



# OSHVAL ACADEMY NAIROBI JUNIOR HIGH



**WEEK 3  
TERM III  
NEWSLETTER  
2024-2025**

## QUOTE OF WEEK:

**"Always bear in mind  
that your own  
resolution to succeed,  
is more important than  
any other one thing."**

**~Abraham Lincoln**



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# YEAR 10 ASSEMBLY

Year 10 students congregated at the school auditorium for their assembly. The assembly served as an opportunity to reflect on recent achievements, hear important announcements, and reinforce school values. This assembly also offered an opportunity for the introduction of the incoming PA (President's Award) Assessors' Body. Year 10 students demonstrated respectful behavior, listened attentively, and engaged positively throughout. Their positive attitude and respectful presence reflected the values we strive to uphold as a school. Overall, the assembly was a valuable experience that encouraged reflection, celebration, and a shared commitment to personal and academic growth.



Introduction of the incoming President's Award Scheme Assessors Body during Year 10 Assembly.

# AWARDING CHAMPIONS DURING YEAR 7,8 AND 9 ASSEMBLY IN PICTURES



# YEAR 7, 8, AND 9 ASSEMBLY

Year 7, 8, and 9 students congregated at the school auditorium for their assembly. The assembly served as an opportunity to reflect on recent achievements, hear important announcements, and reinforce school values. This assembly also offered an opportunity for the introduction of the incoming PA (President's Award) Assessors' Body. Additionally, students were reminded of the importance of balancing academics and sports activities while in school. The students demonstrated respectful behavior, listened attentively, and engaged positively throughout. Their positive attitude and respectful presence reflected the values we strive to uphold as a school. Overall, the assembly was a valuable experience that encouraged reflection, celebration, and a shared commitment to personal and academic growth.



Introduction of the incoming President's Award Scheme Assessors Body during Year 7, 8, and 9 Assembly.

# SMASHING SUCCESS AT THE TABLE TENNIS TOURNAMENT!

Oshwal Academy Nairobi proudly hosted an exciting tournament at our Primary Campus, and our young athletes truly delivered!

Well done to all our stars, your hard work, skill, and sportsmanship made us proud!

