



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 6 NEWSLETTER 2025-2026

QUOTE OF WEEK:

“Recipe for success: Study while others are sleeping; work while others are loafing; prepare while others are playing; and dream while others are wishing.”

— William A. Ward, motivational writer



AWARDING HARDWORK AT THE ASSEMBLY



Students from Year 7 to Year 11 were recognized at assembly for their outstanding performance in the Annual Inter-House Mathematics Contest. Certificates were awarded in celebration of their dedication, analytical skills, and academic achievement.



Over the weekend, our debaters delivered outstanding performances at the African Debate Academy (USIU-Africa) and Brookhurst International (Kiserian) tournaments. Their confidence and sharp arguments earned them an impressive collection of medals and trophies. They were presented with their awards during assembly by the Pastoral Coordinator, Mr. Abwajoh.



The U15 Girls Hockey team clinched the title for IPSSA champions after winning against Crawford School to garner gold and a shield trophy. They were awarded their medals and shield during assembly by the Key Stage 3 Coordinator, Mr. Protus.



Congratulations to Kavya Dhaval Shah of Year 9D for winning a silver medal in the Under-16 Chess Tournament. She was presented with her trophy and certificate during assembly by the Pastoral Coordinator, Mr. Abwajoh. Well done on this outstanding achievement!



Our swimmers delivered an outstanding performance at the Inter-School Swimming Gala at Peponi School and the Nairobi County Level 2 Gala at Kiota School, bringing home gold, silver, and bronze medals. They were awarded their medals and certificates during assembly by the Pastoral Coordinator, Mr. Abwajoh, and the Co-Curricular Coordinator, Mr. Ayako.



Our U15 Boys Hockey team, IPSSA Silver Medalists (left), and our U13 Boys Basketball team, IPSSA Bronze Medalists (right), have made us proud through their impressive performance and strong teamwork. They were presented with their medals during assembly by the Key Stage 4 Coordinator, Mrs. Rakhi, and the Deputy Head of School, Mr. Nelson. Congratulations to all the players for representing the school with such commitment and pride.



Students invested in the Mwamba and Chipukizi categories last year received their Scout certificates today during assembly. A proud moment celebrating growth, commitment, and service.



Gujarati choir group performing Jain prayer during assembly.

CELEBRATING LITERARY EXCELLENCE IN GUJARATI AND HINDI

Our Year 7–11 Gujarati and Hindi students were recognized during assembly for their outstanding poems and essays. Their creativity, expression, and command of language truly stood out. We applaud their dedication to the art of writing.



Congratulations!

ECAMUN 2026: EMPOWERING FUTURE DIPLOMATS

Last week, 22 of our Year 11 students took part in the East and Central Africa Model United Nations (ECAMUN) held at the Kenyatta International Convention Centre. Over four days, they engaged in rigorous debates and journalism assignments under the theme “Bridging Minds, Building Nations,” stepping into the role of global diplomats to address pressing regional and international issues.

Their leadership, critical thinking, and negotiation skills stood out across committees and the General Assembly. A memorable highlight was the powerful speeches delivered by Justin Kombe and Gennoh Mark Kimani.

We are proud to celebrate the following achievements:

Best Delegate (Political Committee): Nuru Wabwire

Honourable Mention (Press Corps): Olivia Wanjiku

Best Junior Chair: Justin Kombe

Best Speaker: Corrine Mulei

Best Speaker: Sohan Shah

Best Resolution: Shantelle Nyawira

Honourable Mention: Pragyan Sahoo

Honourable Mention: Rhea Gokhale

Honourable Mention: Rian Haria

By representing different UN member states, our students strengthened their public speaking skills and built meaningful cross-cultural connections. We thank our parents, advisors, and school leadership for their steady support.

Well done to all our delegates for representing the school with such distinction.

ECAMUN 2026: EMPOWERING FUTURE DIPLOMATS IN PICTURES



DEBATE CHAMPIONS!

