



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 2 NEWSLETTER 2025-2026

QUOTE OF WEEK:

"Don't do what you can do; try to do what you can't do."

- Anton Chekhov



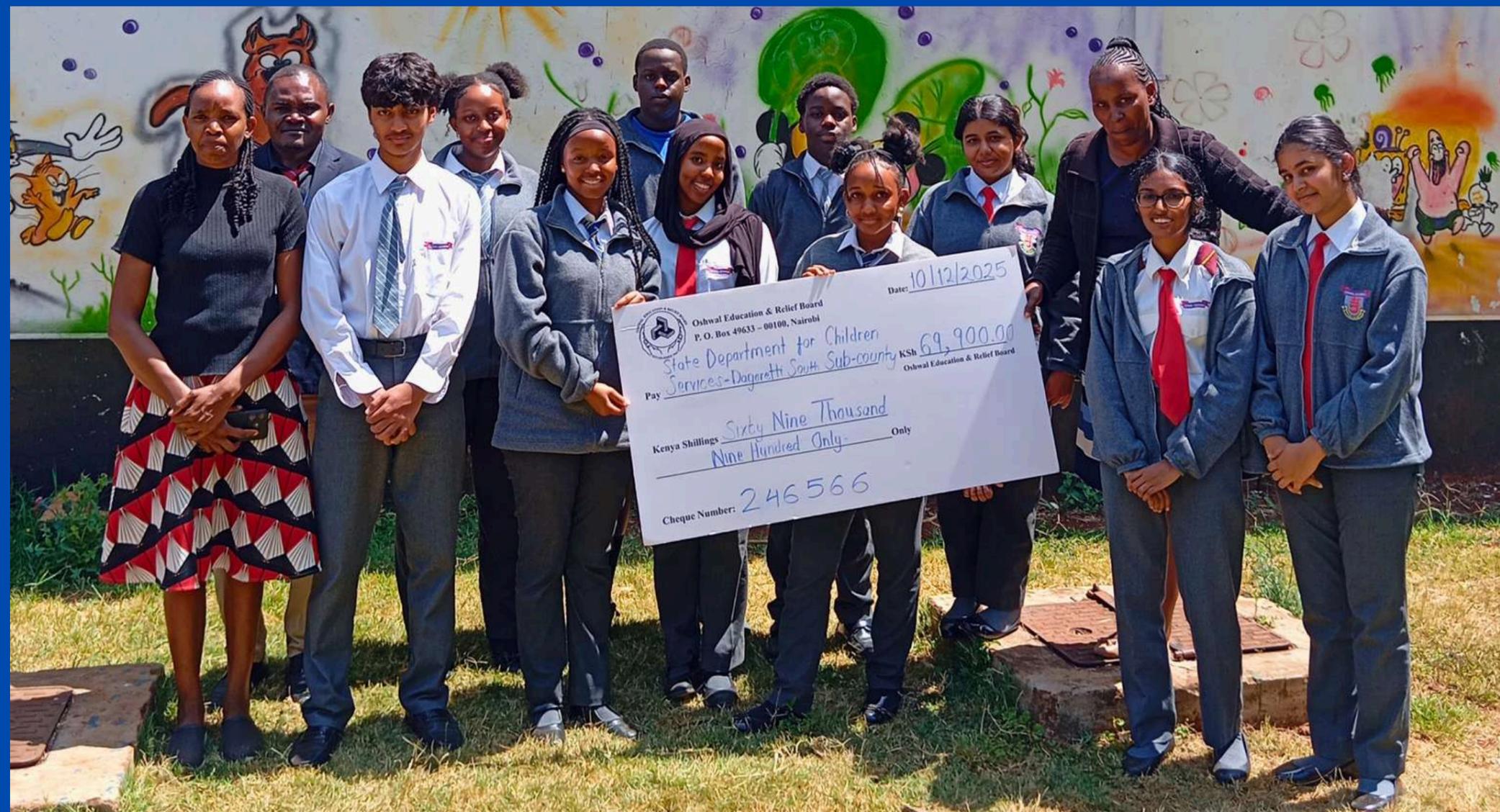
RECOGNITION OF OUTSTANDING SPORTING ACHIEVEMENTS DURING SCHOOL ASSEMBLY

We proudly celebrated our students' exceptional sporting achievements during assembly, where trophies and medals were presented in recognition of their dedication and excellence. Rajveer (Year 9D) delivered an outstanding performance, securing first place in both singles and doubles at the Oshwal Mini Games. He also achieved first place in singles and second place in doubles at the Nairobi Badminton League. Ayaan (Year 9C) and Dhian (Year 9G) emerged winners at the Mini Games 2025 Padel competition and also secured third place in the U14 Padel category. In addition, Ayaan claimed first place in the Boys U14 Invitational Masters Tennis tournament and went on to achieve overall first place in the Kenya Junior U16 Tennis competition. In swimming, Taisha Malde stood out with an exceptional performance at the Oshwal Mini Games 2025 Swimming Gala held at Oshwal Complex, winning an impressive total of 11 medals. We congratulate all our students for representing the school with pride and excellence.

