

OSHWAL ACADEMY NAIROBI JUNIOR HIGH

**TERM 1 WEEK 6 NEWSLETTER
2025-2026**



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AWARD CEREMONY AT THE YEAR 10 AND 11 ASSEMBLY

Excellence is never in short supply at Oshwal Academy Nairobi, Junior High. On this week's Key Stage 4 Assembly, a number of students and student groups received awards for various achievements including Annual Cross Country, Rhino Cup Debut, African Debate and Public Speaking.



AWARD CEREMONY AT THE YEAR 7, 8, AND 9 ASSEMBLY

During Year 7, 8, and 9 Assembly outstanding achievements across sports were recognized. Annual Cross Country winners from all Year Groups were awarded, with Gazelle House crowned overall champions with an impressive 358 points. At the County Level, Hardik Gupta secured 2 bronze medals and Aarav Singh shone with 1 gold and 2 bronze at the Kiambu Level 1 Swimming Championships. Our U13 Girls Netball team also made us proud as silver medalists at the Naisula Tilisi Tournament. Congratulations to all our young stars!



CELEBRATING TALENT AND TRIUMPHS!

Rhino Cup Debut

The Rhino Cup Debate, organized by the Kenya Association of International Schools (KAIS), aims to develop Public Speaking Skills and raise awareness of key issues. For the first time, our school was honored to participate. Although defeated by the Brookhouse Team, our students showcased impressive debating skills. This experience was a valuable learning opportunity, and they are already looking forward to the next rounds with enthusiasm.

African Debate Academy Triumph

Our debating club members showcased their prowess at the African Debate Academy's 10th Edition Mashujaa Opens Debate Championships held at the Strathmore University. Our teams scooped several awards at both team and individual levels, including:

Outstanding Team Performance Awards

Senior Debate Cup Silver Semi-Finalist: Tracy Kimotho, Ruby Mugambi, Nuru Romana

Senior Debate Cup Semi-Finalist: Darrel Blasio, Ivy Abijah, Diya Varsani

Junior Debate Cup Runners-Up: Nidhi Shah, Anshul Yadav, Jamour Kiriga

Junior Debate Bowl Cup: Aashi Bagel, Anmol Dabasia, Diya Hirani

Junior Debate Semi-Finalists: Joan Magu, Elsie Kamanda, Breanna Otieno

Junior Debate Semi-Finalists: Sohan Shah, Adora Mbicha, Corrine Mulei

Best Speaker Awards

Seniors: 12th best overall – Nuru Romana

Juniors: 2nd – Joan Magu, 2nd – Elsie Kamanda, 4th – Breanna Otieno, 8th – Corrine Mulei, 9th – Adora Mbicha, 10th – Aashi Bagel, 17th – Sohan Shah, 34th – Anshul Yadav

Public Speaking Award

Maria Njoroge – Awarded a medal and trophy

This remarkable achievement celebrates our students' dedication, skill, and passion for debating. We are immensely proud of their success and look forward to even greater triumphs in future competitions!



FROM THE PASTORAL

COORDINATOR'S DESK

This Week's Pastoral Theme: **Promoting Mental Health and Wellbeing**

In our busy lives, filled with studies, exams, sports, and social activities, it is easy to forget that our mind and emotions need care just like our body. Mental health is the foundation of our overall wellbeing; it influences how we think, feel, and act. When our mental health is strong, we can face challenges with courage, enjoy our achievements, and build healthy relationships.

But sometimes, we may feel stressed, anxious, sad, or overwhelmed. These feelings are normal, but it's important to remember that help is available, and we should not be afraid to seek it. Talking to friends, family, teachers, or school counsellors can lighten our burden and help us find solutions.

Here are some simple ways to take care of our mental health:

- **Stay connected:** Spend time with friends and family who support and uplift you.
- **Take care of your body:** Eat nutritious food, get enough sleep, and stay active.
- **Express yourself:** Share your feelings through words, art, or music.
- **Manage stress:** Practice relaxation techniques like deep breathing, meditation, or hobbies you enjoy.
- **Ask for help:** Never hesitate to seek support when you feel overwhelmed or anxious.

