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OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

WEEK 4 TERM 3 NEWSLETTER 2025-2026

QUOTE OF THE WEEK

**EVERY BOOK YOU READ,
EVERY QUESTION YOU
ASK, AND EVERY EFFORT
YOU MAKE IS A STEP
TOWARD THE CHANGE YOU
WISH TO SEE**

WEEK 4 ASSEMBLY

Our recent assembly offered a meaningful opportunity to celebrate student accomplishments, share important updates, and reaffirm the Core Values that guide our school community. Throughout the gathering, students demonstrated exemplary respect, listened with focused attention, and participated with genuine enthusiasm. Their positive energy and thoughtful conduct beautifully mirrored the character we strive to nurture each day. Ultimately, the event was a rewarding experience that fostered reflection, recognition, and a shared commitment to continued personal and academic growth.



Students performing Jain Prayer at the assembly.



Announcements from some of the students.

WEEK 4 ASSEMBLY IN PICTURES



Under 13 Boys Football Team A IPPSA Bronze Medalists.



Under 15 Boys Football Premier Tournament Silver Medalists.



Introduction of the new German teacher Mr. Jacob during Assembly.



PREFECTS' TRAINING CAMP 2026-2027

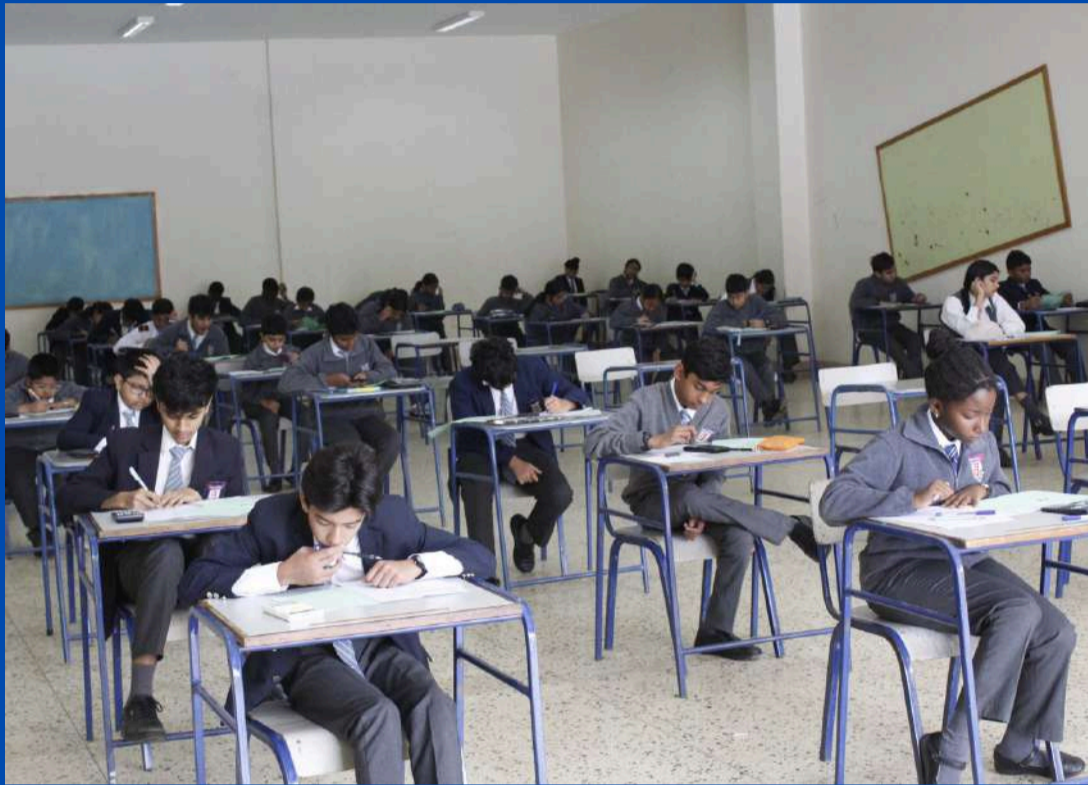
Our school Prefects Body had the incredible opportunity to attend a leadership training camp in Naivasha. The camp focused on empowering student leaders through a mix of outdoor challenges, team-building exercises, and leadership development workshops. Guided by experienced facilitators, students explored key themes such as responsibility, effective communication, resilience, and servant leadership. The experience not only strengthened their leadership capabilities but also fostered unity and a deeper sense of purpose within the group. We are incredibly proud of our prefects and excited to see the positive impact they will bring to our school community in their roles.





