



OSHVAL ACADEMY NAIROBI

JUNIOR HIGH

H A P P Y
Diwali and a
Prosperous
New Year!



May this New Year bring you
much Happiness & Prosperity.

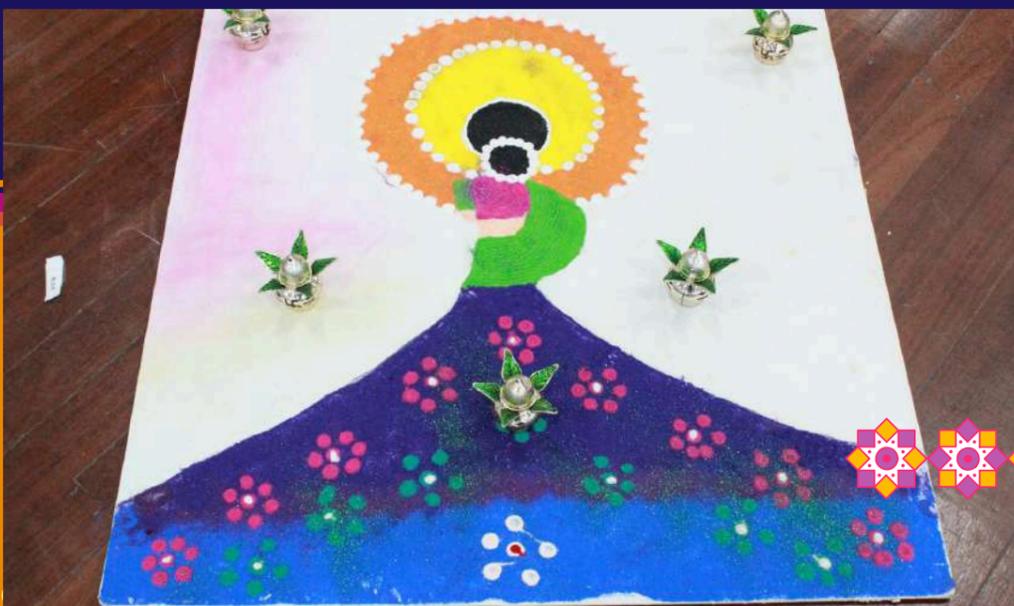
TERM 1 WEEK 8 NEWSLETTER 2025-2026

OFFICIAL OPENING OF THE DIWALI ART COMPETITION ARTWORK DISPLAY

On 15th October 2025, the Junior High Campus Committee Secretary, Ms. Shivanni Samir Chandaria, together with Committee Members Mrs. Beena Dinit Malde and Ms. Shreya Dhruv Shah, officially opened the Diwali Art Competition. They were joined by the School Principal, Mr. Vijender Sharma, the Head of School, Mrs. Sujata Yanamandra, and Mrs. Preeti, who coordinated the competition from the beginning. The event was inaugurated with a ribbon-cutting ceremony attended by parents, staff, and students.



DIWALI ART COMPETITION IN PICTURES



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DIWALI ART COMPETITION IN PICTURES

Uditi Amay Kothari 10 E



Jashvi Manish Shah 11E



Prital Miren Shah 11G



DIWALI ART COMPETITION IN PICTURES

Jiya Rohit Sumariya 11B



Simran Bhavin Naran 9E



Hiral Mihir Haria 11E

DIWALI ART COMPETITION IN PICTURES



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DIWALI ART COMPETITION IN PICTURES



FROM THE PASTORAL COORDINATOR'S DESK

Week 8 Pastoral Theme: **Responsible use of Social Media.**

In today's digital age, social media has become an integral part of our daily lives, offering incredible opportunities for connection, learning, and creativity. In our increasingly connected world, social media platforms such as Instagram, TikTok, Facebook, Twitter, and others have become powerful tools for communication, learning, and self-expression. While these platforms offer many benefits, they also come with **responsibilities** that each of us must take seriously.

As a school community grounded in values of respect, kindness, and integrity, it's important to reflect on how we use social media and to promote responsible digital citizenship. Here are some key points to consider:

1. Think Before You Post

Every post, comment, or image shared online contributes to your **digital footprint**. Ask yourself: Is what I'm sharing respectful, truthful, and kind? Will it positively represent me and my values? If in doubt, it's best to pause and reconsider.

A **digital footprint** refers to the trail of data and information that you leave behind when you use the internet and digital devices. This includes everything from the websites you visit, the things you post on social media, the comments you make, to the online searches you perform.

