



**OSHWAL ACADEMY NAIROBI
JUNIOR HIGH**

2025-2026 TERM 1 WEEK 11 NEWSLETTER

Our Facilities :

- Swimming pool
- ICT Labs
- State-of-the-art Classrooms
- Science Labs
- Playgrounds
- Drama Room
- Music Room
- Auditorium
- Art Room
- Library

About Us

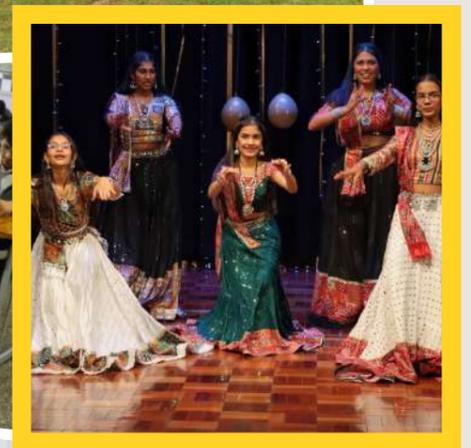
At Oshwal Academy Nairobi - Junior High, our academic standards are important because they help ensure that all our students are prepared for success in institutions of further learning. Our high standards provide an important first step—a clear roadmap for learning for teachers, parents, and students. Our teachers work together to ensure that students succeed and develop critical thinking skills that will prepare them for emerging careers. It is no wonder that we produced excellent IGCSE results in the 2024/2025 Academic Year.

Contact Us!

SCHOOL LOCATION
First Parklands Avenue, off Mpaka Road,
Parklands, Nairobi KE

MORE INFO!
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juniorhigh@oshwalacademy.sc.ke



YEAR 10 AND YEAR 11 ASSEMBLY

During the Year 10 and 11 assembly, students were celebrated for their outstanding achievements in various fields. Patience Waithera (Year 11E) and Farooq Mohamed (Year 11G) were named Athletes of the Year (Senior Category) and received their trophies from the Head of School, Mrs. Sujata. Our Under 15 Boys Football Team were crowned champions of the International & Private Schools Sports Association (IPSSA) Football Championship held at Crawford School and were presented with their medals by the Deputy Head of School, Mr. Nelson. Winners of the Annual Orchid Competition 2025 were also recognized. Fiza Rizvi secured 2nd position nationally, earning a voucher and free learning materials from Educate Yourself Limited at Westgate Mall. Avneet Kaur Suri and Heer Khimajia received Highly Commended Certificates from the Kenya Orchid Society, a prestigious honor awarded to the top three entries for creativity and artistic excellence. In addition, Romana Nuru (Year 11B) was awarded \$75 (Ksh 10,000) for the Best Researched Piece at the Battle of Crows Colloquium Competition held at Braeside International School, Lavington. Other participants were also impressed with thought-provoking presentations on Money, the Future, and Modern Slavery.



YEAR 7, YEAR 8 AND YEAR 9 ASSEMBLY

During the Year 7, 8, and 9 assembly, trophies for the Annual Sports Day were presented to our outstanding athletes. Apoma Muthoni (Year 7G) and Jesse Gathoga (Year 7C) were recognized as the top Year 7 girl and boy athletes, while Aryana Ndote (Year 9F) and Jelani Gunga (Year 9E) received the Athlete of the Year awards in the junior category. The trophies were presented by the Head of School, Mrs. Sujata. The assembly also celebrated the winners of the Annual Orchid Competition 2025 for Key Stage 3, who received certificates presented by Mrs. Rakhi, the Key Stage 4 Coordinator. The certificates, highly commended by the Kenya Orchid Society, were awarded to the top three entries, a prestigious recognition honoring exceptional creativity and artistic excellence.



FROM THE PASTORAL **COORDINATOR'S DESK**

Preparing for Exams and Managing Stress:

Study Tips, Time Management, and Relaxation Techniques

As the exam season approaches, it's normal to feel a mix of excitement and anxiety. However, with proper preparation and stress management strategies, students can approach their exams confidently and perform at their best. Helpful tips to support our students during this important time:

1. Effective Study Tips

- **Create a Study Schedule:** Plan your revision in advance by breaking down subjects and topics. Allocate specific times for each subject, and stick to your timetable to avoid last-minute cramming.
- **Use Active Learning Techniques:** Engage with the material through summarizing, questioning, teaching others, or practicing past papers. This helps reinforce understanding and retention.
- **Stay Organized:** Keep your notes, textbooks, and study materials tidy and easily accessible. Use colour-coding or mind maps to visualize information.
- **Take Regular Breaks:** Study in focused intervals (e.g., 25-30 minutes) followed by short breaks. This prevents fatigue and maintains concentration.