YEAR 7 AND YEAR 8 GAUSS MATHEMATICS CONTEST

On 11th May 2026, some of our Years 7 and 8 students participated in the Gauss Mathematics Contest. This experience has significantly helped them improve their mathematical skills. The contest also provides students with the opportunity to compete with peers from around the world. They are now patiently awaiting their results. Participants will receive certificates that will strengthen their applications for future studies at the University of Waterloo and other world-renowned universities.



YEAR 10 TALK ON PRE-MOCK EXAM PREPARATION

Students were guided on how to effectively prepare for their forthcoming exams. They learned how to identify their individual learning styles and received targeted study tips for each type. The session also covered key preparation steps, including the importance of starting early, keeping study materials up to date, creating a realistic timetable, and designating a dedicated study space. Additionally, students explored effective revision strategies, memory-enhancement techniques, the importance of proper diet and rest, and practical ways to manage stress and anxiety.



YEAR 7 HOUSE ASSEMBLY

The meeting centered around discipline expectations including respectful behaviour towards fellow students and teachers.

They were also reminded to prepare well for coming midterm exams.

In attendance

Mr. Abwajoh - Pastoral Coordinator

Mr. Nicholas - Head Proctor

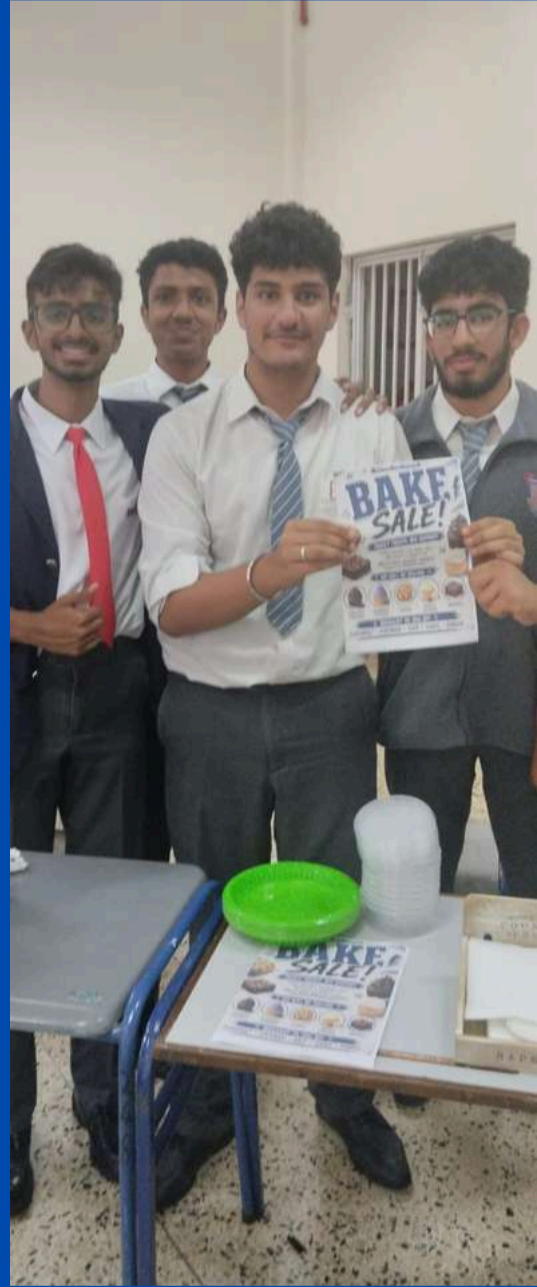
Ms. Esther - Head of Year 7

Mr. Amos - Year 7 Proctor



BAKE SALE

The event was conducted by Year 10 Group 3 Global Perspectives students to raise money to facilitate a donation drive for their team project that will take place in a public school to support the needy students.



BAKE SALE IN PICTURES



JOHN LOCKE INSTITUTE INTERNATIONAL ESSAY WRITING COMPETITION



We are proud to celebrate the outstanding achievement of our student, Zeya Minesh Shah of Year 7F who participated in the prestigious John Locke Institute International Essay Competition and was awarded a scholarship worth \$500. The competition attracts talented young writers from around the world and challenges students to think critically, develop independent ideas, and present well-reasoned arguments on complex global issues.

