



OSHWAL ACADEMY

NAIROBI

JUNIOR HIGH

TERM 1 WEEK 9 NEWSLETTER 2025-2026



**"NEW WEEK, NEW GOALS, NEW GROWTH—LET'S
MAKE THE REST OF THE TERM COUNT." —
JUNIOR HIGH EDITORIAL TEAM**

FROM THE PASTORAL COORDINATOR'S DESK

Conflict Resolution Skills: Building a Harmonious School Community.

In our students' journey of personal growth and community building, one essential skill they need to develop is **conflict resolution**. Conflicts are a natural part of life and can occur in school, at home, or within friendships of students. What truly matters is how students handle these disagreements.

Conflicts between students can arise from a variety of causes. Some common reasons include:

1. **Miscommunication or misunderstandings:** When students misinterpret what others say or do, it can lead to conflicts.
2. **Differences in opinions or beliefs:** Diverse perspectives can sometimes cause disagreements if not respected.
3. **Jealousy or competition:** Feelings of envy or rivalry, especially in academics, sports, or social status, can create tension.
4. **Bullying or teasing:** Harassment or making fun of others can cause conflicts and hurt feelings.
5. **Sharing and possession issues:** Disputes over belongings, seats, or space often lead to disagreements.
6. **Peer pressure:** Influences from friends to act in certain ways may cause conflicts if students feel pressured or excluded.
7. **Lack of respect or kindness:** Not showing consideration for others' feelings or boundaries can lead to disagreements.

FROM THE PASTORAL COORDINATOR'S DESK

8. **Personal problems:** External issues, such as family or personal stress, can sometimes cause students to act out or become irritable.

5 Crucial Skills For Resolving Conflicts

These five essential skills set the foundation for constructive dialogue and successful conflict resolution.

- 01 Open Communication**
Foster a safe space where employees feel valued. Open-door policies can reduce fear & boost transparency.
- 02 Active Listening**
Engage fully with the speaker, promoting understanding and respect. Summarize their message & avoid interruptions.
- 03 Emotional Intelligence (EQ)**
Recognize and manage emotions in oneself and others. A high EQ ensures empathetic and effective resolutions.
- 04 Impartiality**
Focus on the present issue and avoid past conflicts & biases. A neutral stance ensures fair outcomes.
- 05 Patience**
Avoid rushing decisions and let emotions settle. Ensure every voice is heard for lasting solutions.

Understanding these causes can help students address conflicts early and promote a more harmonious school environment.

What are Conflict Resolution Skills?

They are the tools and strategies students can use to address disagreements in a respectful and constructive manner. These skills help students to understand different perspectives, communicate effectively, and find solutions that satisfy every student's involved.

Why are the Skills important?

- They promote understanding and empathy amongst students.
- They help students to maintain respectful relationships.
- To create a safe, positive and friendly school environment for all students.
- They prepare students for real-world challenges beyond school life.
- To enable students, learn patience and understanding.
- To enable students to become better at solving problems in life.

FROM THE PASTORAL **COORDINATOR'S DESK**

Tips for Effective Conflict Resolution:

1. **Stay Calm:** Take deep breaths and approach the situation with a clear mind.
2. **Listen Actively:** Hear the other person's point of view without interrupting.
3. **Express Yourself Clearly:** Use "I" statements to share your feelings without blaming. Use kind words and say how you feel.
4. **Find Common Ground:** Think of ways to fix the problem together by looking for solutions that are acceptable to all parties.
5. **Seek Help if Needed:** Sometimes, involving school prefects or a trusted adult (a teacher or counsellor) can help mediate the situation.

Remember, conflicts are opportunities to learn patience, understanding, and forgiveness. Let's work together to build **Oshwal Academy Nairobi – Junior High School Community where every Student feels safe, respected, and valued.**

Let's practice kindness and effective communication every day!