Remember, mental health is just as important as physical health. Let's create a caring and understanding environment where everyone feels safe, valued, and supported.

Together, let's promote kindness, empathy, and awareness about mental health. Because when we care for our minds, we can achieve our dreams and build a brighter future.

FROM THE PASTORAL

COORDINATOR'S DESK

To Students

- **Support Each Other-** Be there for your friends and classmates. Sometimes a simple "How are you doing?" can make a big difference. **Peer support for mental health** plays a vital role to strengthen relationships among peers.
- **Practice Self-Care-** Take time to care for yourself. Whether it's reading a book, taking a walk, or spending time with loved ones, make sure you're nurturing your own mental health.
- **Seek Help When Needed-** Remember, asking for help is a sign of strength, not weakness. If you're struggling, don't hesitate to reach out to a trusted adult or counsellor.

Let's all Walk together Towards a Brighter Future

Imagine your mind as a garden, where ideas bloom like colourful flowers and dreams take root like towering trees. Just as a gardener waters the plants, nurtures the soil, and ensures they receive ample sunlight, so students must cultivate their mental landscape with care and attention.

"Being vulnerable isn't a weakness but a courageous embrace of your inner demons, transforming them into stepping stones toward the life of your dreams."

We all have mental health, just like we all have physical health. It's about how we think, feel and act. Sometimes we feel well, and sometimes we don't. When our mental health is good, we feel motivated and able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

How to nurture a child's mental health




Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Practice relaxation exercises together

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

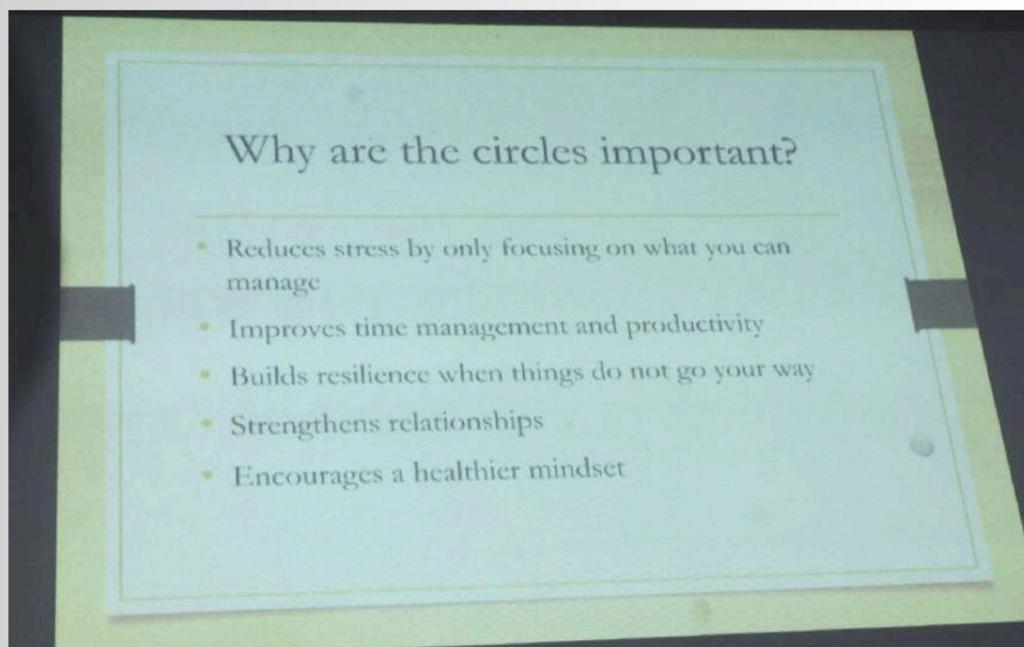
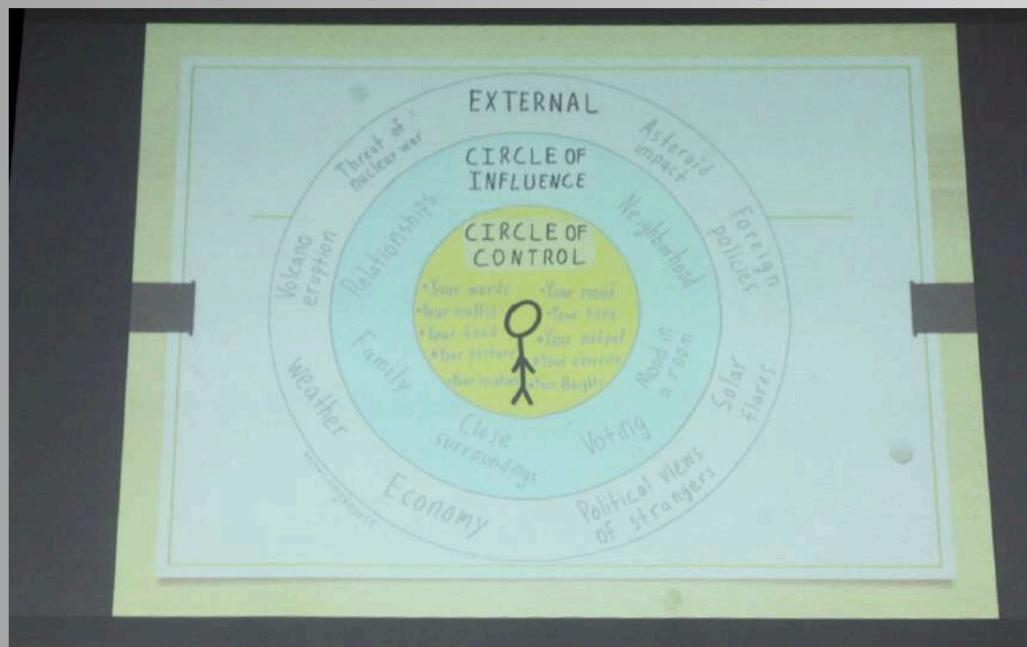
Recognize positive choices

