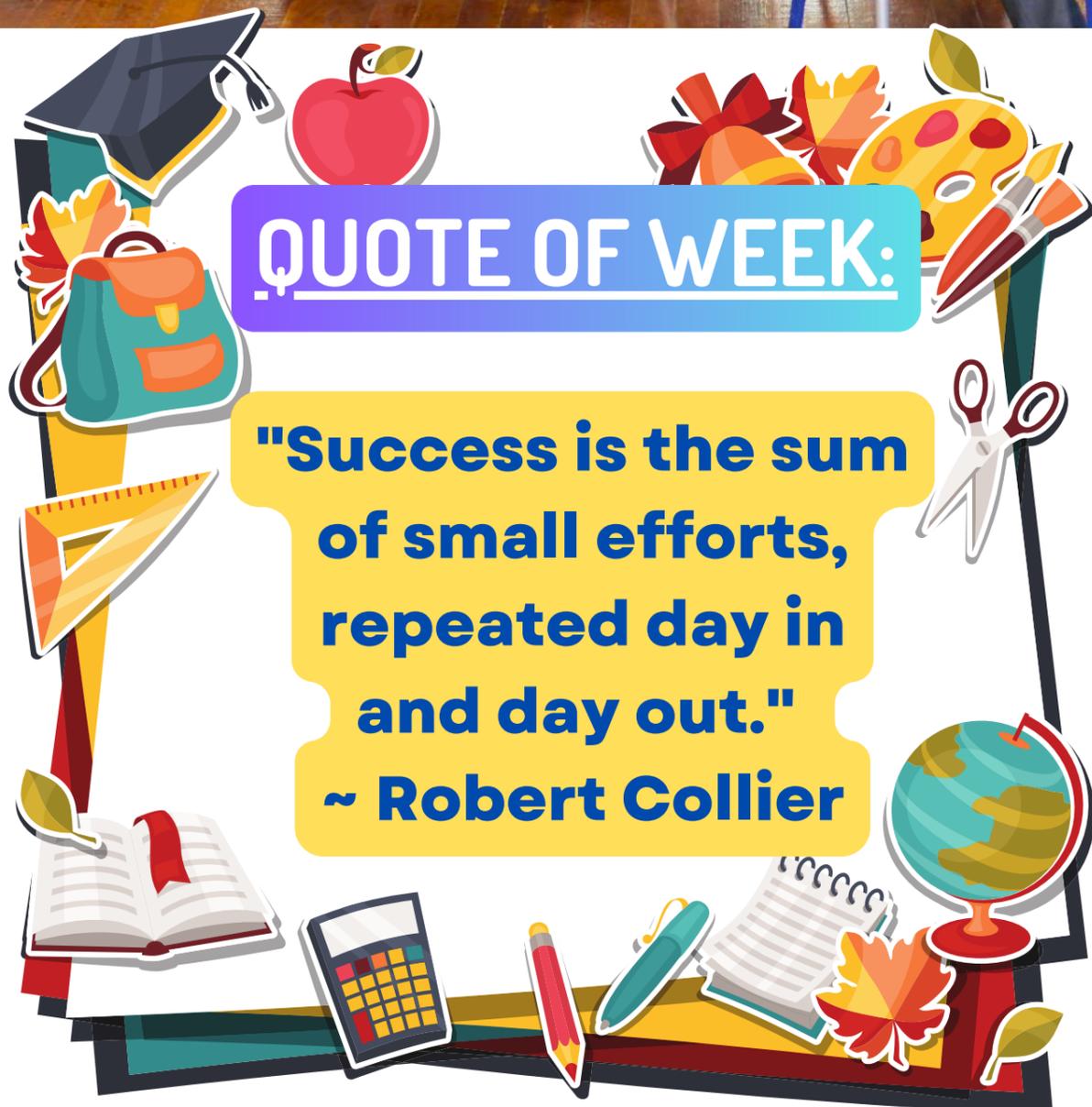