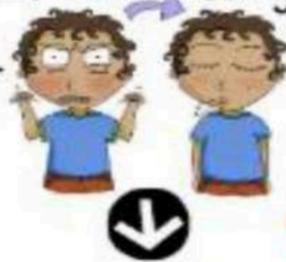
FROM THE PASTORAL COORDINATOR'S DESK

CONFLICT RESOLUTION

 by WholeHearted School Counseling

Some Ways to Get *Calm*:

1. GET *Calm* FIRST



Do A Breathing Exercise
Like Hot Cocoa



Get a Drink of Water



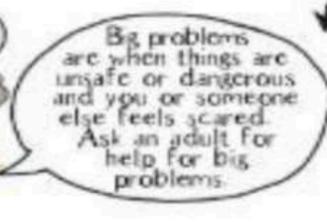
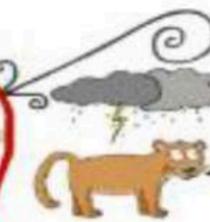
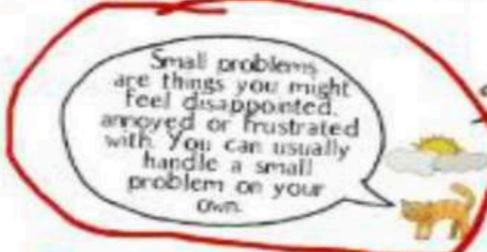
Count to 20



Place Hands Over Your Heart & Belly and Breathe



2. FIGURE OUT IF THIS IS A *small problem* OR **BIG PROBLEM**



Do you feel scared, in danger, or unsafe?



YES

If *yes*, then



Ask for **HELP**

3. TRY A *peaceful* PROBLEM SOLVING TRICK

like the ones listed below.....



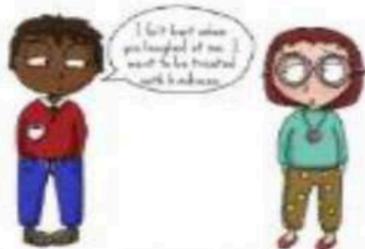
Find a **WIN-WIN** SOLUTION



Flip a Coin or Do **ROCK-PAPER-SCISSORS**



Ignore what's Annoying You

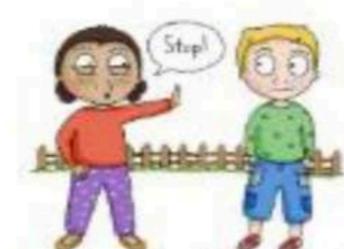


TALK IT OUT and Use **I-MESSAGES**

I felt _____
when _____
I would like _____



DO SOMETHING ELSE



Say Words that Mean **NO**

Also Make Sure To:

Listen to each other. Put yourself in the other person's shoes



Share or **Take Turns**



APOLOGIZE

I was wrong when I _____
I am really sorry. I will try to make it better by _____
I hope you can forgive me.



ART IN FULL BLOOM AT THE ORCHID SHOW



Our Art students attended the Annual Orchid Show at the Sarit Centre Expo, where they explored stunning floral displays and creative exhibits. Ms. Jackie Guest, the show coordinator, joined them for a group photo. The visit was made even more special by the presence of our Junior High Committee member, Mrs. Beena Dinit Malde.



SPORTS CORNER



Our Under 15 Girls Cricket team hosted Braeburn Gitanga Road (BGR) at the Oshwal Centre and delivered an outstanding performance. They scored an impressive 303 runs, while the visitors managed 53 runs, securing a clear victory.

A fantastic way to close the cricket season , congratulations to the team!



The Under 15 Boys Cricket team hosted Braeburn Gitanga Road (BGR) at Sir Ali Muslim Grounds, putting on a solid performance. Oshwal Academy scored 127 runs, while BGR managed 35 runs. A well-deserved win for our boys!