Types of Digital Footprint

- **Passive Digital Footprint:** Information collected without your direct input, like websites tracking your browsing habits through cookies.
- **Active Digital Footprint:** Information you intentionally share online, such as social media posts, comments, and photos.

Why is a Digital Footprint Important?

Your digital footprint can impact your reputation, privacy, and future opportunities (like college admissions or jobs). It's important to be mindful of what you share online and how it might be viewed by others.

FROM THE PASTORAL COORDINATOR'S DESK

Tips to Manage Your Digital Footprint

Active versus Passive Digital Footprint



- Think before posting or sharing content.
- Keep personal information private.
- Regularly review privacy settings on social media.
- Be respectful and responsible online.

Your digital footprint is the record of your online activity, and managing it wisely helps protect your privacy and reputation.

2. Respect Others

Treat others online as you would in person. Avoid cyberbullying, teasing, or sharing hurtful comments. Remember, behind every profile is a person with feelings. Showing empathy and kindness online helps foster a safe and supportive community.

3. Protect Your Privacy

Be cautious about sharing personal information such as your address, phone number, or school details. Remember that once something is online, it can be difficult to remove completely. Protect your reputation and safety by being mindful of what you share.

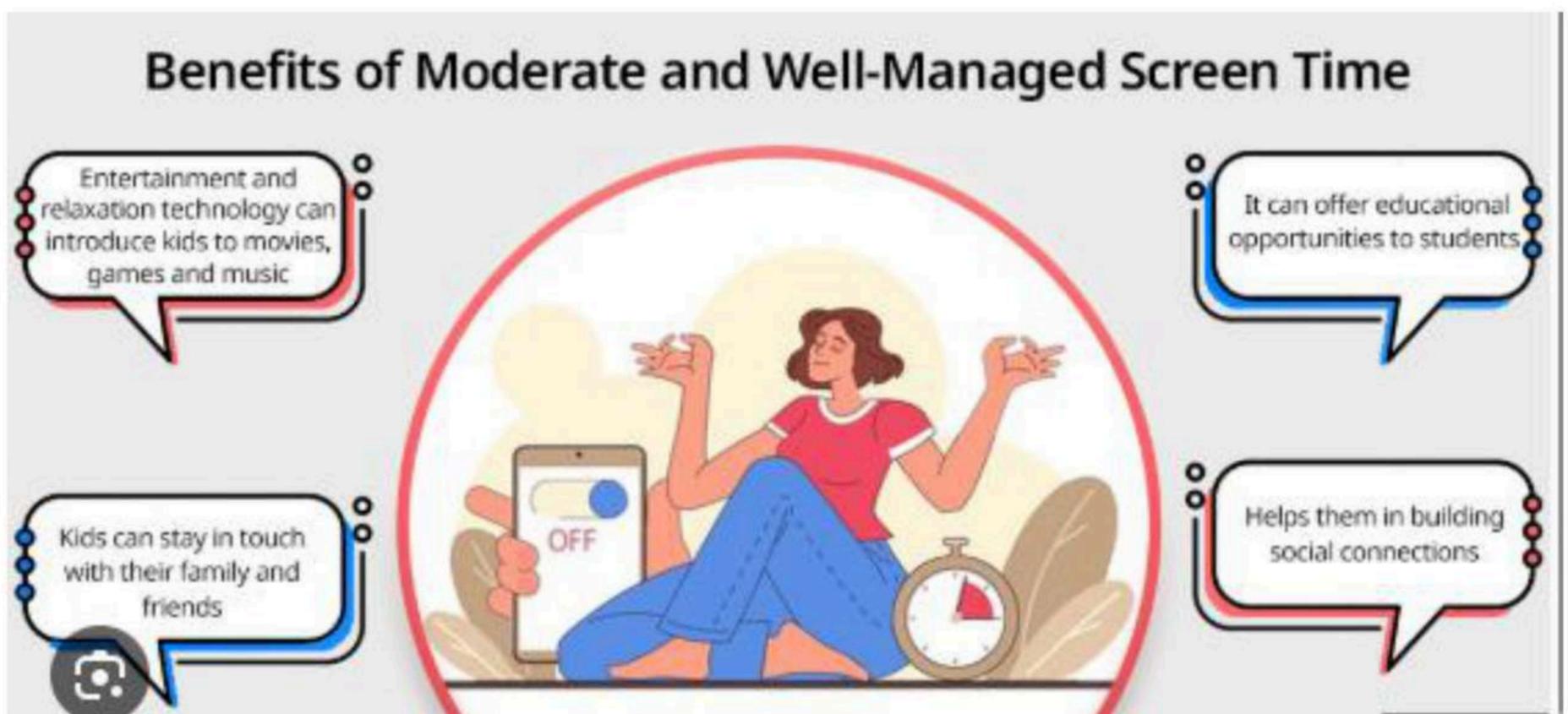
4. Be a Positive Influence

Use social media to promote positivity, encouragement, and constructive conversations. Celebrate achievements, share inspiring stories, and support your friends and classmates.