Organised by the John Locke Institute, the programme is renowned for helping young people broaden their knowledge, refine their skills of argument, and strengthen their academic writing and critical thinking abilities. Through rigorous intellectual engagement, participants are encouraged to explore ideas deeply and communicate them with clarity and confidence.

Zeya's achievement is a testament to hard work, intellectual curiosity, and excellent writing skills. We congratulate Zeya on this remarkable accomplishment and wish continued success in future academic pursuits.

Here are her words:

I started this essay sure I knew the answer. The deeper I dug into whether mental health is better recognized or quietly over-diagnosed, the messier it got. Awareness has helped people find support, but viral self-diagnosis has blurred the line between real struggle and trend.

I'm grateful to my teachers for pushing me to think harder, to my school for making space for these conversations, and to my parents for their constant support and encouragement.

The real lesson? Progress isn't just talking more. It's talking better – with care, respect, and distinction for both science and lived experience.

A quote that sums up a lot about my essay: "My lips say, 'Fine, thanks,' but my eyes tell a different story, my heart sings a different tune, and my soul just weeps."

Zeya Minesh Shah – Year 7 F

TUESDAY CLUBS

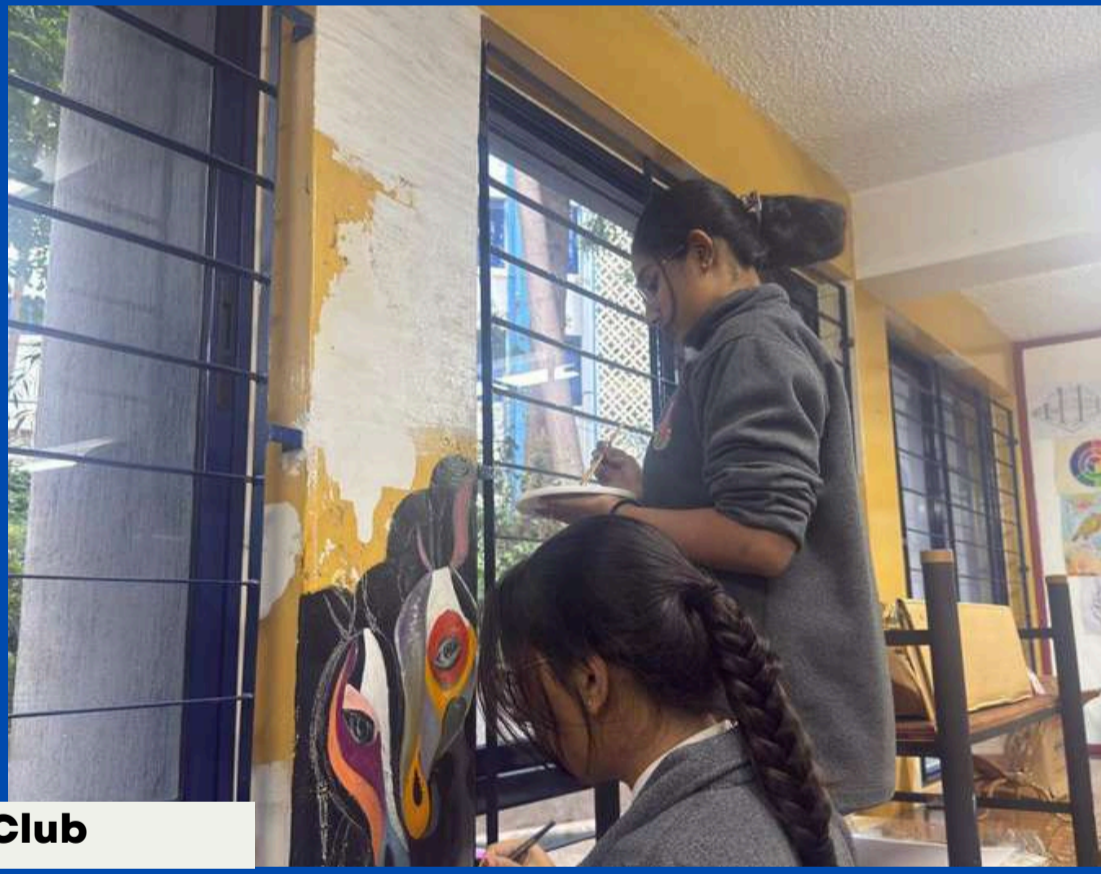
School clubs foster teamwork, leadership, and personal growth, creating a well-rounded learning experience beyond the classroom. Through hands-on activities in areas like Music, Arts, Computer Coding, Indoor Galaxy, and many other clubs, students explore their passions, build confidence, and develop essential life skills.



