



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 10 NEWSLETTER 2025-2026

## QUOTE OF WEEK:

“Don't say you don't have enough time. You have exactly the same amount of hours per day that were given to... Michelangelo, Mother Teresa, Leonardo Di Vinci... and Albert Einstein.”

~ H. Jackson Brown Jr.



# AWARDING HARDWORK AT THE ASSEMBLY



President's Award participants proudly received their Bronze Certificates, originally awarded by the President of the Republic of Kenya, William Kipchirchir Samoei Arap Ruto, CGH. The certificates were formally presented during assembly by Head of School Mrs. Sujata, together with the program Patron, Mr. Bernard. A proud moment celebrating commitment, resilience, and achievement among our students.



Hats off to our incredible U15 Girls' Football Team for making history by qualifying for the KAISO League Finals for the first time. The team traveled to St. Andrew's Turi and secured a strong 3-1 semi-final victory against Rift Valley Academy. They faced the hosts in a thrilling final and narrowly missed the title after a courageous performance.



Dhian Amar Shah (Year 9G) and Ayaan Mikail Quadros (Year 9C) secured 1st position at the Padel Tournament. Their remarkable achievement was celebrated during assembly. The trophy was presented by Key Stage 4 Coordinator Mrs. Rakhi.



Our Annual Spelling Bee champions were proudly recognized during assembly for their outstanding achievement. They had the honor of shaking hands with the school leadership team as the school community celebrated their success.



LAMDA (London Academy of Music and Dramatic Art) participants were officially awarded their certificates by the Key Stage 3 Coordinator, Mr. Protus, during assembly.



Oshwal Academy Nairobi students have secured 1st place at the Nairobi Academy Senior Maths Challenge hosted by Nairobi Academy. Our Junior High and Senior High team proudly brought home the shield, trophy, medals, and certificates.  
**Team Members:**  
 Year 11: Garv Singh, Aahil Sheriff Amjath  
 Year 12: Saanvi Kailesh Jankharia, Ronak Punit Agarwal  
 Year 13: Diya Deepak Patel, Vishwam Periasamy Subramanian.



Our swimmers participated in the KAISO Swimming Gala, hosted by Rosslyn Academy on Saturday, 7th March. Special congratulations to our individual medalists:  
 Kenya Kabwe 8A: 1 gold, 2 silver, and 2 bronze medals.  
 Patrick Njoroge 9D: 2 bronze medals.  
 Well done to our swimmers for representing the school so well.

# CAREER DAY: EXPLORING PATHWAYS TO THE FUTURE

Students gathered in the school multipurpose hall for an engaging Career Day session with professionals from diverse fields. Through insightful discussions and shared experiences, learners gained valuable perspectives on different career paths. An inspiring opportunity that encouraged curiosity, ambition, and informed future choices.





# CULINARY CREATIVITY IN ACTION

Year 10 students showcased their culinary skills and teamwork during an exciting cooking competition. Deputy Head of School Mr. Nelson and Key Stage 4 Coordinator Mrs. Rakhi were among the judges who sampled and evaluated the dishes. A wonderful display of creativity, flavour, and confidence in the kitchen.



# CULINARY CREATIVITY IN ACTION IN PICTURES



# INCLUSIVE EDUCATION DEPARTMENT INTER-SPECIAL SCHOOLS SPORTS EXTRAVAGANZA

The Inter-Special Schools Sports Extravaganza was held on Saturday, 7th March 2026. The event saw the participation of six schools: Ble House Tigoni, Gracious Steps Special School, Kenya Community Centre for Learning, Kestrel Manor, Greensteds International School, and Urafiki Carovana, including IED, from all three campuses: Nursery, Primary, and Junior High. It was a non-competitive event designed to promote camaraderie, sportsmanship, and fun among students. The day was a huge success, with students from all schools enjoying various activities and showcasing their talents. Overall, the event fostered a spirit of unity and provided a memorable experience for everyone involved.



## EXPLORING NATURAL CHEMISTRY: ACID-BASE INDICATORS

Year 7A students investigated how flowers and leaves can be used to extract natural acid-base indicators. Through hands-on experimentation, they observed colour changes that reveal the nature of different solutions. A vibrant blend of science, curiosity, and discovery in the laboratory.



## 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.



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What a thrilling basketball encounter between the Oshwal Senior High and Oshwal Junior High teams! Both sides displayed impressive skill and resilience throughout the match, keeping the spectators on the edge of their seats. The Junior High team put up a remarkable performance, showing great promise for the future. Kudos to the JH players as they prepare to crossover to Senior High — the future looks bright!



Our U13 Hockey Team played their final fixture match of the term away at Rusinga, finishing their season on a high note. They had an amazing outing and delivered a fantastic performance to wrap up the season.

