



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 1 WEEK 4 NEWSLETTER 2025-2026

QUOTE OF WEEK:

"Your grades will never change until you change your daily study habits. The secret of your success is found in your daily routine."

- Unknown

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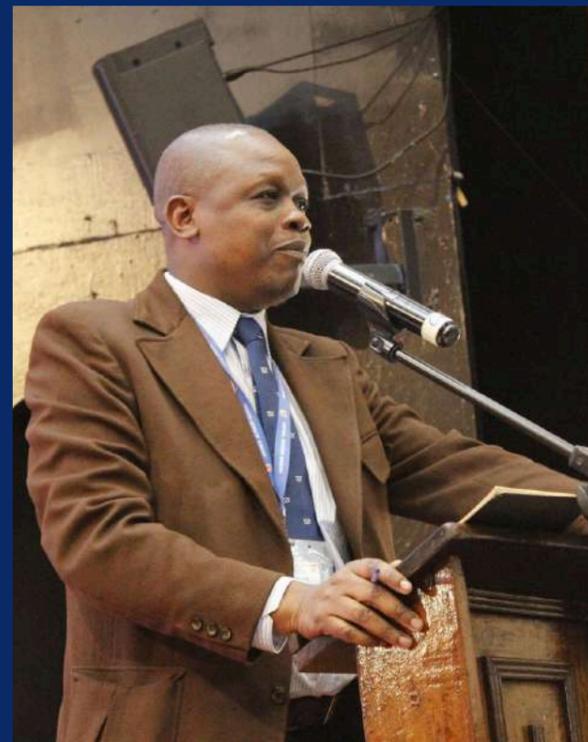
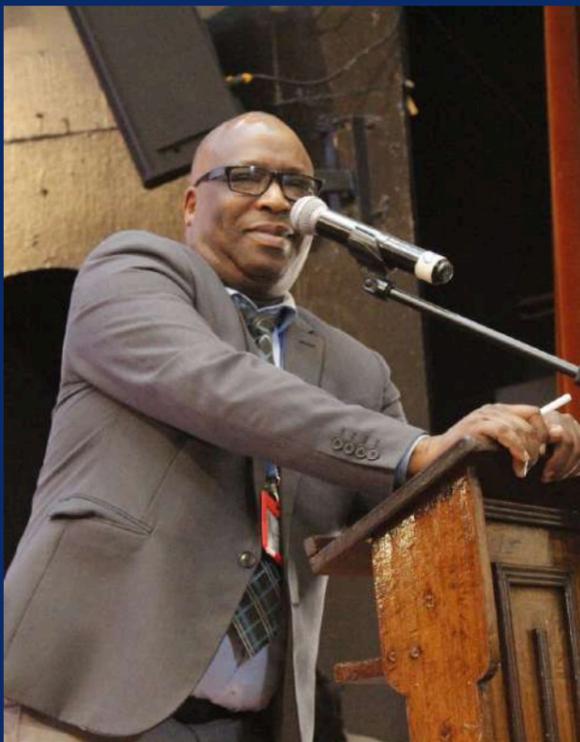
YEAR 10 AND YEAR 11 ASSEMBLY

The Year 10 and Year 11 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. Year 10 and Year 11 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.



YEAR 7, 8 , AND 9 ASSEMBLY

The 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. Year 7, 8, and 9 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.



FROM THE PASTORAL COORDINATOR'S DESK

Theme: Choosing Your Friends Wisely

Objective:

To guide students in understanding how to foster positive friendships, enhance cooperation skills, and master effective conflict resolution.

Importance of Teaching and Sensitizing Students about Good Friendships:

Friendships in school often develop through shared interests and enjoyable activities. However, at this stage, students may struggle to navigate differences or disagreements with friends. When conflicts occur, some students may react by saying, "You're not my friend anymore." By teaching skills related to cooperation, friendship-building, and conflict management, we at Junior High empower students to develop and sustain healthy relationships. These competencies not only benefit their current social experiences but also establish a solid foundation for future relationships both within and outside school.