Computer Coding Club



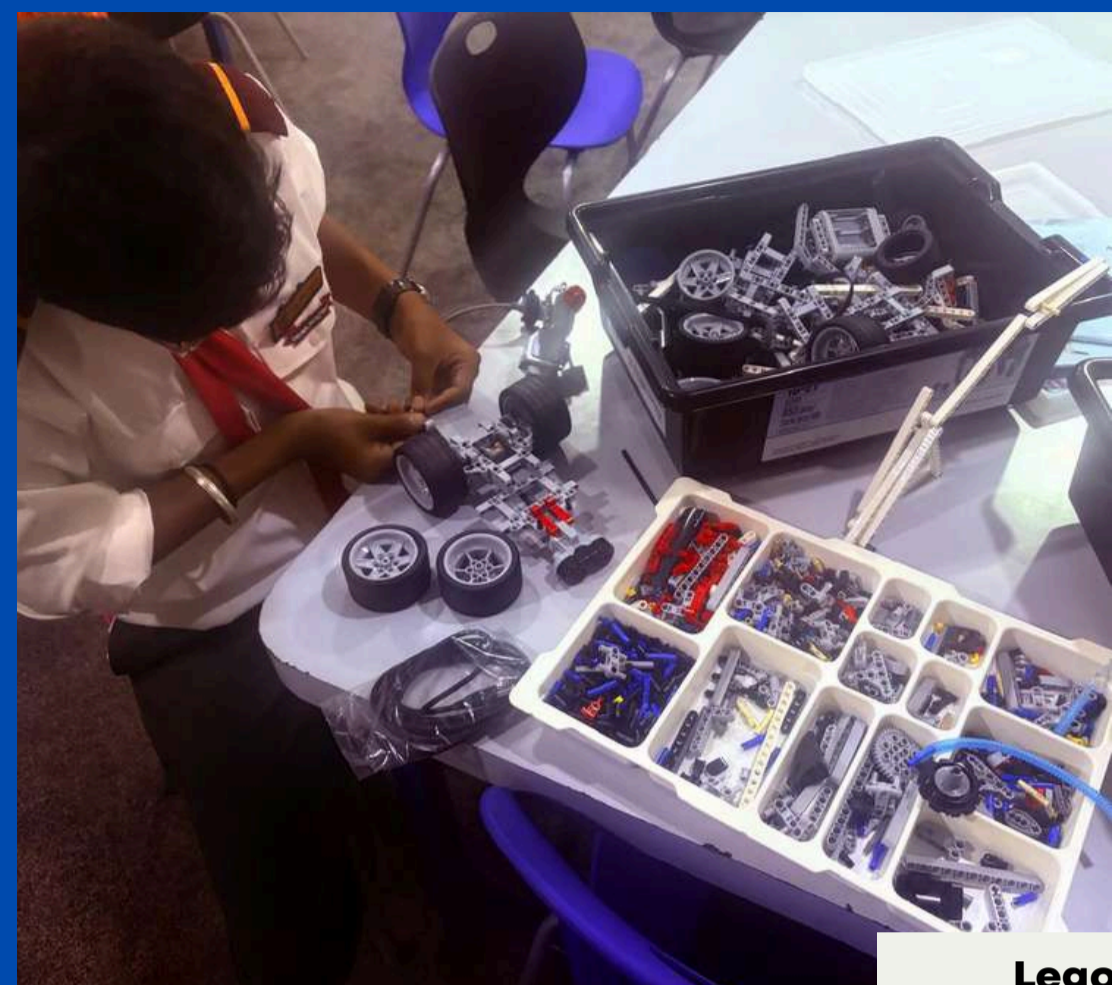
Art Club



Entrepreneurship Club



TUESDAY CLUBS IN PICTURES



Lego Club



Indoor Galaxy Club



Music Club



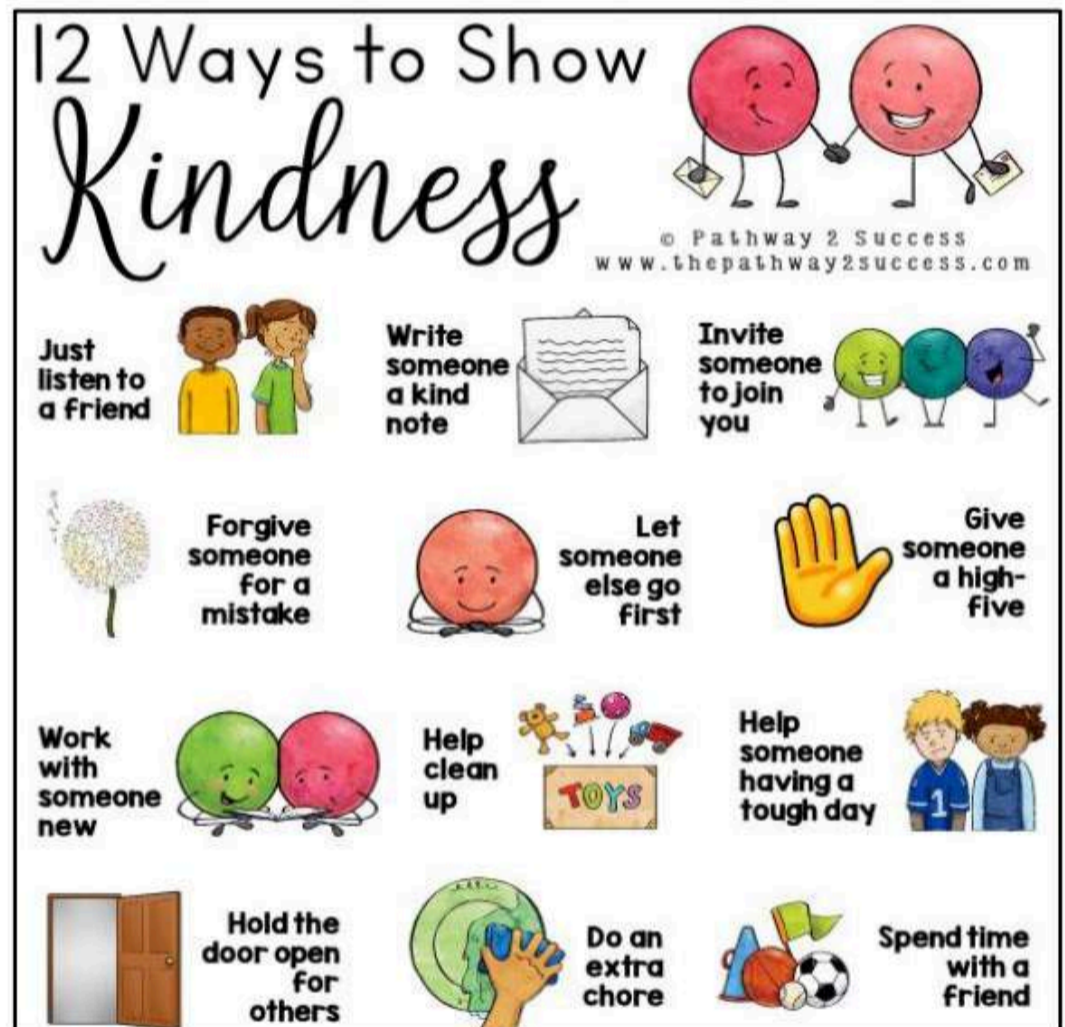
KINDNESS & COMPASSION

Be Kind to Everyone!

Kindness and Compassion are powerful qualities that can transform our **School Community** and beyond. When we as students choose to be kind to each other, we create an environment where everyone feels valued, respected, and cared for. Small acts of kindness can have a big impact - sometimes in ways we may never fully realize.

You can show kindness by:

- **Saying kind words to others:** A simple compliment or encouraging words can brighten someone's day.
- **Helping others:** Offer a hand when someone needs assistance, whether it's carrying books or understanding a difficult lesson.
- **Listening carefully to others:** Give your full attention when someone is sharing their thoughts or feelings. Your empathy can make a difference.
- **Being friendly and caring to others:** Smile, greet others, and show genuine interest in how they're doing.



