

WEEK 2 ASSEMBLY

The assembly served as an opportunity to reflect on recent achievements, hear important announcements. Students demonstrated respectful behavior, listened attentively, and engaged positively throughout. Their positive attitude and respectful presence reflected the values we strive to uphold as a school. Overall, the assembly was a valuable experience that encouraged reflection, celebration, and a shared commitment to personal and academic growth.



AWARDING HARDWORK AT THE ASSEMBLY



The U15 girls' football team were crowned IPSSA champions at the U15 Football Tournament hosted at Naisula, Kajiado. The girls delivered an outstanding performance throughout the competition—topping their group, defeating the hosts Naisula in the semi-finals, and securing victory over Crawford in the finals.



The U15 boys' team had an outstanding tournament, finishing as bronze medalists at the IPSSA U15 Boys Football Tournament hosted at Naisula School, Kajiado. The competition featured a strong field of 12 teams.

GIVING BACK TO THE COMMUNITY

On April 25, 2026, proceeds from the Annual School Play were donated to charity, with several of our students proudly presenting the contribution to the Nairobi Children Rescue Centre in Kitisuru.



TUESDAY CLUBS

School clubs foster teamwork, leadership, and personal growth, creating a well-rounded learning experience beyond the classroom.



Computer coding club



Entrepreneurship club



Taekwondo club



Indoor galaxy club

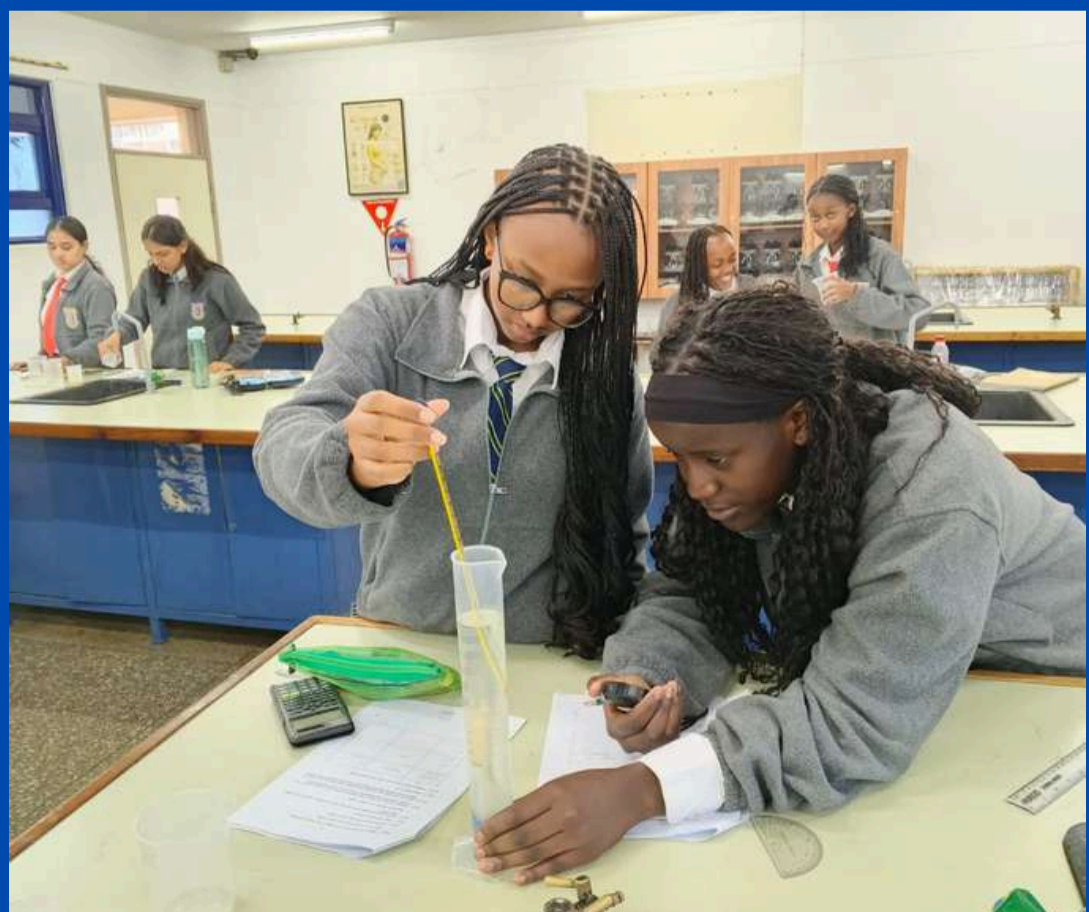
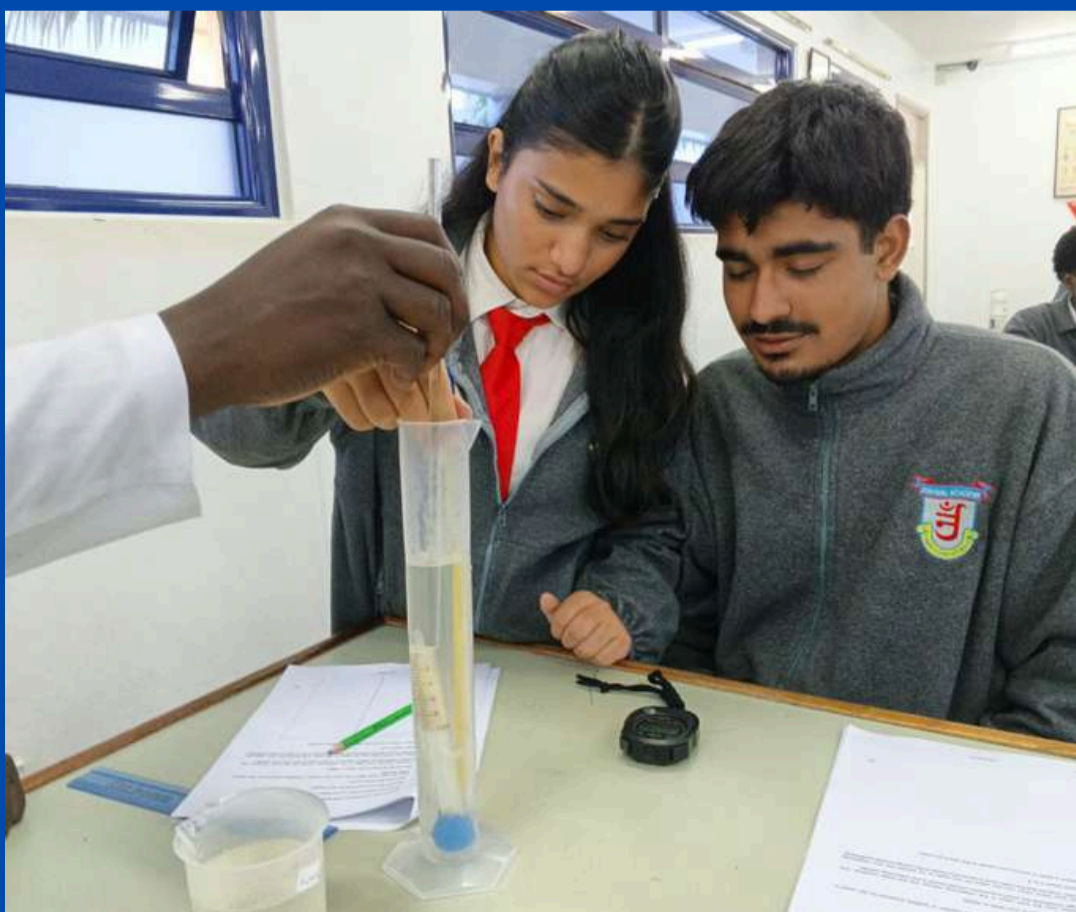
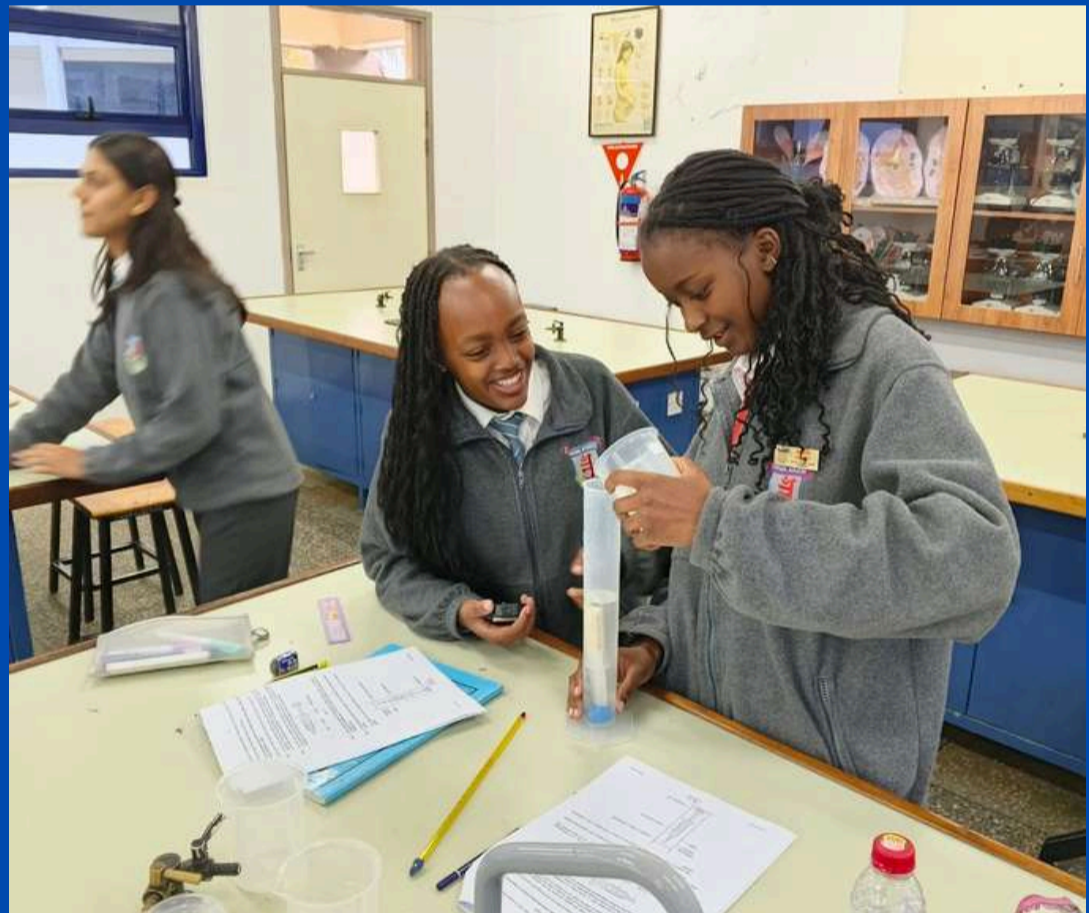
INTER HOUSE SPORTS TRIVIA

