



# TERM 2 OPENING ASSEMBLY

This term started on a very high note on Monday, 5th January 2026. The student and staff attendance was impressive. The students came well groomed. Some of the prefects on duty did the onus of coordinating the assembly.

The teachers made various announcements, followed by our Senior Leadership Team, led by our Head of School, Mrs. Sujata Yanamandra. In a nutshell, the students were reminded to maintain discipline and begin the term with vigor instead of waiting for exam time to begin working hard. They were also reminded about the need to actively get involved in the term activities. We look forward to a successful term and a fruitful academic year, both in academics and non-academic activities.



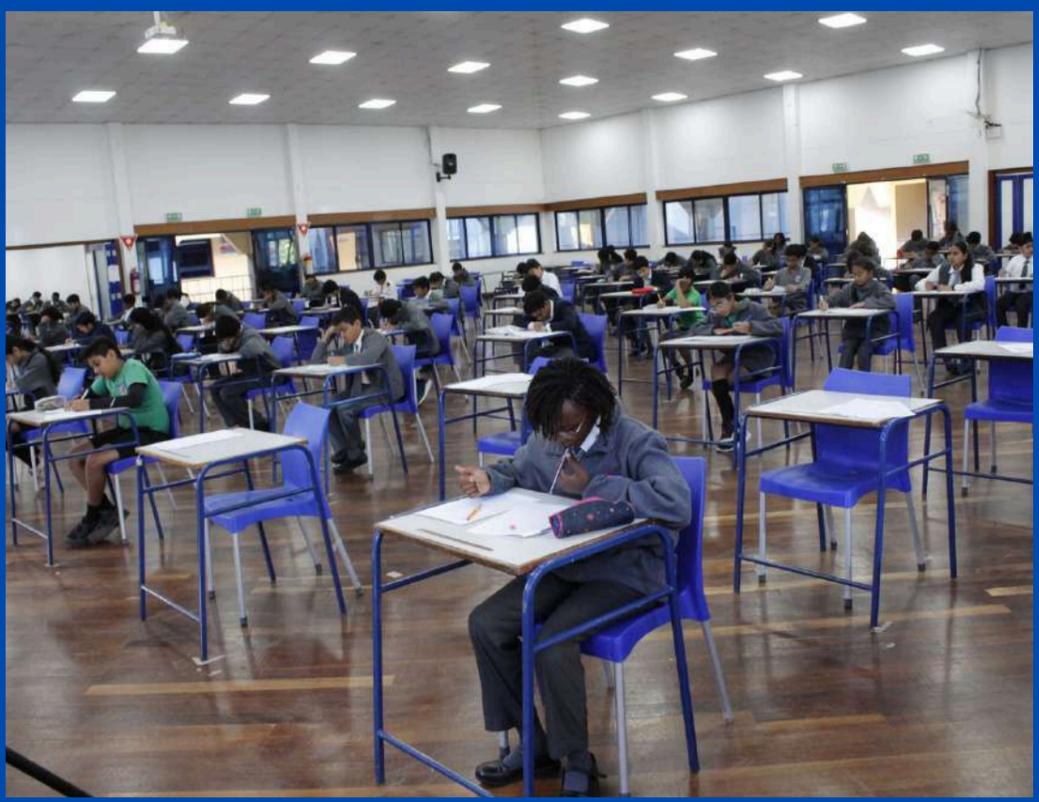
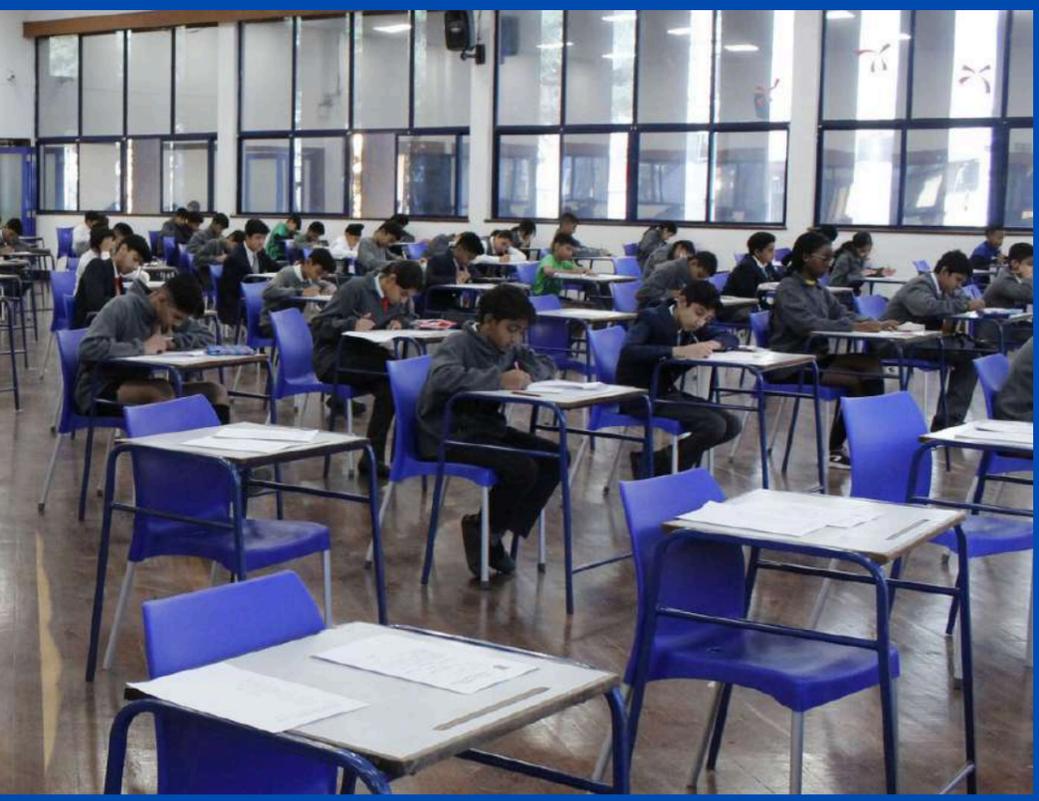
# STUDENTS USHER IN THE NEW YEAR ON TERM 2 OPENING DAY

