



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

COMPASS FOR LIFE SKILLS

TERM 1 WEEK 10 NEWSLETTER
2025-2026

QUOTE OF WEEK:

"SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL: IT IS THE
COURAGE TO CONTINUE THAT
COUNTS."

— WINSTON S. CHURCHILL

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YEAR 10 AND YEAR 11 ASSEMBLY

The Year 10 and 11 assembly was full of pride and celebration! Winners of the Gujarati and Hindi Writing Competitions were recognized by our Deputy Head of School, Mr. Nelson, and our Key Stage 4 Coordinator, Mrs. Rakhi, while the Diwali Art Competition achievers were also acknowledged by our Co-Curricular Coordinator, Mr. Bernard. We also celebrated our talented young debaters, who showcased exceptional skill and resilience at the Grand Finale of the Africa Debate Academy held at Strathmore University, the platform for the Oxford-Oxbridge East Africa Tournament 2025. They were presented with their trophies and certificates together with their medals by our Key Stage 4 Coordinator, Mrs. Rakhi.



YEAR 7, YEAR 8 AND YEAR 9 ASSEMBLY

A day of pride and celebration at our Year 7, 8, and 9 assembly! Students were recognized for their achievements in Gujarati and Hindi handwriting competitions, Lamda performances, Diwali art, and outstanding swimming success at various galas across Mombasa and Nairobi. A special mention to Jewel Mbui for representing the school at the 10th Edition of the Africa Aquatics Zone 3 Championship; she was part of the Team Kenya Junior Team, and our very own teacher, Mr. Christopher Jobita, was part of the Team Kenya Masters team at the 10th edition of the Africa Aquatics Zone 3 swimming championship held at Kasarani Aquatic Arena. He managed to scope 50m LC freestyle 1st runner-up and 50m LC backstroke 2nd runner-up, earning him silver and bronze medals, respectively. Congratulations to all our achievers, both students and staff!



FROM THE PASTORAL COORDINATOR'S DESK

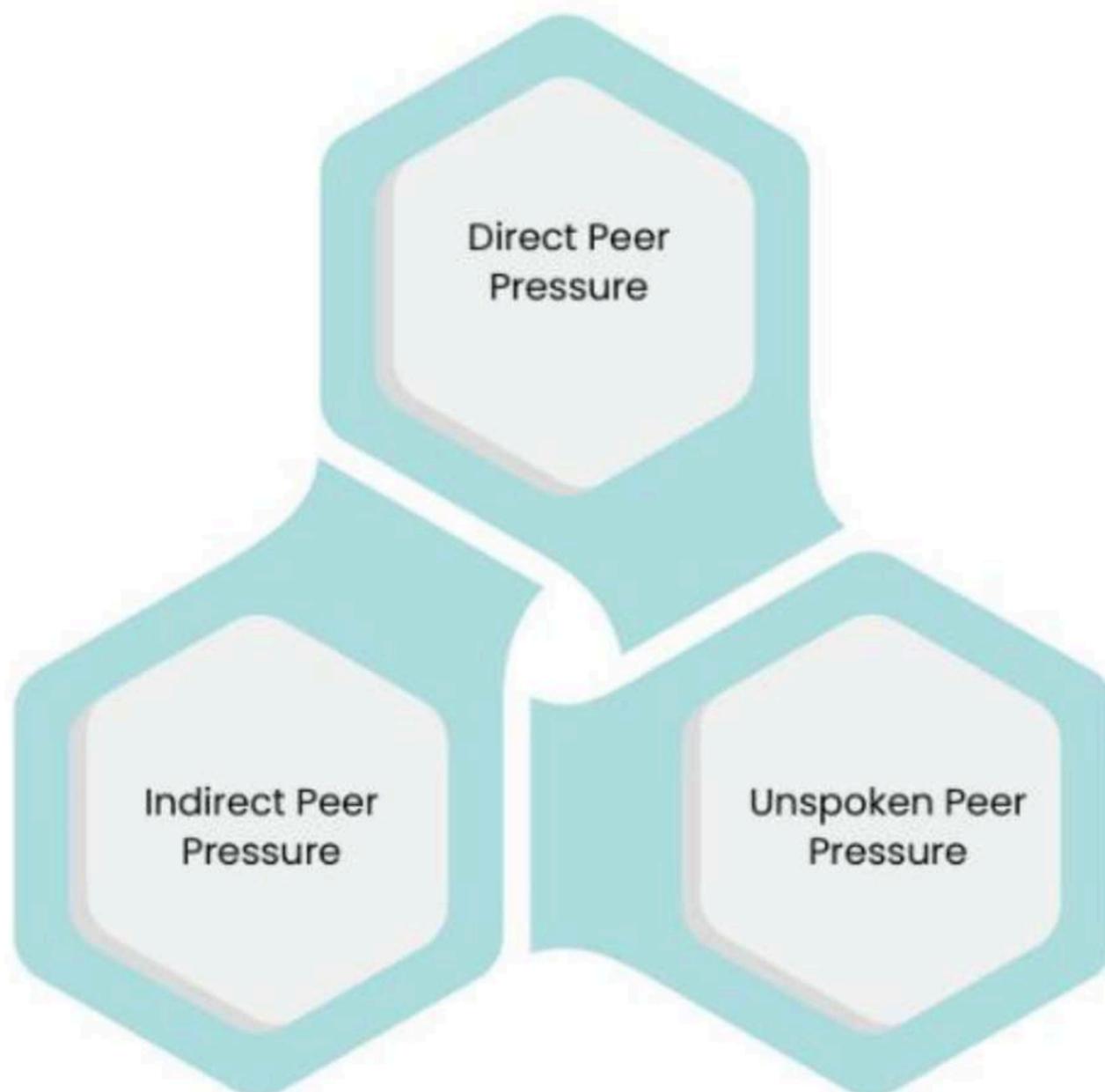
Dealing with Peer Pressure:

Making Positive Choices and Standing Up for Yourself!

We, students all want to fit in and be liked by our friends. Sometimes, this can lead to feeling pressured to do things we're not comfortable with. **Peer pressure** is when friends or classmates encourage us to act in certain ways, even if we know it's not right. While it's natural to want to belong, it's important to remember that making positive choices and standing up for yourself are what truly matter.

Different Types of Peer Pressure

Types of **peer pressure** vary, and recognizing the different forms is key to understanding how it influences decisions. **Peer pressure** can come in several forms, and it's important to know how to identify them:



FROM THE PASTORAL COORDINATOR'S DESK

1. **Direct Peer Pressure:** This is the most obvious form, where someone explicitly tells you to do something, like “Come on, just try it!” or “You’ll look cooler if you wear this.”
2. **Indirect Peer Pressure:** Here, the pressure is more subtle (something that is not obvious or easy to notice), where you may feel compelled to act a certain way because everyone around you is doing it. For example, seeing friends drink alcohol at a party might make you feel like you should too, even if no one directly asks you.
3. **Unspoken Peer Pressure:** This type of pressure comes from the unspoken expectations of a group. You might feel the need to dress or talk a certain way to be accepted without anyone ever saying anything directly to you.

Positive vs. Negative Peer Pressure

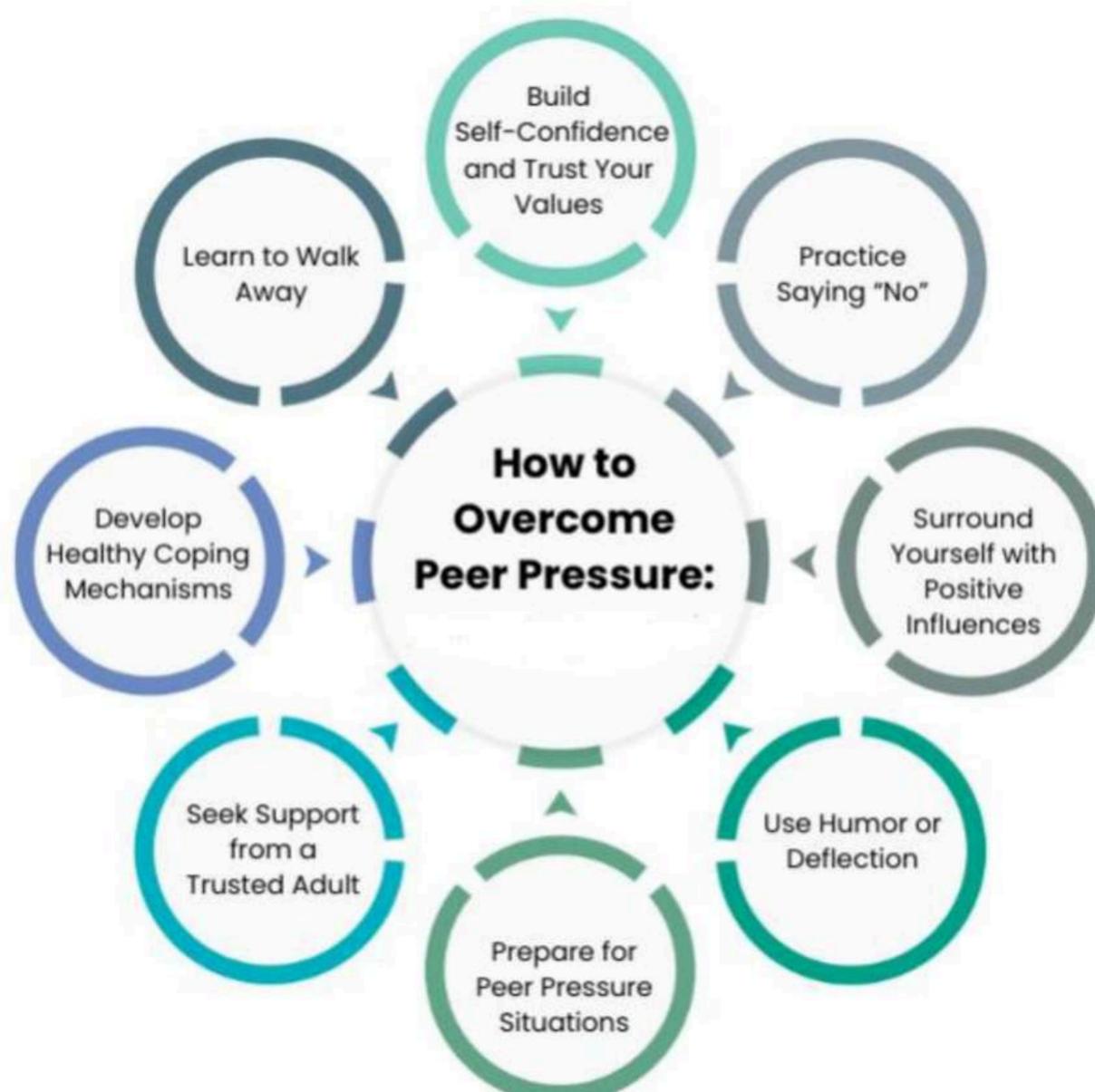
While peer pressure is often linked to negative behaviours, it’s important to recognize that not all peer pressure is harmful.

- **Positive Peer Pressure:** This occurs when friends or peers encourage you to engage in healthy, productive activities. For example, a group of friends might motivate each other to study harder or join a new sport. Positive peer pressure can be a powerful motivator for self-improvement.
- **Negative Peer Pressure:** Unfortunately, peer pressure is often associated with harmful activities, such as smoking, drinking alcohol, or engaging in risky behaviours like skipping school, skiving lessons, use of vulgar language, disrespecting others e.t.c. The negative effects of peer pressure can be long-lasting, especially if the influence leads to addiction or unsafe practices.