Expected Outcomes:

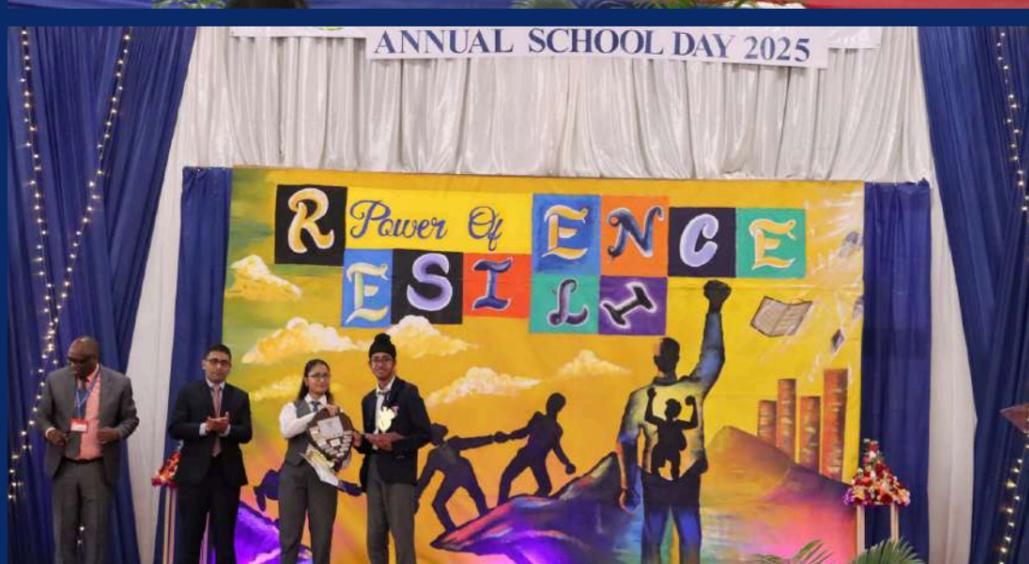
Students will:

- Work and play cooperatively with their peers
- Practice and refine skills for forming lasting friendships
- Demonstrate how to find fair and satisfying solutions during disagreements

How Can a Student Choose a Good Friend?

- 1. Look for Trustworthiness:** Choose friends who are honest and dependable. Trust is the foundation of any strong friendship.
- 2. Observe Their Respect for Others:** A good friend treats everyone with kindness and respect, including you.
- 3. Check for Supportiveness:** Select friends who encourage you, celebrate your successes, and support you during challenges.
- 4. Notice Their Behaviour and Attitude:** Prefer friends who have a positive attitude, are caring, and display good manners.
- 5. Assess Shared Interests and Values:** Having common hobbies, values, or beliefs can help build a stronger connection.
- 6. See How They Handle Conflicts:** Good friends resolve disagreements peacefully and are willing to forgive and understand.
- 7. Pay Attention to How They Make You Feel:** Choose friends who make you feel happy, safe, and confident, not anxious or uncomfortable.
- 8. Be Yourself:** Find friends who accept you for who you are and don't try to change you.
- 9. Remember:** Building a good friendship takes time. Be patient and look for friends who genuinely care about your well-being and growth.