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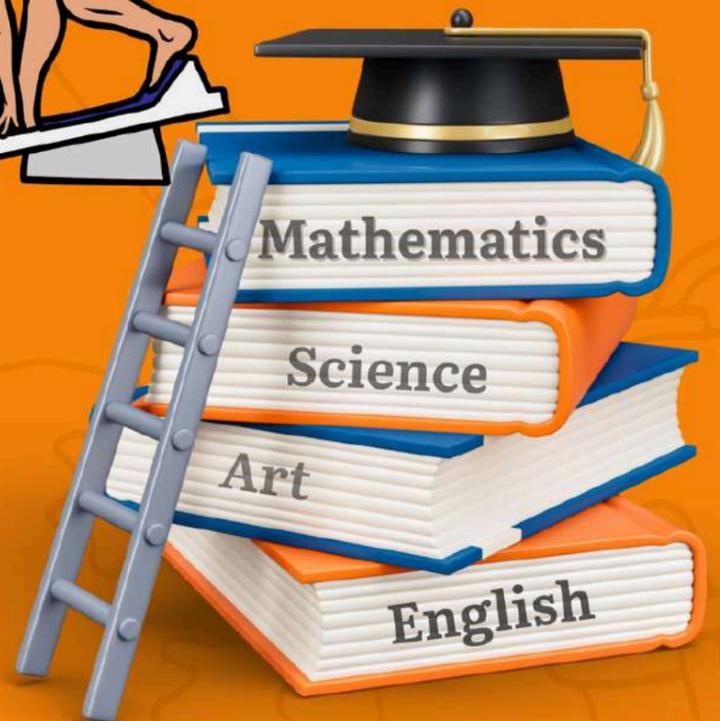
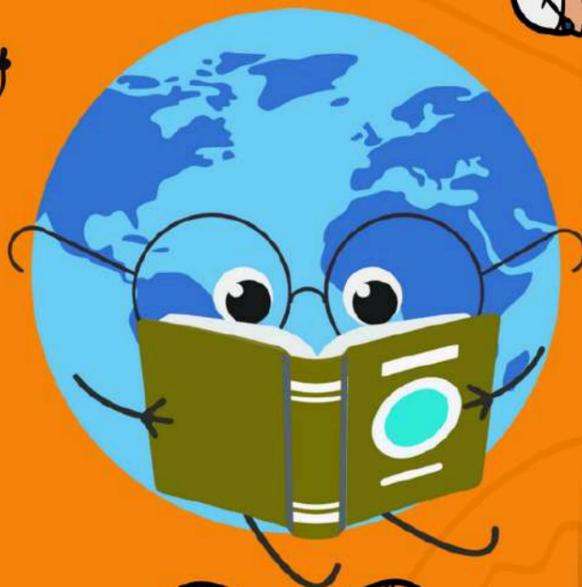
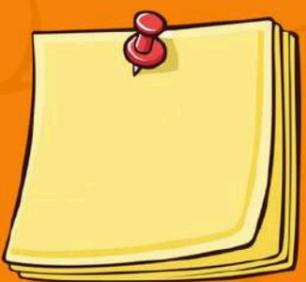
THOUGHT OF THE WEEK