Be present

Set and respect boundaries

YEAR 11 CAREER TALK : EQUIPPING YEAR 11 FOR THE NEXT STEP

This week's Career talk focused on the Year 11s. The session was divided into two parts. The first part focused on University Fairs. Students discussed how to prepare before the event, engage with representatives during it, and follow up afterward. They also reflected on how to involve parents in these discussions. It's important that decisions about future paths are informed, balanced, and collaborative. This preparation helps them approach university fairs with confidence and clarity. The second part of the session introduced the idea of Circles of Control. Through a practical activity, students learned to identify what they can control, what they can influence, and what is beyond their power. By focusing their time and energy on things they can control, such as study habits, wellbeing, and communication, they build resilience, manage stress better, and develop a healthier mindset towards challenges. Together, these two parts gave Year 11 practical tools for academic planning and life skills for personal growth.



COFFEE MORNING WITH YEAR 10 PARENTS

Coffee Mornings were established for our parents based on year groups several years back which gradually became a tradition. On Saturday 27th of September 2025, we hosted the Year 10 Parents for the Coffee Morning. The turn out was great and parents freely discussed whatever issues they had with the School Senior Leadership Team, the HomeRoom Tutors, the Head of Year and the Proctor. This forum is an easy forum where teachers can comfortably talk to parents about their children's performance, strengths and weaknesses and suggest possible remedies without making the students feeling uncomfortable and being blamed. So far, we feel this approach is productive and bound to improve our students; general performance in the IGCSE.



NAVRATRI CELEBRATIONS IN PICTURES



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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.



U15 Girls Netball (League Match)
Oshwal 12 Premier 10



The U13 girls Netball team took part in the Naisula Tilisi Tournament.
They played 4 matches
Oshwal 8: Premier B 2
Oshwal 2: Naisula 3
Oshwal 5: Premier A 1
Oshwal 5: Potterhouse 0
Congratulations to the team for a splendid performance!



U13 Boys team took part in Naisula Tilisi Tournament.
Team A drew all their matches with a scoreline of 0-0 while team B lost one match 0-1 and drew the other 0-0



U15 Netball
Oshwal 12 Braeside Lavington 10



Our U13 mixed cricket team played NIS this afternoon. Team Oshwal won by 7 wickets.



