

CONTACT US:

+254 725 529 622

+254 734 745 555



juniorhigh@oshwalacademy.sc.ke



OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

TERM I WEEK 5 NEWSLETTER 2025-2026

QUOTE OF WEEK:

**YOU FAIL
YOU LEARN
SO YOU CAN
WIN!**

INTRODUCTION OF MR. NICHOLAS AS THE NEW HEAD PROCTOR



Mr. Nicholas Makokha has been appointed as our new Head Proctor in charge of school discipline. Mr. Makokha has consistently demonstrated proactivity, dedication, and efficiency in his duties as a Proctor. The school has full confidence in his ability to lead the disciplinary management team and uphold our high standards of student conduct.

Mr. Nicholas Makokha

Head Proctor



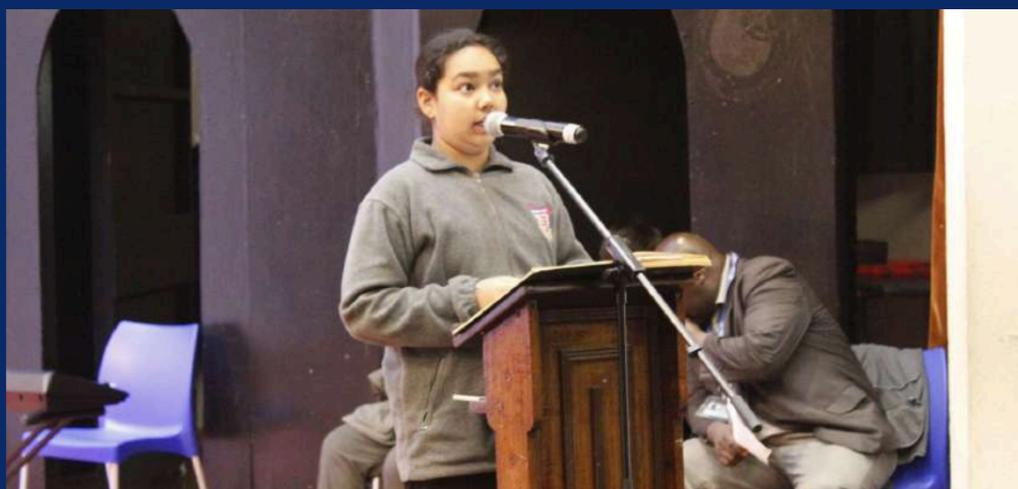
YEAR 10 AND YEAR 11 ASSEMBLY

Year 10 and Year 11 students gathered in the school auditorium for assembly. It was a time to reflect, share ideas, and strengthen the sense of unity within the school community. Assemblies like this provide an important space for learning beyond the classroom and encourage students to grow together.



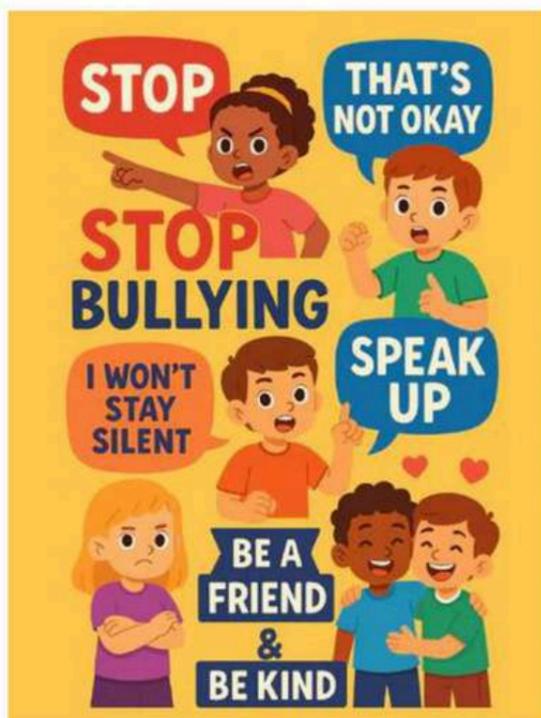
YEAR 7, 8, AND 9 ASSEMBLY

Years 7, 8, and 9 assembly celebrated teamwork, talent, and school spirit! Awards were presented by the Sports Department and school teams recognized for their achievements, alongside key announcements for the week ahead.