BALANCE

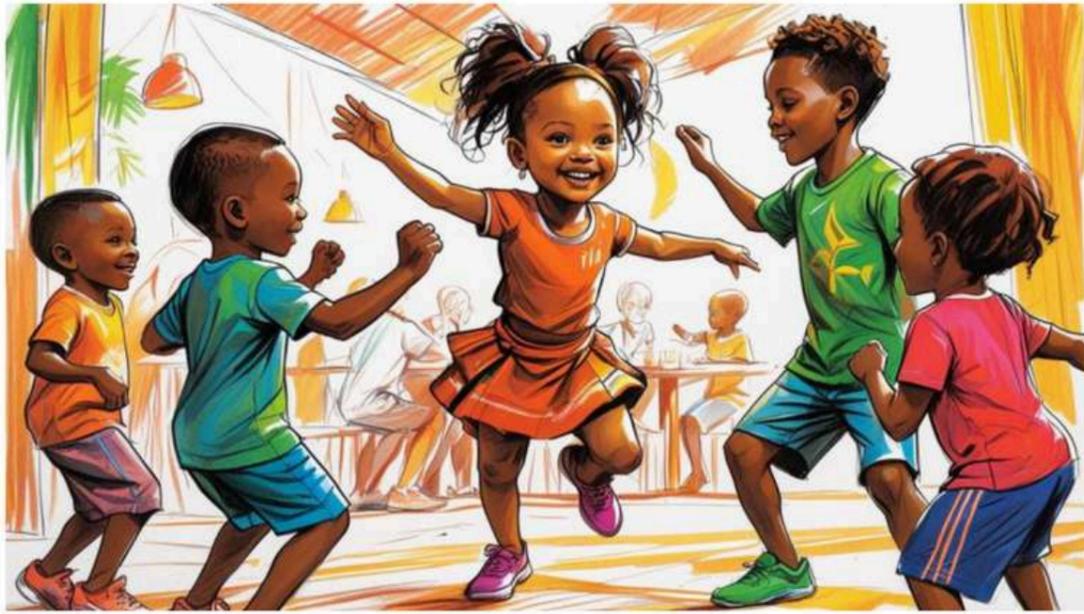
Work hard ,Play well, Rest fully
that's the Winning Rhythm



Balance does not emerge by chance;
it is the result of intentional structuring
of one's time, energy and values

