and a fruitful Academic Year both in academics and extra-curricular activities.



PRESIDENT'S AWARD PRE-SILVER EXPEDITION TO
ABERDARES IN NYERI IN PICTURES



YEAR 8 MENTORSHIP TALK FACILITATED BY MS. LINET, CAREERS COUNSELLOR

This week, Year 8 students gathered in the school auditorium for an engaging and insightful talk on the theme of friendships—within school, beyond the school gates, and into the future. The session encouraged students to reflect on the importance of building strong, respectful relationships, navigating challenges, and maintaining connections as they grow.

Led by the School Careers Counsellor, Ms. Linet, the talk covered how friendships shape our school experience, how to support friends through ups and downs, and the value of staying connected even as life paths diverge. Students shared their own thoughts, asked questions, and participated in small group discussions.

The event highlighted the role of empathy, communication, and trust in forming lasting bonds. It was a meaningful opportunity for students to explore the impact of friendship in their personal growth—now and in the years to come.





**OSHWAL ACADEMY
JUNIOR HIGH
NAIROBI**

***THOUGHT OF THE
WEEK***

**CONSISTENCY
BEATS
INTENSITY**

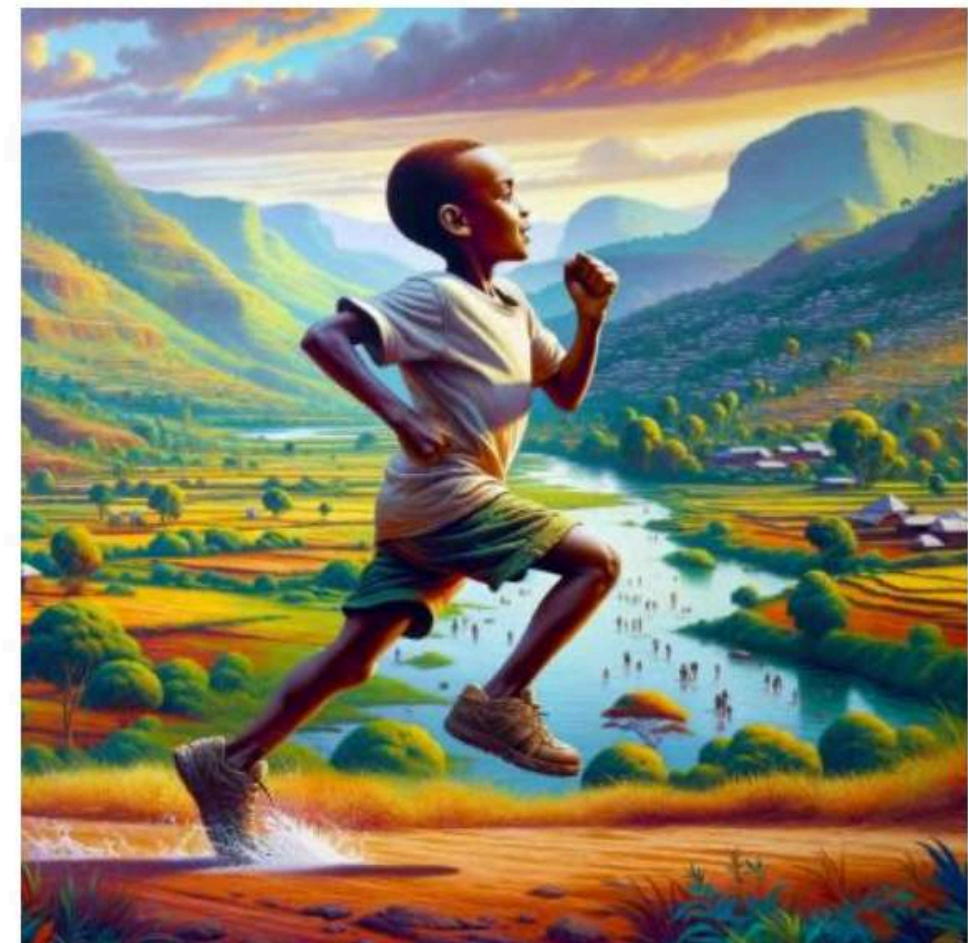
**Don't wait to feel inspired.
show up,
do your part,
and
growth will follow**