2. Time Management Skills

- **Prioritize Tasks:** Identify the most important and challenging topics first. Tackle difficult subjects when your mind is freshest.
- **Set Realistic Goals:** Break your revision into manageable chunks, and set achievable targets for each session.
- **Avoid Procrastination:** Start early and stick to your schedule. Use timers or alarms to stay on track.
- **Balance Study and Rest:** Ensure you allocate time for relaxation, hobbies, and social activities to maintain a healthy balance.

FROM THE PASTORAL COORDINATOR'S DESK

3. Managing Stress and Anxiety

- **Practice Relaxation Techniques:** Deep breathing, meditation, or mindfulness exercises can help calm nerves and improve focus.
- **Stay Active:** Regular physical activity, such as walking, stretching, or sports, releases endorphins that boost mood and reduce stress.
- **Maintain a Healthy Lifestyle:** Eat nutritious meals, stay hydrated, and get adequate sleep to keep your mind and body in optimal condition.
- **Positive Thinking:** Replace negative thoughts with positive affirmations. Confidence in your preparation can significantly reduce anxiety.

4. During the Exam

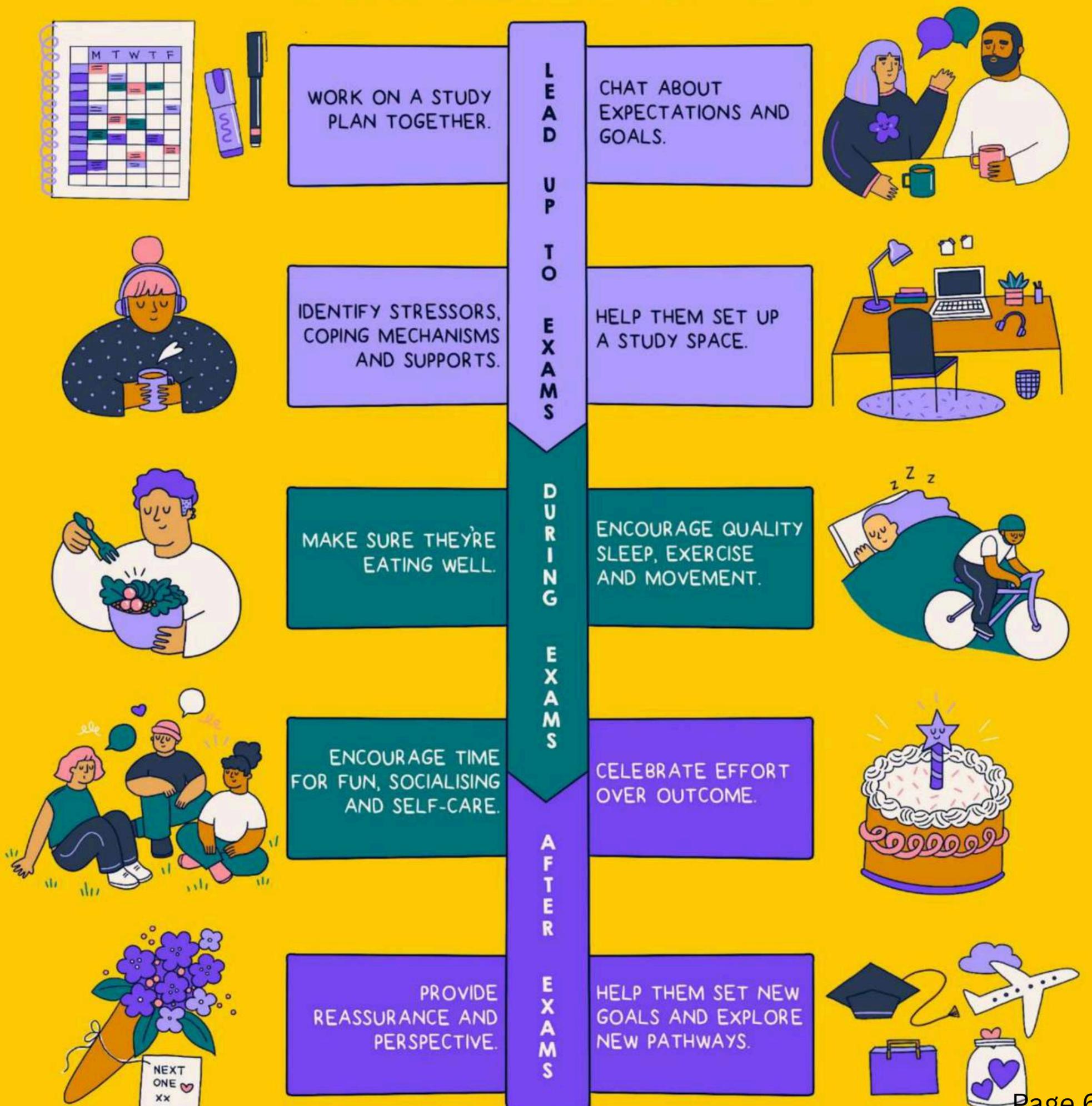
- **Read Instructions Carefully:** Take your time to understand the questions before answering.
- **Manage Your Time During the Exam:** Keep an eye on the clock, and allocate time to each section accordingly.
- **Stay Calm and Focused:** If you encounter difficult questions, move on and return to them later. Breathe deeply to maintain composure.