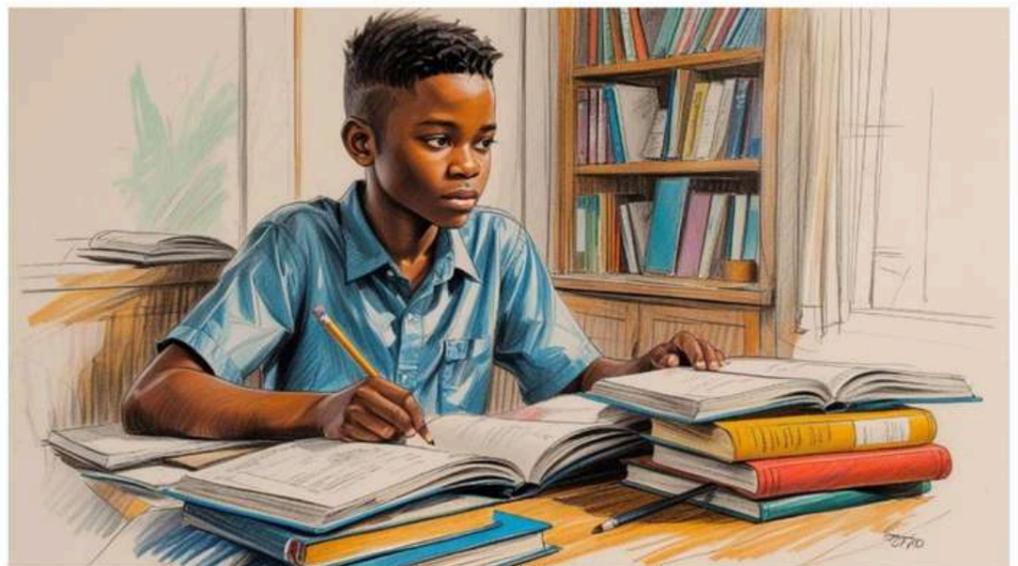


Striking the Balance: Academic Diligence and Holiday Engagement

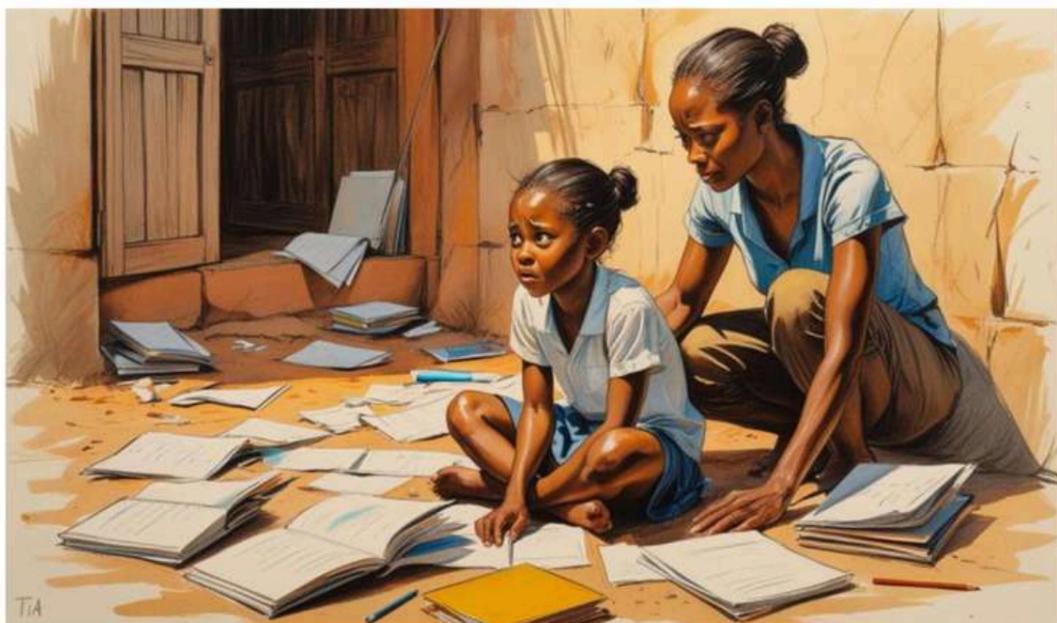


Tia was a whirlwind of energy. As soon as the last bell rang for the long holiday, her books were practically forgotten under her bed. Her auntie had just opened a new restaurant in Accra, and Tia was determined to spend every waking moment there, soaking in the vibrant atmosphere, helping with odd jobs, and, most importantly, learning all the latest Afrobeat's dance moves from the older kids who frequented the place.

Her cousin, Kojo, was the opposite. His holiday plan was meticulously laid out: morning revisions of math and science, followed by an hour of reading, and only then would he allow himself to join in the family's lively evening gatherings. He saw the holidays as a golden opportunity to get ahead, especially with the upcoming national exams looming in the new year.