ANNUAL SCHOOL DAY IN PICTURES



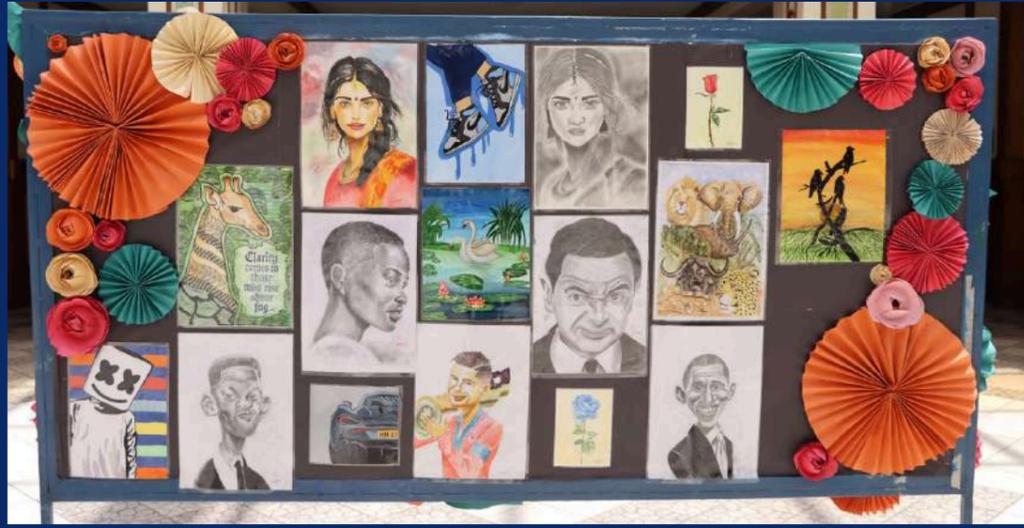
ANNUAL SCHOOL DAY IN PICTURES