The Tale of the Reluctant Runner



In a lively school, there was a student named Alex who dreamed of becoming a champion runner. Every year, his school held a big race, but each time, he watched from the side-lines, waiting for inspiration to hit him. “I’ll train hard once I feel more motivated,” he often told himself, but that motivation never came. One sunny afternoon, while watching a group of students practice, Alex noticed Maya, a quiet girl from his class. She had a focused look as

she laced up her shoes. Unlike Alex, Maya didn’t wait for inspiration; she simply showed up every day to practice. Intrigued, Alex decided to approach her. “Why do you run if you’re not competing yet? Isn’t it tiring?” he asked. Maya smiled. “It’s not just about the race for me. I love running, and each time I show up, I get a little better. Every step counts. Progress takes time.” Inspired by Maya’s words, Alex decided to stop waiting. He joined her for practice every day, even when he didn’t feel like it. At first, the runs were tough, but consistency became his friend. Slowly but surely, he improved, and with each practice, he felt more confident. On the day of the big race, Alex stood at the starting line, nervous but excited. He remembered not just the hours spent training, but the commitment to show up, even when it was hard. When the race began, he ran with determination, crossing the finish line with a big smile. Not just for placing, but for the journey he had taken. Moral of the Story: Don’t wait for inspiration to strike. By consistently showing up and putting in the effort, you’ll find that growth and success will naturally follow.



Moral of the story: Consistency beats intensity. Don’t wait to feel inspired. show up, do your part, and growth will follow

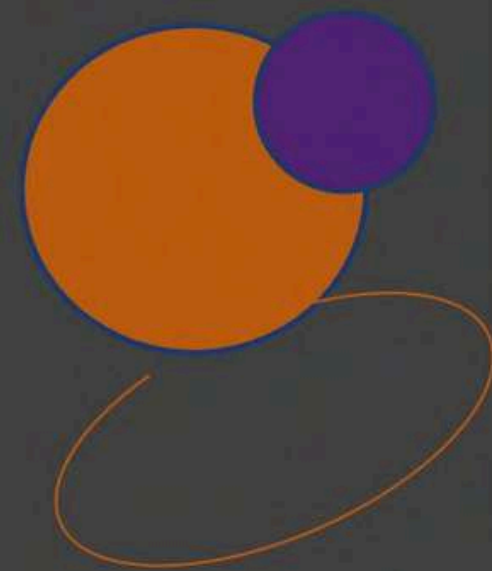


OSHVAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 2 SCHEDULE

27th April 2025 – 3rd May 2025



Sunday – 27th April 2025



Monday – 28th April 2025

- U13 AND U15 BOYS' RUGBY AND GIRLS' BASKETBALL TEAMS' SELECTION (4:00PM – 5:00PM)

Tuesday – 29th April 2025

- INTERHOUSE SPORTS TRIVIA (8:00AM – 12:30PM)
- DEADLINE FOR SUBMITTING PA ASSESSOR APPLICATIONS.

Wednesday – 30th April 2025



Thursday – 1st May 2025

- LABOUR DAY – PUBLIC HOLIDAY

Friday – 2nd May 2025

- YEAR 7 BIOLOGY TRIP TO NAIROBI NATIONAL PARK
- U15 BOYS FOOTBALL VS. NAISULA (A) @1:30PM
- U15 BOYS' & GIRLS' VOLLEYBALL VS. PREMIER (A)

Saturday – 3rd May 2025

- U15 BOYS RUGBY 7S @ ROSSLYN
- NAIROBI TABLE TENNIS TOURNAMENT @PRIMARY