

AWARDING HARDWORK AT THE ASSEMBLY



Ayaan Mikail Quadros of Year 9C clinched the Under-16 Boys title at the International Tennis Federation (ITF) Eastern African Junior Tennis Competition. He received his medal from our Head of School, Mrs. Sujata.



Our swimming team proudly represented the school at the Nairobi County Swimming Association Level 1 Championships at Kiota School, bringing home an impressive medal haul. Well done to all our swimmers, with medals and certificates presented by the Deputy Head of School, Mr. Nelson.

EAST AND CENTRAL AFRICAN MODEL UNITED NATIONS (ECAMUN) DELEGATION TO KENYATTA INTERNATIONAL CONVENTION CENTER (K.I.C.C.) 2026

Our East and Central African Model United Nations (ECAMUN) Delegation Conference students embarked on an intensive full-week conference at the Kenyatta International Convention Center (K.I.C.C.), where they got to candidly debate various resolutions. This year we took 24 students who were spread across different committees such as Health and Technology, Ecology, Human Rights, and Special Summit. The students' participation was outstanding, and most of them got a chance to address their various committees despite the large numbers of delegates from all over East Africa.



YEAR 10 CAREER TALK: INDUSTRY AWARENESS AND WORK PLACEMENTS

Year 10 students engaged in an industry awareness and work placements talk facilitated by our Career Counsellor, Ms. Makena, gaining practical insights to help guide future career choices.



ANNUAL INTER-HOUSE SWIMMING GALA 2026

The Annual Inter-house Swimming Gala took place on Friday, 23rd January 2026. The weather was at its best, thus making it perfect for the meet. The selected students swam for their houses after battling it out internally in the inter-house selections a week prior to clinch top positions, that's positions one and two, to be able to compete in the Junior High inter-house meet.

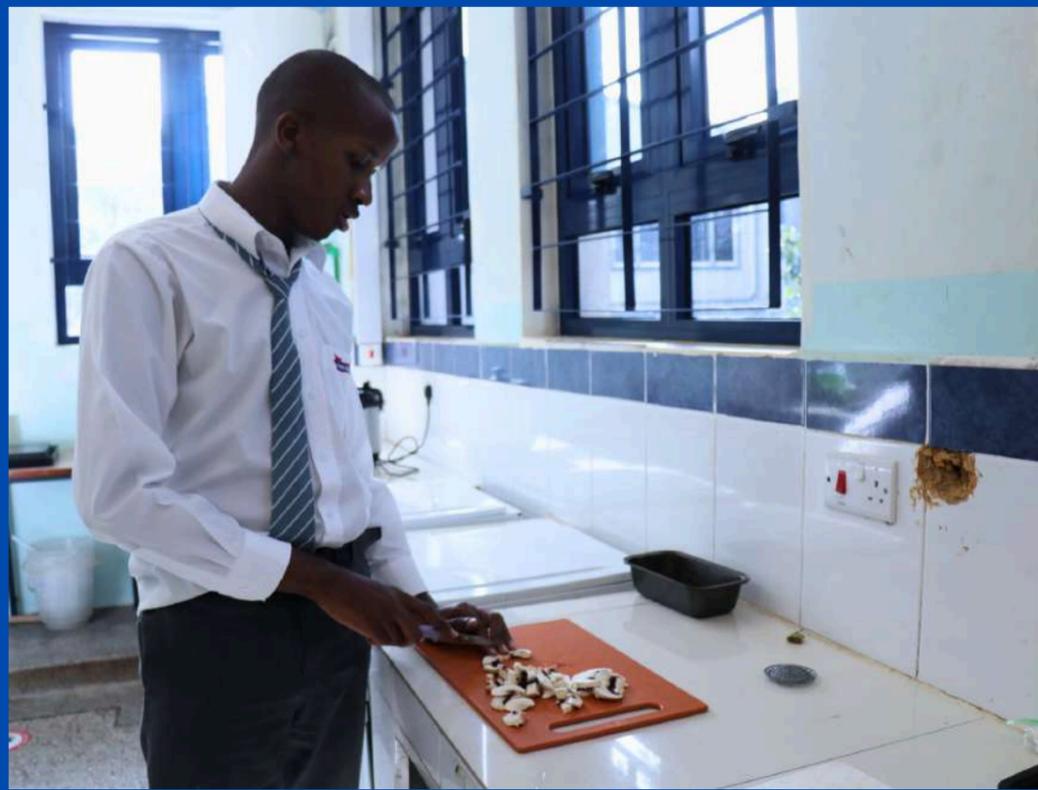


FLAMINGO	272
SIMBA	301
GAZELLE	330
IMPALA	373



INCLUSIVE EDUCATION DEPARTMENT PIZZA FUN!