## UNDER 13 GIRLS SINGLES

Saisha Buvaria

Gold medal

Delina Shavadi

Bronze medal

## UNDER 13 BOYS DOUBLES

Rajveer Mandave & Reyansh Sanghavi

Gold medal

Aahil Sheikh & Aarjav Mishra

Silver medal

Danveer Shavadia & Yuvansh Chauhan

Bronze medal

## UNDER 13 BOYS SINGLES

Rajveer Mandave

Silver medal

Yuvansh Chauhan

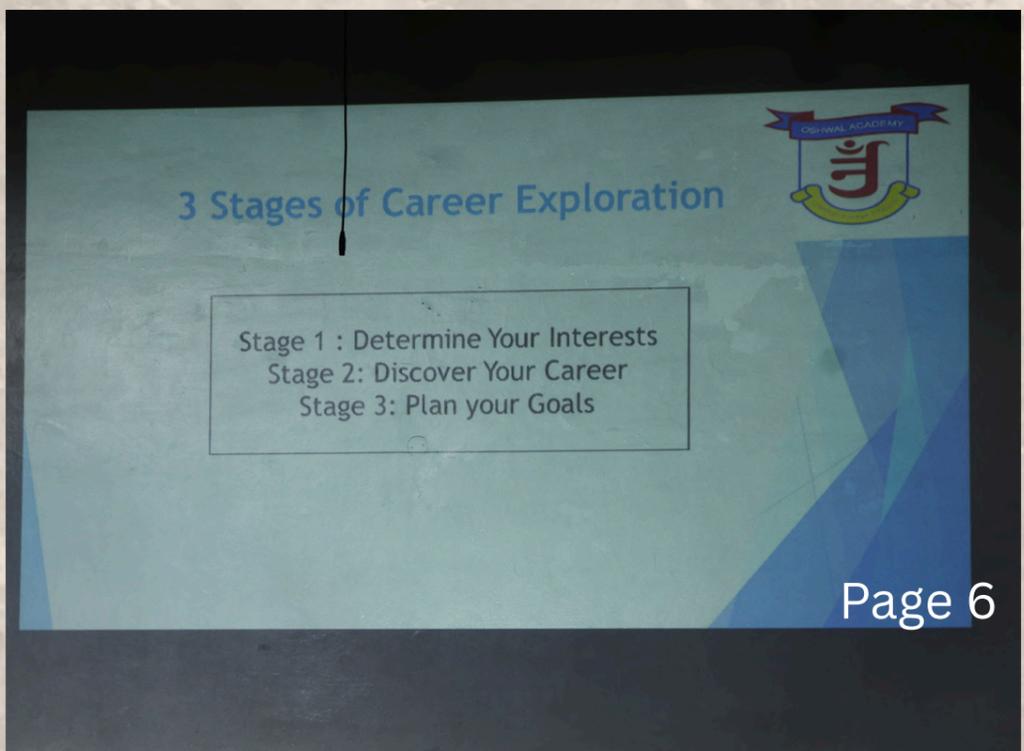
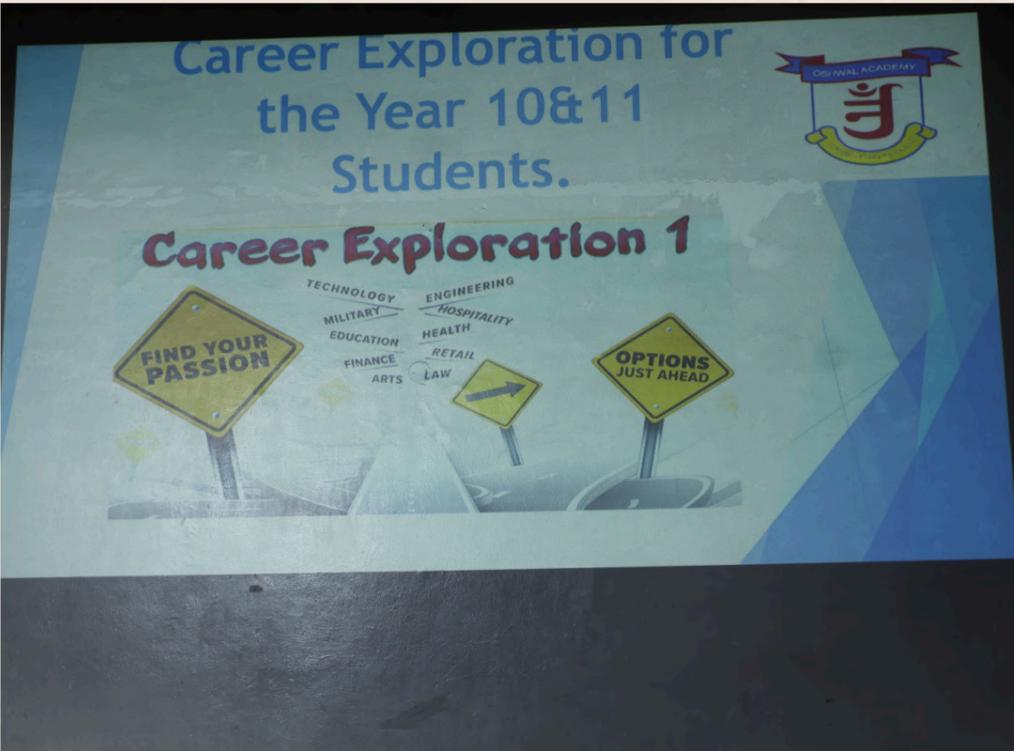
Bronze medal



*Congratulations!*

# YEAR 10 CAREER EXPLORATION TALK – A GLIMPSE INTO THE FUTURE

Year 10 students gathered in the school auditorium for an engaging and insightful Career Exploration Talk facilitated by the school Career's Counselor Ms. Linet. The session aimed to inspire students as they begin to consider their future paths beyond high school. Year 10 students listened attentively, asked thoughtful questions, and gained a deeper understanding of the many options available to them. The talk not only highlighted the importance of passion and perseverance but also emphasized the value of early planning and self-awareness in shaping a successful career. It was a motivating experience that left many students feeling more confident and excited about their futures.