Activity:

Take a moment to reflect and write or draw a story about a time you showed kindness. Think about how your actions made someone feel or how it impacted your relationship. Share your story with friends or display it as a reminder of the importance of kindness in our daily lives.

FROM THE PASTORAL COORDINATOR

Quote:

"No act of kindness, no matter how small, is ever wasted."

Students, remember, your kindness can inspire others and create a ripple effect of compassion throughout our school community. As a school, let's all strive to be kind every day and make our school a place where everyone feels loved and respected.

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.



The U15 boys Football Team had an outstanding performance at the inaugural Premier U15 Boys Football Tournament, winning a silver medal.



Francis Jahawi of Year 10B was also named the Most Valuable Player (MVP) of the tournament





The U13 Boys Football Team A delivered an outstanding performance at the IPPSA tournament hosted by Juja Prep School. They secured a bronze medal in a highly competitive field of 17 teams.



U 15 boys Rugby Team had a fixture at Braeside Thika, Winning by 7 tries to 3



The U13 Boys Football Team A delivered an outstanding performance at the IPPSA tournament hosted by Juja Prep School. They earned a well-deserved bronze medal in a highly competitive field of 17 teams.



The U15 Girls Basketball Team faced a challenging match against NIS, concluding with a final score of Oshwal 7, NIS 18. Despite the tough opposition, standout performances from MVPs (Most Valuable Player) Makena Hunja (10C), Natalia Ngeru (10C), and Alison Amor (10D) highlighted the team's effort and spirit throughout the game.



The U13 Girls Basketball Team faced Nairobi International School in a closely fought match that ended in a draw. Oshwal led early, but a strong fourth-quarter effort from NIS ensured a hard-fought tie.



Our U13 Girls Netball Team hosted Swaminarayan in a tightly contested friendly and secured a hard-fought 13-9 victory, showcasing great teamwork and sportsmanship.



Our U13 Boys Rugby Team delivered an impressive performance at Oshwal Center today, defeating Braeside Thika 9 tries to 4 in an exciting and hard-fought friendly match



Our U15 Girls had a fantastic double-header against St. Nicholas this afternoon, sweeping the Volleyball match 2-0 and following up with a commanding 12-6 victory in Netball—showcasing outstanding athleticism and teamwork across both sports



Our U15 Boys Volleyball Team secured a thrilling 2-1 victory over St. Nicholas this afternoon, demonstrating excellent skill, determination, and team spirit on the court.



Always

Believe
in

yourself.

You can achieve

anything you set your

mind to if only you

believe.

OSHWAL ACADEMY JUNIOR

HIGH

THOUGHT OF THE WEEK

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.

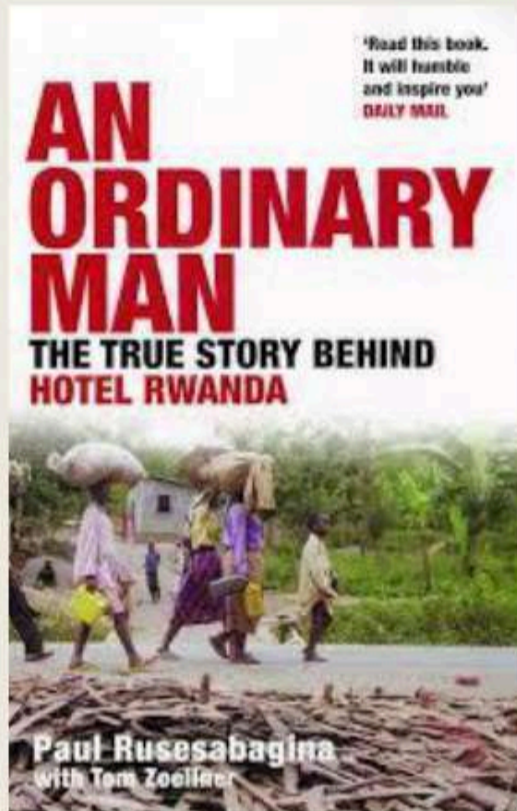


Moral of the Story:

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

Hotel Rwanda (BY; Mayaan Mokha 8B)