# FROM THE PASTORAL

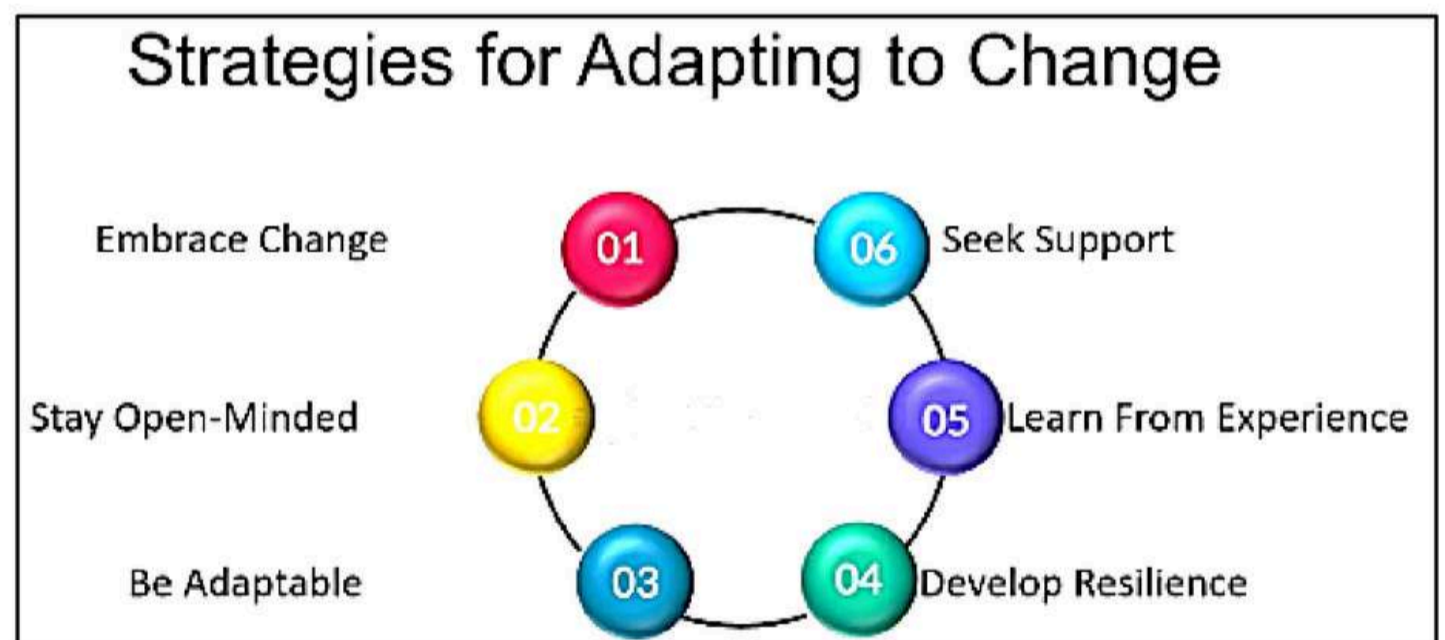
## COORDINATOR'S DESK

### **COPING WITH CHANGE & UNCERTAINTY: EMBRACING FLEXIBILITY IN OUR LIVES**

Change is an inevitable part of life. Whether it's switching to a new school, adapting to a different routine, or facing unexpected challenges, we all encounter moments of uncertainty. While change can sometimes feel uncomfortable or even frightening, it also offers us opportunities to grow, learn, and become resilient.

#### **Adapting to New Situations.**

Adapting means adjusting ourselves to new circumstances and making the best of what comes our way. It's about being open-minded and willing to try new ways of doing things. For students, adapting might mean learning a new subject, making new friends, or adjusting to a different classroom environment. For teachers and parents, it might involve embracing new teaching methods or family routines.



#### **To adapt successfully, consider these tips:**

- Stay positive and focus on what you can control.
- Be patient with yourself and others as you navigate the change.
- Seek support or guidance when needed — don't hesitate to ask for help.
- Keep an open mind and look for opportunities within the new situation.

# FROM THE PASTORAL

## COORDINATOR'S DESK

### Building Flexibility.

Flexibility is the ability to bend without breaking. It's about being resilient in the face of change and having the mental agility to switch gears when necessary. Flexible individuals are more likely to handle stress well and bounce back from setbacks.

### **Ways to build flexibility include:**

- Practicing mindfulness and staying present in the moment.
- Developing problem - solving skills to find creative solutions during uncertain times.
- Maintaining a growth mindset - believing that you can learn and improve through effort.
- Being willing to let go of rigid plans and embracing new ideas or approaches.