ANNUAL SCHOOL DAY IN PICTURES



ANNUAL SCHOOL DAY ARTWORK DISPLAY IN PICTURES

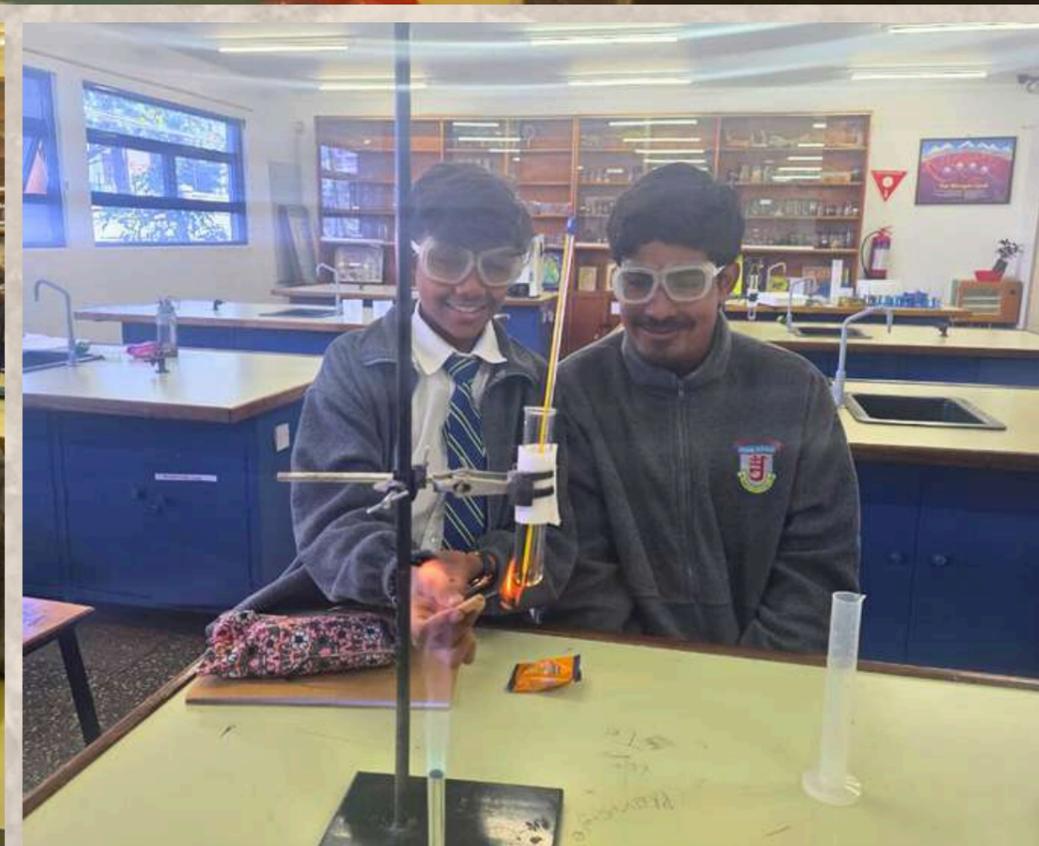