BULLYING, PREVENTION AND KINDNESS: CREATING A SUPPORTIVE SCHOOL ENVIRONMENT.

Here in our school, **Oshwal Academy Nairobi – Junior High**, we believe that every student deserves to feel safe, respected, and valued. Bullying can have serious effects on students' confidence, mental health, and overall wellbeing. That's why it's important to promote kindness and actively work to prevent bullying.



Recognizing Bullying

Bullying isn't just about physical fights; it can take many forms, including:

- Verbal abuse, teasing, or name-calling
- Social exclusion or isolation
- Spreading rumours or gossip
- Cyberbullying through social media or messaging apps
- Physical intimidation or aggressive behaviour

If you see someone being hurt or excluded, or if you experience any of these behaviours, it's important to speak up and seek help.



How we can Promote Kindness

1. **Be Respectful:** Treat everyone with kindness and respect, regardless of differences in appearance, background, or beliefs.
2. **Use Positive Language:** Compliment others, say thank you, and avoid hurtful words.
3. **Include Others:** Invite classmates who may be feeling left out to join activities or conversations.
4. **Model Good Behaviour:** Lead by example—show kindness in your words and actions.
5. **Support Peers:** Stand up for friends or classmates who are being bullied, and encourage them to speak out.

How we Create a Supportive School Environment



- **The school encourage Open Communication:** Let students know they can talk to teachers, counsellors, or pastoral staff about any concerns.

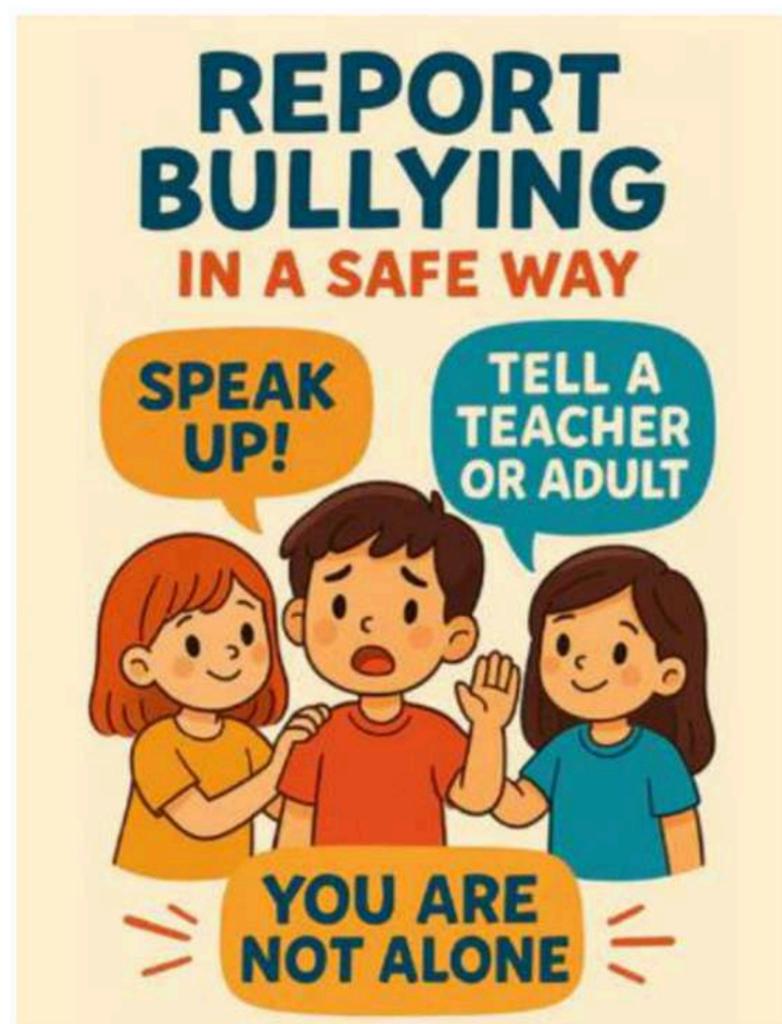
- **The school Implement Anti-Bullying Policies:** Follow school rules that promote respect and outline clear consequences for bullying behaviour.