Over the weekend, our debaters commanded the spotlight in two intense tournaments at the African Debate Academy (USIU-Africa) and at Brookhurst International (Kiserian). They unleashed arguments of remarkable vigor and conviction, and their exceptional performances earned them a striking collection of medals and trophies.



YEAR 11 CAREER TALK: CLARITY BEFORE CHOICE

On Tuesday, 10th February 2026, our Year 11 students attended a session titled “Clarity Before Choice” led by Coach Ben Wamwea. The talk centered around one real-life scenario that sparked honest and thoughtful discussion on morality and ethics. Students worked in groups to unpack the situation, listening carefully to different perspectives and reflecting on how values and emotions influence the choices we make. The discussion was focused, mature, and engaging.

A key message from the session was that every decision is influenced by emotion—and emotion is shaped by three areas: our voice (what we tell ourselves about who we are), our mind (what we feed it through what we watch, read, and engage with), and our body (how we manage our physical well-being, energy, and habits). Through this conversation, students were reminded to look beyond their immediate reactions, seek clarity, and consider others in order to build empathy before making decisions.



YEAR 11 CAREER TALK: CLARITY BEFORE CHOICE IN PICTURES



YEAR 10 AND YEAR 11 ART TRIP TO MUSEUM OF ILLUSIONS

Year 10 and 11 Art students stepped into a world where nothing was quite as it seemed during their visit to the Museum of Illusions. The trip provided a hands-on opportunity to explore perception, creativity, and the power of perspective in art.



STUDENTS SHINE AT THE 10TH EDITION OF THE ANNUAL INTERSCHOOL MUSIC RECITAL

The 10th Annual Interschool Music Recital was a resounding success, bringing together talented students from various schools in a vibrant celebration of music. Audiences enjoyed a rich mix of classical, contemporary, and original performances that highlighted students' dedication and creativity. The event fostered confidence, collaboration, and inspiration, leaving everyone eager for the 11th edition.

