



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

TERM 2 WEEK 9 NEWSLETTER 2025-2026

## QUOTE OF WEEK:

**“Procrastination makes easy things hard and hard things harder.”**

**—Mason Cooley**



## AWARDING HARDWORK AT THE ASSEMBLY

On Saturday 28th February 2026, our swimmers proudly represented our school at the International School of Kenya (ISK) Swimming Gala. They delivered an outstanding performance, achieving some fantastic results. The following swimmers made us especially proud:

**Tanay Ray (9G) – 2 silver medals and 1 bronze medal**

**Taisha Malde (8G) – 2 bronze medals**

**Jai Shah (8D) – 1 gold medal**

**Talia Kanja (7A) – 2 silver medals and 2 bronze medals**

**Congratulations to all our swimmers for their dedication, effort, and excellent achievements.**



# YEAR 11 TALK ON GENERAL HYGIENE AND PERSONAL GROOMING

On Wednesday 4<sup>th</sup> March 2026, our Year 11 students engaged in an insightful session on general hygiene and personal grooming. The discussion highlighted the importance of cleanliness, self-care, and presenting oneself with confidence and respect. The discussion served as a timely reminder that good habits shape both character and first impressions.



# ANNUAL INTERHOUSE SPELLING BEE COMPETITION

Students showcase their spelling skills and team spirit at the Annual Interhouse Spelling Bee, celebrating knowledge, competition, and camaraderie.



The English Department, led by their Head of Department Ms. Janet, pose for a group photo after a successful Annual Interhouse Spelling Bee Competition.



# YEAR 11 INTERNATIONAL UNIVERSITY FAIR AT SENIOR HIGH

Year 11 students attended a session by various International University representatives at the Oshwal Academy Nairobi, Senior High Campus. They engaged with the representatives on the courses offered in their institutions.



# 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.



# 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 girls' Hockey team, played their last league match of the season at Brookhouse Runda. It was tightly contested but the girls gave it their all and managed to win 2:1.**



**The U13 girls' Hockey team delivered an outstanding performance, defeating Nairobi Academy 4-0 and Makini School 1-0.**



**Our U13 boys' Hockey team played to a 3-0 win against Makini as well as a 3-0 win against Nairobi Academy.**



**U15 boys' football team played to a 1-1 draw against Premier Academy today at Oshwal Center.**



**The U15 boys' Hockey team played their final KAISSO League group match against Premier Academy on their home turf. Oshwal delivered a dominant performance, securing a 2-0 victory. With this result, the boys have qualified for the KAISSO League Finals for the second year in a row.**



**The U15 girls' Hockey team dominated the host Premier Academy in their KAISSO league match. Oshwal won 1:0, qualifying for the KAISSO League Finals to be hosted by Hillcrest School.**

# FROM THE PASTORAL

## COORDINATOR'S DESK

### **BELIEVE IN YOURSELF**

#### **Building Self-Confidence: A Path to Success**

Self-confidence is a powerful trait that encourages students to try new things, face challenges with courage, and grow into the best version of ourselves. When we believe in our abilities, we open doors to opportunities and build resilience in the face of setbacks. This week, let's explore simple yet effective ways to boost our self-confidence:

1. **Recognize Your Strengths:**

Take a moment to reflect on what you're good at. Make a list of your skills, talents, and qualities that make you unique. Reminding yourself of your strengths can give you a positive boost and help you approach new situations with confidence.



2. **Set Small Goals:** Start with achievable goals. Completing small tasks successfully can give you a sense of accomplishment and motivate you to take on bigger challenges. Remember, every small step counts toward building your confidence.
3. **Practice Positive Self-Talk:** Be aware of your inner dialogue. Replace negative thoughts like "I can't do this" with encouraging words such as "I will do my best." Positive self-talk reinforces your belief in yourself and helps you stay motivated.
4. **Learn from Mistakes:** Everyone makes mistakes - that's how we learn. Instead of feeling discouraged, see mistakes as opportunities to improve. Embrace them as part of your growth journey and keep moving forward.