- **The school Celebrate Diversity:** Organize events and activities that embrace different cultures, traditions, and perspectives.

- **The school Recognize Acts of Kindness:** Highlight and reward students who demonstrate caring and respectful behaviour.

- **The school Provide Education:** Incorporate lessons on empathy, conflict resolution, and emotional intelligence into the curriculum i.e. during PSHE lessons.

Remember, kindness is contagious. Small acts of respect and understanding can make a big difference in making our school a safe and welcoming place for everyone. Let's work together to stand against bullying and promote kindness every day.



Together Through Kindness: Stand Against Bullying and Kindness Prevents Bullying

PRO ACTIVE FLIGHT TRAINING DELIVERS CERTIFICATES TO WORK PLACEMENT STUDENTS

Oshwal Academy Nairobi, Junior High was honoured to host representatives from Pro Active Flight Training Air Services for a special occasion. The program manager, Mr. Anthony and his colleague Mr. Timothy, visited the school to present certificates to students who successfully completed their work placement in June 2025. The placement gave our students a valuable opportunity to experience first-hand what it takes to work in the aviation industry, from technical knowledge to professional skills. The students receiving certificates were Nitik Khetani of Year 11D, Tanay Mitesh of Year 11G, Harjeet Singh Umesh of Year 11D, Kavy Jignesh Sawla of Year 11C, and Avia Harshit Gudka of Year 11E. Their dedication and enthusiasm throughout the program were commended by Mr. Anthony. This highlighted the importance of partnerships that prepare young people for future careers.



