



OSHVAL ACADEMY NAIROBI JUNIOR HIGH

Congratulations!

**WEEK 2
TERM III
NEWSLETTER
2024-2025**

**"Efforts and courage are
not enough without
purpose and direction."
~ John F. Kennedy, 35th
US President**



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FORMAL INTRODUCTION OF THE NEW PREFECTORIAL BODY AT THE SCHOOL ASSEMBLY

Today's school assembly marked an important occasion as the school convened at the school assembly to mark the formal introduction of the newly appointed Prefectorial Body. The Head Proctor Mr. Abwajoh addressed the gathering with inspiring words, reflecting on the essence of leadership, service, and character. He reminded the new prefects of the great responsibility bestowed upon them: to serve as role models, uphold the school's core values, and foster a spirit of unity and excellence among their peers. He emphasized that leadership is not about authority but about service, sacrifice, and example. The assembly concluded with a closing message from members of the school Senior Leadership Team, encouraging all students to cooperate with and be inspired by the prefects as the school embarks on another chapter of growth, excellence, and unity.



ANNUAL PREFECTS INVESTITURE CEREMONY 2025

On Saturday, the 26th of April 2025, Oshwal Academy Nairobi Junior High appointed its new body of prefects for the year 2025-2026. The purpose of the investiture is to celebrate the achievements of the outgoing prefects and to usher in the new prefects' body, signifying the change of the guard.

A total of 64 new prefects were appointed, all of whom have stepped up to take leadership positions and begin their journey as student leaders. Each prefect showed great dedication and commitment by attending daily rehearsals throughout the week preceding the event and undergoing countless repetitions of each step of the event.

The event was a success partly due to the prefects' dedication and partly due to the dedication, hard work, and commitment shown by the Proctors' team led by Mr. Bernard Abwajoh, Mr. Nelson Njuguna, and Ms. Balraj Bhurji and the two emcees of the event, Ms. Mercy Nyaga and Ms. Berly Akinyi. The team ensured that every rehearsal began on time and that every stage of the event was perfected by the final day.



ANNUAL PREFECTS INVESTITURE CEREMONY 2025 IN PICTURES



ANNUAL INTERHOUSE SPORTS TRIVIA 2025

Our Sports Department had a week-long team selection period where all students were given an opportunity to try out, join, and represent the school in various inter-school competitions in term 3. The students turned out in large numbers, eager to join one of the teams. The selection was very competitive, and students who did not get a chance to be in the team will be provided with additional training sessions on separate days to help them polish their skills.



ANNUAL INTERHOUSE SPORTS TRIVIA 2025 IN PICTURES



PHYSICAL EDUCATION DEPARTMENT POSES FOR A GROUP PHOTO AFTER A SUCCESSFUL ANNUAL INTERHOUSE SPORTS TRIVIA.



INCLUSIVE EDUCATION DEPARTMENT MAT MAKING LESSON

Our Inclusive Education Department students kicked off Term 3 with a fun and creative project - making their own mats! Each student began designing a small mat that can be used as a doormat or decorative wall hanging. The highlight? Every mat includes the student's name woven or stitched in, making it truly personal! Through this activity, learners explored basic weaving techniques, played with colors and patterns, and showed off their creativity. We're excited to see the final results in the coming weeks. Well done to all our young artists.



INCLUSIVE EDUCATION DEPARTMENT CULTURAL PRIDE ON FULL DISPLAY!

Inclusive Education Department students lit up the week by proudly dressing in traditional attire during practice in preparation for the upcoming Music and Dance Night set for 31st May 2025. With vibrant colors and confident energy, they gave us a beautiful glimpse of what's to come. We can't wait to see the full performance—mark your calendars!



INCLUSIVE EDUCATION DEPARTMENT HOSPITALITY LESSON

Rolling, Flipping, and Sizzling Fun! - This week in Hospitality Lesson, the classroom turned into a lively kitchen as our young chefs mastered the art of chapati making. From mixing the dough to perfecting the roll and flip, students got hands-on experience with this beloved African staple. The sizzling sounds and golden-brown results brought smiles all around and a delicious aroma that made everyone hungry for more. A truly tasteful way to learn.