Our Sports Department recently held a week-long team selection period, giving every student the opportunity to try out, join, and represent their house in various interhouse competitions scheduled for Term 3. The turnout was remarkable, with students showing up in large numbers to support their teams, creating an atmosphere of unity, excitement, and school spirit.



THE PRACTICAL EXPERIENCE

Biology students investigating the effect of temperature on respiration.



FROM SPORTS CORNER



Yuvaan Krushil Shah of Year 7B recently took part in an elite football development program at The Nest Football Academy in Norwich, UK. Representing Africheza, he joined 12 other students in a rigorous seven-day training course that included attending a live professional match and meeting football star Grant Holt. His dedication and achievement make us incredibly proud.



The U15 girls' football team were crowned IPSSA champions at the U15 Football Tournament hosted at Naisula, Kajiado



The U15 boys' team had an outstanding tournament, finishing as bronze medalists at the IPSSA U15 Boys Football Tournament hosted at Naisula School, Kajiado.

FROM PASTORAL DEPARTMENT

Pastoral Corner: Do Your Part

As we move through the year, it's essential that we remind ourselves of the importance of taking responsibility and being accountable for our actions. Taking responsibility means doing your best and being answerable for the things we do. This includes:

Keeping our promises: When we say we'll do something, we must make sure we follow through.

Taking care of our things: We should respect and take care of the school's property, as well as our own personal belongings.

Helping with chores: Contributing to the well-being of our school community is crucial, whether it's helping with cleaning up after meals or participating in school events.

Owning up when we make a mistake: Admitting when we've done something wrong and apologizing for any harm caused shows that we're truly responsible.

A great example of taking responsibility can be seen in Sam's story (see below). Sam's actions demonstrate how taking care of our own mess and not waiting to be asked shows that we're responsible and committed to doing our part.

Story: Sam's Clean-Up

Sam was playing in the art room when he accidentally knocked over a jar of paint, spilling it all over the table. He didn't wait to be asked, but instead immediately cleaned up the mess without being told. This shows that Sam is taking responsibility for his actions and is committed to doing his part in keeping our school clean and tidy.

Quote of the Week

"Responsibility is the price of greatness." - Theodore Roosevelt

These wise words remind us that being responsible is not only something to strive for, but also a fundamental aspect of achieving greatness. By taking responsibility and being accountable for our actions, we can build trust, respect, and a sense of community that is essential for our school's success.

Challenge of the Week

As we strive to be more responsible and accountable, we challenge you to reflect on one area in your life where you can take more responsibility and do your part. It might be helping out more at home, taking care of your belongings, or being more considerate of others. Whatever it is, we encourage you to make a conscious effort to take responsibility and do your part.

Let's work together to create a culture of responsibility and accountability at our school – **Oshwal Academy Nairobi – Junior High.**

Your paragraph text

THOUGHT OF THE WEEK

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



THOUGHT OF THE WEEK

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

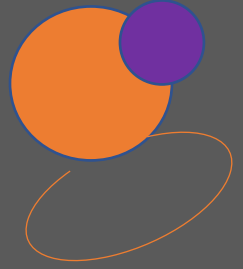




OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"
TERM 3 WEEK 3 SCHEDULE

4th May – 10th May 2026



Monday – 4th May 2026

- YEAR 7 BIOLOGY TRIP TO NAIROBI NATIONAL PARK
- U15 GIRLS BASKETBALL & BOYS RUGBY VS RUSINGA (H) @ 1:30PM

Tuesday – 5th May 2026

- U15 GIRLS BASKETBALL VS AGAKHAN (A)
- U15 BOYS RUGBY VS AGAKHAN (H)
- U13 BOYS & GIRLS FOOTBALL VS SAMAJ (H)
- U13 & U15 BOYS RUGBY VS SON
- U15 GIRLS NETBALL VS SON (H) @ 1:30PM

Wednesday – 6th May 2026

- U15 BOYS RUGBY & GIRLS NETBALL VS RUSINGA (A)
- U15 & U13 GIRLS BASKETBALL VS LIGHT ACADEMY (A) @ 1:30PM

Thursday – 7th May 2026

- YEAR 9 SUBJECT SELECTION TALK FOR STUDENTS
- U13 GIRLS BASKETBALL (A) & BOYS RUGBY VS AGAKHAN (H) @ 1:30PM
- U15 BOYS FOOTBALL VS BROOKHURST (H) @ 1:30PM

Friday – 8th May 2026

- PREFECTS TRAINING CAMP @ NAIVASHA
- IPSSA SWIMMING INSET @ WALDORF SCHOOL
- U15 BOYS RUGBY & U15 GIRLS BASKETBALL VS CRAWFORD (A) @ 1:30PM

Saturday – 9th May 2026

- PREFECTS TRAINING CAMP @ NAIVASHA
- KAISSO U15 BOYS RUGBY TOURNAMENT @ BROOKHOUSE RUNDA
- IPSSA U13 BOYS & GIRLS FOOTBALL TOURNAMENT @JUJA

Sunday – 10th May 2026

- PREFECTS TRAINING CAMP @ NAIVASHA