



**OSHVAL ACADEMY NAIROBI  
JUNIOR HIGH**



**WEEK 9  
TERM III NEWSLETTER  
2024-2025**



**QUOTE OF WEEK:**

**"Success does not come from what you do occasionally; it comes from what you do consistently. Keep showing up, keep revising; your efforts will pay off."**

**~ Marie Forleo, an American Entrepreneur, Motivational Speaker, and Author.**



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# SCHOOL 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



# AWARDING CHAMPIONS AT THE ASSEMBLY



*Congratulations!*

# **YEAR 10 GLOBAL PERSPECTIVE STUDENTS RAISE AWARENESS ON HUMAN TRAFFICKING TO YEAR 7 AND YEAR 8**

**As part of their Global Perspectives project, our Year 10 students partnered with representatives from Awareness Against Human Trafficking—HAART Kenya, a Kenyan non-governmental organization dedicated to fighting trafficking in persons, to lead an important sensitization session for Year 7 and Year 8 students on the realities of human trafficking. The session aimed to equip the younger students with knowledge on how trafficking happens, warning signs to look out for, and how to stay safe. It was a powerful peer-led learning experience that highlighted the importance of being informed and speaking up. This initiative not only supported the Year 10s in applying their classroom learning to real-world issues but also demonstrated the impact of student-led advocacy in creating awareness within the school community. Well done to our Year 10 students for this initiative, and a big thank you to HAART Kenya for their partnership and continued work in this crucial area.**

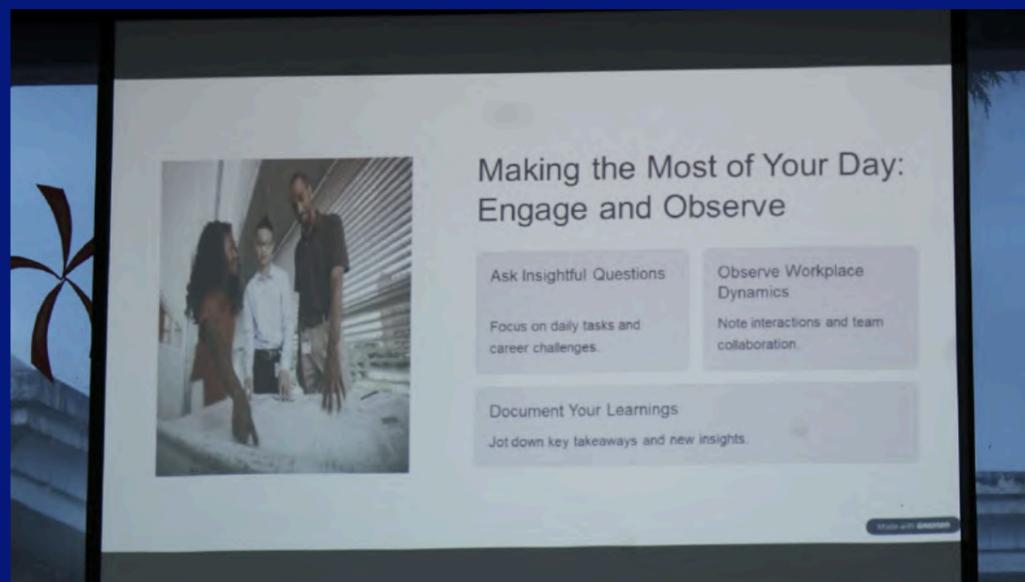
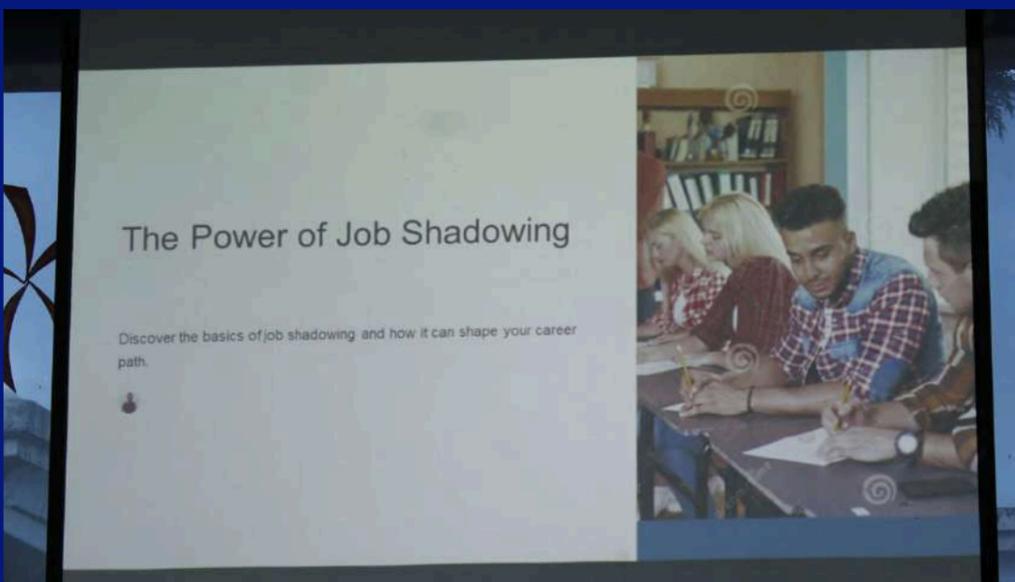