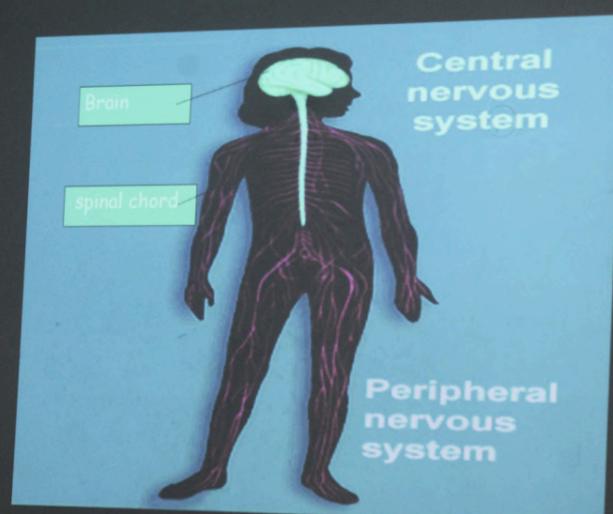


# BIOLOGY DEPARTMENT INTERNAL TRAINING FACILITATED BY MR. MESHACK

The Biology Department recently conducted an insightful internal training session facilitated by Mr. Meshack on the topic "Innovative Teaching—A Bubbly Classroom." The session focused on exploring dynamic and student-centered teaching approaches that foster engagement, curiosity, and collaboration within the classroom. Mr. Meshack emphasized the importance of moving beyond traditional lecture methods, introducing interactive techniques such as concept mapping, real-time quizzes, peer instruction, and the integration of multimedia tools to make complex biological concepts more accessible and enjoyable. The training also encouraged educators to create a more inclusive and energetic learning environment where students feel motivated to participate actively. Overall, the session was both informative and inspiring, equipping faculty members with practical strategies to make biology learning more vibrant and impactful. The department looks forward to implementing these approaches to enhance the overall teaching and learning experience.

## 4. Problem-Based Learning (PBL)

- **Strategy:** Students solve a real-world biological problem in groups.
- Biology Example:**  
**Scenario:** "Design a plan to prevent the spread of a contagious disease in a small community."
- Students research pathogens, transmission, and public health interventions, then present solutions.



## 5. Concept Mapping

- **Strategy:** Students create visual diagrams to organize knowledge.
- Biology Example:**
- Make a concept map linking photosynthesis, cellular respiration, glucose, mitochondria, and chloroplasts.

# SPORTS CORNER

The Sports Department has been a beehive of activities with numerous opportunities for our students to engage in various inter-school sports competitions.



The under- 13 girls' netball team faced off against Crawford International School and secured an impressive victory with a score of 21–8.



Our under-15 boys' football team played a friendly match against Nairobi International School at Oshwal Centre and clinched a 1–0 victory, with the winning goal scored by Ansh Vara of Year 10D.



Our under-13 boys rugby team secured a strong 40–20 victory over Crawford International School.



Our under- 13 girl's netball team faced Braeside Thika and delivered an outstanding performance with a 22–1 victory.



Our under- 15 girl's basketball team put up a strong fight in a close match against Brookhurst School, with a final score of 12 –13 respectively. Most Valuable Players were, Natalia Como and Siya Nagaria for their outstanding performance.



Our under-15 girls' basketball team edged out Crawford International School in a thrilling match, securing a narrow 6–5 victory.



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

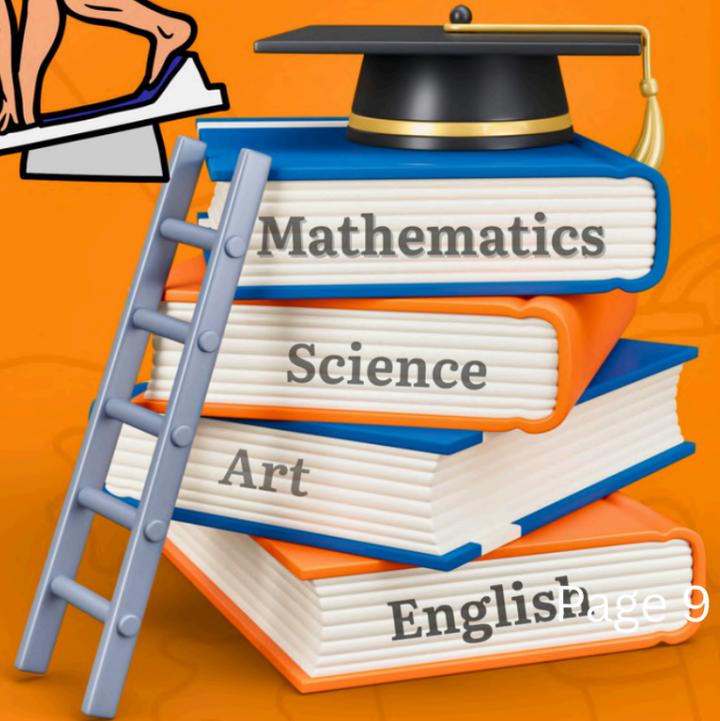
## THOUGHT OF THE WEEK

# BALANCE

Work hard ,Play well, Rest fully  
that's the Winning Rhythm



**Balance does not emerge by chance;**  
it is the result of intentional structuring  
of one's time, energy and values



## Leo's Learning Curve

Leo was a whiz at math. He could solve equations in his head and loved the challenge of complex problems. He spent hours on math apps, doing extra worksheets, and even helping his classmates. His math grades were always perfect

However, Leo was struggling in other areas. He rushed through his reading assignments, his creative writing was minimal, and he rarely participated in group projects in other subjects. He was so focused on math that he was missing out on other parts of school and life.