# FROM THE PASTORAL

## COORDINATOR'S DESK

**Tip:** Celebrate your successes, no matter how small. Each achievement is a step toward greater confidence and self-belief.

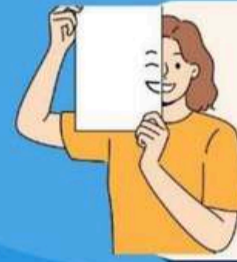
**Quote:**

"Believe you can, and you're halfway there."

— **Theodore Roosevelt**

Remember, self-confidence is a skill that grows with practice. Believe in yourself, keep trying, and celebrate your progress along the way!

### 6 TIPS TO BUILD CONFIDENCE



#### 1 Positive self-talk

Replace negative thoughts with positive affirmations. Remind yourself of your strengths and accomplishments.

#### 2 Dress confidently

Choose outfits that make you feel good about yourself. Dressing well can boost your self-esteem.



#### 3 Learn and improve

Continuously develop new skills and knowledge. The more competent you feel, the more confident you become.

#### 4 Face your fears

Challenge yourself to confront your fears and step out of your comfort zone. Each small victory builds confidence.



#### 5 Surround yourself with positivity

Spend time with supportive and uplifting people who believe in you and your abilities.

#### 6 Track your achievements

Keep a journal of your successes and the compliments you get. Reflecting on your progress can also boost your confidence.



OSHWAL ACADEMY JUNIOR HIGH SCHOOL

**THOUGHT OF THE WEEK**

# HARD WORK

• "WORK HARD IN SILENCE, LET SUCCESS BE YOUR NOISE." – FRANK OCEAN

"Life grants nothing to us mortals without hard work."

'Hard work beats talent when talent doesn't work hard' Tim Notke

• "Chop your own wood and it will warm you twice."  
– Henry Ford



**HARD WORK  
IS THE KEY  
TO SUCCESS**



# The Ant and the Grasshopper

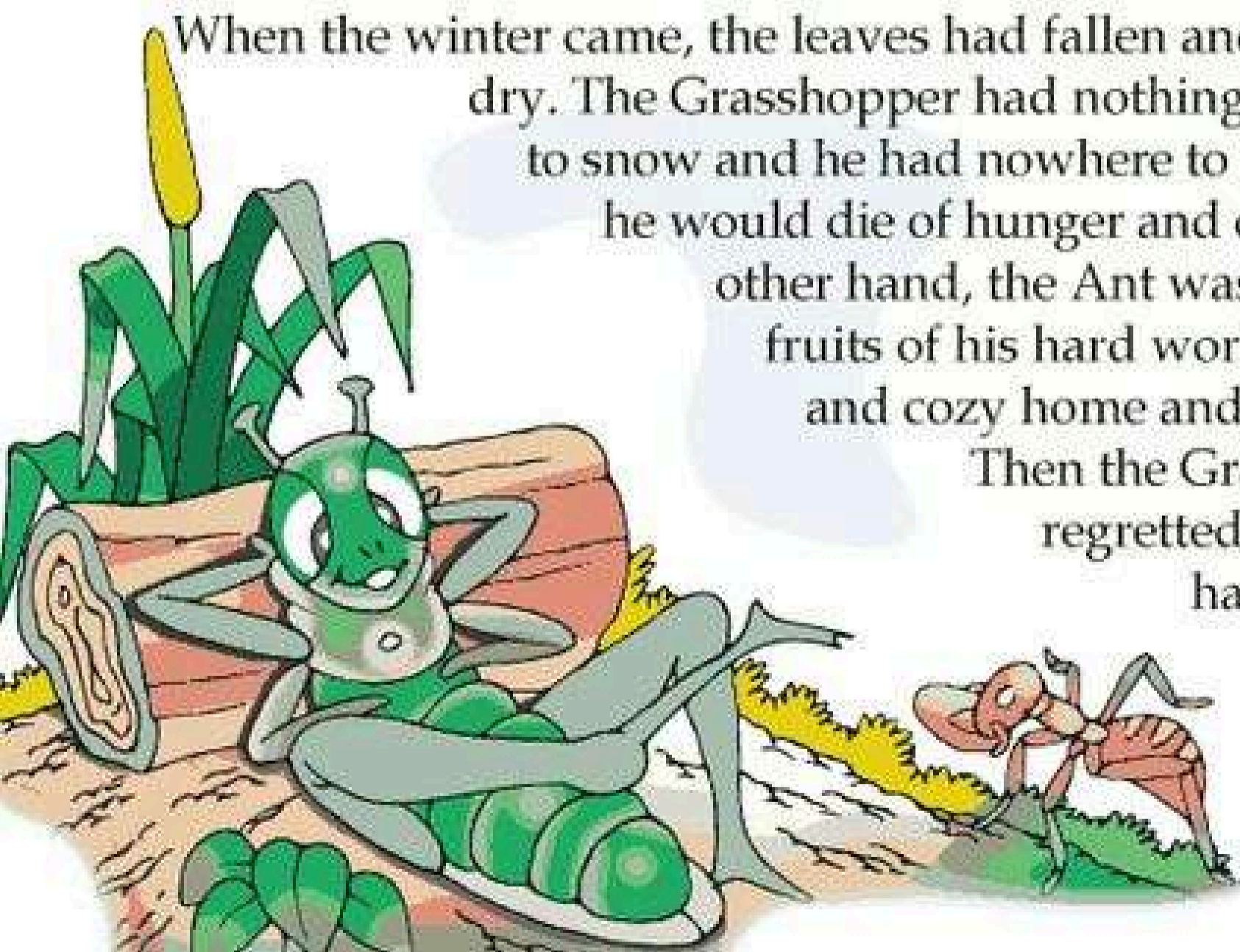
One summer afternoon a Grasshopper was hopping about in a field. He was singing merrily and enjoying the day. On his way, he met an Ant who was struggling to take a grain of corn to his nest.