# YEAR 10 GLOBAL PERSPECTIVE STUDENTS RAISE AWARENESS ON HUMAN TRAFFICKING TO YEAR 7 AND YEAR 8 IN PICTURES




# YEAR 10 CAREER TALK – EMBRACING JOB SHADOWING AND PROFESSIONALISM

With job attachments just around the corner, our Year 10 students recently attended a valuable career talk led by our Career Counsellor, Ms. Linet, with the support of their Head of Year, Mr. Herman. The session focused on the power of job shadowing, how observing professionals in real work environments can offer practical insight into various careers. Students were also reminded of the importance of professionalism, from communication and punctuality to teamwork and presentation. As they head into their two-week summer work placements, students are now better equipped to make the most of the opportunity, learning, growing, and gaining real-world experience beyond the classroom. We wish them all the best as they take this exciting step toward their future!



# DRAMA STUDENTS IN ACTION

Aside from stage performance, our drama students also explore acting for film. They get hands-on experience in roles like camera operation, script supervision, costume, and makeup design. In the third photo, a student created realistic injury makeup on the hand, great creativity in action!



# 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.



**St. Nicholas School 2 – 1 Oshwal**  
A well-fought game with great teamwork and determination from our girls. Congratulations to the Under 15 team on the win!



**Under 15 Boys Volleyball Match Result**  
Oshwal 20–6 St. Nicholas  
A tough match for our boys, but a great opportunity to learn and grow. Well played to both teams. Looking forward to the next game!



**Under 15 Girls Basketball—Naisula Basketball Tournament**  
Our U15 girls put on a strong performance and finished 3rd overall in the tournament. Great effort and teamwork throughout, well done to the team!



**U13 Girls Netball—KAIS Tournament**  
Our U13 girls proudly represented the school at the KAIS Netball Tournament, showing great skill and determination throughout the day. The team finished 3rd overall, earning a well-deserved bronze medal. Congratulations to the players and coaches for their hard work and teamwork!



**U15 Football – Naisula School Tilisi Tournament**  
Our U15 team put in a solid performance at the Naisula School Tilisi Soccer Tournament and finished in 3rd place. Well done to the boys for their effort, teamwork, and resilience throughout the competition!



