



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 3 NEWSLETTER 2025-2026

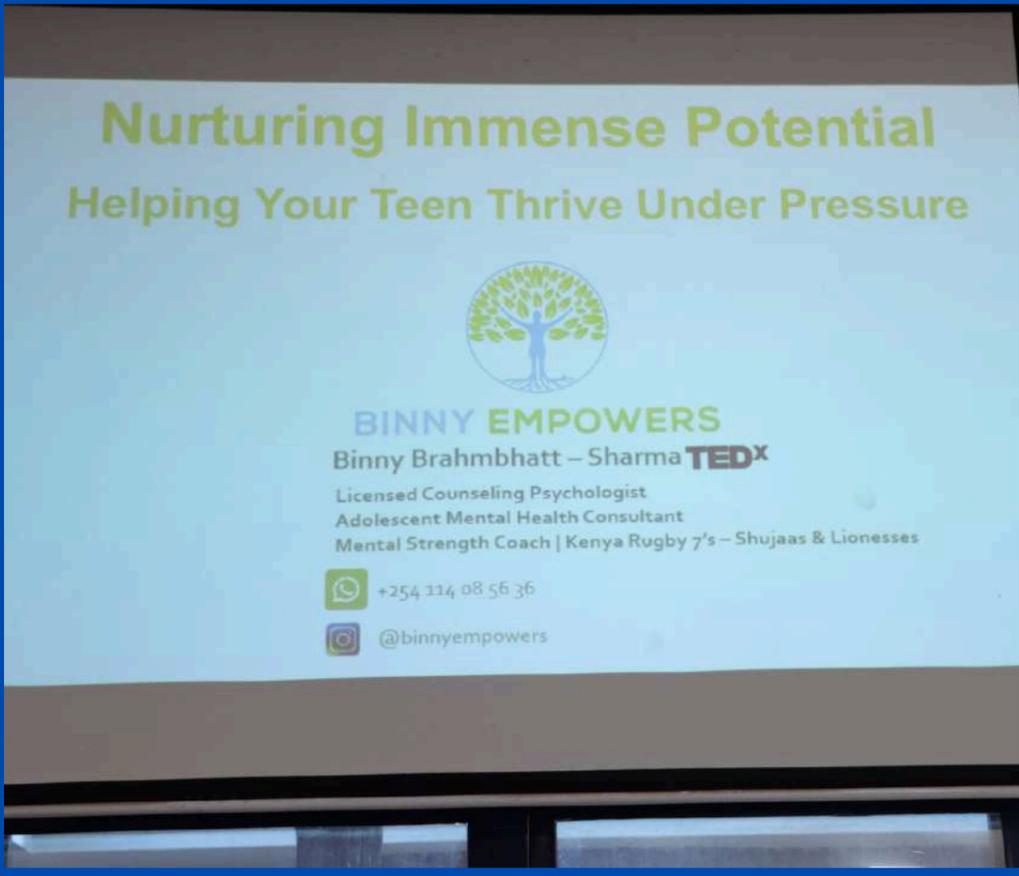
QUOTE OF WEEK:

"If you want to see results, look
at the things you are doing
now."

- Immanuel Kant



YEAR 11 COFFEE MORNING TALK FACILITATED BY MRS. BINNY BRAHMBHATT (MENTAL HEALTH CONSULTANT)



YEAR 7 BEHAVIOUR MANAGEMENT TALK

Year 7 students participated in an interactive session with the Head Proctor, Mr. Nicholas, and the Head of Year 7, Ms. Esther, on topics such as self-discipline in school and outside school, healthy relationships, and empathy for one another.



YEAR 9 CAREER TALK: DISCOVERING PURPOSE

Year 9 students recently took part in a career talk led by Ms. Reena Gore, a Year 9 parent, who spoke to them about the idea of purpose. Instead of focusing on specific job titles, Ms. Gore encouraged students to reflect on four important areas: what they enjoy doing, what they are good at, what the world needs, and what they can realistically earn a living from. She explained how purpose often sits where these four areas overlap, helping students think more clearly about future choices. Ms. Gore also challenged some common myths about purpose, such as the belief that it is something people must figure out early in life or that it remains the same forever. She reminded students that it is normal to explore different interests, change direction, and learn through experience. The session prompted thoughtful questions and personal reflection, giving students practical ideas to think about as they continue to grow and discover their strengths.