One afternoon, his English teacher, Ms. Diaz, noticed Leo looking stressed as he stared at a blank page for a creative writing assignment.

"Everything alright, Leo?" she asked gently.

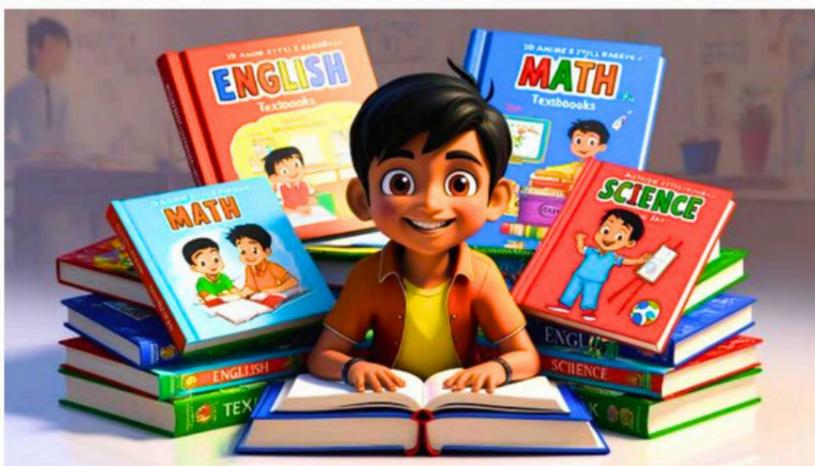
Leo sighed. "I just... I don't see the point of this. It's not like math. It doesn't have a right answer."

Ms. Diaz smiled. "And that's the beauty of it, Leo. Life isn't just about right answers. It's about exploring, imagining, and connecting with others. You're

incredibly talented in math, but you're missing out on other important things. Think of your learning like a garden. If you only water one type of flower, the others will wither."

Her words stayed with Leo. He started to notice how much fun his classmates were having in art class, or how interesting the discussions were in social studies. He realized that while math was his strength, focusing *only* on it was creating an imbalance.

Slowly, Leo started to make changes. He set aside specific time for other subjects. He joined a school club he was curious about. He even tried writing a short story, and to his surprise, he found a different kind of satisfaction in it. His math grades remained strong, but his overall school experience became richer and more enjoyable.



### Moral of the story:

**Balance** is key to a well-rounded and fulfilling life. While it's great to excel in one area, neglecting others can limit your growth and happiness. Make time for different things, and you'll discover a wider world of possibilities.

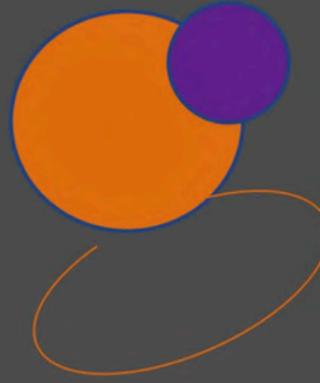


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 4 SCHEDULE

11<sup>th</sup> May 2025 – 17<sup>th</sup> May 2025



Sunday – 11<sup>th</sup> May 2025

- OVERNIGHT PREFECTS' TRAINING CAMP
- NAIROBI COUNTY AGE GROUP SWIMMING GALA @KIOTA SCHOOL

Monday – 12<sup>th</sup> May 2025



Tuesday – 13<sup>th</sup> May 2025

- U13 & U15 GIRLS' BASKETBALL VS. SAMAJ (H)
- U13 & U15 BOYS' FOOTBALL VS. SAMAJ (H) @1:00PM

Wednesday – 14<sup>th</sup> May 2025



Thursday – 15<sup>th</sup> May 2025

- WATERLOO GAUSS MATHS CONTEST (YEAR 7 & 8)
- U15 BOYS' FOOTBALL VS. SON (A)
- U15 GIRLS' BASKETBALL VS. SON (A) @1:30PM

Friday – 16<sup>th</sup> May 2025

- YEAR 10 MID-TERM EXAMS BEGIN
- U15 BOYS' & GIRLS' VOLLEYBALL VS. PREMIER (H) @1:00PM

Saturday – 17<sup>th</sup> May 2025

- YEAR 9 PARENTS' SUBJECT SELECTION TALK
- U15 BOYS' & GIRLS' BADMINTON TOURNAMENT @PREMIER
- IPSSA U13 BOYS' RUGBY TOURNAMENT @OSHWAL
- IPSSA U13 GIRLS' BASKETBALL TOURNAMENT @AGA KHAN