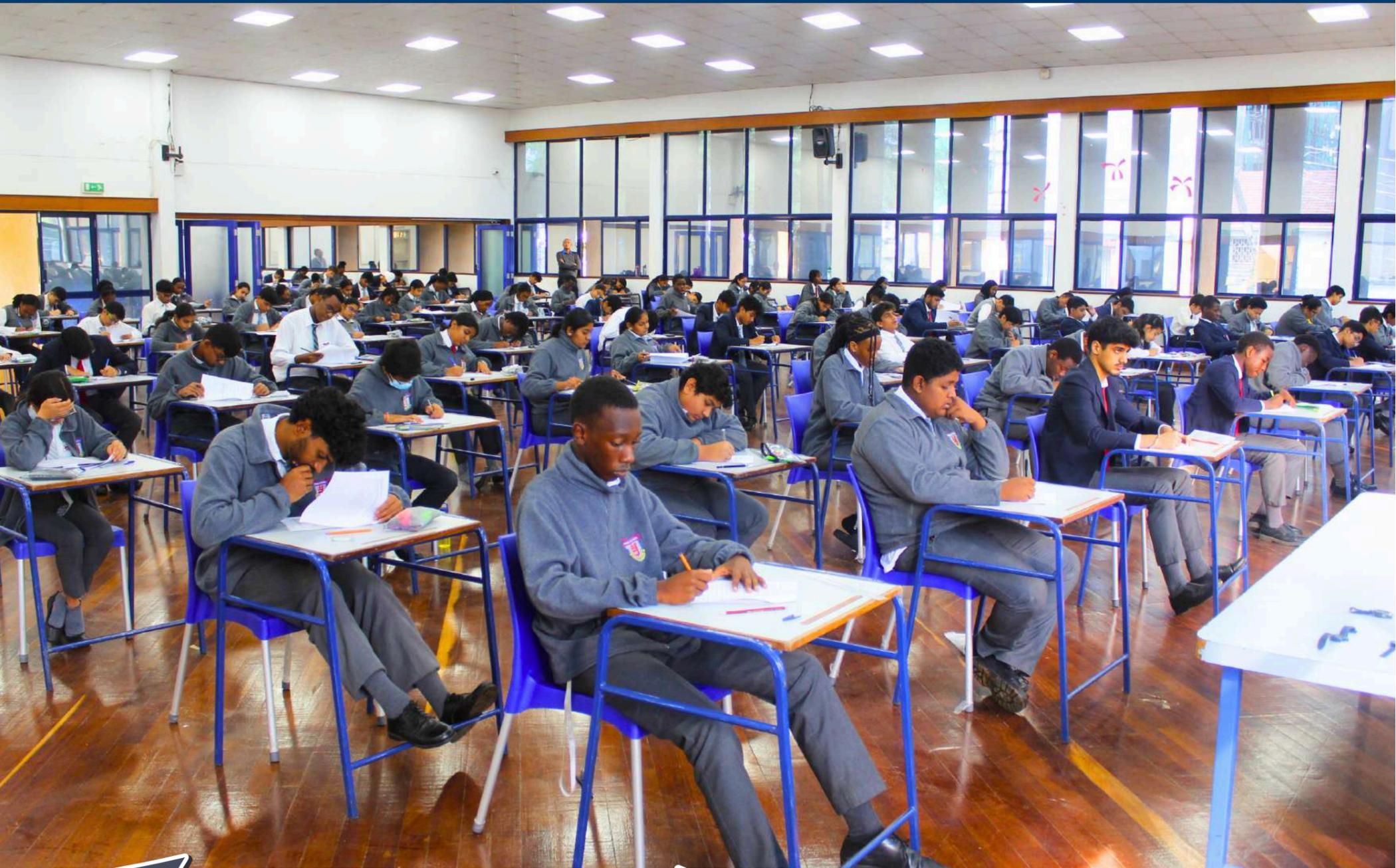