Smiles, fresh energy, and a beautiful start to the year. Our students ushered in the 2026 Term 2 opening day by striking poses in the “Happy New Year 2026” photo frame, capturing the excitement of new beginnings. The morning was made even more special with soothing music from our Music Department, setting a calm and joyful tone for the term ahead.



# MATHS QUIZ ENTRANCE TEST

Some of our Year 7, 8, 9, 10 and 11 students took part in a mathematics entry test as part of their preparation for the Mathematics Challenge Competition scheduled for later this month. The test offered learners an opportunity to sharpen their problem-solving skills, build confidence, and challenge themselves beyond the classroom. We are proud of their focus and enthusiasm and look forward to seeing them apply these skills as the competition unfolds.



# FROM THE PASTORAL COORDINATOR'S DESK

## **Building Effective Communication Skills:**

### **A Foundation for Personal Growth and Healthy Relationships.**

Dear Students,

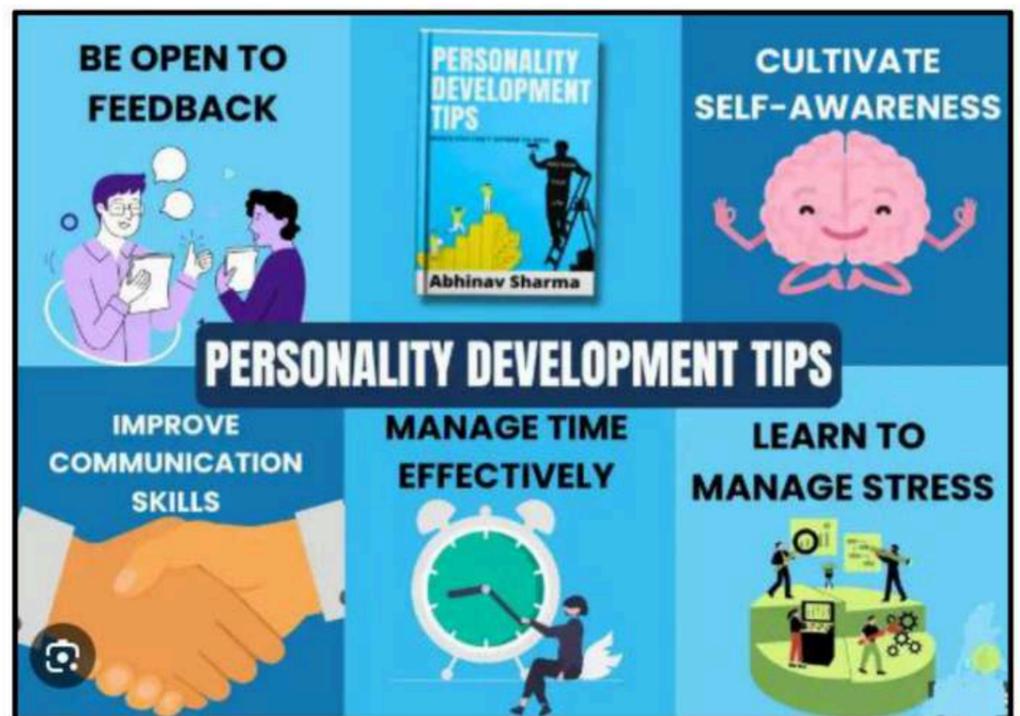
**Happy New Year 2026.** This term, our focus is on an essential aspect of personal development—**Building Effective Communication Skills**. Good communication is not just about talking; it's about understanding others, expressing yourself clearly, and fostering positive relationships. As you develop these skills, you will find it easier to navigate challenges, build friendships, and succeed academically and socially.

