



QUOTE OF WEEK:

"Exams are not a test of memory, they are a test of how well you understand. Trust your work, not your worry."

~ Dr. APJ Abdul Kalam



WEEK 10 TERM III NEWSLETTER 2024-2025

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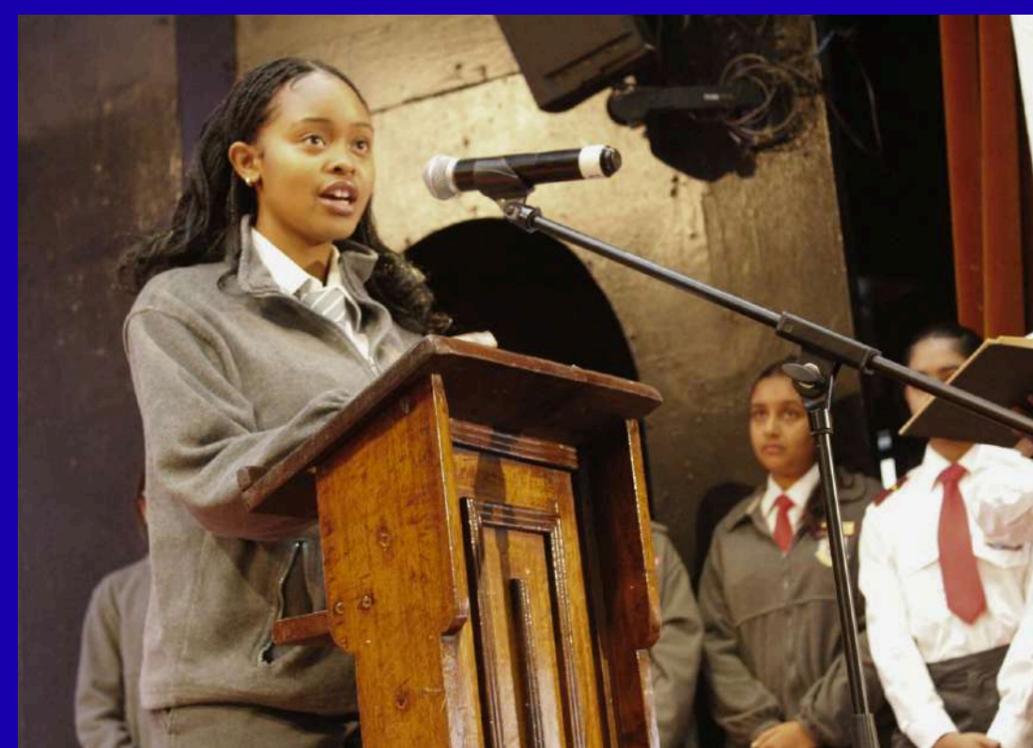
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YEAR 7, YEAR 8 AND YEAR 9 ASSEMBLY

The assembly served as an opportunity to reflect on recent achievements, hear important announcements, and reinforce school values. Key announcements included the registration and payments deadline of paid clubs and other extracurricular activities. Overall, the assembly was a valuable experience that encouraged reflection, celebration, and a shared commitment to personal and academic growth.



AWARDING CHAMPIONS AT THE ASSEMBLY



Charity Bike Ride from Nairobi to Masai Mara

Organized by TDK (Tour De Kenya)

13th – 14th June 2025

19 Cyclists embarked on a bike ride from Nairobi to the Maasai Mara, over a span of 2 days. The purpose - to raise funds to build a school for girls in Narok County through an NGO. It was a remarkable journey that combined adventure, endurance, and a powerful sense of purpose.

Amongst the participants, were the young boys **Dhian Amar Shah**, Year 8A and **Jayden Julian Mael D'Souza**, Year 8F

Dhian Amar Shah



Jayden Julian Mael D'souza



Below is a summary of our experience.

Day 1 began at 5 am on 13th June, from Nairobi, destined to reach Narok, 155kms away, aiming to arrive by early afternoon. Riders faced immense physical and mental challenges, including the never-ending steep climbs and intense sun. After 10 long hours; 7hrs of them spent in the saddle—we finally rolled into Narok, exhausted yet triumphant.

Day 2 began at 5am start, kicking off with 30 Kms of tarmac ride before veering onto 66 Kms mainly an off-road trail. It was as brutal as the first day, as the paths were more rugged and rocky than we anticipated. Navigating through these physically demanding conditions pushed riders to their limits.