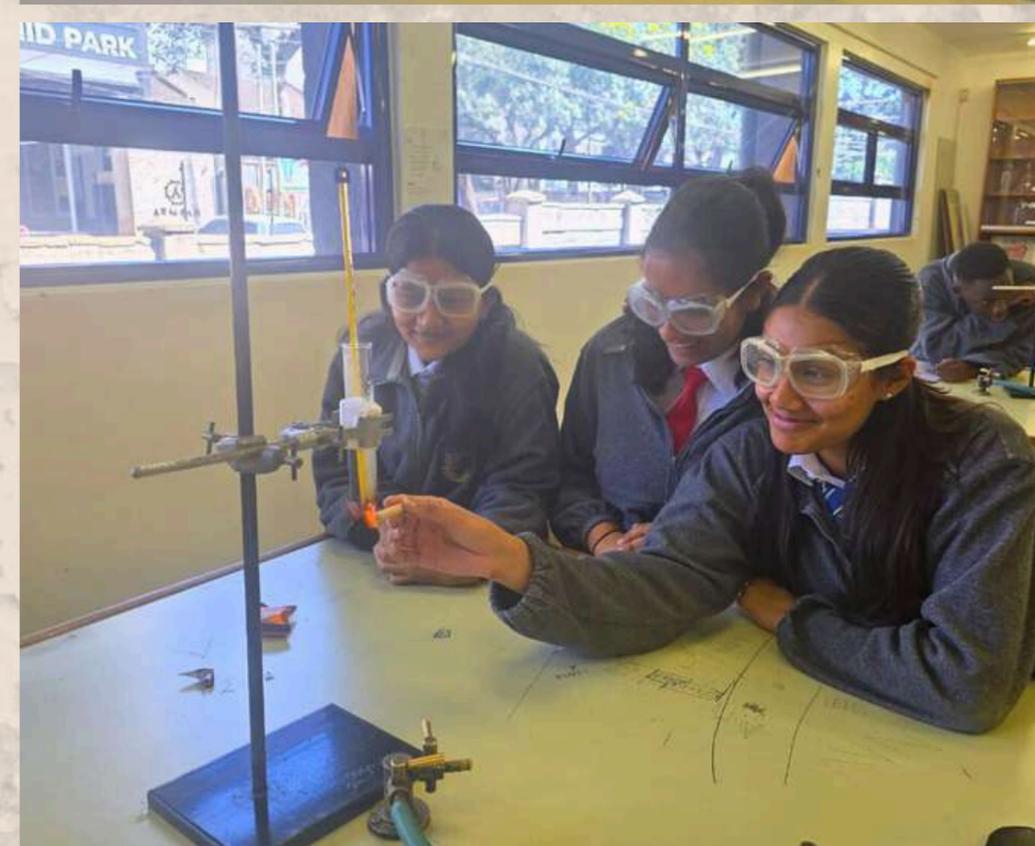
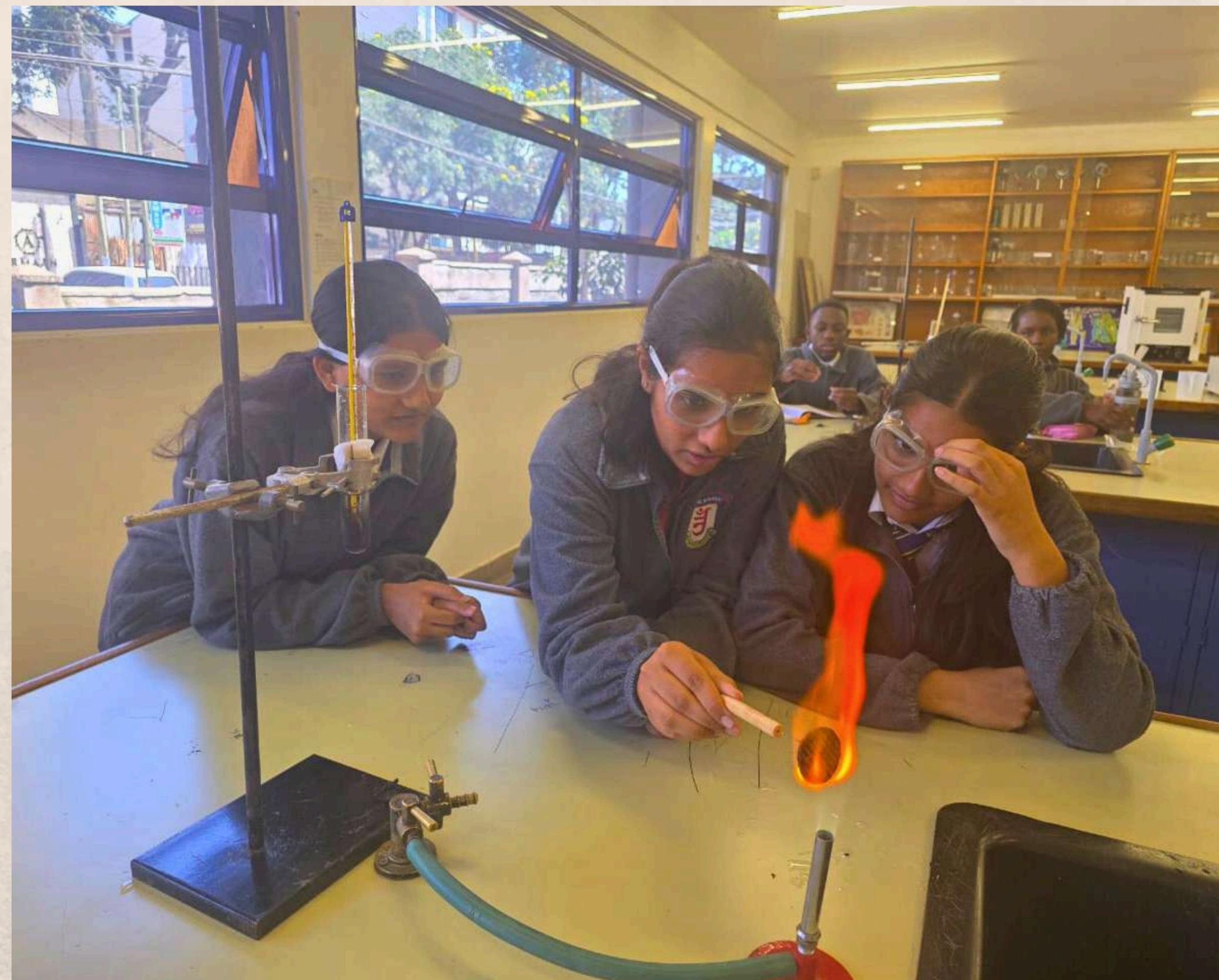