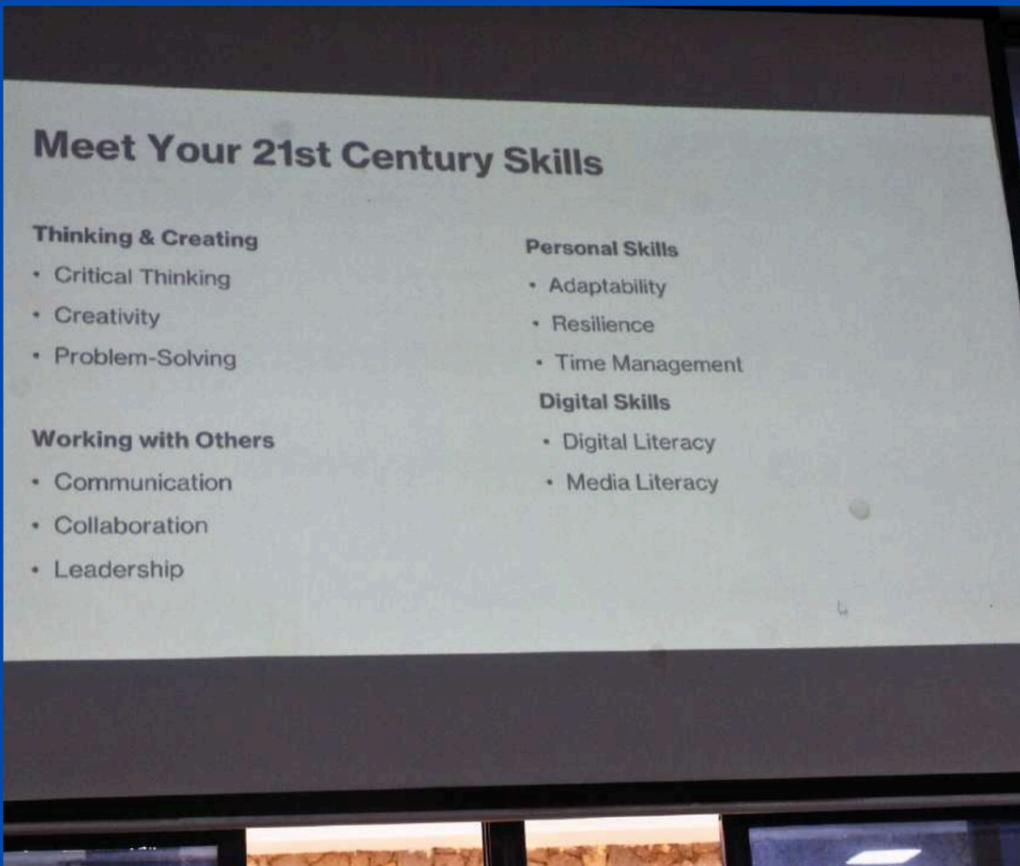


COMMUNITY OUTREACH AND CHARITY ENGAGEMENT

On Wednesday, 10th December 2025, students, accompanied by their teachers Mr. Ayako and Mr. Mwololo, made charitable donations to Mother Teresa Children's Home and Nairobi Children Rescue Centre.