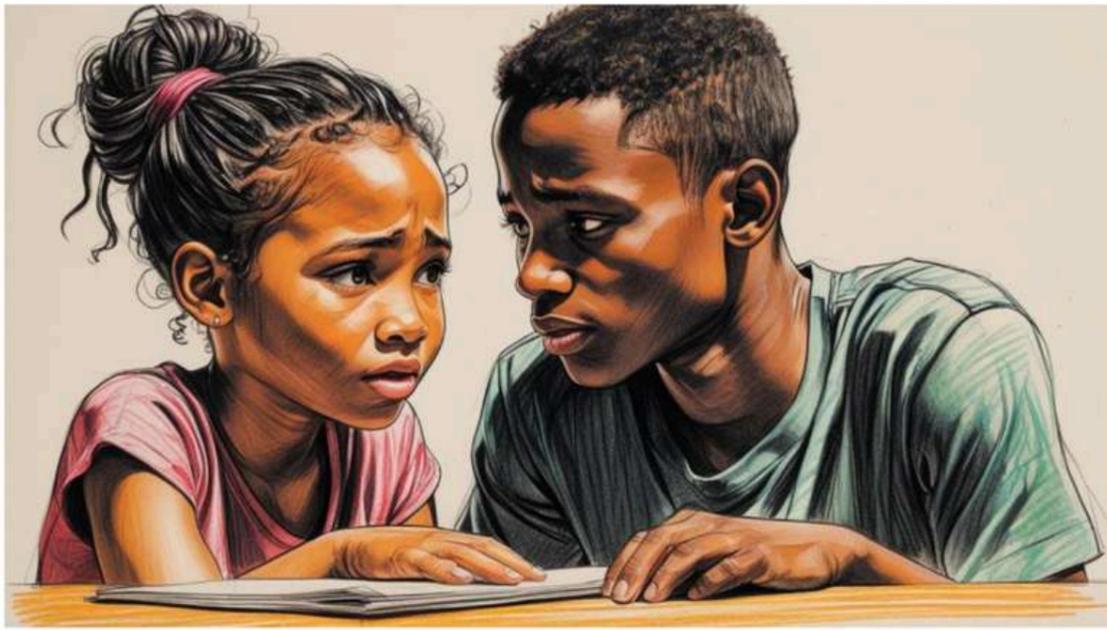


One sweltering afternoon, a week before school reopened, Tia found herself in a bit of a panic. Her mother, seeing her daughter's blissful ignorance, had gently reminded her about the holiday assignments. "Tia, my dear, remember that history project? And didn't you have a novel to read for English?"



Tia's heart sank. She'd been so caught up in the rhythm of the restaurant, the laughter, and the music, that her schoolwork had completely slipped her mind. Now, with just days left, she had a mountain of tasks to conquer. She saw Kojo calmly finishing his last

chapter of his holiday novel, a small smile of accomplishment on his face.



Feeling overwhelmed, Tia confessed her predicament to Kojo. He didn't gloat or scold. Instead, he simply said, "Auntie always says, 'Too much of one thing is good for nothing, even if that one thing is good.'"

He offered to help her organize her remaining time, breaking down the huge assignments into smaller, manageable chunks. They spent

the next few days working together. Tia, fuelled by panic and a little bit of regret, powered through her work, while Kojo offered quiet encouragement and clarified tricky concepts.

When school finally resumed, Tia hadn't just scraped by; she'd actually learned a lot during their last-minute study sessions. But more importantly, she'd learned a valuable lesson. The holidays were for fun, for family, and for new experiences, but they were also a time to keep one's academic skills sharp.



Moral of the story: Like a well-cooked food needs all its ingredients in the right measure, a fulfilling holiday needs a **balance** of rest, fun, and a little bit of study. Too much of one thing, even something good, can leave you feeling unprepared for what comes next.

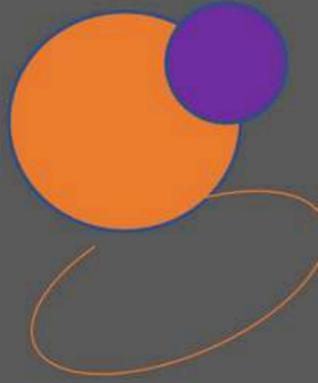


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 10 SCHEDULE

27th October – 2nd November 2025



Monday – 27th Oct. 2025

- U15 BOYS FOOTBALL LEAGUE MATCH VS BROOKHOUSE RUNDA (H)
- U15 GIRLS NETBALL LEAGUE MATCH VS BROOKHOUSE RUNDA (H)

Tuesday – 28th Oct. 2025



Wednesday – 29th Oct. 2025

- SPORTS DAY REHEARSAL

Thursday – 30th Oct 2025

- YEAR 11 GEOGRAPHY TRIP TO KARURA FOREST

Friday – 31st Oct. 2025

- ANNUAL SPORTS DAY
- ECAMUN TRAINING @ PREMIER ACADEMY

Saturday – 1st Nov. 2025

- IPSSA U15 BOYS FOOTBALL TOURNAMENT
- IPSSA U15 GIRLS NETBALL TOURNAMENT@CRAWFORD
- IPSSA U13 BOYS & GIRLS TOURNAMENT @SAMAJ

Sunday – 2nd Nov. 2025