FROM THE PASTORAL COORDINATOR'S DESK

Here are some tips to help you handle Negative peer pressure:

1. **Know Your Values:** Be clear about what you believe is right. When you know your own values, it's easier to make choices that align with who you are.
2. **Say No Confidently:** You can politely but firmly say, "No, thank you," or "I don't feel comfortable doing that." Remember, it's okay to stand your ground.
3. **Suggest Alternatives:** If you're uncomfortable with what's being asked, suggest a different activity or way to have fun that's safe and respectful.
4. **Choose Friends Wisely:** Surround yourself with friends who respect your choices and support your values.
5. **Seek Support:** If you feel pressured or unsure, talk to a Prefect, a trusted adult — a teacher, parent, guardian or counsellor — for advice and help.
6. **Believe in Yourself:** Trust your instincts. Making positive choices shows strength and courage. The people you spend time with significantly influence how you deal with peer pressure. Choose friends who respect your boundaries and encourage you to be yourself. If your current social circle pressures you to conform in harmful ways, consider distancing yourself and seeking out more positive influences.



FROM THE PASTORAL COORDINATOR'S DESK

Remember, **true friends will respect your decisions**. Standing up for yourself isn't always easy, but it's an important part of growing into **a confident and responsible person**. At **Oshwal Academy Nairobi - Junior High**, students are encouraged to be brave, respectful, and stay true to who they are with kindness and courage,

PRESIDENT'S AWARD SILVER EXPEDITION TO KAJIADO COUNTY

Our President's Award participants set out on their Silver Expedition to Kajiado County, where they put their teamwork, resilience, and leadership to the test. The expedition offered an opportunity to explore, learn, and grow through adventure and service, a true reflection of the spirit of the President's Award Programme.



PRESIDENT'S AWARD SILVER EXPEDITION TO KAJIADO COUNTY IN PICTURES



CELEBRATING SUCCESS: IMMERSE ESSAY COMPETITION – ROUND 1

A huge congratulations to all the students who participated in Round 1 of the Immerse Essay Writing Competition! We were thrilled by the impressive display of research and intellectual curiosity.

We are proud to recognise Pragyan Sahoo Year 10G and Anoushka Bansal 11D for achieving Academic Distinction, an award granted to the top 10% of essays for their exceptional analytical thinking and clarity.

We also extend honours to the 12 students named to the Honours List (top 40% of entries) and recognise 34 students as Certified Entrants for submitting work that met the competition's high academic standards.

The competition continues! Round 2 opens on November 2nd. Please note that all students, including those who took part in Round 1, are welcome and encouraged to enter again.

To register your child or for support with their next essay, please contact Ms. Makena at makena.kananua@oshwalacademy.sc.ke.

Let's keep fostering a love of writing and critical thinking.



Pragyan Sahoo

Year 10G

Academic Distinction



Anoushka Bansal

Year 11D

Academic Distinction

Congratulations!

TEEN MENTAL HEALTH PROGRAM LAUNCH AT MP SHAH HOSPITAL

On 28 October 2025, forty students from different year groups at Oshwal Academy Nairobi Junior High attended the launch of the Teen Mental Health Program at MP Shah Hospital at the invitation of its CEO, Dr Toseef Din.

The event brought together adolescents and nursing students from the MP Shah College of Health Sciences to explore the mental health challenges teenagers face. Students learned about the "ABC Model of Crisis Intervention": Achieving Contact, Boiling Down the Problem, and Coping and discussed ways to recognise, prevent and manage emotional crises.



PEER COUNSELORS TRAINING AT RUSINGA SCHOOL

Five Oshwal Academy Nairobi Junior High students—Jahnvi Penumuchu, Nadiya Feisal, Tracy Kimotho, Garv Singh, and Aashi Baghel—attended a Peer Counselling Training at Rusinga School, accompanied by Ms. Makena Kananua from the Careers and Counselling Department.

The training focused on managing peer pressure, supporting mental health, and understanding the role of peer counsellors in schools. Students also learned how other schools run their peer counselling programmes and shared ideas for improvement.