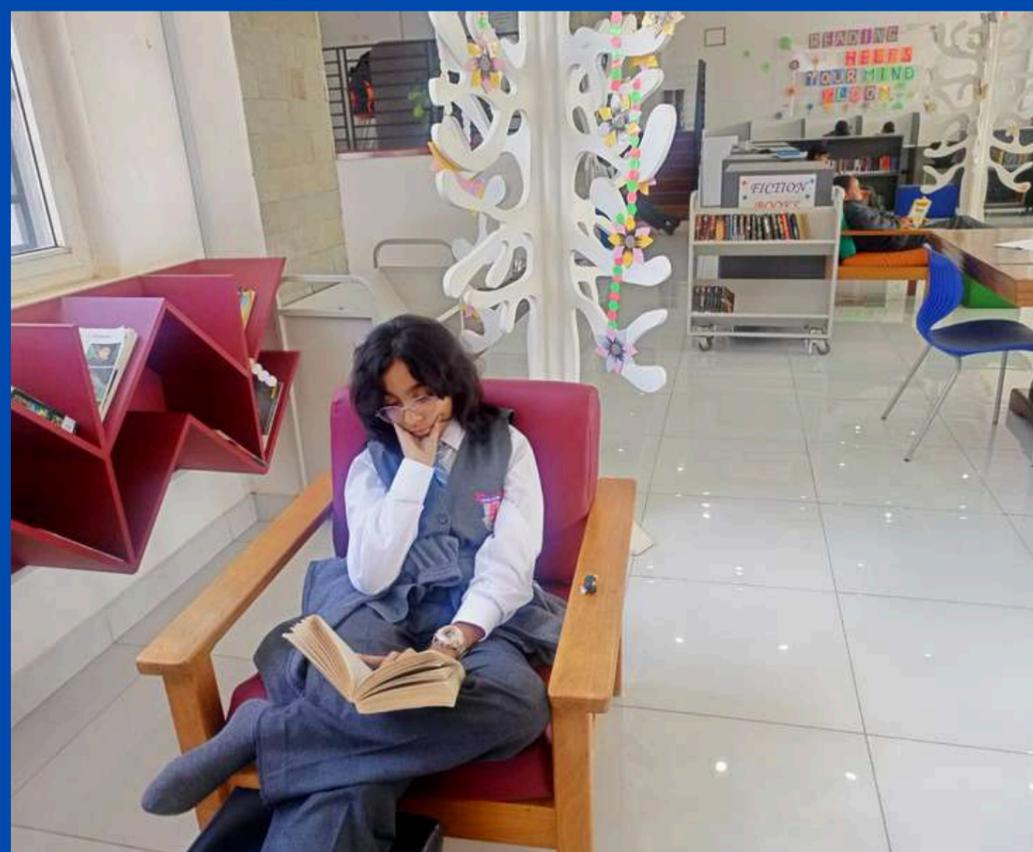
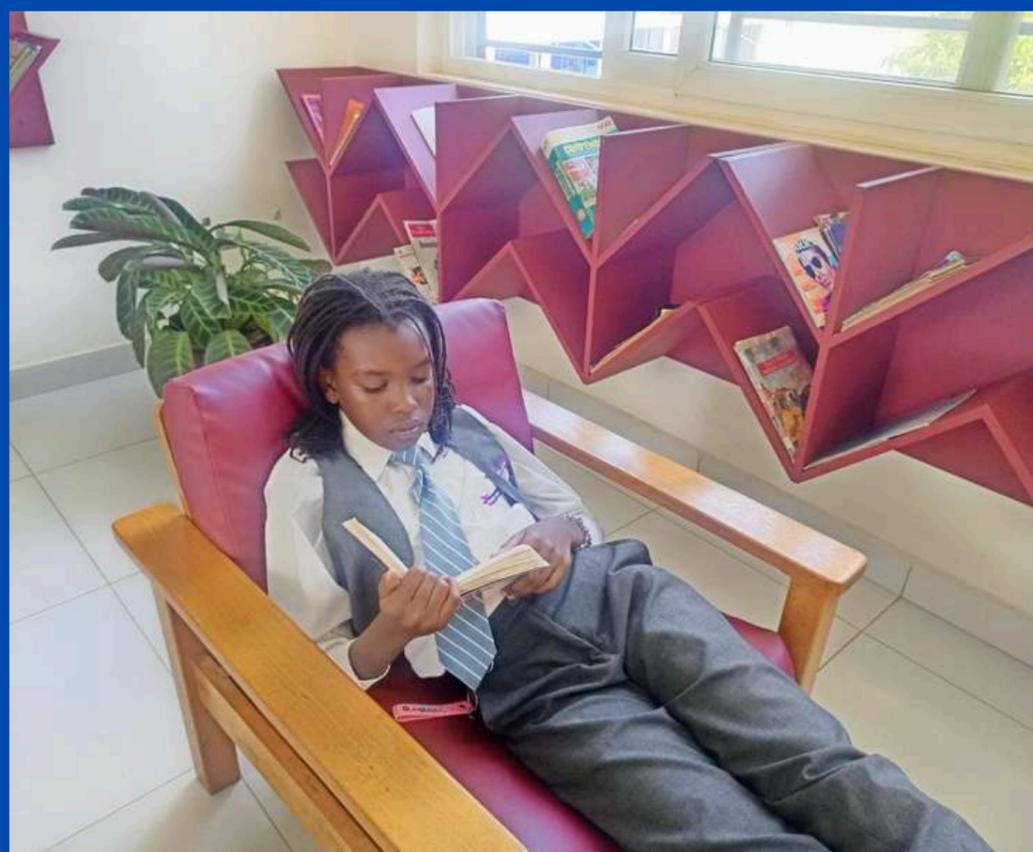


STUDENTS SHINE AT THE 10TH EDITION OF THE ANNUAL INTERSCHOOL MUSIC RECITAL IN PICTURES



LIBRARY LESSON IN ACTION

Focused minds and quiet pages turning. Our students are making the most of their library lesson, building knowledge one book at a time.