Remember, exams are an opportunity to showcase what you've learned. With proper preparation, effective time management, and a positive mindset, you can approach your exams with confidence and resilience. Believe in yourself.

Wishing all students the very best in their upcoming exams.

FROM THE PASTORAL COORDINATOR'S DESK

PRACTICAL STRATEGIES FOR MANAGING EXAM STRESS



ANNUAL SPORTS DAY 2025

Excitement filled the field as students showcased incredible talent, teamwork, and school spirit during this year's Annual Sports Day. After a day of thrilling competitions and outstanding performances, Gazelle House emerged as the 2025-2026 champions! Congratulations to all participants for their dedication and sportsmanship.



ANNUAL SPORTS DAY 2025 IN PICTURES



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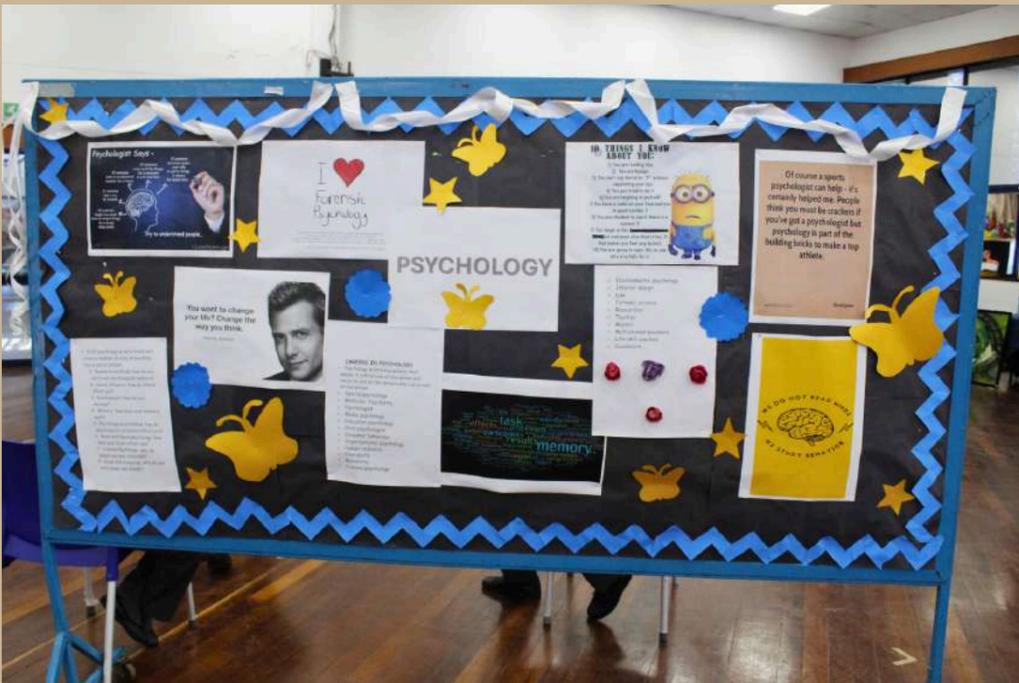


JUNIOR HIGH OPEN DAY

Our Junior High Open Day brought together students, parents, and teachers for an engaging showcase of learning, creativity, and innovation. From classroom exhibitions to student-led presentations, it was a wonderful opportunity to experience the vibrant spirit and academic excellence that define our Junior High community.