U15 Girls Netball League match results
Oshwal 13 Brookhurst 11



Always

Believe
in

yourself.

You can achieve

anything you set your

mind to if only you

believe.

OSHVAL ACADEMY JUNIOR

HIGH

THOUGHT OF THE WEEK

The Boy Who Tamed the Mountain

In a small village nestled at the foot of a towering mountain lived a boy named Arjun. The



mountain was known as the "Unbeatable Peak," a daunting giant that no one in the village dared to climb. Stories told of harsh winds, treacherous paths, and sheer cliffs. To everyone, it was a symbol of impossibility.

Arjun, however, was different. He was curious and driven, and he often found himself staring at the mountain, wondering what lay beyond its summit. His dream was to climb it, but every time he shared his ambition, he was met with laughter and doubt.

"You're just a child," the villagers said.

"No one has ever climbed it. What makes you think you can?" others mocked.

Despite their words, Arjun believed in himself. He didn't see the mountain as an obstacle but as an opportunity to prove what was possible when one believed in their own potential.



He began preparing in secret. Every morning, he woke up before dawn to train. He strengthened his body by carrying heavy loads of firewood and practiced scaling smaller hills around the village. Most importantly, he visualized himself reaching the peak, focusing on his goal with unwavering determination. One day, he announced to the village that he would attempt the climb. The villagers shook their heads. "You'll never make it," they said. But Arjun smiled and replied, "I will, because I believe I can."

The climb was gruelling. The paths were steep, and the air grew thinner with every step. Several times, Arjun slipped and nearly fell, but he refused to give up. Each time he stumbled, he remembered his belief in himself and his dream of standing on the summit.

As the days passed, he encountered challenges he hadn't anticipated—cold nights, unpredictable weather, and moments of doubt.

But with every difficulty, he found a way forward, one step at a time. He recalled the villagers' doubts and used them as fuel to push himself further.





Finally, after days of struggle, Arjun reached the peak. He stood atop the Unbeatable Peak, his heart swelling with pride. The view was breathtaking—a panorama of valleys and forests that stretched endlessly. But more than the view, what mattered to him was what the climb had taught him: the power of believing in himself.

When Arjun returned to the village, the people were astonished. He had done the impossible. From that day on, the mountain was no longer called the "Unbeatable Peak." It became "Arjun's Summit," a symbol of courage and self-belief.

The villagers, inspired by his feat, began to chase their own dreams, no matter how impossible they seemed. Arjun's story became a reminder that with belief, determination, and effort, even the tallest mountains could be conquered.

Moral of the Story:

Believe in yourself, even when others doubt you. Challenges may seem insurmountable, but with persistence and self-confidence, you can achieve anything you set your mind to.



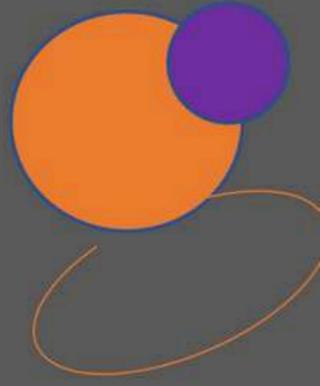


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 7 SCHEDULE

6th October – 12th October 2025



Monday – 6th Oct. 2025

➤ START OF MID-TERM EXAMS FOR YEAR 10 AND YEAR 11

Tuesday – 7th Oct. 2025

➤ START OF MID-TERM EXAMS FOR YEAR 7, 8 AND 9

Wednesday – 8th Oct. 2025

➤ MID-TERM EXAMS

Thursday – 9th Oct 2025

➤ END OF MID-TERM EXAM

Friday – 10th Oct. 2025

➤ HUDUMA DAY - PUBLIC HOLIDAY

➤ ECAMUN TRAINING

Saturday – 11th Oct. 2025

➤ PIPPSA MOMBASA SWIMMING GALA@OSHWAL ACADEMY MOMBASA

Sunday – 12th Oct. 2025

➤ PIPPSA MOMBASA SWIMMING GALA@OSHWAL ACADEMY MOMBASA