YEAR 8 CAREER TALK ON FUTURE PROOF YOURSELF



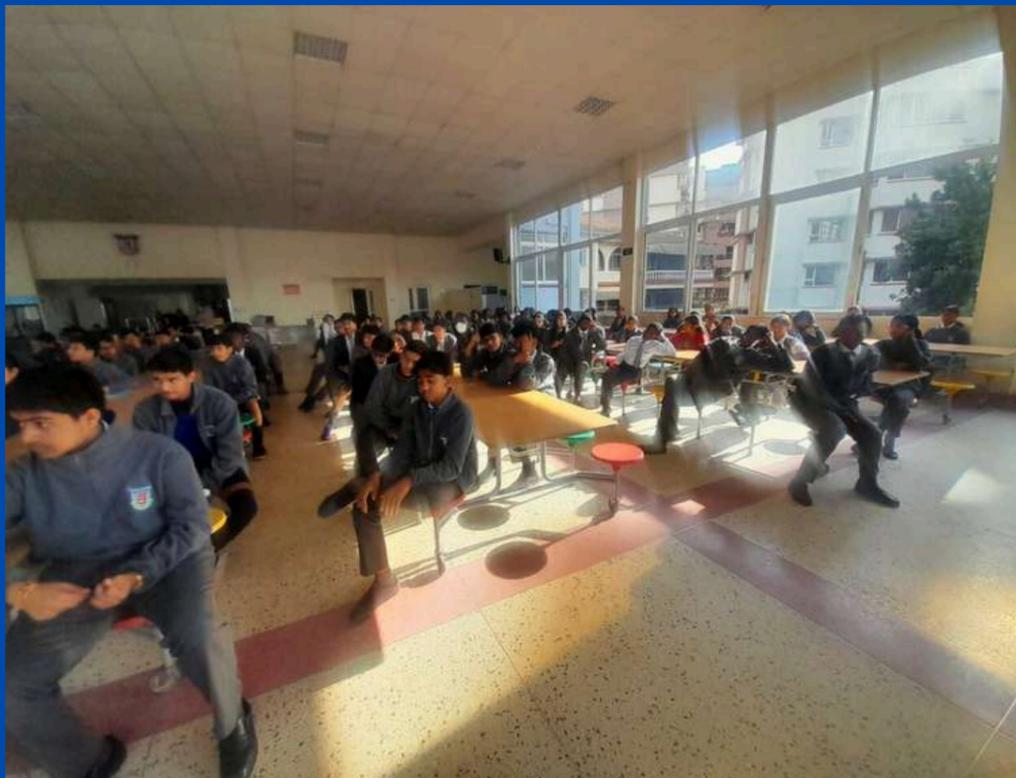
INCLUSIVE EDUCATION PRACTICAL LIFE SKILLS SESSION

Our Inclusive Education students engaged in a hands-on cooking session, preparing a colourful vegetable pasta. Through chopping, steaming, and frying fresh vegetables, the activity built practical life skills and teamwork, ending with a delicious and nutritious meal.



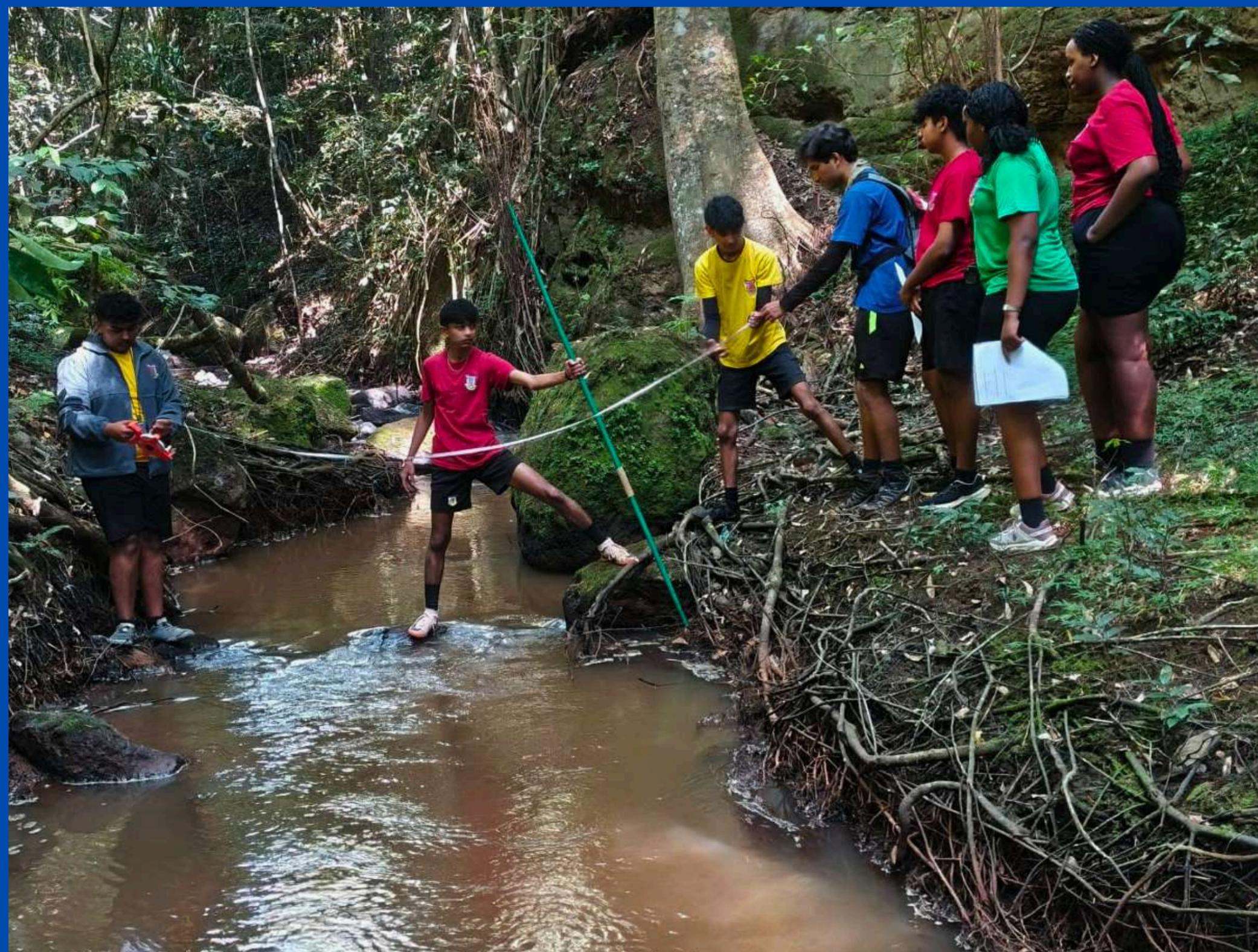
YEAR 9 ADOLESCENT DEVELOPMENT AND WELLBEING SESSION