JUNIOR HIGH OPEN DAY IN PICTURES



JUNIOR HIGH OPEN DAY IN PICTURES

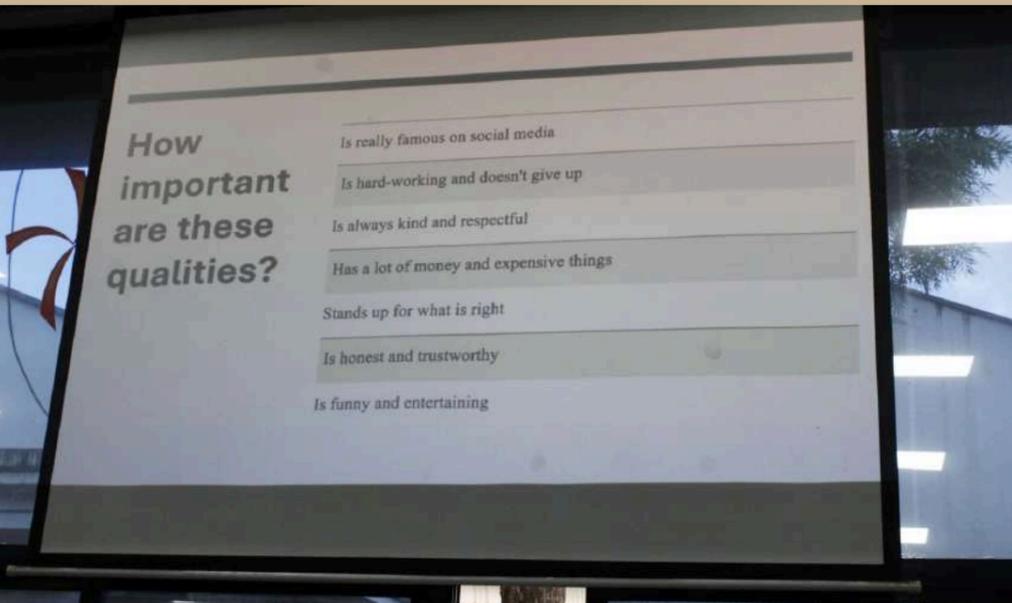
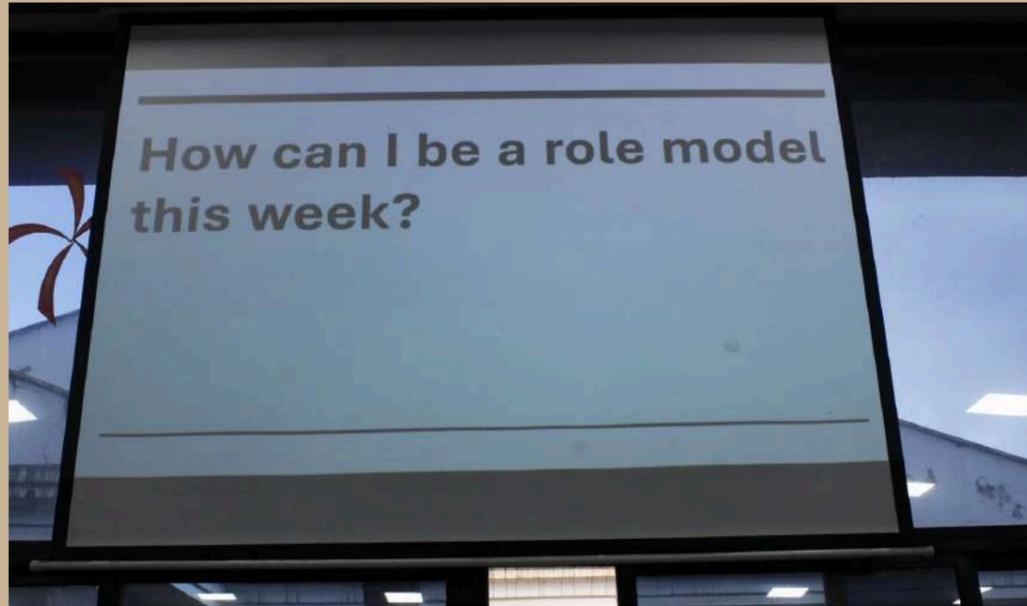
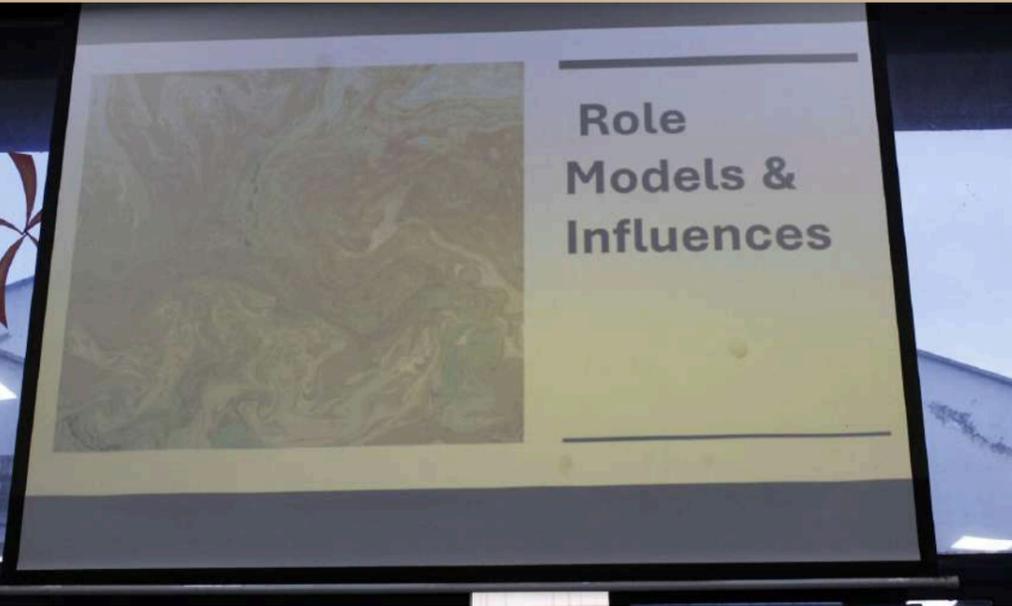