PRO ACTIVE FLIGHT TRAINING DELIVERS CERTIFICATES TO WORK PLACEMENT STUDENTS IN PICTURES



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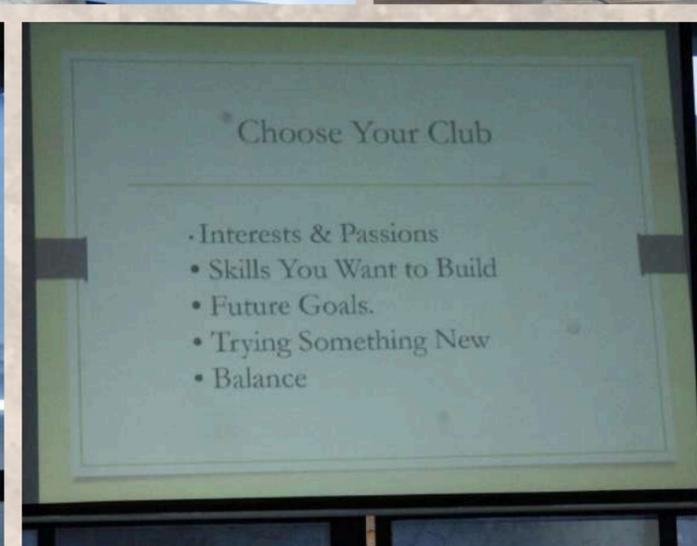
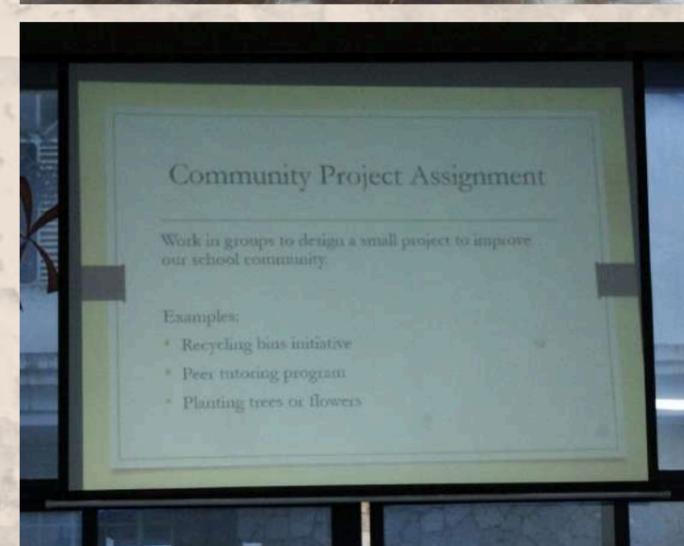
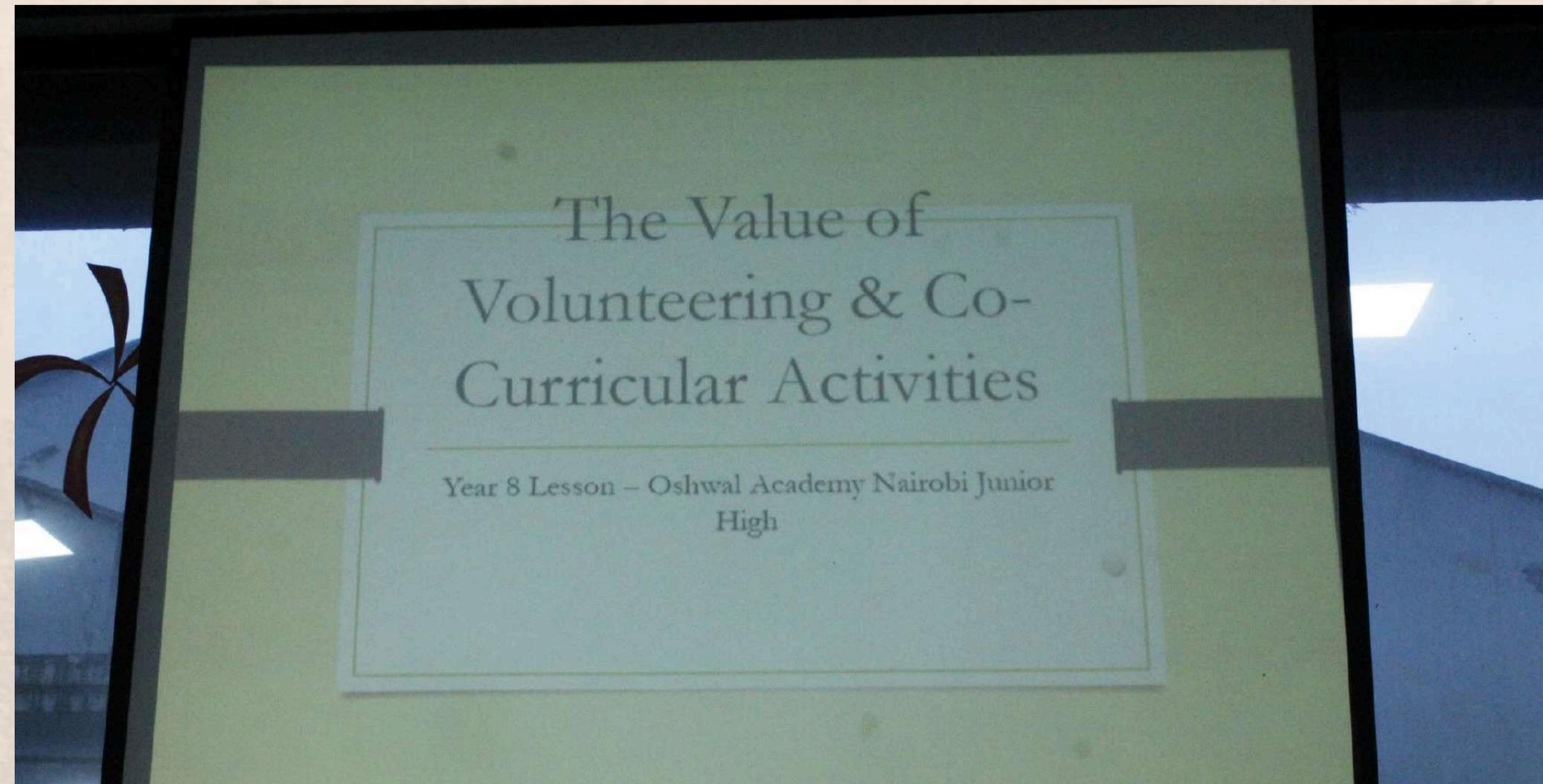