OSHVAL ACADEMY NAIROBI JUNIOR HIGH



QUOTE OF WEEK:

**"Success is the sum
of small efforts,
repeated day in
and day out."
~ Robert Collier**

**TERM I WEEK 7
NEWSLETTER
2025-2026**



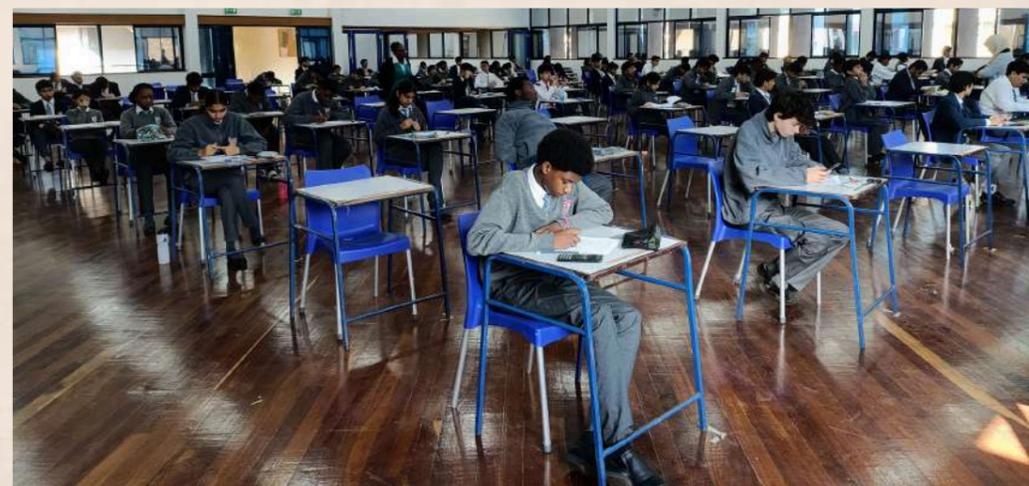
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YEAR 7, 8, 9, 10, AND 11 MID-TERM EXAMS

Examinations are a diagnostic tool for the learning process, which students need to gauge their ability to comprehend and recall concepts taught. Year 7, 8, 9, 10, and 11 students commenced their mid-term examinations this week. We wish our students the best in their examinations and urge you, the parents/guardians, to give them all the necessary support during this period.



FROM THE PASTORAL

COORDINATOR'S DESK

This Week's Pastoral Theme: **Building Resilience and a Positive Mindset.**

In a world that is constantly changing and full of uncertainties, developing resilience and maintaining a positive mindset are essential skills for our **students to navigate life's challenges successfully.**

Resilience is the ability to bounce back from setbacks, learn from failures, and keep moving forward with confidence and optimism.

At our school, we believe that resilience is not just an innate trait but a skill that can be cultivated through encouragement, support, and practice. We strive to create a nurturing environment where students feel safe to take risks, make mistakes, and learn from their experiences. By doing so, we help them develop the emotional strength needed to face difficulties head-on and view challenges as opportunities for growth.

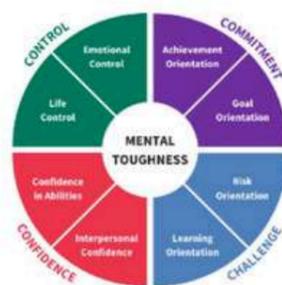


Encouraging a positive mindset involves **fostering self-belief, gratitude, and a focus on solutions rather than problems.** We teach our students to celebrate their efforts, learn from setbacks, and maintain hope even in tough times. Through activities, discussions, and mentorship, we aim to empower our students to develop resilience and

RESILIENCE
+
POSITIVITY

flexible

=



realistically optimistic

cultivate a mindset that sees obstacles as stepping stones to success. Together, let's continue to support our students in building resilience and nurturing a positive outlook — qualities that will serve them well throughout their educational journey and beyond.

YEAR 11 PARENTS-TEACHER CONFERENCE

Last Saturday, our Year 11 Parents-Teacher Conference brought together parents, teachers, and students for meaningful discussions focused on academic progress and exam preparation. The meeting provided an opportunity for parents to gain valuable insights into their children's performance and areas for improvement as they approach their final term. Teachers appreciated the active participation and engagement from parents, whose support plays a key role in guiding students toward academic success.

“Education is a shared commitment between dedicated teachers, motivated students, and supportive parents.”



SPORTS CORNER



Our swimming team delivered an outstanding performance at the Advanced Swimming Competition hosted by the School of the Nations, securing 1st position overall. The team showcased incredible skill and determination, earning a total of 28 Gold, 17 Silver, and 13 Bronze medals. A special mention goes to Aarav Gudka, Kenya Wangari, and Hardik Gupta, who were recognized as the Best Swimmers in their respective age categories. Congratulations to our swimmers for their hard work, teamwork, and well-deserved success!