YEAR 7 BIOLOGY STUDENTS EXPLORE NAIROBI NATIONAL PARK

Year 7 Biology students visited Nairobi National Park to witness Kenya's rich biodiversity firsthand. The park, located just outside the bustling city, provided the perfect opportunity for students to observe wildlife, learn about ecosystems, and understand conservation efforts. Guided by park rangers and their teachers, the students spotted lions, giraffes, zebras, and various bird species in their natural habitat. They also discussed the importance of food chains, adaptations, and the delicate balance between humans and wildlife. The trip reinforced classroom lessons while fostering a deeper appreciation for nature. The students left with memorable experiences and a stronger commitment to environmental conservation. A fantastic day of learning and adventure!

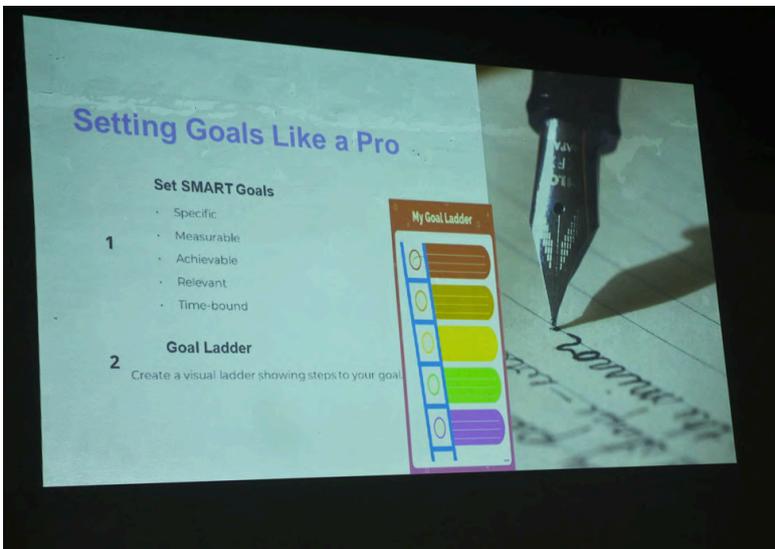
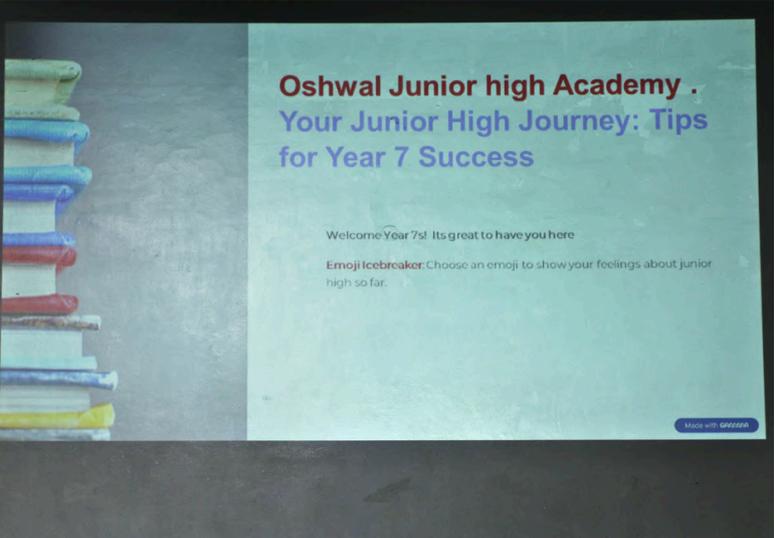