Inspired by the experience, the group plans to launch a Peer Counselling Programme at Oshwal to promote wellbeing and reduce stigma around seeking help. The initiative will include student nominations, training, and regular awareness projects on mental health.



STRATHMORE UNIVERSITY DEBATE TOURNAMENT 2025

Our Junior and Senior High debaters proudly represented the school at the Grand Finale of the Africa Debate Academy, hosted at Strathmore University—also serving as the platform for the Oxford Oxbridge East Africa Tournament 2025. Facing top schools such as ISK, St. Andrew's Turi, LIS, Premier, and Naisula, our students demonstrated exceptional skill, teamwork, and resilience, earning admiration from all in attendance. Their performance reflected not only their dedication but also the spirit of excellence that defines our school. We sincerely thank the organizers, judges, volunteers, and SLTs for the opportunity and extend special appreciation to our teachers and parents for their unwavering support. This achievement highlights our continued commitment to nurturing critical thinking, public speaking, and leadership among our students.



CAMBRIDGE UPPER SECONDARY SCIENCE COMPETITION 2025

Junior High students from various year groups proudly showcased their science projects as part of the Cambridge Upper Secondary Science Competition 2025. Their creativity and research skills were on full display as they presented innovative ideas and practical solutions to real-world problems. We now await the organizing committee's selection of the best projects to declare the winners of the competition.



INCLUSIVE EDUCATION DEPARTMENT FIELD TRIP TO NAIROBI ARBORETUM

Inclusive Education Department students recently traded their classroom walls for the sprawling, vibrant canopy of the local arboretum for an immersive educational field trip. The day was designed to foster a hands-on connection with nature, encouraging observation, creativity, and collaborative learning. The adventure began with an engaging scavenger hunt, where students, equipped with checklists, became young explorers. This activity sharpened their observational skills and turned a simple walk into an exciting mission of discovery, teaching them to appreciate the subtle details of the ecosystem. Following the hunt, the students channeled their inner artists during a nature art session. Using their found objects—colorful leaves, interesting twigs, smooth stones, and pinecones—they collaboratively created beautiful, temporary artworks on the forest floor. This exercise was more than just a craft; it was a lesson in creativity, pattern recognition, and using natural resources respectfully. The resulting mosaics and sculptures were testament to their teamwork and imaginative thinking. The trip successfully blended science with art, providing a multifaceted learning experience that extended far beyond textbooks.



YEAR 9 CAREER TALK

Our Year 9 students attended an engaging career talk at the school Multipurpose Hall on "Careers of the Future," guided by our Career Counsellor, Ms. Makena. The session helped students explore how their subject choices align with emerging career paths and inspired them to start thinking ahead about their future goals.

Designing Your Future: Subject Selection and Tomorrow's Careers

Your Dream Job is Evolving

Career	The Change: From...	...To This Future Role
Engineer	From: Drafting and calculating.	To: A Design Strategist who guides AI, solves complex problems, and focuses on sustainable innovation.
Marketer	From: Placing generic ads.	To: A Community Builder who crafts brand stories and creates authentic connections using AI insights.
Accountant	From: Recording and checking numbers.	To: A Strategic Advisor who uses financial data to guide a company's future growth and decisions.



21st Century Skills

- Critical Thinking:** Analysing information and solving complex problems.
- Creativity:** Generating new ideas and innovating.
- Communication:** Clearly expressing ideas and collaborating in teams.
- Social-Emotional Intelligence:** Understanding and managing emotions, and building positive relationships.
- Digital Literacy:** Confidently using, evaluating, and creating with technology.
- Global Awareness:** Understanding different perspectives and world issues.
- Adaptability:** Embracing change and continuously learning new skills.



YEAR 11 CHEMISTRY PRACTICALS ON TITRATION

Year 11 chemistry students in action! Carefully conducting a titration practical to determine the concentration of an unknown solution.