FROM THE PASTORAL COORDINATOR'S DESK

5. Maintain Balance

While social media can be fun and engaging, it's important to balance screen time with other activities like studying, physical exercise, and spending quality time with family and friends. Remember, moderation is key.



6. Report and Seek Help

If you encounter inappropriate behaviour, harassment, or anything that makes you uncomfortable online, don't hesitate to speak to a trusted adult. Reporting such issues helps keep everyone safe.

Let us all remember that responsible social media use reflects our character and values. As members of our school community, you have the power to make a positive impact online. Let's use this power wisely, showing respect, kindness, and integrity in all our digital interactions.

Together, we can create a safe, respectful, and inspiring online environment for everyone.

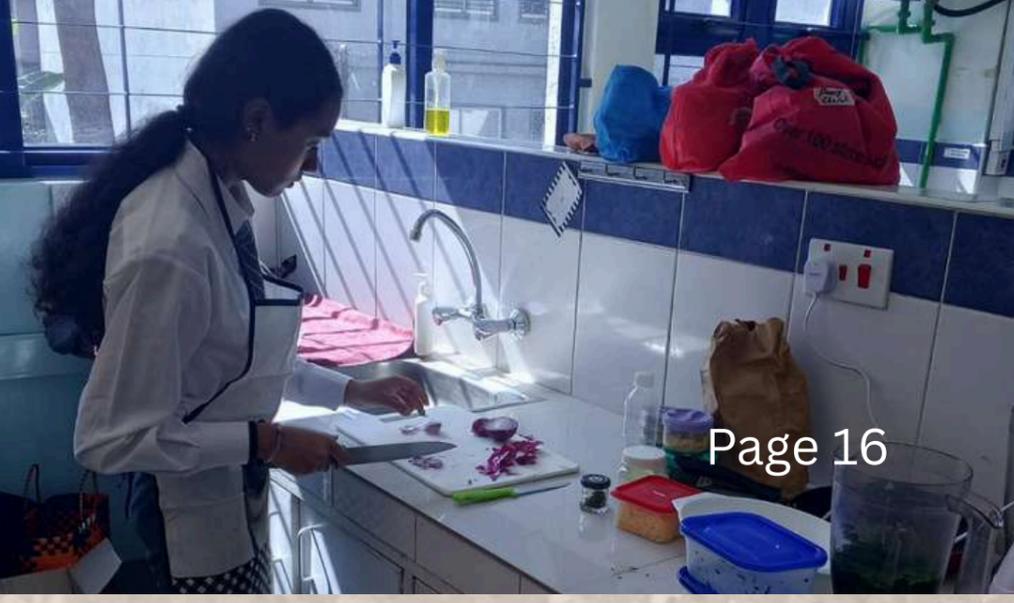
PREPARING FOR SUCCESS: YEAR 10 STUDENTS EXPLORE CV WRITING AND CONFIDENCE SKILLS

This week, all our Year 10 students came together for a practical session on building their personal brand and writing their first CV. The goal was simple but important: to help them understand how their actions and achievements, both in and out of school, shape how others see them. Students discussed the importance of managing their online presence thoughtfully and how qualities like reliability and teamwork are part of their personal brand right now. This session is a crucial first step in preparing them for their upcoming work placements, as it helps them present themselves effectively to potential employers. The session then became highly practical as students began drafting their own CVs. They worked on translating their experiences, from class projects and helping with family businesses to sports and other hobbies, into a formal document. It was encouraging to see them identify their skills and realize they already have a strong foundation to build upon. The students were focused and asked excellent questions, showing a real understanding of how a strong CV is key to securing a meaningful work placement opportunity.



YEAR 11 FOOD AND NUTRITION STUDENTS STRENGTHEN THEIR PRACTICAL SKILLS IN FOOD AND NUTRITION

Our Year 11 Food and Nutrition students have been taking extra practical lessons to enhance their cooking techniques and refine their recipes in preparation for their assessments. Their enthusiasm and commitment reflect a strong passion for learning and excellence in the kitchen.



