

OSHWAL ACADEMY NAIROBI Junior High

WEEK 1
TERM 3
2025/2026
NEWSLETTER

Our Values

- Trust
- Integrity
- Courtesy
- Humility
- Compassion
- Honour
- Tolerance

Quote of the Week

"I learned that courage was not the absence of fear, but the triumph over it."

~ Nelson Mandela

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WEEK ONE ASSEMBLY

The Week One Assembly marked the official start of term 3 for Junior High students. Learners were welcomed back and reminded of school values, expectations, and the importance of discipline and academic focus. The session set a positive tone for the term and encouraged students to work hard, respect one another, and strive for excellence.



During the assembly, students were sensitized on the co-curricular activities lined up for the term. Learners were encouraged to actively participate in clubs, sports, and talent programs to build teamwork, discipline, leadership skills, and all-round growth.

PA SILVER QUALIFYING TRIP TO KASEVE MACHAKOS

Learners undertaking the Presidents' Award SILVER level successfully participated in a qualifying expedition trip to Machakos. The expedition tested their endurance, teamwork, planning, and leadership skills as they navigated the terrain and completed required tasks.



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The trip was a valuable learning experience that promoted resilience, cooperation, and self-confidence among the participants. We commend the students for their commitment and discipline, and appreciate the support of the instructors who guided them throughout the expedition. This milestone marks an important step toward the completion of the SILVER Award.

YEAR 11 FAREWELL PARTY

The Year 11 Farewell Party Night was a memorable and emotional occasion as students, teachers, and staff came together to celebrate an important milestone. The evening was filled with joy, laughter, music, and heartfelt moments as they reflected on shared memories, friendships, and achievements.



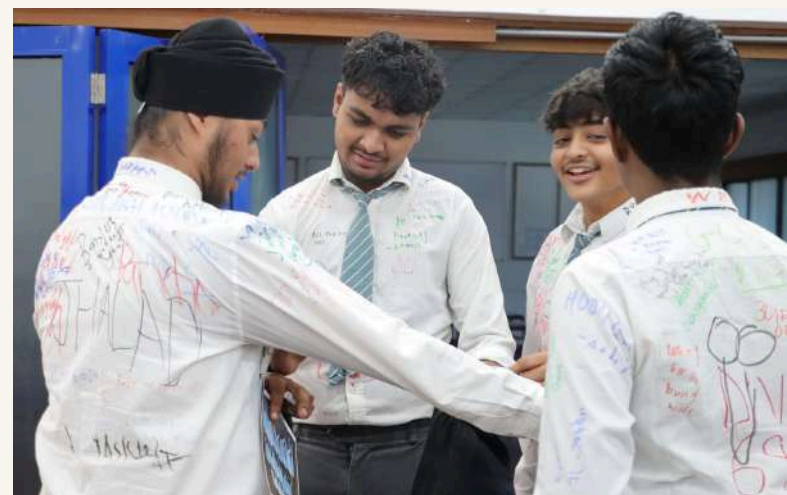
YEAR 11 SEND OFF PARTY

Once more the Year 11 Send-Off Party was a joyful and memorable occasion held to celebrate and honor our outgoing class. Students, teachers, and staff gathered for an evening filled with laughter, music, and heartfelt moments as we reflected on the journey shared over the years.

The day concluded on a warm and celebratory note, leaving lasting memories for all in attendance. We wish our Year 11 students success, confidence, and fulfillment in all their future endeavors.



YEAR 11 SEND OFF PARTY cont..



Junior High Class of 2026



YEAR 9, 10 AND 11 WATERLOO MATHEMATICS CONTEST



The Waterloo Mathematics Contest for Year 9, 10, and 11 students was successfully conducted in the Main Hall. The contest provided learners with an opportunity to apply their mathematical knowledge, problem-solving skills, and critical thinking in a structured and competitive setting.

Students participated with great focus and enthusiasm, tackling a variety of challenging questions designed to test logic, accuracy, and reasoning. The activity encouraged a deeper appreciation of mathematics while promoting academic excellence and healthy competition among learners.



The event was well organized and ran smoothly, reflecting the students' discipline and commitment. Overall, the contest was a valuable academic experience that motivated learners to sharpen their mathematical skills and strive for continuous improvement.



YEAR 7 TRIP TO NAIROBI NATIONAL MUSEUM

The Humanities department recently organized an enriching educational trip for our IGCSE Year 7 students to Nairobi National Museum where learning came alive beyond the classroom.



Our students explored captivating exhibits on Kenya's cultural heritage, archaeology and natural history, engaging with everything from ancient fossils to traditional artifacts. The experience sparked curiosity, deepened their understanding of historical concepts and encouraged critical thinking, reflecting our commitment to providing dynamic and meaningful learning opportunities.



