



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 8 NEWSLETTER 2025-2026

## QUOTE OF WEEK:

**"IN THE END, WE RETAIN FROM  
OUR STUDIES ONLY THAT WHICH  
WE PRACTICALLY APPLY."**

**-JOHANN WOLFGANG.**



## WORLD SCHOLAR'S CUP

We are immensely proud of our outstanding teams, which participated in the Nairobi Round of the World Scholar's Cup and emerged as the Best Teams. This remarkable achievement reflects dedication, teamwork, and academic brilliance. Adding to this exceptional success, one of our scholars, Daivik Bansal, earned the prestigious Jack Khor Award, being recognised as the Best Performing Participant in the Academic Challenge. This honour celebrates intellectual curiosity, critical thinking, and outstanding scholarship at the highest level. Congratulations to our scholars and their mentors for flying the school flag high. Your passion for learning continues to inspire our entire community!



## YEAR 7 AND YEAR 8 PASTORAL TRIP TO TAFARIA CASTLE

This trip was a worthwhile adventure for our students—a well-deserved break away from the classroom. Year 7 and Year 8 students were in Tafari Castle for 3 days and 2 nights. They engaged in a myriad of activities, including swimming, archery, sports, and museum and farm tours, as well as horse riding. The participants also had team-building sessions every day as part of the Go Dream program run by Tafari Tour Guides. This usually involves fun-filled life skills that help students develop their leadership and sporting skills. The students loved the experience and would like to visit Tafari Castle again.



# PRESIDENT'S AWARD BRONZE EXPEDITION TO SAGANA

Hats off to the students who embarked on the President's Award Bronze Expedition in Kirinyaga County, your resilience, teamwork, and adventurous spirit are a true inspiration.



# YEAR 7 MINIATURE ARCHITECTURAL DEVELOPMENTS IN STAIRCASE COMPOSITION

This term, our Year Seven Creative Champions explored the theme Staircase Composition, growing from careful observation and one-point perspective to confident use of texture, pattern, lighting, and storytelling in their designs. Across nine weeks, they developed strong technical skills and imaginative thinking, reinterpreting staircases through mixed media and creative redesigns. Their progress reflects curiosity, experimentation, and impressive artistic growth.



# 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 U13 boys' Basketball team won 12-11 against Samaj School.**



**U15 boys Hockey team drew 1:1 with Samaj School.**



**The U13 girls Hockey team played against Braeside Lavington and won 3-2.**



**The U15 Girls Hockey team beat Samaj 10-0 in a friendly match played at Oshwal Centre. Khushee Malde scored 7 goals, Siya Nagaria scored 2, and Mahi Malde scored 1 goal. The MVPs were Khushee Malde and Siya Nagaria.**

# FROM THE PASTORAL COORDINATOR'S DESK

## GOAL SETTING & TIME MANAGEMENT:

### Keys to Success in Academic and Personal Life

In the journey of personal growth and academic excellence, two vital skills stand out: [Goal Setting and Time Management](#). Developing these skills not only helps students achieve their aspirations but also builds discipline, responsibility, and confidence. This week, let's explore how SMART goals and effective planning can transform your school experience and beyond.

#### Setting SMART Goals: Your Blueprint for Success

Goals give direction and purpose to students, turning dreams into actionable steps. However, not all goals are created equal. To make your goals effective, they should be SMART:

**Specific:** Clearly define what you want to achieve. Instead of saying, "I want to do well," say, "I want to improve my math grade from a B to an A\*."

**Measurable:** Establish criteria to track your progress. For example, "I will complete all homework assignments on time and score at least 80% on quizzes."

# FROM THE PASTORAL

## COORDINATOR'S DESK

**Achievable:** Set realistic goals based on your current abilities and resources. Challenging yet attainable goals motivate you without causing frustration.

**Relevant:** Ensure your goals align with your long-term objectives. For example, if you aspire to pursue a science career, focus on excelling in science subjects.

**Time-bound:** Set deadlines to create a sense of urgency. For instance, "I aim to achieve this by the end of the term."



By crafting SMART goals, you create a clear path, stay motivated, and measure your progress effectively.

Planning Effective Study Routines: Making the Most of Your Time

Once your goals are set, the next step is **planning** how to achieve them through effective study routines. Here are some tips:

**Prioritize Tasks:** Identify urgent and important tasks. Focus on subjects or assignments that need immediate attention to avoid last-minute stress. ***Poor students tend to concentrate when the time is not there!***

# FROM THE PASTORAL

## COORDINATOR'S DESK

**Create a Study Schedule:** Allocate specific times for studying each subject, including breaks. Consistency helps reinforce learning and reduces procrastination.

**Set Realistic Goals for Each Session:** Break down large tasks into smaller, manageable parts. For example, instead of “study history,” aim for “review chapters 3 and 4 today.”

**Eliminate Distractions:** Find a quiet, organized space free from interruptions. Turn off notifications on your devices to stay focused.

### **Use Study Aids:**

Incorporate notes, flashcards, or online resources to enhance understanding and retention.

### **Review and Adjust:**

Regularly evaluate your routine's effectiveness. If something isn't working, be flexible and make necessary changes.



# FROM THE PASTORAL

## COORDINATOR'S DESK

### [The Power of Goal Setting and Planning](#)

When combined, SMART goal setting and effective planning empower you to take charge of your academic and personal life. They foster a proactive mindset, improve your time management skills, and help you develop discipline—qualities that are essential for success now and in the future.