YEAR 9 DRAMA MID-TERM PROJECTS ON SET DESIGN 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 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 boys' hockey team travelled to St. Austin's for a friendly match. To ensure squad rotation and equal playing time, all teams (A, B, and C) saw game action. As we say in the department, 'duster moment,' with the host holding the upper hand and finishing with a 2-1 scoreline.



The U15 Girls' Hockey Team maintained their winning streak when they beat St. Austin's Academy 1-0. The solitary goal was scored by Anoushka Singh who was also named as the MVP as well as Abby Ruhiu.



Our swimming team represented us in the interschool swimming gala at Peponi School. We were 4th overall with 2 gold medals, 1 silver medal, and 7 bronze medals.



U15 boys hockey team participated in IPSSA hockey tournament and won silver medal.



The U15 Girls Hockey team clinched the title for IPSSA champions after winning against Crawford School to garner gold in the annual tournament.



The U13 Boys Basketball Team won bronze medal in the just-concluded IPSSA Tournament.

FROM SPORTS CORNER



The U13 Girls Hockey Team earned a hard-fought 3-2 win against Woodcreek School.



Our U13 Boys Hockey Team played to a 4-1 win at Samaj School.



The U13 Girls Hockey Team played a match against Samaj School. It was tightly contested with a score of 0:0.

FROM THE PASTORAL COORDINATOR'S DESK

EMOTIONAL INTELLIGENCE:

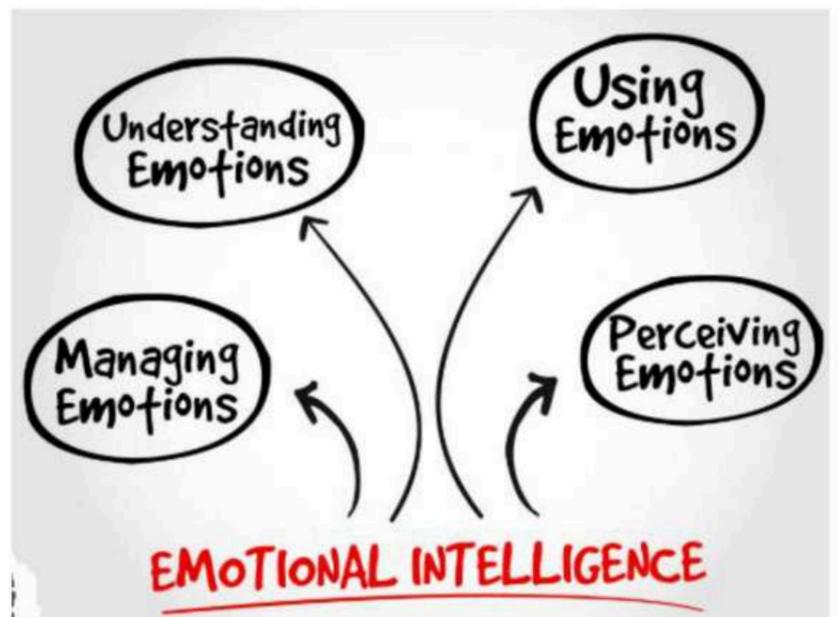
A Key to Personal and Social Growth

In our fast-paced world, emotional intelligence has become a vital skill that helps us navigate the difficulties of daily life. It is not just about understanding our own feelings but also about recognizing and respecting the emotions of others. Developing emotional intelligence can lead to healthier associations, better decision-making, and a more compassionate community.

Recognizing and Managing Emotions

The first step in emotional intelligence is recognizing our own emotions. This means being aware of how we feel in different situations - whether we're happy, sad, angry, or anxious. When we understand our emotions, we can better manage them. For example, if we feel anger rising during a disagreement, instead of reacting impulsively, we can take a moment to breathe and respond calmly. Managing emotions is about controlling our reactions and choosing positive ways to handle our feelings, which helps in reducing stress and building resilience.

recognizing our own emotions. This



Empathy in Daily Life

Empathy is the ability to understand and share the feelings of others. It is a cornerstone of emotional intelligence and essential for building trust and strong relationships. In our daily lives, showing empathy might mean listening attentively to a friend who is upset, offering support to someone in need, or simply understanding different perspectives. When we practice empathy, we foster kindness and create a caring environment where everyone feels valued and understood.