ANNUAL INTER-HOUSE MATHEMATICS COMPETITION 2026

Oshwal Academy Nairobi Junior High, through the Mathematics Department, hosted an Inter-House Mathematics Competition. House nominees completed a selection test before competing in a four-round quiz, including an engaging mental math round. The event strengthened problem-solving skills and aligned well with the IGCSE focus on non-calculator proficiency.



YEAR 11 UNITED KINGDOM UNIVERSITY FAIR AT OSHWAL CENTER

This year Oshwal Academy Nairobi hosted the United Kingdom University Fair for schools. The event brought together representatives from a wide range of universities across the world, giving students a chance to explore courses, ask questions, and learn about future study options. While university may still feel some years away, the fair provided an early opportunity to broaden their horizons, understand what different institutions offer, and start thinking about the subjects and skills that will prepare them best. Experiences like these help our learners make more informed choices and motivate them to stay focused on their academic journey.



YEAR 11 PHYSICAL EDUCATION IGCSE ROCK CLIMBING

Year 11 IGCSE P.E. students took part in the rock climbing experience at Hell's Gate National Park. Rock climbing is part of the IGCSE PE coursework. The students are required to master and demonstrate good techniques in rock climbing, which will be filmed and assessed as part of their exam.



YEAR 11 PHYSICAL EDUCATION IGCSE CROSS-COUNTRY

Year 11 IGCSE P.E. students took part in a cross-country experience at Hell's Gate National Park. Cross-country is part of the IGCSE PE coursework. The students are required to demonstrate endurance, pacing, and good technique. The activity will be filmed and assessed as part of their practical examination.



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.



U15 Girls Hockey played their second League match against Braeside Lavington. They won 1-0 with the solitary goal scored by Khushee Malde. MVPs were Mahi Malde and Abby Ruhiu.



The Under 15 girls football team played their first league match against Agakhan. The score was 1:1



**The Under 13 goes team played a friendly fixture against Nairobi International School (NIS)
The score was 3-1**



U14 boys' football team played a fixture today against NIS winning 3-0

FROM THE PASTORAL COORDINATOR'S DESK

Dealing with Peer Pressure:

Making Positive Choices and Standing Up for Yourself

Peer pressure is a common experience during school years, affecting students of all ages. It refers to the influence that friends or classmates have on your decisions, often encouraging you to act in ways that may not align with your values or best interests. While peer pressure can sometimes be positive, motivating us to try new things or work towards common goals, it is often associated with negative influences such as risky behaviours, unhealthy habits, or compromising personal beliefs.

Understanding Peer Pressure

Peer pressure manifests in various ways – from subtle suggestions to outright intimidation. It can be direct, such as friends encouraging you to skip class or try substances, or indirect, like feeling the need to fit in by conforming to certain fashion trends or social behaviours. The key challenge is maintaining your individuality while still belonging to your peer group.

PHRASES TO EMPOWER KIDS TO DEAL WITH PEER PRESSURE

- ◆ "Peer pressure is when someone tries to make you do something you're not comfortable with. It's okay to stand your ground."
- ◆ "Real friends won't make you feel like you have to do something to earn their love."
- ◆ "It's okay to say 'yes' when you want to, but it's equally okay to say 'no' when you don't."
- ◆ "You have the power to make your own choices and decisions. Trust your instincts."



FROM THE PASTORAL COORDINATOR'S DESK

Why Do Students Succumb to Peer Pressure?

Many students find it difficult to stand up for themselves because they fear rejection, ridicule, or losing friendships. The desire to be accepted and liked by peers often outweighs personal judgment. However, it's essential to remember that true friends respect your choices and values.