Remember, every small step forward counts. Set your goals today, plan your routines wisely, and watch yourself grow into a confident, responsible, and successful student of **Oshwal Academy – Junior High**. Remember, your future begins with the choices you make today!

**NB: Every student has a dream and every dream requires discipline. Good students manage their time, they plan and take action in pursuit of their meaningful goals and dreams. But each student should remember that, their behaviour will follow their believe system. If a student has not been able to change their behaviour to match their dream then they need to go back and examine their belief. When a student belief, everything they do will charge to their benefit.**

Stay motivated and keep striving!

OSHWAL ACADEMY JUNIOR HIGH

THOUGHT OF  
THE WEEK

PERSEVERANCE

NEVER GIVE UP

BELIEVE THAT  
YOU CAN DO IT

KEEP ENCOURAGING  
YOURSELF

KEEP  
WORKING

DO YOUR BEST



## 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:**

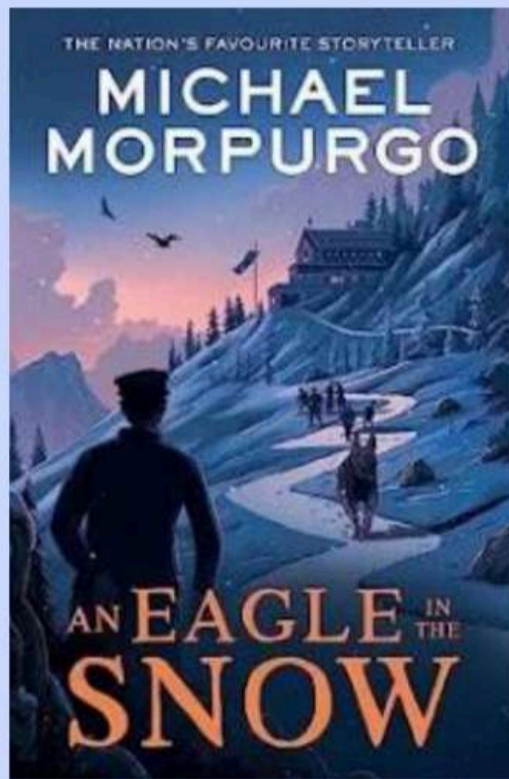
Believe in yourself, even when others doubt you. Challenges may seem insurmountable, but with persistence, perseverance and self-confidence, you can achieve anything you set your mind to.



# *An Eagle in the Snow*

**(Book Review By; Mayaan Mokha 8B)**

*An Eagle in the Snow* by Michael Morpurgo is a historical novel set during the Second World War. The story follows a German soldier named Barney, who is captured by the Russians during a brutal winter on the Eastern Front. As he waits in a prison camp, Barney begins to reflect on his past and the events that led him there.



Through his memories, readers learn about Barney's childhood in Germany, his love for nature, and his friendship with a Jewish girl named Anneliese. As the Nazis rise to power, Barney becomes a soldier, even though he does not fully agree with the war or the cruelty he sees around him. Throughout the story, he struggles with guilt, fear, and the consequences of choices made during wartime.

The title comes from an eagle Barney once saw flying freely in the snow, which becomes a symbol of hope, freedom, and peace in the middle of destruction. The novel shows the horrors of war from a personal point of view and reminds readers that not all soldiers believe in the cause they are fighting for.

Overall, *An Eagle in the Snow* is a powerful and emotional story about war, memory, and humanity. It encourages readers to think about the impact of war on ordinary people and the importance of compassion, even in the darkest times.

**This book made me feel sad and thoughtful. I felt bad for Barney because he did not really want to fight in the war. It showed me how hard and scary war was for normal people. It also made me think about how important peace and kindness are. Overall, the story was emotional and made me understand history better.**



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 9 SCHEDULE

2<sup>nd</sup> March – 8<sup>th</sup> March 2026

Monday – 2<sup>nd</sup> Mar. 2026

- INTERNATIONAL UNIVERSITIES FAIR @ SENIOR HIGH (9:00 AM– 12:30PM)
- U15 BOYS BASKETBALL VS BRAESIDE THIKA (A)
- U15 GIRLS FOOTBALL VS BRAESIDE THIKA (A)

Tuesday– 3<sup>rd</sup> Mar. 2026

- INTER-HOUSE SPELLING BEE (8:00AM – 3.50PM)

Wednesday – 4<sup>th</sup> Mar. 2026

- U13 BOYS & GIRLS HOCKEY VS NA (A)
- U13 BOYS & GIRLS HOCKEY VS MAKINI (A)

Thursday – 5<sup>th</sup> Mar. 2026

- CAREER DAY (MPH) (8:00AM – 3:50PM)
- U13 BOYS BASKETBALL VS BROOKHURST KISERIAN (H)
- U15 BOYS BASKETBALL VS BROOKHURST KISERIAN (H)

Friday – 6<sup>th</sup> Mar. 2026

Saturday – 7<sup>th</sup> Mar. 2026

- YEAR 9 & 10 PARENT-TEACHER CONFERENCE (9: 00AM – 12:30PM)
- SENIOR MATHS CHALLENGE @ NAIROBI ACADEMY
- KAISSO U15 BOYS BASKETBALL DIV2 @BGE
- KAISSO U15 GIRLS DIV2 FOOTBALL @NAIROBI ACADEMY

Sunday – 8<sup>th</sup> Mar. 2026