FROM THE PASTORAL COORDINATOR'S DESK

Why Emotional Intelligence Matters

Having emotional intelligence enhances our personal growth and improves our interactions with family, friends, teachers, and classmates. It helps us to communicate better, resolve conflicts peacefully, and develop leadership qualities. For students, especially, cultivating emotional intelligence can lead to better academic performance and a positive attitude towards life.



Conclusion

Let us strive to be more emotionally intelligent by recognizing our feelings, managing them wisely, and showing empathy to those around us. As a school community, when we nurture these qualities, we create a more harmonious and understanding environment where everyone can thrive and grow in love and respect.

Remember, emotional intelligence is a lifelong journey—let's walk it together with kindness and awareness.

OSHWAL ACADEMY JUNIOR
HIGH SCHOOL

THOUGHT OF THE WEEK

EMPATHY

THE ABILITY TO SEE THINGS FROM ANOTHER
PERSON'S PERSPECTIVE AND FEEL THEIR EMOTIONS

How to demonstrate empathy

- Listen actively
- Withhold judgement
- Practise mindfulness
- Validate other people's feelings
- Be understanding
- Come up with appropriate responses



PRACTICE EMPATHY

EXERCISES
FOR CHILDREN

1. ACTIVELY LISTEN TO
OTHERS, INSTEAD OF
TALKING TO THEM

2. IF SOMETHING SEEMS
WRONG, ASK HOW THEY
ARE FEELING

3. PAY ATTENTION TO THE
NEEDS OF OTHERS

4. INSTEAD OF JUDGING
SOMEONE, TRY TO
UNDERSTAND THEM

5. LEARN ABOUT OTHER
PEOPLE, CULTURES, AND
BACKGROUNDS

The Compassionate Farmer

In a quiet village surrounded by green fields and tall mountains, there lived a farmer named Arun. He was known for his hard work but also for his stern demeanor. Arun believed that everyone should solve their own problems and rarely extended a helping hand to others.



One day, a terrible storm swept through the village, leaving many homes and fields in ruins. Among the most affected was an old woman named Meera, who lived alone at the edge of the village. Her small hut was destroyed, and her crops were washed away. She roamed the village, asking for

help, but most people turned her away, including Arun.

“She should have been better prepared for the storm,” Arun muttered when Meera approached him. He closed his door without giving her a second glance.



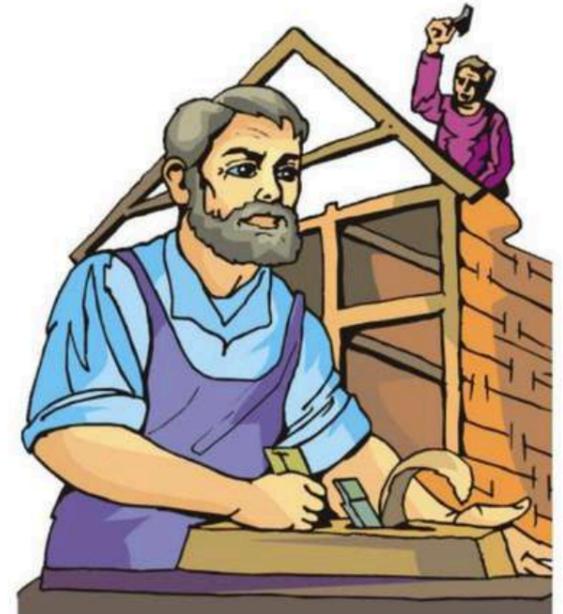
That night, Arun had a strange dream. He found himself in a barren land, his fields dry and his crops dead. No one came to help him, and he felt helpless and alone. As he wandered, he heard a soft voice saying, “Now you feel what others feel. Only through empathy will your heart open.”