Strategies for Making Positive Choices

1. **Know Your Values:** Clarify what is important to you. Having a clear understanding of your morals and goals helps you make decisions aligned with your true self.
2. **Build Self-Confidence:** Confidence in your beliefs makes it easier to resist peer pressure. Practice saying "no" firmly and politely.
3. **Choose Your Friends Wisely:** Surround yourself with friends who respect your decisions and support your positive endeavours.
4. **Plan Your Responses:** Prepare in advance how you'll respond to peer pressure situations. For example, you might say, "No, thanks," or suggest an alternative activity.
5. **Seek Support:** Talk to trusted adults—pastoral coordinator, teachers, parents, or counsellors—about peer pressure. They can offer guidance and reassurance.
6. **Engage in Positive Activities:** Participate in clubs, sports, or other interests that boost your self-esteem and connect you with like-minded peers.

Standing Up for Yourself

Standing up for oneself is a vital skill that fosters respect and maintains personal integrity. Here are some tips:

- **Be Self-confident:** Use confident body language and speak clearly. Assertiveness is about respecting yourself and others.
- **Use "I" Statements:** Express your feelings without blaming others, e.g., "I don't feel comfortable doing that."
- **Stay Calm:** Keep your composure even if others challenge you. Responding calmly makes your stance more convincing.
- **KNOW WHEN TO WALK AWAY:** If a situation becomes uncomfortable or unsafe, remove yourself and seek help if needed.

FROM THE PASTORAL **COORDINATOR'S DESK**

The power of saying NO

Remember, saying no is a complete sentence. You don't need to justify or apologize for your choices. Respect yourself enough to stand firm against negative peer pressure.

Conclusion

Dealing with peer pressure is an ongoing process that requires self-awareness, confidence, and courage. By making positive choices and standing up for yourself, you not only protect your well-being but also set a positive example for others. True friends value your honesty and respect your decisions. Embrace your individuality, stay true to your values, and remember that you have the power to influence your life positively.

Stay strong, be confident, and make choices that reflect the best version of yourself!



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



EVERY

thing
IS

POSSIBLE

if you always

BELIEVE

IN

YOURSELF



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.



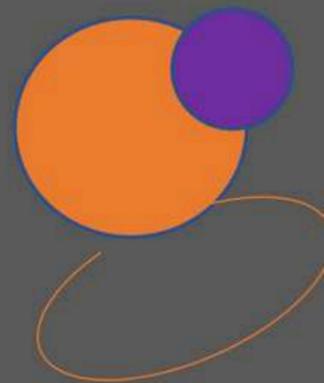


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 4 SCHEDULE

26th January – 1st February 2026



Monday – 26th Jan. 2026

- U15 BOYS & GIRLS HOCKEY VS BRAESIDE THIKA (A) @12:30PM
- CLOSE OF PREFECT APPLICATIONS

Tuesday – 27th Jan. 2026

- MS-ECAMUN CONFERENCE @ KICC

Wednesday – 28th Jan. 2026

- U13 BOYS & GIRLS HOCKEY VS BRAESIDE THIKA (H)
- U15 & U13 BOYS BASKETBALL VS NIS (A)
- MS-ECAMUN CONFERENCE

Thursday – 29th Jan. 2026

- MS-ECAMUN CONFERENCE
- U15 GIRLS HOCKEY VS ROSSLYN (H) @ 2PM

Friday – 30th Jan. 2026

- MS-ECAMUN CONFERENCE
- KENYA UNIVERSITIES FAIR @ SENIOR HIGH
- IGCSE PE FILMING - BASKETBALL & ROUNDERS
- OSHWAL FRIENDLY SWIMMING GALA

Saturday – 31st Jan. 2026

- IPSSA U13 BOYS & GIRLS HOCKEY TOURNAMENT @OSHWAL CENTER
- IPSSA U17 BOYS BASKETBALL TOURNAMENT @OSHWAL
- U15 BOYS & GIRLS HOCKEY INVITATIONAL TOURNAMENT @HILLCREST

Sunday – 1st Feb. 2026