YEAR 7 BIOLOGY STUDENTS EXPLORE NAIROBI NATIONAL PARK IN PICTURES



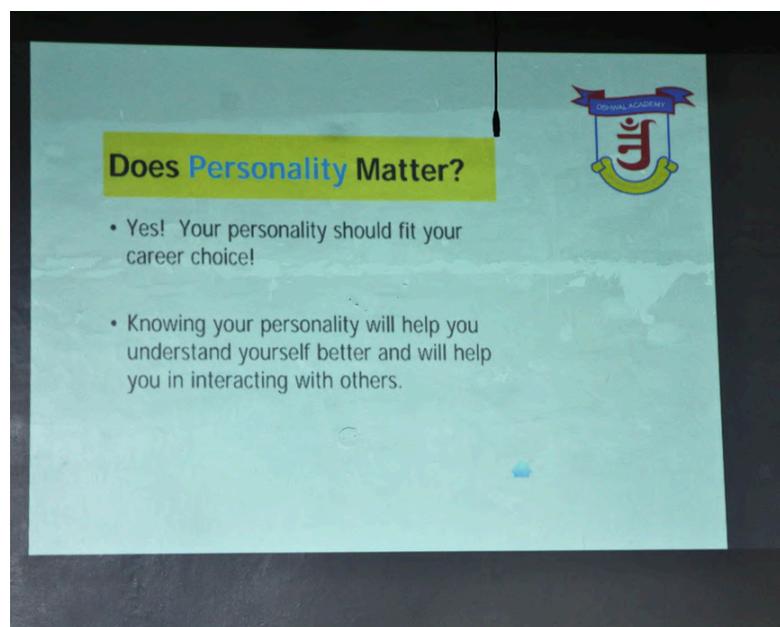
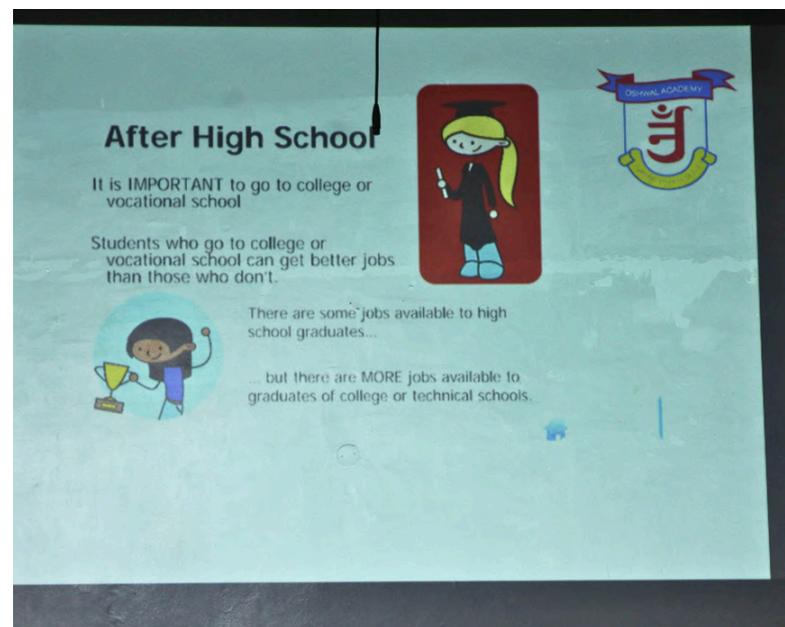
YEAR 7 MENTORSHIP TALK

Year 7 students gathered in the school auditorium for an inspiring mentorship talk aimed at motivating and guiding them through the next stage of their academic and personal journey. The talk featured an engaging session led by our Careers Counsellor Ms. Linet, who spoke about the importance of setting goals, staying resilient, and making choices that align with personal values and future dreams. With relatable stories and practical advice, Ms. Linet encouraged Year 7 students to believe in their potential and take ownership of their growth. The interactive talk sparked meaningful conversations and left students feeling empowered and better equipped to take on the opportunities ahead.



YEAR 9 CAREER TALK FACILITATED BY CAREERS 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.



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.



A thrilling season opener for the under-15s boys' football team as they drew 1-1 with Lukenya School in an away match.