**U15 girls rugby team played round Robin format.**  
Below are the results  
Oshwal 0: BGE 30  
Oshwal 0: Braeside Thika 15  
Oshwal 0: Peponi 5



**KAISO U15 boys rugby**  
Impressive run by our boys with key wins over Brookhouse, BGE & Hillcrest. Fell in the semis to eventual winners RVA (24–14). A solid performance, especially from a squad made up mostly of U13s! 🌟🏉



OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

THOUGHT OF THE WEEK

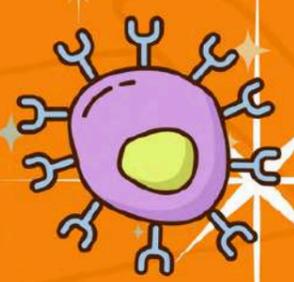
# POSITIVITY

A Positive attitude

turns challenges into

opportunities

Positive thoughts,  
good habits, and  
regular study help  
your mind grow  
strong and focused.



## **The Sunshine in the Classroom**



**In a small village, surrounded by lush green fields and vibrant colours, there lived a young boy named Rohan. Rohan loved to learn and attend school, but he often felt frustrated when things didn't go his way. One day, while studying for a math test, he found that he didn't understand a particular concept. His friends laughed and teased him, saying he was the worst student in the class.**

**Rohan felt sad and wanted to give up. He walked away from his desk, feeling defeated. But then he saw his teacher, Mrs. Sharma, sitting at her desk, watching him. Mrs. Sharma had a kind face and a warm smile. Rohan approached her, feeling a bit ashamed.**

**"Why are you so sad, Rohan?" Mrs. Sharma asked gently. "You are a bright student, and your friends are just joking around."**



**Rohan explained how he had felt disappointed and frustrated. Mrs. Sharma listened carefully and then said, "Rohan, my son, when we focus on the negative, it can block the sunshine in our lives. But when we choose to see the good in every situation, we can find the silver lining. Positivity is like a ray of sunshine that can brighten up even the darkest day."**

**Rohan thought about Mrs. Sharma's words. He realized that he had been focusing on the negative and letting it get him down. He wanted to change that. He wanted to find the positivity in every situation.**

**Mrs. Sharma smiled and said, "I remember when I was in school, I struggled with a particular subject. But I chose to see the good in it. I practiced every day, and soon I became one of the top students in my class."**



**Rohan's eyes widened with excitement. He had never thought about choosing to see the good in every situation. He had always thought that things were either good or bad. But Mrs. Sharma's story made him realize that he had the power to choose his attitude.**

**From that day on, Rohan practiced every day, and soon he became one of the top students in his class. But more importantly, he learned to focus on the positive. He would remind himself that every challenge is an opportunity to learn and grow. He would choose to see the good in every situation, and he would smile, knowing that he had the power to turn his struggles into successes.**



**Moral of the story: Positivity is a choice that can brighten up even the darkest day.**

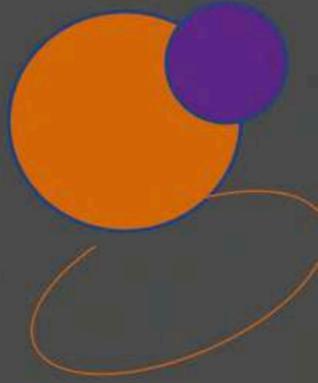


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 10 SCHEDULE

22<sup>nd</sup> June 2025 – 28<sup>th</sup> June 2025



Sunday – 22<sup>nd</sup> June 2025



Monday – 23<sup>rd</sup> June 2025

- YEAR 12S REPORT TO SENIOR HIGH
- YEAR 10 PREMOCKS BEGIN

Tuesday – 24<sup>th</sup> June 2025

- YEAR 10 PREMOCKS

Wednesday – 25<sup>th</sup> June 2025

- YEAR 10 PREMOCKS

Thursday – 26<sup>th</sup> June 2025

- YEAR 10 PREMOCKS

Friday – 27<sup>th</sup> June 2025

- YEAR 10 PREMOCKS
- SCOUTS' INVESTITURE (1:30PM – 3:30PM)

Saturday – 28<sup>th</sup> June 2025