Victory for our Under 15 Girls Netball Team! They triumphed with an impressive 14-1 win against Juja Preparatory. Well done, girls!



OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

THOUGHT OF THE WEEK

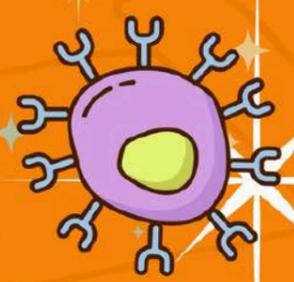
POSITIVITY

A Positive attitude

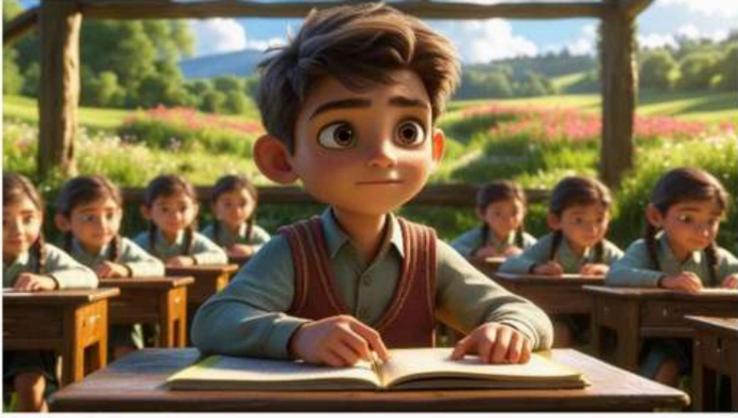
turns challenges into

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.

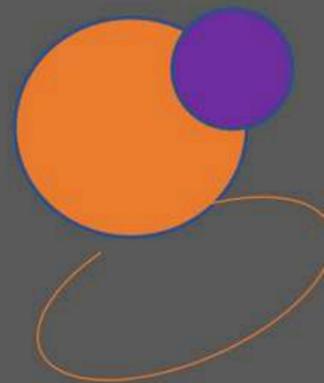


OSHVAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 8 SCHEDULE

13th October – 19th October 2025



Monday – 13th Oct. 2025

Tuesday – 14th Oct. 2025

- DIWALI ART COMPETITION (8:00AM - 1:00PM)
- U15 BOYS FOOTBALL VS SWAMINARAYAN (H)
- U15 BOYS FOOTBALL VS SAMAJ(H)
- U13 GIRLS CRICKET VS SWAMINARAYAN (H)
- U13 GIRLS CRICKET VS SWAMINARAYAN (H)
- SPORTS DAY SELECTIONS FOR YEAR 7 (3.00 – 4.40PM)

Wednesday – 15th Oct. 2025

- DIWALI ART OPENING CEREMONY (8:30AM - 10:00AM)
- SPORTS DAY SELECTIONS FOR YEAR 8 AND 9 (3.00-4.40PM)

Thursday – 16th Oct 2025

- COLLECTION OF DIWALI ART ITEMS
- ANNUAL ORCHID SHOW @ SARIT CENTRE
- U15 BOYS CRICKET VS SAMAJ(A)
- U13 GIRLS NETBALL VS SAMAJ(A)
- SPORTS DAY SELECTIONS FOR YEAR 10 AND 11 (3.00-4.40PM)

Friday – 17th Oct. 2025

- MID-TERM BREAK BEGINS
- PA SILVER PRACTICE ADVENTUROUS JOURNEY TO BISSIL
- OSHVAL ACADEMY FRIENDLY SWIMMING GALA @JH SWIMMING POOL
- ECAMUN TRAINING

Saturday – 18th Oct. 2025

- **MID-TERM BREAK**
- **PA SILVER PRACTICE ADVENTUROUS JOURNEY TO BISSIL**

Sunday – 19th Oct. 2025

- **MID-TERM BREAK**
- **PA PRE-SILVER PRACTICE ADVENTUROUS JOURNEY TO BISSIL (RETURNING TO SCHOOL)**