Both the boys' and girls' volleyball teams suffered 0-2 losses in their first Term 3 match against Premier School (home)



OSHWAL ACADEMY



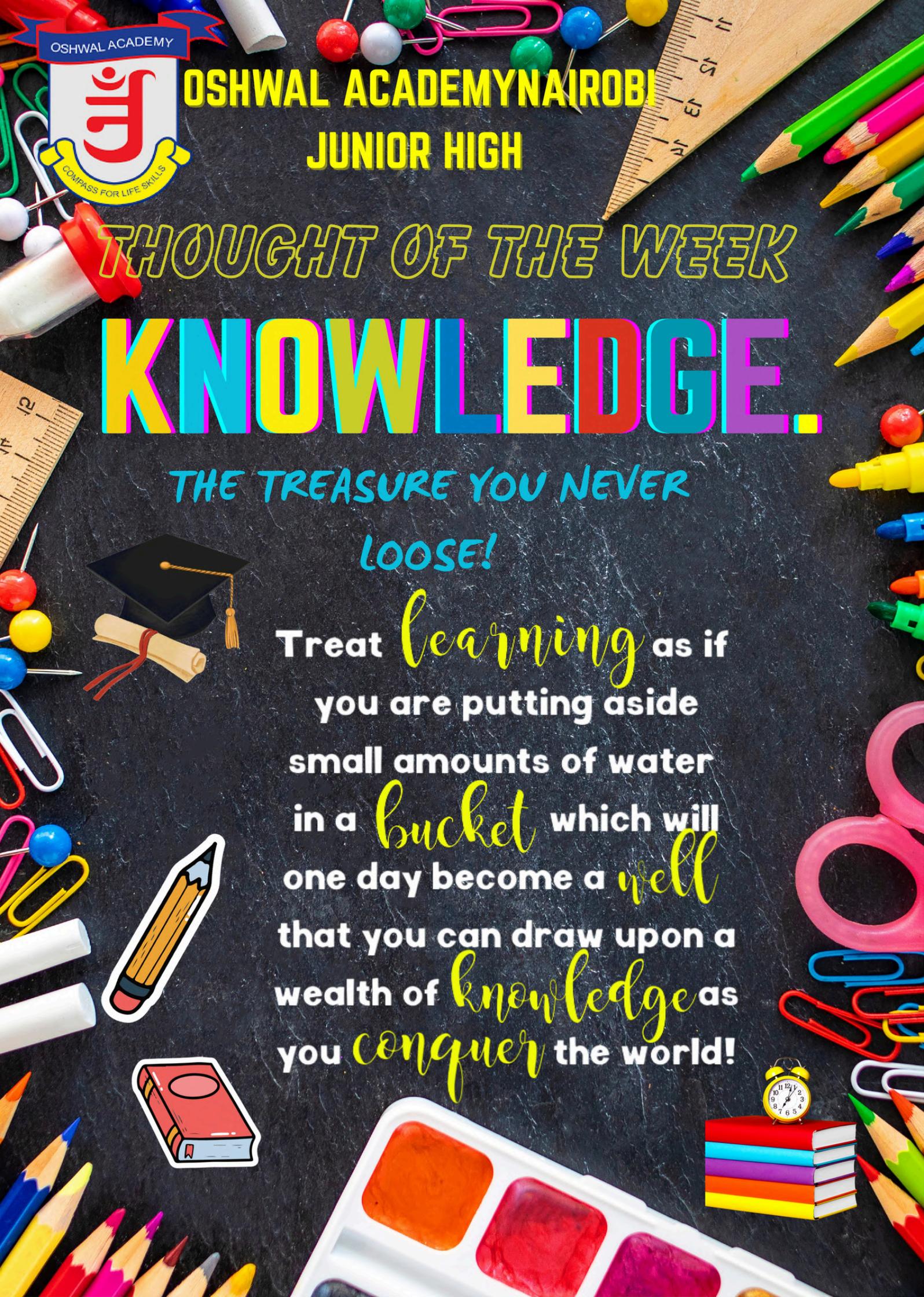
OSHWAL ACADEMY NAIROBI JUNIOR HIGH

THOUGHT OF THE WEEK

KNOWLEDGE.

THE TREASURE YOU NEVER
LOOSE!

Treat *learning* as if
you are putting aside
small amounts of water
in a *bucket* which will
one day become a *well*
that you can draw upon a
wealth of *knowledge* as
you *conquer* the world!