ANNUAL SCHOOL DAY ARTWORK DISPLAY IN PICTURES



YEAR 10 HUMAN BIOLOGY STUDENTS EXPLORING ENERGY CONTENT OF DIFFERENT FOODS

Year 10 Human Biology students tested the energy content of different foods in a hands-on science investigation. A fun and practical way to see how what we eat fuels our bodies!



YEAR 7 CAREER TALK: WHAT IS A CAREER?

Our Year 7 students enjoyed an engaging career talk facilitated by our Career Counsellor, Ms. Makena. They explored the question “What is a Career?” and learned that it is more than just a job, it is a journey shaped by passions, skills, and choices.



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.



Our under-13 boys played two matches at Crawford School today. Team A battled to a 1-1 draw, while Team B gave their best effort in a tough 2-0 loss.



Oshwal 15 Braeside Thika 20
MVPs: Saisha Buvaria and Natalia Ngeru



Our U15 girls faced SON and came out on top with a 6-3 victory!
MVPs: Ammy Kanana and Nailah Njalale.



U13 girls football team won 2-0 against SON
MVP-Diana Makena and Aryana Ndote



U13 girls netball team won 13-0 against SON.



U15 boys football team won 1-0 against Strathmore, 2-1 against School of the nation.



U13 boys team played two matches; team A lost 2-0 against SON, and team B lost 3-0 against Strathmore School.



U15 Boys Cricket match Vs Premier Academy.
Oshwal won by 10 wickets.

OSHWAL ACADEMY JUNIOR HIGH SCHOOL

★ THOUGHT OF THE WEEK



Lets practise love and kindness this week!

Gratitude Monday

Start the week by expressing gratitude. Leave a kind message for a classmate, teacher, or friend.

Compliment Tuesday

Today is all about compliments! Recognize and appreciate the positive qualities of those around you.

Small Acts Wednesday

Perform small acts of kindness, such as holding the door for someone, offering help

Compassion Thursday

Practice compassion by being mindful of others' feelings.

Kindness Friday

Spread acts of kindness.





KINDNESS

BEGINS

with

YOU



IF YOU *see* SOMEONE
WITHOUT *a smile*
give THEM
ONE OF *yours!*

The forgotten Lunch



One afternoon, Aryan noticed his quiet classmate, Anya, sitting alone during lunch.

She had no food and was pretending to read to hide her hunger. Aryan only had a small sandwich and a few fruits, he split everything he had in half and offered her some.

Anya hesitated, then smiled and accepted. "Thank you", she whispered.

The next day, Anya came to school with extra snacks and shared them with Aryan. Soon, others noticed their kindness and began sharing with one another too. By the end of the term, this once silent group had turned into the liveliest part of the school.



Moral: A small act of kindness can grow into something much bigger, inspiring others and changing the atmosphere around you.

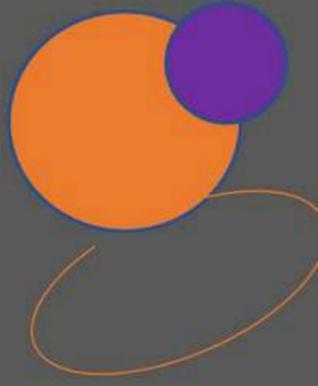


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 5 SCHEDULE

22nd September 2025 – 28th September 2025



Monday – 22nd Sept. 2025

- Beginning of Navratri
- KSF NAIROBI COUNTY LEVEL 3 SWIMMING GALA

Tuesday – 23rd Sept. 2025

- U13 BOYS & GIRLS FOOTBALL VS WOODCREEK (A) @ 2 PM
- U15 BOYS FOOTBALL VS ST. AUSTIN (H) U15 GIRLS NETBALL VS ST. AUSTIN (H)
- U13 BOYS & GIRLS FOOTBALL VS ST. AUSTIN (H) @1 PM
- U13 MIXED CRICKET VS NIS (H) @2PM

Wednesday – 24th Sept. 2025

- ANNUAL CROSS COUNTRY at KARURA FOREST

Thursday – 25th Sept 2025

- Rhino Cup- KAIS at Brook House School

Friday – 26th Sept. 2025

- Navratri Celebrations (2:30pm - 5:30pm) - Half Day for students
- U15 GIRLS NETBALL LEAGUE MATCH VS PREMIER (H) 2 PM
- U15 BOYS FOOTBALL VS NAISULA (H)
- U15 GIRLS FOOTBALL VS NAISULA (H)
- ECAMUN and MS-ECAMUN training at Premier Academy

Saturday – 27th Sept. 2025

- **PA Bronze Practice Adventurous Journey to Ole Polos**
- **Year 10 Parents' Coffee Morning (10:00am - 12:30pm)**
- **KAISSO U13 BOYS & GIRLS FOOTBALL TOURNAMENT @ BRAEBURN NANYUKI**
- **Mashujaa Debate Championship at Strathmore University (8.00am-6.00pm)**

Sunday – 28th Sept. 2025

- **PA Bronze Practice Adventurous Journey to Ole Polos**