Year 9 students took part in an adolescent guidance session. The boys were engaged by Mr. Noah and Mr. K'opiyo, while the girls were guided by Ms. Joyce. The session provided a safe space for learning, discussion, and growth



YEAR 11 GEOGRAPHY STUDENTS FIELD TRIP TO KARURA FOREST

Year 11 Geography students visited Karura Forest for a hands-on study of ecosystems and conservation. They observed biodiversity, explored key features, and linked classroom learning to real environments.



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.



U13 Boys Basketball team played their first fixture of the term against Brookhurst Lavington, losing by 32 points to 25.



The U13 Girls Netball team played against Brookhurst Lavington and won 16-2



The U15 Boys Hockey Team played their first KAISO league match against Brookhouse Runda at Oshwal center. Oshwal won 5-0



**U15 Girls Hockey
Oshwal 2 Brookhouse 0**



FROM THE PASTORAL COORDINATOR'S DESK

PASTORAL MESSAGE TO STUDENTS.

Dear Students,

Greetings in the spirit of growth and excellence! Today, I want to share a message about a vital aspect of your journey—**Goal Setting and Personal Development**. These are powerful tools that can shape your future, unlock your potential, and help you become the best version of yourself.

The Power of Setting Goals

Setting goals is like drawing a roadmap for your life. It gives you direction, purpose, and motivation. When you set clear, achievable goals, you create a vision of where you want to go. Whether it's excelling in your studies, developing a new skill, or becoming more helpful to others, goals help you focus your energy and efforts.



How to Set Effective Goals

1. **Be Specific:** Instead of saying, "I want to do better," specify, "I want to improve my math grade by 10%."
2. **Make Them Measurable:** Ensure you can track your progress.
3. **Set Realistic Goals:** Challenge yourself, but stay within your reach.
4. **Time-bound:** Give yourself a deadline to achieve your goals.
5. **Write Them Down:** Documenting your goals makes them real and reinforces commitment.

FROM THE PASTORAL COORDINATOR'S DESK

Developing Good Habits

Goals are powerful, but habits are the building blocks of lasting change. Good habits such as disciplined study routines, regular prayer or reflection, healthy eating, and proper rest form the foundation for personal growth.

Tips for Cultivating Good Habits

- Start small and be consistent.
- Replace bad habits with good ones gradually.
- Use reminders and accountability partners.
- Celebrate small victories to stay motivated.
- Be patient and persistent; change takes time.

The Role of Personal Development

Personal development involves continuously improving yourself—your character, skills, and mindset. It requires self-awareness, a willingness to learn, and a positive attitude. Embrace challenges as opportunities to grow, and never stop seeking knowledge and self-improvement.