The Curious Classmates

In a bright and cheerful school, two classmates named Mia and Alex approached learning in very different ways. Mia was always eager to ask questions and explore new ideas, while Alex preferred to keep to himself, focusing on completing assignments as quickly as possible.

One day, their teacher announced a project about the solar system. Mia bounced with excitement, ready to dive deep into research and discover all she could about planets, stars, and galaxies. Alex, however, just wanted to get the project over with. He quickly gathered a few facts from the internet and jotted them down without much thought.



As the deadline approached, Mia spent her evenings reading books, watching documentaries, and learning everything she could about space. She even visited the local planetarium to uncover more insights about the universe. Meanwhile, Alex finished his project in a few hours and felt he was ready to present.

When presentation day arrived, Mia shared a colourful project filled with fascinating facts and stories about the wonders of the solar system. She engaged her classmates, asking questions and encouraging them to share their thoughts. Everyone was captivated by her

enthusiasm and left with newfound knowledge.

Then it was Alex's turn. He stood in front of the class, reading his notes quickly. When his classmates asked questions, Alex stammered and struggled to answer, revealing that he hadn't truly grasped the material he had rushed to compile.

After class, Mia approached Alex with kindness in her eyes. "You had some good information, but I think your project could have been even better if you had explored and learned more deeply," she said.

Feeling a mix of embarrassment and realization, Alex replied, "I just wanted to finish fast. But I see now how much more interesting it can be to truly learn."

Mia smiled warmly. "Knowledge isn't just about getting a grade; it's about understanding and sharing what we learn with others. Next time, let's work together and explore together!"

From that day on, Alex decided to join Mia in her quest for knowledge. They studied together, asked more questions, and discovered new things as a team. Alex learned that the joy of learning was far greater than the rush to finish, and Mia delighted in sharing her passion with a friend.

Moral of the story: True knowledge comes from exploration and understanding, and it becomes even more meaningful when shared with others.



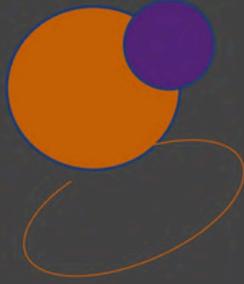


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 3 SCHEDULE

4th May 2025 – 10th May 2025



Sunday – 4th May 2025



Monday – 5th May 2025

- U15 BOYS' & GIRLS RUGBY VS. BRAESIDE THIKA & PREMIER (A) @12:30PM
- U15 GIRLS' BASKETBALL VS. BRAESIDE THIKA & PREMIER (A) @12:30PM
- U13 BOYS' RUGBY VS. SON (H) @1:00PM
- U13 GIRLS' NETBALL VS. SON (H) @1:00PM

Tuesday – 6th May 2025

- U13 BOYS' RUGBY VS. CRAWFORD (H) @1:00PM
- U13 GIRLS' NETBALL VS. CRAWFORD (H) @1:00PM

Wednesday – 7th May 2025

- U15 BOYS' FOOTBALL VS. BROOKHURST LAVINGTON (A) @12:30PM
- U15 GIRLS' BASKETBALL VS. BROOKHURST LAVINGTON (A) @12:30PM

Thursday – 8th May 2025

- U15 BOYS' RUGBY VS. CRAWFORD (A) @12:30PM
- U15 GIRLS' BASKETBALL VS. CRAWFORD (A) @12:30PM

Friday – 9th May 2025

- YEAR 9 SUBJECT SELECTION TALK + ONLINE FORM LINK SHARED
- OVERNIGHT PREFECTS' TRAINING CAMP
- NAIROBI COUNTY AGE GROUP SWIMMING GALA @KIOTA SCHOOL

Saturday – 10th May 2025

- **YEAR 9 PARENTS' CAREER PRESENTATIONS (9:30AM – 12:30PM)**
- **OVERNIGHT PREFECTS' TRAINING CAMP**
- **NAIROBI COUNTY AGE GROUP SWIMMING GALA @KIOTA SCHOOL**
- **IPSSA U15 BOYS' RUGBY TOURNAMENT @CRAWFORD**
- **IPSSA U15 GIRLS' BASKETBALL TOURNAMENT @CRAWFORD**