Students from Oshwal Academy participating in their Work Placement Program at Proactive Air Services, Wilson Airport — 14th to 24th July 2025.



YEAR 8 CAREER TALK : THE VALUE OF VOLUNTEERING, CLUBS AND CO-CURRICULAR ACTIVITIES

Led by our Career Counsellor, Ms. Makena, Year 8 students engaged in an eye-opening career talk that highlighted the importance of clubs and volunteering. The session encouraged students to see these activities not just as hobbies, but as valuable opportunities to develop skills such as teamwork, leadership, and responsibility. Volunteering was emphasized as a way to give back to the community while also building confidence and gaining practical experience. By participating in clubs and community service, students can discover their passions, strengthen their CVs, and prepare for future academic and career opportunities. The session ended with students reflecting on what they can do to make their school better through active participation and service.

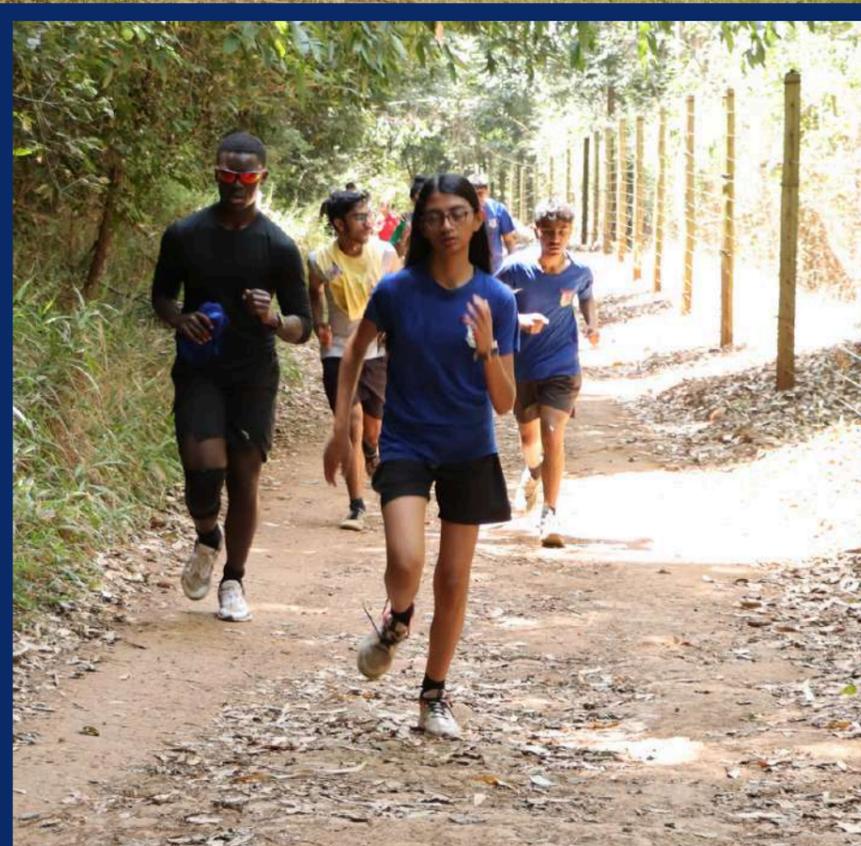


YEAR 11 AUSTRALIAN UNIVERSITY FAIR AT OSHWAL ACADEMY NAIROBI, SENIOR HIGH

Oshwal Academy Nairobi Senior High on Thursday 25th September hosted the Australian University Fair, bringing together representatives from 13 leading universities in Australia. The fair offered students a unique opportunity to interact directly with university officials, ask questions, and explore potential study pathways abroad. The visiting representatives commended our students for their thoughtful, focused questions, their strong sense of self-awareness, and the extensive research they had done before the event. This preparation not only impressed the university reps but also showcased the maturity and readiness of our students to take ownership of their future education and career choices.



ANNUAL CROSS COUNTRY

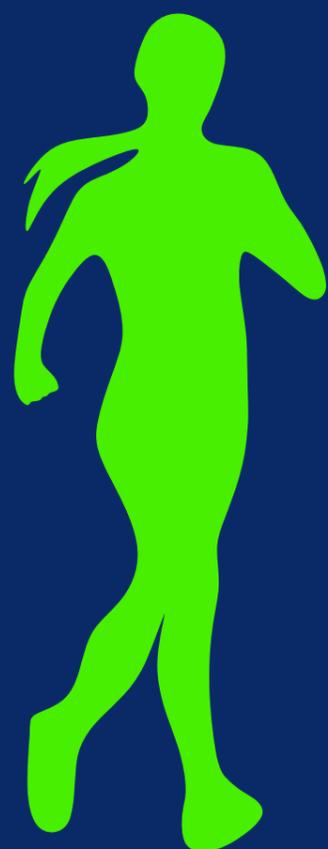