Riding through the open landscape teeming with wildlife added an extra layer of excitement. The ride culminated in a celebratory arrival at the Mara, where participants were warmly welcomed by family and friends and treated to a well-deserved rest amid breathtaking landscapes.



The route offered stunning views of the Mount Suswa Conservancy, the open savannas of Ewaso Kedong and rural villages. Spanning two days, the ride demanded not just physical endurance, but mental resilience. Long hours in the saddle, combined with muscle fatigue, some falls and occasional mechanical failures, were some of the hurdles, yet despite these obstacles, the sense of achievement at the end—and the knowledge that every kilometre pedalled contributed to a meaningful cause—made every challenge worthwhile.

Riders were buoyed by the camaraderie and support of fellow cyclists and the escort crew. The support crew comprised of two policemen on motorbikes, two wide trucks with hazard signs and flashing lights, a fully equipped ambulance staffed with an ICU intensivist, a physiotherapist and escort cars carrying hydration fluids and snacks to keep the riders fueled throughout the ride.

The event was filled with moments of joy, resilience, and deep personal reflection.

Overall, the experience left a lasting impression on everyone involved, highlighting the impact of collective action and the spirit of giving back.



DEBATE TEAM SHINES AT THE MICHAEL GRZIMEK CUP!

Last weekend, a team of our passionate students proudly represented us at the Michael Grzimek Cup at the German School Nairobi. It was not just about debating; it was about resilience, quick thinking, and heart. Despite tough competition, our students showed up with purpose and character.

Debate Round Winners

- Round 1 – Joan Magu, Elsie Kamanda, Kalisa Rissah
- Round 2 – Ethan Mbogo, Basil Martin, Kagema Mwai
- Round 2 – Anmol Dabasia, Juhi Dodhia, Diya Hirani

Best Speakers

- Ethan Mbogo
- Diya Hirani

We are incredibly proud of each one of them!



DEBATE TEAM SHINES AT THE MICHAEL GRZIMEK CUP! IN PICTURES



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.



Zein Said made it to the Southampton youth league team of the year.



Our under-13 boys' rugby team are the KAISSO champions! Huge congratulations to the team and to Jelani Gunga, who was named Most Valuable Player of the tournament. Well done, boys!



Big congrats to our boys and girls for taking top honors in both categories at the Sub-County Games hosted at our Junior High campus! Special shoutout to Rushil Dodhia (Year 9D), gold, and Sayam Jakharia (Year 10F), silver; Purahan Arora (Senior High); bronze; and Aman Gudka (Year 11G). Khushi Malde (Senior High) Gold, Saisha Buvaria (Year 8D) Silver. All six will represent Westlands Sub-County at the Regional Games!



Boys Badminton Success at Westlands Sub-County Games! Congrats to Dheer (1st), Raghav (3rd), Rajveer (6th), and Aarav (7th) for their strong performances. Dheer, Raghav, and Rajveer will represent Westlands in the Regional Games this July, best of luck to them!