The Grasshopper was a lazy fellow. He thought he had nothing to do. So, when he saw the Ant, he said, "Why don't you come and chat with me instead of toiling so hard? We will have a great time!"

"I am trying to collect and store food for the winter. I can't waste time being idle. I think you should start saving food for winter too," said the Ant.

The Grasshopper yawned and said, "Winter is too far away. There is plenty of time. Why worry about it today when I have more than enough to eat!" But the Ant went on his way and continued to work hard. Days passed, then months. The Grasshopper enjoyed himself and the Ant collected enough food for the winter.

When the winter came, the leaves had fallen and the grass was dry. The Grasshopper had nothing to eat. It started to snow and he had nowhere to go. He thought he would die of hunger and cold. On the other hand, the Ant was enjoying the fruits of his hard work. He had a nice and cozy home and plenty to eat. Then the Grasshopper regretted not working hard when he should have.





# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 2 WEEK 10 SCHEDULE

9<sup>th</sup> March – 15<sup>th</sup> March 2026

Monday – 9<sup>th</sup> Mar. 2026

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

Tuesday – 10<sup>th</sup> Mar. 2026

- YEAR 11 - MOCK 2 BEGINS
- Y10 COOKING COMPETITION (8.00AM - 12.30PM)

Wednesday – 11<sup>th</sup> Mar. 2026

- U13 BOYS & GIRLS HOCKEY VS RUSINGA (H) @2PM

Thursday – 12<sup>th</sup> Mar. 2026

Friday – 13<sup>th</sup> Mar. 2026

Saturday – 14<sup>th</sup> Mar. 2026

- YEAR 7 & 8 PARENT-TEACHER CONFERENCE (9AM - 1PM)
- DEBATE COMPETITION @ USIU
- KAISSO U15 BOYS HOCKEY DIV 2 @GREENSTEDS
- KAISSO U15 GIRLS HOCKEY DIV1 @HILLCREST
- IPSSA U15 BOYS BB TOURNAMENT @JUJA
- IPSSA U15 GIRLS FOOTBALL TOURNAMENT @JUJA
- IPSSA U13 GIRLS FOOTBALL TOURNAMENT @JUJA

Sunday – 15<sup>th</sup> Mar. 2026

- DEBATE COMPETITION @ STRATHMORE UNIVERSITY