As a matter of tradition, we organize cross country which is held at the famous Karura Forest. Apart from being a way of exercising and keeping fit, it serves as a constant reminder to our students that we need to conserve and protect our environment. Karura Forest is well preserved and protected from potential land grabbers and illegal lumbering which would lead to deforestation. On 24th of September, the entire Junior High fraternity embarked on an annual noble cause.

All students arrived in school at 7:30 and Year 7 - 9 as well as Inclusive Education Department (IED) headed to Karura Forest .

As part of the requirements, our students needed to embrace the rules and regulations governing Karura Forest, key of which was to desist from carrying disposable bottles, which would litter and degrade the environment. The various groups were assigned different distances to cover. The race started with students from Year 7 and the Inclusive Education Department (IED) who ran 5 km. While Year 8 and Year 9 covered a distance of 8 km. Students from Year 10 and Year 11 arrived in school at 7:30 a.m. and had fun activities during the morning session.

They proceeded to Karura later to do their 8km and 10 km respectively. Which was the last race of the day. Cyclists were patrolling the routes to watch out for those in need of first aid and water. The event was quite peaceful, and we are all proud of our students' ability to take care of themselves and maintain a high standard of discipline.



ANNUAL CROSS COUNTRY IN PICTURES



ANNUAL CROSS COUNTRY IN PICTURES



ANNUAL CROSS COUNTRY IN PICTURES



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.



The U15 girls cricket played their third match against Premier Academy . They gave it their all and managed 81 runs while Premier had 147 runs.



The U15 boys' football team was on fire today, delivering outstanding performances in their league matches. They thrashed the host Premier School 10-0 and went on to hammer Rift Valley Academy 5-1. Team Oshwal netted an impressive total of 15 goals across the two matches👏👏



U13 Girls Football played against St.Austin's school they won 1-0.



U13 Boys team A won 3-1 against Woodcreek school. Man of the match George Kamau scoring 2 goals.



U13 girls football played against woodcreek and drew 1-1.