Arun woke up startled. The dream stayed with him, and he couldn’t shake the feeling of sadness and despair. He decided to visit Meera the next morning.

When he arrived at her broken hut, he saw her struggling to rebuild it with her frail hands. For the first time, Arun saw beyond her age and weakness; he saw her determination and pain. Without a word, he rolled up his sleeves and began to help.

Word spread quickly, and soon other villagers joined. Together, they rebuilt Meera’s hut and planted her fields. Arun felt a sense of fulfilment he had never known.

From that day on, Arun changed. He became a man who listened and cared, offering help to those in need. His kindness inspired others, and the village grew stronger as they supported one another.

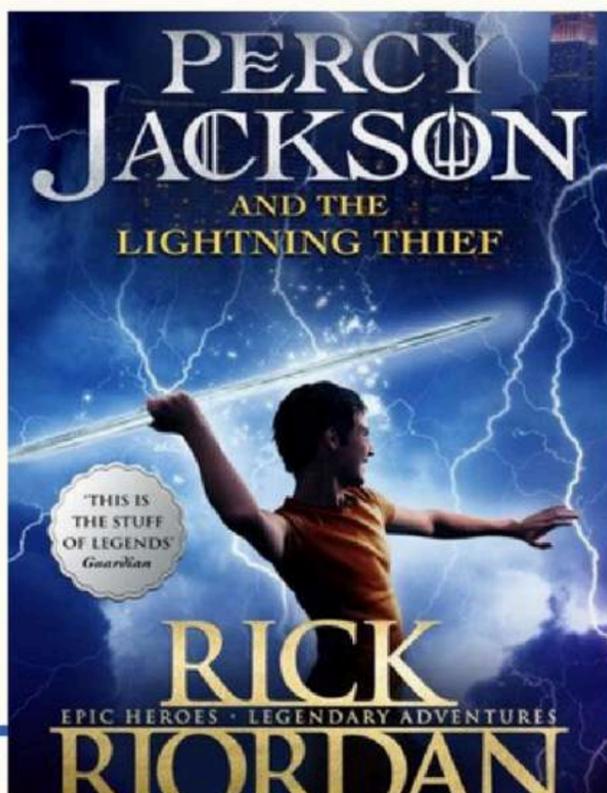


Arun learned that empathy wasn’t just about feeling sorry for someone but about understanding their struggles and taking action to make a difference.

Moral: True strength lies in compassion. Empathy connects us to others, helps us understand their struggles and reminds us to share what we have. This helps us build a stronger, better world

BOOK REVIEW

PERCY JACKSON AND THE LIGHTNING THIEF BY RICK RIORDAN



An adventure with Greek gods

Percy Jackson and the Lightning Thief tells the story of Percy, a 12 year old boy who often gets into trouble at school and never feels like he fits in. One day, he discovers a shocking secret... he is the son of a Greek god!!

Soon after, Percy learns that Zeus's powerful lightning bolt has been stolen, and he is accused of taking it. To prove his innocence, Percy goes on a dangerous journey across America with his friends to find the real thief and prevent a war among the gods

Why this book???

- If you enjoy action, fantasy and stories about heroes, Percy Jackson and the Lightning Thief is the perfect book for you.
- It teaches readers about courage, friendship and believing in themselves