### **Why is Coping with Change Important?**

Life is full of surprises, and the ability to adapt and remain flexible is key to emotional well-being. When students learn to cope with change gracefully, they build resilience, reduce stress, and increase their confidence. These qualities help students face future challenges with courage and optimism.

## Helping Children Cope with Change



### **Prepare**

Even before infants and toddlers can speak they can benefit from hearing you voice your plans in a reassuring tone.



### **Nurture**

Children who are raised with a sense of unconditional love and belonging are less likely to turn to destructive behavior when facing difficult circumstances.



### **Introduce**

Introduce a concept of time. Because young children cannot understand time, it is essential to provide them with simple measurement strategies.

# **FROM THE PASTORAL**

# **COORDINATOR'S DESK**

Remember: Change often brings new opportunities. By embracing it with an open heart and a flexible mind, students can turn uncertainties into opportunities for growth and discovery.

Let's welcome change as a friend that helps us learn more about ourselves and the world around us. Together, let's cultivate a mindset of resilience, adaptability, and hope.

Stay strong, stay flexible, and keep moving forward!



## The Girl Who Tamed the Numbers

In the bustling city of Chennai, young Anjali attended a vibrant school., loved by her friends and teachers. She excelled in most subjects – her essays were vivid, her history lessons memorized perfectly, and her science experiments always bubbling with excitement. But there was one subject that made Anjali's heart sink: Mathematics.



Numbers seemed to dance mischievously on the page, formulas tangled into knots, and problems felt like insurmountable mountains. Despite her best efforts, her math scores were consistently low, and a shadow of self-doubt began to creep in. Her friends, who found math easy, would often try to help, but Anjali would just stare blankly at the equations. "I'm just not good at math," she'd often sigh, feeling a wave of despair.



One day, her math teacher, Mrs. Sharma, noticed Anjali's struggle. Instead of scolding her, Mrs. Sharma called Anjali aside. "Anjali," she said kindly, "Mathematics is not about being 'good' or 'bad' at it. It's about determination. It's like climbing a tree; you might slip a few times, but if you keep trying, you'll eventually reach the top."

Mrs. Sharma's words resonated with Anjali. That evening, instead of giving up, Anjali made a silent promise to herself. She would tame the numbers. She started dedicating an extra hour every day to math. She didn't just do her homework; she revisited old concepts, watched online tutorials, and practiced problems until her fingers ached. She wasn't afraid to make mistakes; in fact, she saw each error as a stepping stone, a chance to understand where she went wrong.

Her friends noticed her newfound determination. They saw her patiently working through problems, sometimes muttering to herself, sometimes drawing diagrams to visualize the numbers. There were days when she felt frustrated, when a concept just wouldn't click, but she remembered Mrs. Sharma's words and pushed through.

Slowly, almost imperceptibly, the numbers began to make sense. The formulas started to untangle, and the problems no longer looked like mountains but like solvable puzzles. In the next math test, Anjali still felt nervous, but a quiet confidence had replaced her usual dread.

Anjali hadn't become a math genius overnight, but she had achieved something far more important: she had conquered her fear and proven that **determination** could turn her biggest weakness into a growing strength. From that day on, Anjali approached every challenge, academic or otherwise, with the same unyielding spirit.



**Moral of the Story:** Determination is not just about achieving a big goal; it's also about overcoming personal struggles and improving through consistent effort, even in areas where you feel you lack natural talent. spirit.

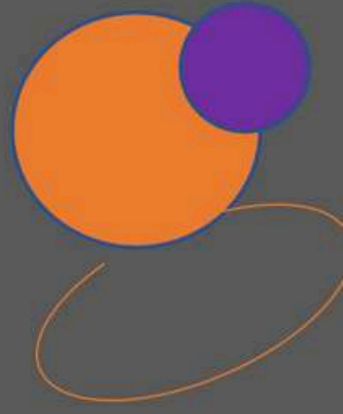


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 11 SCHEDULE

16<sup>th</sup> March – 22<sup>nd</sup> March 2026



Monday – 16<sup>th</sup> Mar. 2026

- U15 BOYS & GIRLS HOCKEY LEAGUE VS PREMIER (A) @ 1:30

Tuesday – 17<sup>th</sup> Mar. 2026

- MOCK EXAMS ONGOING
- CLUBS SHOWCASE (3.00PM – 3.50PM)

Wednesday – 18<sup>th</sup> Mar. 2026

- END - TERM EXAMS BEGIN (YR 7 -10)

Thursday – 19<sup>th</sup> Mar. 2026

Friday – 20<sup>th</sup> Mar. 2026

Saturday – 21<sup>st</sup> Mar. 2026

- NCSA SPRINT AND RELAY SWIMMING GALA @ KIOTA

Sunday – 22<sup>nd</sup> Mar. 2026

- NCSA SPRINT AND RELAY SWIMMING GALA @ KIOTA