JUNIOR HIGH OPEN DAY IN PICTURES



YEAR 7 CAREER TALK – ROLE MODELS

Year 7 students attended an engaging career talk on the theme Role Models, held at the Multipurpose Hall and facilitated by our Career Counsellor, Ms. Makena. The session encouraged students to reflect on the qualities of positive role models and how these values can inspire their own career journeys.



EXPLORING THE WORLD OF VIRTUAL COMMUNICATION

Mr. Protus, our ICT teacher, guided Year 9A students through a practical session on video conferencing at the Junior High boardroom. Students gained hands-on experience in setting up and managing virtual communication systems.



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 competitions. Our teams have showcased great talent, determination, and teamwork across different disciplines, earning commendable results and valuable experience. From football and netball to athletics and swimming, each event has provided a platform for students to grow their skills and sportsmanship. The enthusiasm and commitment shown by both players and coaches have been truly inspiring. These engagements not only strengthen our competitive spirit but also foster unity, discipline, and resilience among our students.



Our Under 15 Boys Football Team were crowned champions of the International & Private Schools Sports Association (IPSSA) Football Championship held at Crawford School



Our under-15 girls' netball team put up a strong fight at the International & Private Schools Sports Association (IPSSA) Tournament, advancing to the semifinals, where they narrowly fell to Swaminarayan Academy.



Our Under 13 Boys Cricket Team A were declared as the bronze medalists of the International & Private Schools Sports Association (IPSSA) Cricket Tournament.



Our Under 13 Boys team faced Jawabu School in today's fixture and claimed a 2-1 victory!



RESPECT

RESPECT

OSHWAL ACADEMY JUNIOR HIGH

Show RESPECT

Respect is a
two way street,

If you want to get it you've
got to give it.