This week, our Inclusive Education Department students had a blast making mushroom pizzas and colorful green topping pizzas. Everyone played a role—from adding toppings to spreading cheese—working together to create pizzas that were crunchy, cheesy, and absolutely mouthwatering! A fun-filled lesson full of teamwork, learning, and delicious smiles. Well done, super chefs!





27TH EDITION OF THE

HOG CHARGE

@Northlands Ranch, Ruiru

HOG Charge is a team cycling fundraising event that supports the conservation of Kenya's water towers. The following boys proudly represented our school at the Peponi School HOG Charge over the weekend:

Ranvir Chauhan – 11F (Captain)

Ranjodh Singh Hira – 11F

Neev Nitin Malde – 11E

Kathan Maulik Patel – 11D

All participants were awarded with a certificate of participation for their successful finish of the cycled distance. Participants achieved a lot in terms of competition skills and socialization skills among others.



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.



The U15 Girl's Football Team played their second league game against Premier Academy. It was tightly contested, but the girls won 1:0. Congratulations to the team.



The U15 Boys Basketball Team played their first fixture match against Aga Khan School at Oshwal Academy Nairobi Junior High. We won 60-42.



The U15 Girls Hockey Team continued their winning streak by overwhelming Braeside Thika 3-0. The MVPs were Siya Nagaria 10F and Khushee Malde 10B



The U15 Boys Hockey Team won 2-0 against the host Braeside Thika.



The U13 Boys Basketball Team played a friendly fixture against Nairobi International School (NIS) and won 25:11. Congratulations to the team.



The U13 Girls Hockey Team played against Braeside Thika and won 4-1.

FROM SPORTS CORNER



The U15 boys Basketball Team played against Nairobi International School (NIS), and lost 27-25 in favour of the visitors.



Our U13 Boys Hockey Team played against Braeside Thika, winning 8-0.

FROM THE PASTORAL COORDINATOR'S DESK

Mindfulness & Mental Health:

Nurturing Well-Being in Our School Community

In today's fast-paced world, mindfulness has become an essential tool for promoting **mental health** and **emotional resilience among students and staff alike**. As Oshwal Academy Junior High School Community, it is our responsibility to foster an environment where mental well-being is prioritized, understood, and supported. This week, we focus on the importance of mindfulness and recognizing signs of mental health issues, empowering everyone (*Teachers, Students, Administration Staff, Support Staff and our Security Staff*) to take proactive steps towards a healthier, more balanced life.

Simple Mindfulness Exercises

Mindfulness involves paying deliberate, non-judgmental attention to the present moment. It helps us become more aware of our thoughts, feelings, and bodily sensations, thereby reducing stress and enhancing emotional regulation. Here are some simple exercises that can be incorporated into daily routines:

- **Breath Awareness:** Find a comfortable seated position. Close your eyes and take slow, deep breaths. Focus entirely on the sensation of your breath entering and leaving your body. If your mind wanders, gently bring your focus back to your breathing.
- **Body Scan:** Sit or lie down comfortably. Starting from your toes, slowly bring your attention to each part of your body, noticing any sensations or tension. This practice helps ground you and release physical and mental tension.
- **5-4-3-2-1 Grounding Technique:** Identify five things you see, four you hear, three you feel (touch), two you smell, and one you taste. This exercise anchors you in the present moment, especially during stressful times.
- **Mindful Walking:** Take a slow walk, paying attention to each step, the movement of your legs, and the environment around you. Focus on the sensation of your feet touching the ground and the sights and sounds of your surroundings.

What Can Mindfulness Help With?

Mindfulness has been found to have direct, positive effects on mental health by increasing feelings of wellbeing, improving behavior regulation, decreasing emotional reactions, and reducing symptoms of a variety of mental health conditions.

Integrating these simple practices into daily routines can significantly improve focus, reduce anxiety, and promote a sense of calm among students and staff.

FROM THE PASTORAL COORDINATOR'S DESK

Recognizing Signs of Mental Health Issues

Awareness is key to early intervention. Recognizing the signs of mental health challenges allows us to offer support and seek professional help when needed. Some common indicators include:

- **Changes in Mood or Behaviour:** Persistent sadness, irritability, or withdrawal from friends and activities.
- **Academic Decline:** Sudden drop in grades, lack of motivation, or difficulty concentrating.
- **Physical Symptoms:** Unexplained headaches, stomach-aches, or fatigue.
- **Sleep and Appetite Changes:** Significant alterations in sleeping patterns or eating habits.
- **Difficulty Managing Emotions:** Intense feelings of anxiety, anger, or hopelessness.
- **Social Withdrawal:** Avoidance of social interactions or loss of interest in hobbies.