CELEBRATING INTERNATIONAL MUSIC DAY AT BRAESIDE LAVINGTON

Our talented music students joined peers from other schools to celebrate International Music Day at Braeside Lavington. The event was filled with inspiring performances, collaboration, and a shared love for music that transcended boundaries. A truly harmonious experience for our young musicians!



FROM SPORTS CORNER

Our swimming team made waves at the National PIPSSA Swimming Championships held at Bandari Maritime Academy, Mombasa, on 11th and 12th October 2025.

Teaming up with our Primary Campus, our girls secured 2nd place out of 19 teams, and our boys also clinched 2nd place out of 20 teams.

As Junior High, we proudly brought home 41 medals — 13 gold, 11 silver, and 17 bronze!

Special congratulations to Kenya Wangari, who placed 2nd in the Iron Woman race and earned a cash prize of Ksh 1,500, and Chepngetich Tarus, who finished 3rd and received Ksh 1,000.

A fantastic team effort and an inspiring display of talent and determination!





SHOWING

GRATITUDE

ALWAYS

Makes you happier

Fills you with peace

Makes you healthier

OSHWAL ACADEMY JUNIOR HIGH

THOUGHT OF THE WEEK

WHAT ARE YOU GRATEFUL FOR?

The Hidden Gift of Gratitude



In a bustling high school, there was a girl named Lisa. She was intelligent and hardworking but often complained about everything—her homework, her parents, and even her friends. She always focused on what she lacked rather than what she had.

One day, her history teacher, Mr. Carter, noticed her attitude and decided to give the class an unusual assignment. He handed out blank notebooks and said, “For the next week, write down three things you are grateful for every day. No excuses.”

Lisa sighed, thinking it was a waste of time. But since it was for a grade, she reluctantly started. On the first day, she struggled. “There’s nothing special,” she thought. But she wrote down

1: Today my mom made my favourite breakfast



2: My best friend texted me a funny joke.



3. I finished my math homework on time



As the week went on, Lisa started noticing more...

Her dad driving her to school even when he was tired



A classmate sharing their notes



The warm sunlight on a chilly morning



By the end of the week, something changed. She felt lighter, happier. She realized how much she had been taking for granted.

When Mr. Carter collected the notebooks, Lisa handed hers in with a smile. "I never knew how much I had to be thankful for," she admitted. He nodded. "Gratitude doesn't change what we have, but it changes how we see it." From that day forward, Lisa made a habit of appreciating the little things. And in doing so, she discovered that happiness wasn't about having more—it was about valuing what was already there.



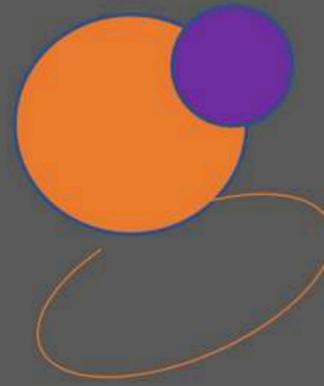


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 9 SCHEDULE

20th October – 26th October 2025



Monday – 20th Oct. 2025

- MID-TERM BREAK
- MASHUJAA DAY- PUBLIC HOLIDAY
- DIWALI

Tuesday – 21st Oct. 2025

- MID-TERM BREAK

Wednesday – 22nd Oct. 2025

- MID-TERM BREAK
- HINDU NEW YEAR - HOLIDAY

Thursday – 23rd Oct 2025

- SCHOOL RESUMES FROM MID-TERM BREAK
- SPORTS DAY REHEARSAL
- U15 BOYS CRICKET LEAGUE MATCH VS BGR @SIR ALI MUSLIM @12PM
- U15 GIRLS CRICKET LEAGUE MATCH VS BGR (H) @12:30PM

Friday – 24th Oct. 2025

- IPPSA FIXTURES MEETING @BROOKHURST LAVINGTON
- KSF NAIROBI COUNTY LEVEL 1 SWIMMING GALA @KIOTA
- ECAMUN TRAINING @ PREMIER ACADEMY

Saturday – 25th Oct. 2025

- **YEAR 7 PARENT-TEACHER CONFERENCE**
- **SON SWIMMING GALA**
- **KSF NAIROBI COUNTY LEVEL 1 SWIMMING GALA @KIOTA**

Sunday – 26th Oct. 2025

- **KSF NAIROBI COUNTY LEVEL 1 SWIMMING GALA @KIOTA**