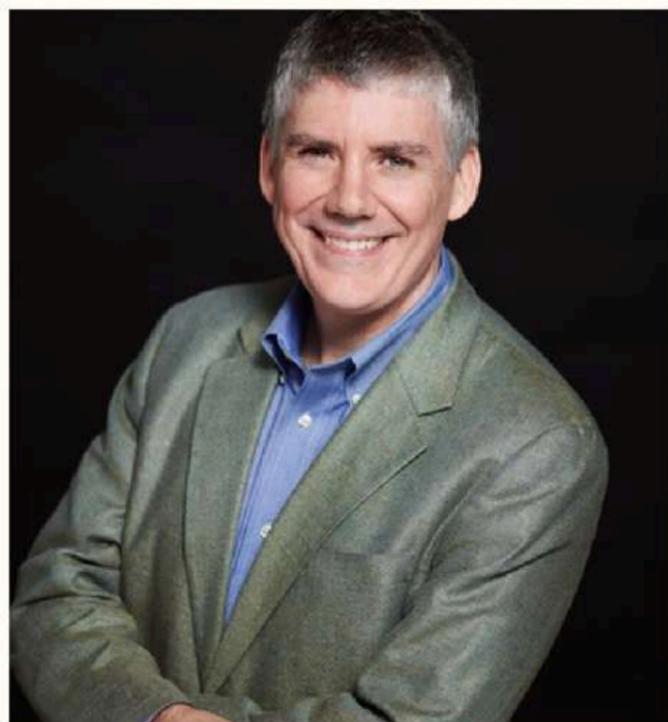
Meet the main characters

- **Percy Jackson:** Brave, funny and loyal. He never gives up on his friends
- **Annabeth Chase:** Smart, strategic. Loves learning and solving problems
- **Poseidon:** Percy's father, the god of the sea
- **Zeus:** King of the gods and owner of the missing lightning bolt



MEET THE AUTHOR

RICK RIORDAN



About Rick Riordan

For Rick Riordan, a bedtime story shared with his oldest son was just the beginning of his journey into the world of children's books.

Already an award-winning author of mysteries for adults, Riordan, a former teacher, was asked by his son Haley to tell him some bedtime stories about the gods and heroes in Greek mythology. "I had taught Greek myths for many years at the middle school level, so I was glad to comply," says Riordan. "When I ran out of myths, (Haley) was disappointed and asked me if I could make up something new with the same characters."

Library challenge

Visit the library and borrow a Rick Riordan book next week

Discuss what sets those books apart from the rest in the library

Popular titles by the author

- Percy Jackson and the Olympians
- The Kane Chronicles (Egyptian Mythology)
- The Heroes of Olympus (Sequel Series)
- Magnus Chase and the Gods of Asgard
- The Trials of Apollo



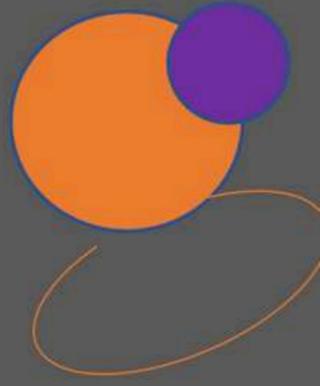


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 7 SCHEDULE

16th February – 22nd February 2026



Monday – 16th Feb. 2026

- MID-TERM EXAMS BEGIN (YEAR 7 - 9)

Tuesday – 17th Feb. 2026

Wednesday – 18th Feb. 2026

- END OF MID-TERM EXAMS

Thursday – 19th Feb. 2026

- MID-TERM BREAK
- YEAR 7 & 8 TRIP TO TAFARIA CASTLE
- WORLD SCHOLARS CUP (JUNIORS)

Friday – 20th Feb. 2026

- MID-TERM BREAK
- YEAR 7 & 8 TRIP TO TAFARIA CASTLE
- WORLD SCHOLARS CUP (JUNIORS)
- PA BRONZE EXPEDITION TO SAGANA

Saturday – 21st Feb. 2026

- MID-TERM BREAK
- YEAR 7 & 8 TRIP TO TAFARIA CASTLE
- WORLD SCHOLARS CUP (SENIORS)
- PA BRONZE EXPEDITION TO SAGANA
- DEBATE ACADEMY- OPEN CHAMPIONSHIP AND MOOT COURT COMPETITION

Sunday – 22nd Feb. 2026

- MID-TERM BREAK
- WORLD SCHOLARS CUP (SENIORS)
- PA BRONZE EXPEDITION TO SAGANA
- DEBATE ACADEMY- OPEN CHAMPIONSHIP AND MOOT COURT COMPETITION