### **Active Listening and Assertiveness.**

One of the most powerful communication skills is **active listening**. This means fully paying attention to the speaker, showing genuine interest, and providing appropriate feedback. When you listen actively, you demonstrate respect and understanding, which strengthens your relationships. Remember, listening is not just waiting for your turn to speak but truly hearing what others are saying.

Alongside listening, **assertiveness** is key. Being assertive means confidently expressing your thoughts, feelings, and needs

while respecting others. It involves stating your opinions honestly and calmly, without being aggressive or passive. Developing assertiveness helps you stand up for yourself and communicate your boundaries effectively.



# **FROM THE PASTORAL** **COORDINATOR'S DESK**

## **Conflict Resolution Strategies**

Conflicts are a natural part of life, but how we handle them makes all the difference. Healthy conflict resolution involves understanding different perspectives, staying calm, and seeking solutions rather than blame. Some effective strategies include:

- **Listening to understand**, not just to respond.
- Using “I” statements to express your feelings (e.g., “I feel upset when...”).
- Finding common ground and working towards a compromise.
- Knowing when to take a break and revisit the conversation later if emotions are running high.

## **Why These Skills Matter**

Mastering active listening, assertiveness, and conflict resolution equips you with tools to build respectful and meaningful relationships. These skills will serve you well not only in Oshwal Academy Nairobi – Junior High, but also in your future personal and professional life.

Let's make a conscious effort to practice these skills daily. Remember, effective communication is the bridge to understanding, respect, and success.

OSHWAL ACADEMY JUNIOR HIGH SCHOOL

# THOUGHT OF THE WEEK



Lets practise love and kindness this week!

## Gratitude Monday

Start the week by expressing gratitude. Leave a kind message for a classmate, teacher, or friend.

## Compliment Tuesday

Today is all about compliments! Recognize and appreciate the positive qualities of those around you.

## Small Acts Wednesday

Perform small acts of kindness, such as holding the door for someone, offering help

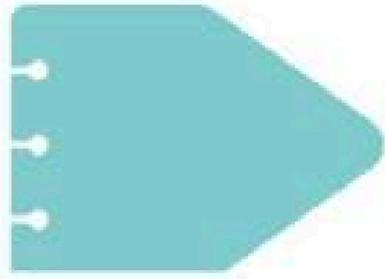
## Compassion Thursday

Practice compassion by being mindful of others' feelings.

## Kindness Friday

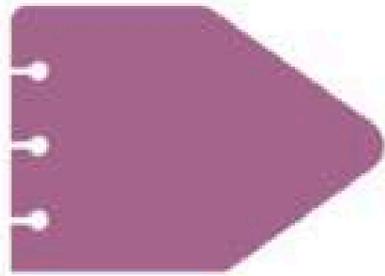
Spread acts of kindness.