Girls U15 netball
Oshwal 10 St. Austin's 4

The Girl Who Tamed the Numbers

In the bustling city of Chennai, young Anjali attended a vibrant school., loved by her friends and teachers. She excelled in most subjects – her essays were vivid, her history lessons memorized perfectly, and her science experiments always bubbling with excitement. But there was one subject that made Anjali's heart sink: Mathematics.



Numbers seemed to dance mischievously on the page, formulas tangled into knots, and problems felt like insurmountable mountains. Despite her best efforts, her math scores were consistently low, and a shadow of self-doubt began to creep in. Her friends, who found math easy, would often try to help, but Anjali would just stare blankly at the equations. "I'm just not good at math," she'd often sigh, feeling a wave of despair.



One day, her math teacher, Mrs. Sharma, noticed Anjali's struggle. Instead of scolding her, Mrs. Sharma called Anjali aside. "Anjali," she said kindly, "Mathematics is not about being 'good' or 'bad' at it. It's about determination. It's like climbing a tree; you might slip a few times, but if you keep trying, you'll eventually reach the top."

Mrs. Sharma's words resonated with Anjali. That evening, instead of giving up, Anjali made a silent promise to herself. She would tame the numbers. She started dedicating an extra hour every day to math. She didn't just do her homework; she revisited old concepts, watched online tutorials, and practiced problems until her fingers ached. She wasn't afraid to make mistakes; in fact, she saw each error as a stepping stone, a chance to understand where she went wrong.

Her friends noticed her newfound determination. They saw her patiently working through problems, sometimes muttering to herself, sometimes drawing diagrams to visualize the numbers. There were days when she felt frustrated, when a concept just wouldn't click, but she remembered Mrs. Sharma's words and pushed through.

Slowly, almost imperceptibly, the numbers began to make sense. The formulas started to untangle, and the problems no longer looked like mountains but like solvable puzzles. In the next math test, Anjali still felt nervous, but a quiet confidence had replaced her usual dread.

Anjali hadn't become a math genius overnight, but she had achieved something far more important: she had conquered her fear and proven that **determination** could turn her biggest weakness into a growing strength. From that day on, Anjali approached every challenge, academic or otherwise, with the same unyielding spirit.



Moral of the Story: Determination is not just about achieving a big goal; it's also about overcoming personal struggles and improving through consistent effort, even in areas where you feel you lack natural talent. spirit.

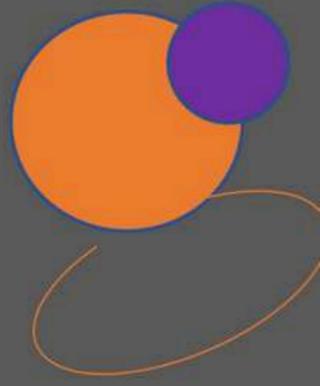


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 6 SCHEDULE

29th September – 5th October 2025



Monday – 29th Sept. 2025

Tuesday – 30th Sept. 2025

- U15 GIRLS NETBALL LEAGUE MATCH VS BRAESIDE LAVINGTON (AWAY) @ 2:30 PM

Wednesday – 1st Oct. 2025

- U13 BOYS FOOTBALL VS CRAWFORD (AWAY)
- U13 BOYS FOOTBALL VS BROOKHOUSE RUNDA (CRAWFORD)
- U13 BOYS FOOTBALL VS BRAESIDE THIKA (CRAWFORD) @1:30 PM
- KAISO HEAD OF DEPARTMENT'S FIXTURES MEETING @ BROOKHOUSE RUNDA @8:00 AM

Thursday – 2nd Oct. 2025

- U15 GIRLS NETBALL LEAGUE MATCH VS BROOKHURST LAVINGTON (HOME)

Friday – 3rd Oct. 2025

- PUBLIC SPEAKING DAY (8:00AM - 3:50PM)
- KAIS JUNIOR FIXTURES MEETING @ ST. CHRISTOPHER

Saturday – 4th Oct. 2025

- YEAR 11 PARENT-TEACHER CONFERENCE

Sunday – 5th Oct. 2025