CLUBS TUESDAY

School Clubs Day is a vibrant and exciting event that brings the entire school community together to celebrate creativity, talent, and teamwork. The day is designed to introduce students to the wide variety of clubs available, encourage participation in co-curricular activities, and highlight the importance of holistic education beyond the classroom.



Entrepreneurship Club



Indoor Galaxy Club

FROM THE PASTORAL COORDINATOR DESK

Dear Students,

As we embark on the first week of this new term, it is a wonderful opportunity to pause and reflect on our personal growth. Personal development is a journey that requires self-awareness, honesty, and a willingness to improve. This week, we encourage everyone to take some time to think about how far you have come and where you want to go.

- **Journaling Prompts**

- Journaling is a powerful tool for self-reflection. Here are some prompts to guide your thoughts and help you understand your own growth:
- What are three things I am proud of accomplishing recently?
- What challenges have I faced, and how did I overcome them?
- What skills or qualities do I want to develop further?
- How have I changed in the past year? What lessons have I learned?
- What are my goals for this term, and what steps will I take to achieve them?
- Who has inspired me to grow, and why?

Take a few quiet moments each day to write your thoughts. Be honest and kind to yourself as you explore these questions.

Celebrating successes, big or small, motivates us to keep striving. We invite students to share their personal success stories—whether it's improving in a subject, showing kindness to others, overcoming a challenge, or reaching a personal milestone. These stories inspire our school community and remind us that growth is a continuous process.

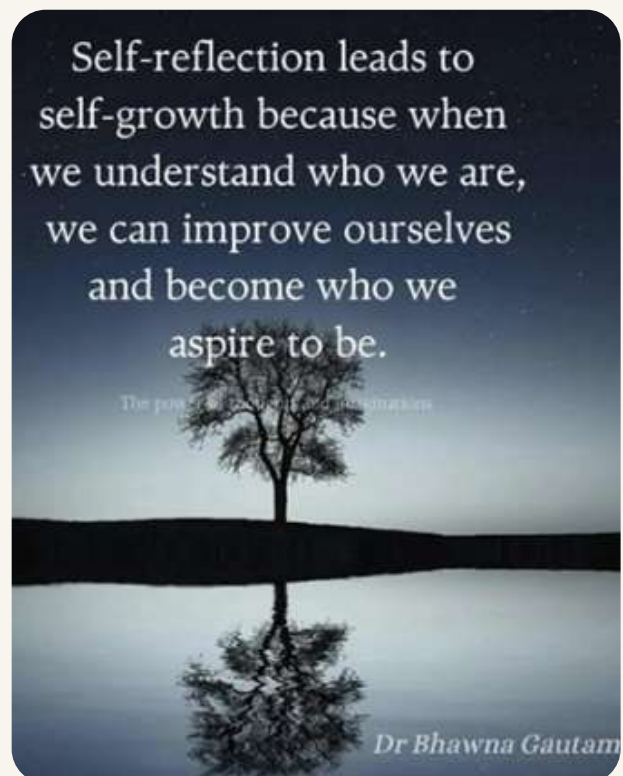
If you have a success story you'd like to share, please send it to the Pastoral Department. We will feature some of these stories in our upcoming newsletters and assemblies, giving everyone a chance to celebrate each other's achievements.

Remember, personal growth is a journey, not a destination. Every step forward counts, and each story of success inspires others to pursue their own paths of development.

Let us commit this week to reflecting honestly on our progress, celebrating our victories, and setting new goals for a brighter future.

Wishing you all a fruitful and inspiring week ahead!

Warm regards.



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 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



SUCCESS

is a

RESULT

of

HARD

WORK

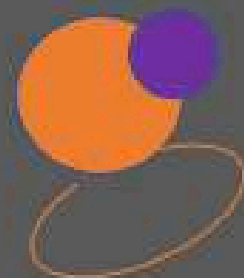


OSHVAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 2 SCHEDULE

27th April – 3rd May 2026



Monday – 27th Apr. 2026

Tuesday – 28th Apr. 2026

Wednesday – 29th Apr. 2026

➤ U13 BOYS FOOTBALL & U13 GIRLS NETBALL VS NIS (H) @ 1:30PM

Thursday – 30th Apr. 2026

➤ INTERHOUSE SPORTS TRIVIA (8:00AM – 12:30PM)

Friday – 1st May 2026

➤ LABOUR DAY – PUBLIC HOLIDAY

Saturday – 2nd May 2026

- PREFECTS INVESTITURE CEREMONY (2:00PM – 4:00PM)
- U13 PADDLE TOURNAMENT @ ST. CHRISTOPHER
- U13 BOYS & GIRLS CROSS-COUNTRY BRAEBURN MANYUKI
- U13 OSHVAL PRIMARY TABLE TENNIS TOURNAMENT-@7:30AM

Sunday – 3rd May 2026