In Conclusion

Remember, setting goals and developing good habits are lifelong pursuits. They empower you to take charge of your destiny, overcome obstacles, and realize your dreams. I encourage you all today to reflect on what you want to achieve and the habits that will help you get there. Write down your goals, commit to your plans, and nurture the habits that will lead you to success.

May you be inspired to aim high, work diligently, and grow continually. Your future is bright, and with determination and faith, you can accomplish great things!

Blessings and best wishes.



OSHWAL ACADEMY JUNIOR HIGH

THOUGHT OF THE WEEK



POSITIVE ATTITUDE

One small
.....
POSITIVE
THOUGHT ☺
EACH MORNING
can change
YOUR
Whole Day ↻

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.

Pet Riley

#PositiveAttitude

One small
.....

POSITIVE

THOUGHT

EACH MORNING

can change
YOUR

Whole Day

The Power of a Positive Attitude



Rohan was a bright and curious boy, but he had been struggling in school for months. No matter how hard he tried, he just couldn't seem to grasp the concepts and was failing his exams. He felt like giving up and thought that he just wasn't cut out for school.

One day, his teacher, Mrs. Kumar, approached him after class. "Rohan, I know you're struggling, but I believe in you," she said. "I want you to help me with a special project – our school garden. We need someone to help us plant and maintain it."

Rohan was hesitant at first. He didn't know anything about gardening and didn't think it would help him with his studies. But Mrs. Kumar's enthusiasm was infectious, and eventually, he agreed to give it a try.

As Rohan worked on the garden, he began to realize that it wasn't just about planting seeds and watering them. It was about nurturing and caring for something, and watching it grow. He started to enjoy the process and took pride in his work.



But what really surprised Rohan was how much he learned from the experience. He learned about responsibility, hard work, and the importance of a positive attitude. He realized that if he could make a difference in the garden, he could make a difference in his studies too.

With newfound determination, Rohan started applying the same attitude to his schoolwork. He began to pay attention in class, ask questions, and seek help when he

needed it. And slowly but surely, his grades started to improve.

Rohan's confidence grew, and he started to enjoy learning again. He realized that he wasn't a failure and that he was capable of achieving his goals. He learned that a positive attitude can change everything and that with hard work and determination, anything is possible.

From that day on, Rohan approached challenges with a new mindset. He knew that he could overcome obstacles and achieve his dreams, one small step at a time. And he never forgot the lessons he learned in the school garden – lessons that stayed with him for the rest of his life.



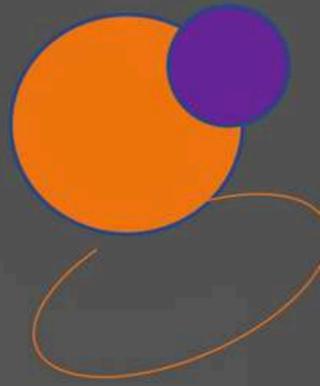


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 3 SCHEDULE

19th January – 25th January 2026



Monday – 19th Jan. 2026

- IGCSE PE NETBALL & ROUNDERS VS NAISULA (A) @10:30AM
- U15 GIRLS HOCEKY VS ROSSLYN (H) @2PM

Tuesday – 20th Jan. 2026

- U15 GIRLS HOCKEY LEAGUE VS BRAESIDE LAVINGTON (A) @3PM

Wednesday – 21st Jan. 2026

- U15 GIRLS FOOTBALL LEAGUE VS AGAKHAN (H) 2PM
- U15 BOYS BASKETBALL VS AGAKHAN (H) @2PM
- U13 BOYS & GIRLS FOOTBALL VS NIS (H) @ 2PM

Thursday – 22nd Jan. 2026

- MATHS CONTEST
- U15 GIRLS FOOTBALL LEAGUE VS PREMIER (H) @2PM

Friday – 23rd Jan. 2026

- ANNUAL SWIMMING GALA

Saturday – 24th Jan. 2026

- YEAR 11 PARENT-TEACHER CONFERENCE (9AM -12PM)
- BGE INVITATIONAL U15 BOYS FOOTBALL TOURNAMENT
- NCSA LEVEL 1 SWIMMING GALA @KIOTA
- HOG CHARGE @ PEPONI

Sunday – 25th Jan. 2026

- HOG CHARGE @PEPONI
- NCSA LEVEL 1 SWIMMING GALA @KIOTA