It's important to approach students showing these signs with empathy and understanding. Encouraging open conversations, providing a safe space for expression, and guiding them to seek professional support are vital steps in promoting mental well-being.

Conclusion

Mindfulness and mental health are interconnected facets of a holistic approach to education and personal development. By practicing simple mindfulness exercises, we equip ourselves and our students with effective tools to manage stress and build resilience. Simultaneously, by staying attentive to the signs of mental health issues, we can foster a caring environment where every individual feels supported and valued.

Let us commit to nurturing not only the intellect but also the emotional and mental well-being of our school community. Together, we can cultivate a healthier, happier, and more mindful environment where everyone thrives.

OSHWAL ACADEMY JUNIOR HIGH

Show **RESPECT**

**Respect is a
two way street,**

**If you want to get it you've
got to give it.**

R.G. Risch

THOUGHT OF THE WEEK

RESPECT



Treat people the way
you want to be treated.

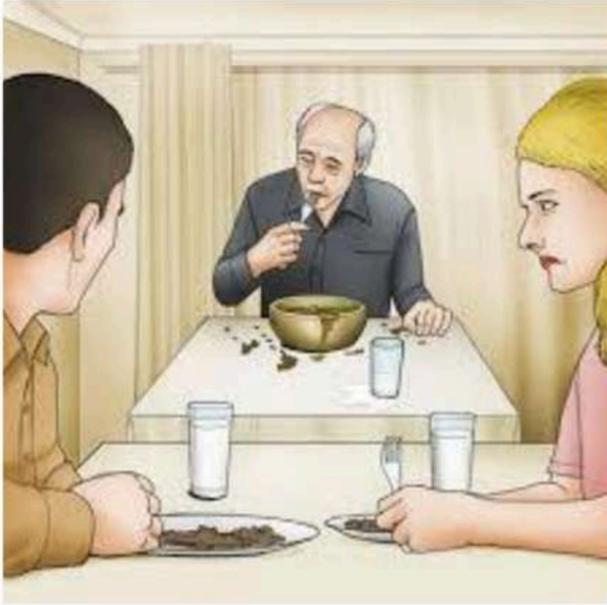
FB QuotesAndSayings

Talk to people
the way you want
to be talked to.

Everyone deserves
respect.



The Wooden Bowl

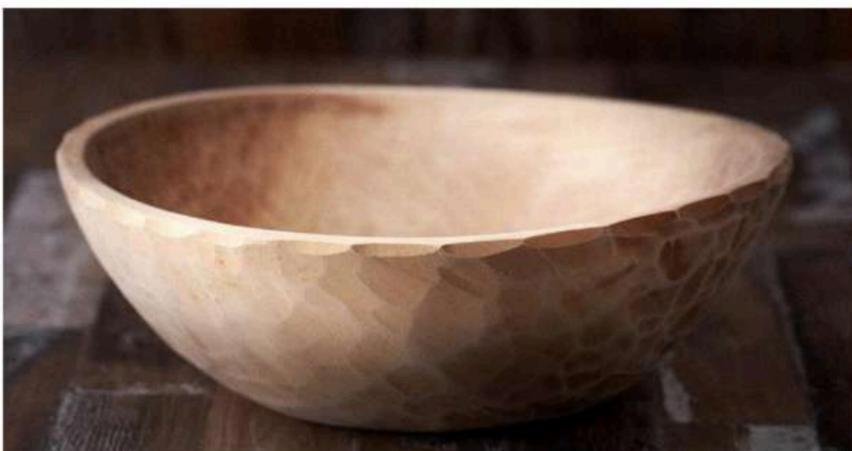


A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So, the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl! When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work.



The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his day, he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Moral: You reap what you sow. Regardless of your relationship with your parents, you'll miss them when they're gone from your life. Always Respect, care for and love them