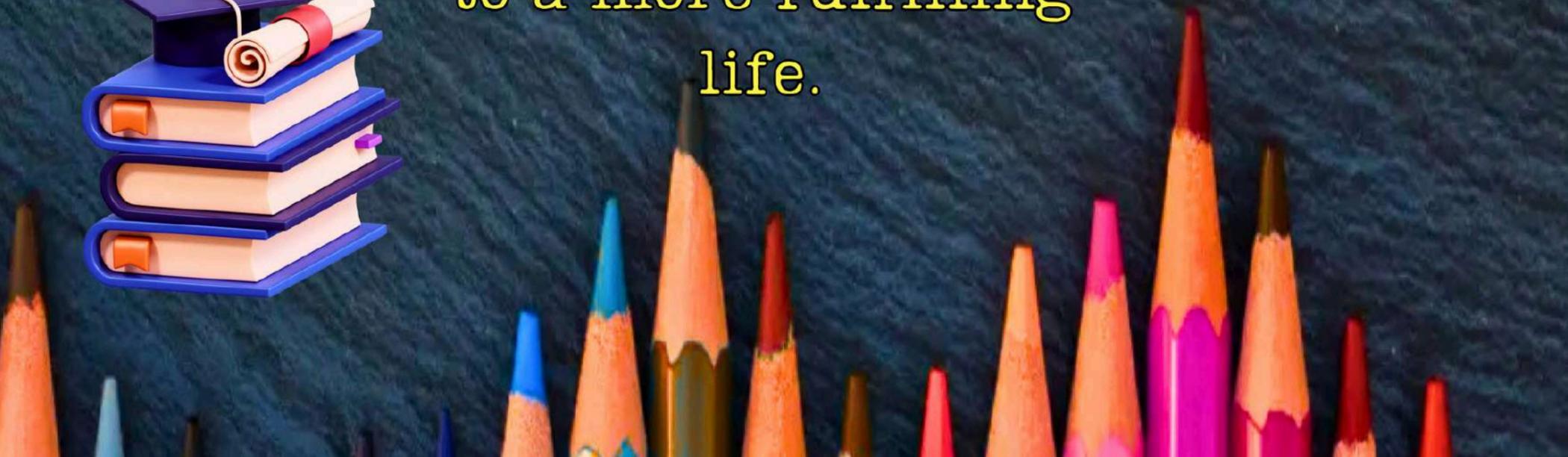
OSHWAL ACADEMY NAIROBI JUNIOR HIGH

THOUGHT OF THE WEEK

**Education is not
preparation for
life, Education
is**

Life itself.

Education help's us
develop our
passions, interests,
and values, leading
to a more fulfilling
life.



The Seed That Chose to Grow



In a bustling town, nestled between fields and busy markets, stood Unity School a place where dreams met discipline. Children came from different walks of life: some from farming families, some from business backgrounds, and some from small homes filled with big hopes.

One sweltering Wednesday, during science class, Kyle Kamau raised his hand.

“Miss, why do I need to learn all



these things? My family owns a general store. I’m just going to help my father after school anyway.” The class fell quiet.

His teacher, **Mrs. Margaret Atieno**, a woman known for teaching through stories, walked to her desk, pulled out a small envelope, and handed him a tiny seed.

“This is a **mustard seed**,” she said. “It holds everything it needs to become a tall, strong tree. But if you leave it in a drawer, it’ll stay just a seed full of potential, but going nowhere.” Kyle Kamau looked puzzled. “But what’s that got to do with me?”

She leaned in and smiled. “You are that seed. Education doesn’t just prepare you to take over your father’s shop. It helps you grow into the best version of yourself sharper, wiser, kinder. Every subject math, science, history is like

the water, sunlight, and soil that help you grow.”

Kyle didn’t say anything then. But that night, he planted the seed in a pot by his window. The years passed. Kyle kept going to school, not just to pass exams but to understand the world better. He learned percentages and profit margins in math, which helped him improve the store’s finances. In computer class, he learned how to create spreadsheets and build a basic website tools that turned the small shop into an online business. In English, he learned to speak confidently with customers and suppliers from different parts of town.



By the time he was 17, the once-tiny store had expanded, with delivery services, digital payments, and even an app designed by Kyle himself.

One evening, he returned to Unity International School as a guest speaker for Career Day. Students gathered under a large tree in the schoolyard tall and leafy, its branches dancing in the breeze.

Kyle Kamau recognized it immediately. It was the **same mustard seed** he had planted years ago, now fully grown. Standing beneath it, he told

the students: “When I was your age, I thought school was just something I had to finish. But now I see education didn’t prepare me for life. It *was* life. Every class, every teacher, every failure and every discovery it shaped who I am.”

As he looked at the eager young faces around him, he realized that just like that tree, his journey had taken root in the lessons he once questioned.

Moral of the story: Education isn’t just a path to your future it’s the sunlight, water, and soil that helps you grow every single day. Don’t wait to bloom later. You’re growing right now.



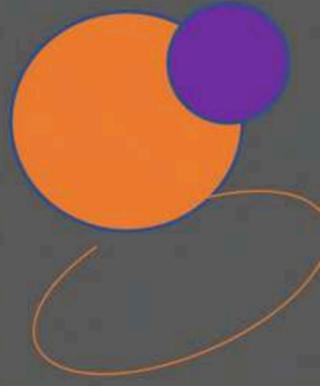


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 11 SCHEDULE

29th June 2025 – 5th July 2025



Sunday – 29th June 2025



Monday – 30th June 2025



Tuesday – 1st July 2025

➤ END-TERM EXAMS BEGIN (YEAR 7-9)

Wednesday – 2nd July 2025

➤ ETE

Thursday – 3rd July 2025

➤ ETE

Friday – 4th July 2025

➤ ETE

Saturday – 5th July 2025

➤ PA PARENTS' MEETING (10AM – 11:30AM)