# DAILY Kindness CALENDAR



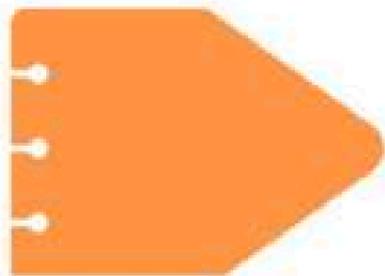
## Anonymous Deed **Monday**

Do something nice for someone without telling them



## Love the Earth **Tuesday**

Do a good deed for the earth- plant a tree, water a flower, or pick up trash



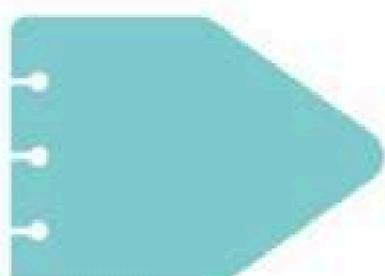
## Caring Words **Wednesday**

Tell someone something nice about themselves



## Education **Thursday**

Read a book or educate yourself on another culture, religion, or lifestyle



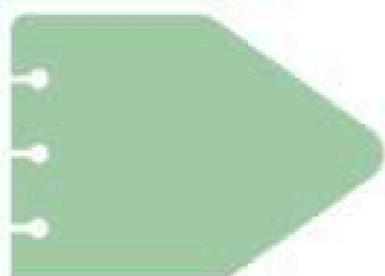
## Helpful **Friday**

Help someone out, whether it is a friend, or someone less fortunate



## Chore **Saturday**

Do a special chore to help parents out



## Self-care **Sunday**

Be kind to yourself, and do something you enjoy. You deserve it!



# RANDOM ACTS OF KINDNESS



Donate food,  
toys & books



Bring hot cocoa  
to a friend



Smile at everyone  
you come across



Give a secret gift  
to someone



Give out free hugs



Call your  
grandparents



Pick up trash



Volunteer



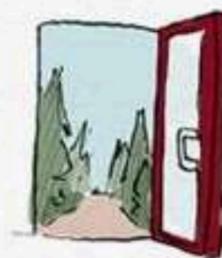
Send a handwritten  
note or text message



Walk a dog



Put positive sticky  
notes on mirrors



Hold a  
door open



Send anonymous  
flowers



Babysit



Say please &  
thank you



Plant a tree



Say hello



Pass out  
balloons



# A Glass of Milk



There once was a poor boy who spent his days going door-to-door selling newspapers to pay for school. One day, as he was walking his route, he started feeling low and weak. The poor boy was starving, so he decided to ask for food when he came to the next door.

The poor boy asked for food but was denied every time, until he reached the door of a girl. He asked for a glass of water, but seeing his poor state, the girl came back with a glass of milk. The boy asked how much he owed her for the milk, but she refused payment.

Years later, the girl, who was now a grown woman, fell sick. She went from doctor to doctor, but no one was able to cure her. Finally, she went to the best doctor in town.

The doctor spent months treating her until she was finally cured. Despite her happiness, she was afraid she couldn't afford to pay the bill. But, when the hospital handed her the bill, it read, 'Paid in full, with a glass of milk.'

*The Moral*  
*No good deed goes unrewarded.*

## Short Story



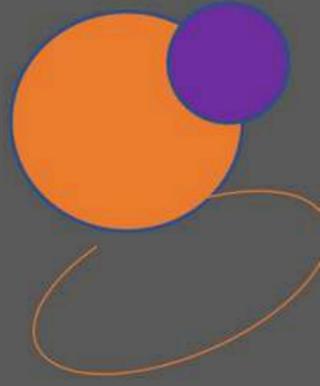


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 2 SCHEDULE

12<sup>th</sup> January – 18<sup>th</sup> January 2026



Monday – 12<sup>th</sup> Jan. 2026

- PREFECTS' APPLICATION BEGIN

Tuesday – 13<sup>th</sup> Jan. 2026

Wednesday – 14<sup>th</sup> Jan. 2026

- U13 BOYS BASKETBALL VS BROOKHURST LAVINGTON
- U13 GIRLS NETBALL VS BROOKHURST LAVINGTON (A)

Thursday – 15<sup>th</sup> Jan. 2026

- YEAR 11 GEOGRAPHY TRIP TO KARURA
- U15 BOYS & GIRLS HOCKEY VS BROOKHOUSE RUNDA (H)

Friday – 16<sup>th</sup> Jan. 2026

- IGCSE PE CROSSCOUNTRY & CYCLING FILMING @ NAIVASHA
- IPSSA HOCKEY & BASKETBALL INSET @ OSHWAL

Saturday – 17<sup>th</sup> Jan. 2026

- YEAR 11 PARENTS' COFFEE MORNING
- SON SWIMMING GALA @ SON

Sunday – 18<sup>th</sup> Jan. 2026