Harry Potter and the Philosopher's Stone

By J.K. Rowling

Reviewed for Oshwal Academy Junior High Students

Our Rating: ★★★★★ 5 out of 5 stars

Characters

<ul style="list-style-type: none">• Harry Potter,• Ronald Weasley,• Lord Voldemort,	<ul style="list-style-type: none">• Hermione Granger,• Professor Dumbledore,	<ul style="list-style-type: none">• Professor Quirrell,• Professor Snape
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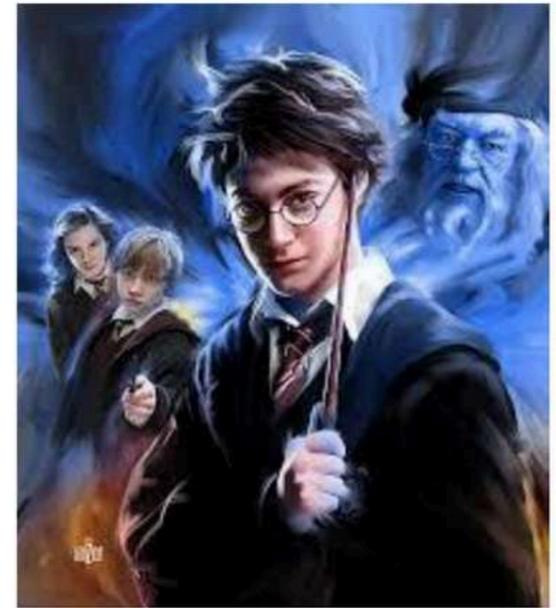
A Magical Story Worth Reading

Harry Potter and the Philosopher's Stone is an exciting fantasy novel that introduces readers to the magical world of Hogwarts School of Magic:

Harry Potter's life is miserable. His parents are dead and he's stuck with his heartless relatives, who force him to live in a tiny closet under the stairs. But his fortune changes when he receives a letter that tells him the truth about himself: he's a wizard. A mysterious visitor rescues him from his relatives and takes him to his new home, Hogwarts School of Witchcraft and Wizardry.

After a lifetime of bottling up his magical powers, Harry finally feels like a normal kid. But even within the wizarding community, he is special. He is the boy who lived: the only person to have ever survived a killing curse inflicted by the evil Lord Voldemort, who launched a brutal takeover of the wizarding world, only to vanish after failing to kill Harry.

Though Harry's first year at Hogwarts is the best of his life, not everything is perfect. There is a dangerous secret object hidden within the castle walls, and Harry believes it's his responsibility to prevent it from falling into evil hands. But doing so will bring him into contact with forces more terrifying than he ever could have imagined.



Why Junior High Students Love This Book

- The story is easy to read and understand
- The characters are fun, relatable, and memorable
- It encourages imagination and creativity
- It teaches valuable lessons about friendship and bravery

Final Recommendation

This book is a wonderful choice for junior high readers who enjoy adventure, magic, and exciting stories. Harry Potter and the Philosopher's Stone is not only entertaining but also inspiring. ***We highly recommend it to all young readers!***

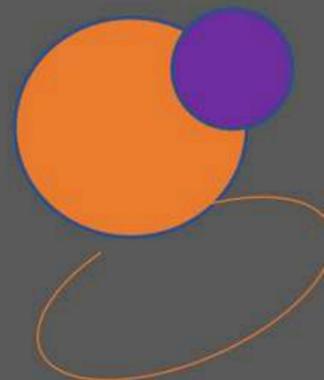


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 5 SCHEDULE

2nd February – 8th February 2026



Monday – 2nd Feb. 2026

- INDIA UNIVERSITIES FAIR @ SENIOR HIGH
- YEAR 10 & 11 ART TRIP TO MUSEUM OF ILLUSIONS
- U15 BOYS & GIRLS FOOTBALL VS NIS (H) @ 2PM

Tuesday – 3rd Feb. 2026

- ECAMUN CONFERENCE @ KICC
- U13 & U15 BOYS CRICKET VS SWAIMNARAYAN (H) @2PM

Wednesday – 4th Feb. 2026

- YEAR 6 VISIT TO JH
- ECAMUN CONFERENCE @ KICC
- U13 BOYS & GIRLS HOCKEY VS BROOKHOUSE RUNDA (H) @2PM
- U15 BOYS & GIRLS HOCKEY VS BROOKHOUSE RUNDA (H) @2PM

Thursday – 5th Feb. 2026

- ECAMUN CONFERENCE
- FOOD & NUTRITION TRIP TO DOMINOS, KAREN
- U15 BOYS & GIRLS HOCKEY VS ST. AUSTIN (A) @2PM

Friday – 6th Feb. 2026

- INTERSCHOOL MUSIC RECITAL
- ECAMUN CONFERENCE
- DEADLINE TO SUBMIT IGCSE FORMS AND CHEQUES
- IGCSE PE RUGBY & TABLE TENNIS FILMING

Saturday – 7th Feb. 2026

- DEBATE - OPEN CHAMPIONSHIP AND JUNIOR SPEAKERS CHALLENGE @USIU
- IPSSA U15 BOYS & GIRLS HOCKEY TOURNAMENT @CRAWFORD
- IPSSA U15 BOYS BASKETBALL TOURNAMENT @CRAWFORD
- SENIOR DEBATERS CHALLENGE @ BROOKHURST KISERIAN

Sunday – 8th Feb. 2026

- DEBATE - OPEN CHAMPIONSHIP AND JUNIOR SPEAKERS CHALLENGE @ USIU