SPORTS CORNER



Our U15 boys' football team put on a stellar performance as they hosted Brookhouse Runda for their third KAISO League match. The team dominated from start to finish, securing an impressive 7-0 victory — bringing their total to 22 goals in just three matches!



Our U15 girls' netball team wrapped up their final league match in style with a 19-9 win against Brookhouse Runda! Outstanding performances by our MVPs—Siya Nagaria and Natalie Ngeru—who led the team with great skill and teamwork.



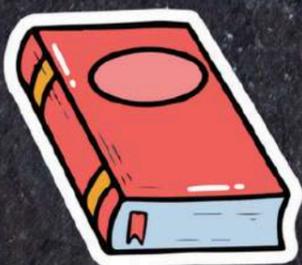
OSHWAL ACADEMY NAIROBI JUNIOR HIGH

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.

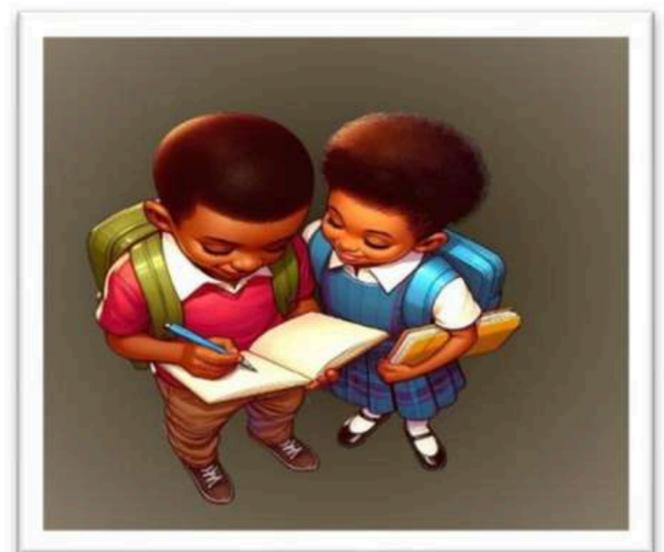
Then it was Alex's turn. He stood in front of the class, reading his notes quickly. When his classmates asked questions, Alex stammered and struggled to answer, revealing that he hadn't truly grasped the material he had rushed to compile.

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.

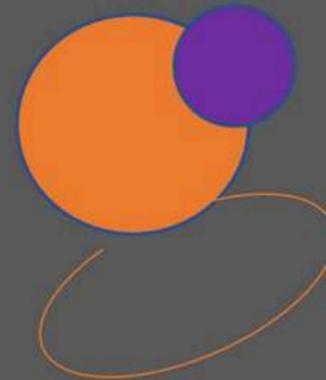


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"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 11 SCHEDULE

3rd November – 9th November 2025



Monday – 3rd Nov. 2025

Tuesday – 4th Nov. 2025

- U13 BOYS & GIRLS FOOTBALL VS BROOKHURST KISERIAN (A)
- U13 BOYS BASKETBALL VS BROOKHURST KISERIAN (A) @1 PM

Wednesday – 5th Nov. 2025

- JUNIOR HIGH OPEN DAY (9:00am to 1:00pm)

Thursday – 6th Nov. 2025

- U13 BOYS FOOTBALL VS JAWABU (A) @1 PM

Friday – 7th Nov. 2025

- IPSSA U13 & 15 ATHLETICS CHAMPIONSHIP @ OSHWAL CENTER @ 9AM
- ECAMUN TRAINING @ PREMIER ACADEMY

Saturday – 8th Nov. 2025

- GRANDPARENTS DAY (10.00am – 1.00pm)
- KAIS U13 BOYS & GIRLS CRICKET TOURNAMENT @GREENSTED IPSSA
- U13 BOYS FOOTBALL TOURNAMENT @JUJA PREP
- U13 GIRLS NETBALL TOURNAMENT @ JUJA PREP
- OSHWAL PRIMARY BADMINTON TOURNAMENT

Sunday – 9th Nov. 2025