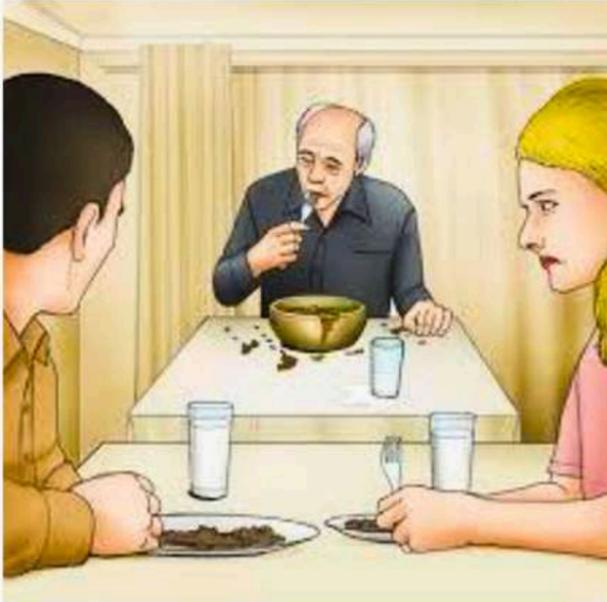
R.G. Risch

THOUGHT OF THE WEEK



RESPECT

The Wooden Bowl

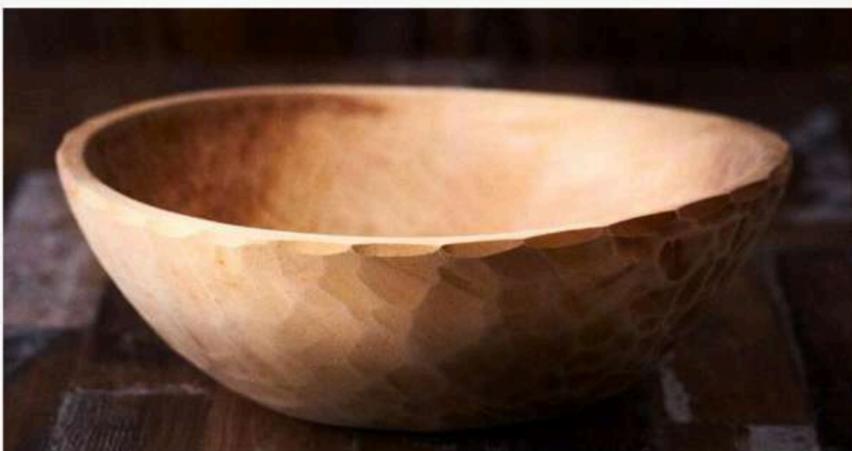


A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So, the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl! When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work.



The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his day, he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Moral: You reap what you sow. Regardless of your relationship with your parents, you'll miss them when they're gone from your life. Always Respect, care for and love them



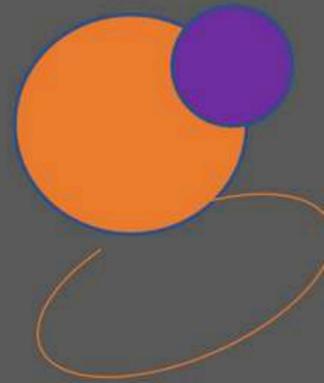


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 12 SCHEDULE

10th November – 16th November 2025



Monday – 10th Nov. 2025

Tuesday – 11th Nov. 2025

- U15 BOYS FOOTBALL VS WOODCREEK (A)
- U15 GIRLS NETBALL VS WOODCREEK (A)

Wednesday – 12th Nov. 2025

- U13 BOYS & GIRLS FOOTBALL (TEAM B) VS BROOKHURST KISERIAN & BRAESIDE THIKA (H)
- U13 BOYS BASKETBALL VS BROOKHURST KISERIAN & BRAESIDE THIKA (H)
- U13 BOYS & GIRLS FOOTBALL (TEAM A) VS NAIROBI ACADEMY (A)

Thursday – 13th Nov. 2025

Friday – 14th Nov. 2025

- ECAMUN TRAINING @ PREMIER ACADEMY

Saturday – 15th Nov. 2025

- KAISSO U15 BOYS DIV2 TOURNAMENT @ NAIROBI ACADEMY
- KAISSO U15 GIRLS NETBALL DIV2 TOURNAMENT @ BTH

Sunday – 16th Nov. 2025