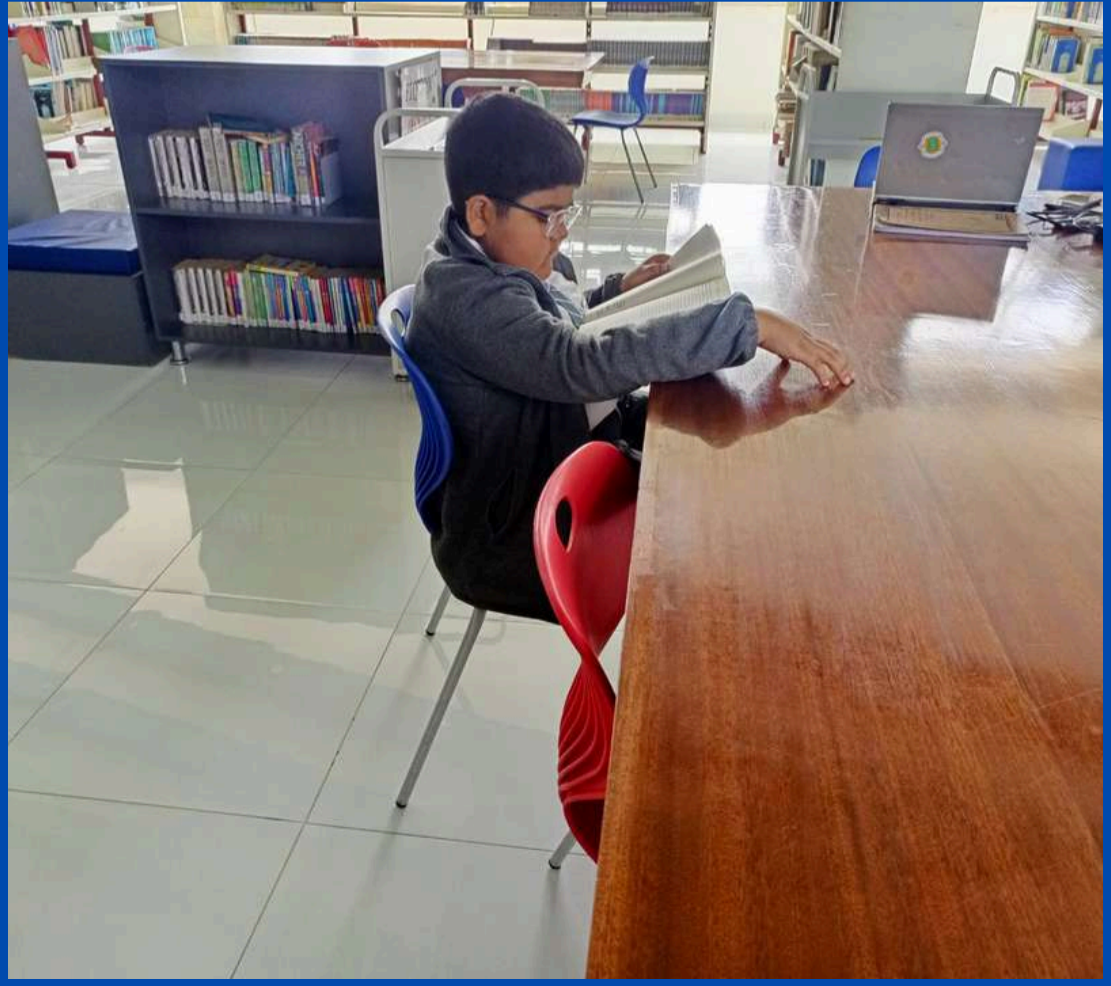
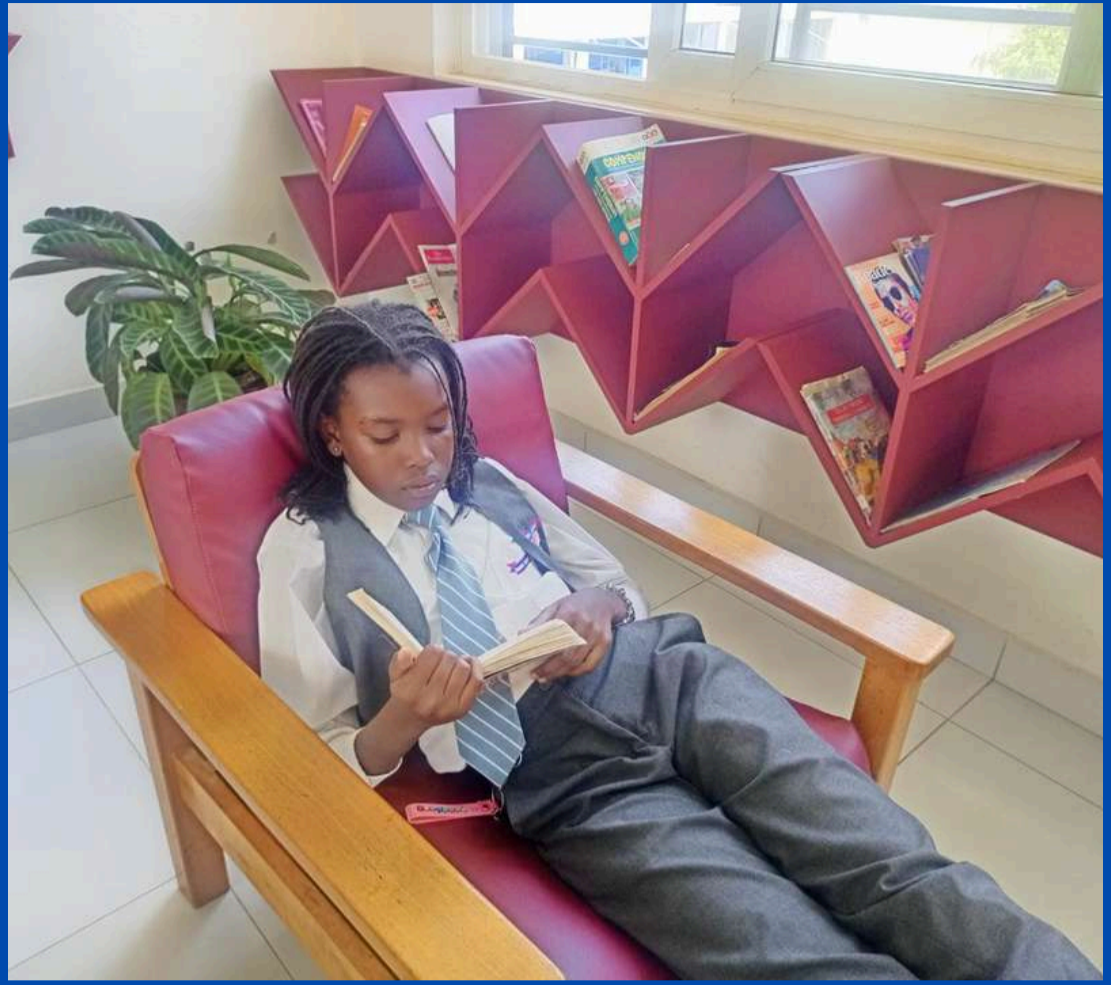
In the book *Hotel Rwanda*, I learned about a man named Paul Rusesabagina who lived in Rwanda during a very dangerous time known as the Rwandan Genocide. During this period, there was a lot of violence between two groups, the Hutus and the Tutsi. The situation became very serious and many innocent people were being attacked. This made the story very emotional and showed me how cruel and unfair the world can sometimes be.



In the book, Paul was a hotel manager who uses his courage and intelligence to protect over 1,000 refugees by hiding them in the hotel he works in. Even though he was in great danger himself, he did not give up and continues to help others. He uses his connections, negotiation skills, and bravery to keep the people safe when there is almost no help from outside countries. Many times, it feels like all hope is lost, but Paul keeps trying.

While reading *Hotel Rwanda*, I felt shocked by the violence but also inspired by Paul's bravery and kindness. The story shows how one person can make a big difference, even in the worst situations. Overall, I think this book is very powerful and teaches important lessons about courage, humanity, and standing up for others.

LIBRARY LESSON IN ACTION





OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 5 SCHEDULE

18th May – 24th May 2026

Monday – 18th May 2026

- U15 GIRLS BASKETBALL VS BRAESIDE LAVINGTON & PREMIER (H) @1:30PM
- U15 BOYS RUGBY VS ST. AUSTIN (H) @1:30PM

Tuesday – 19th May 2026

- U15 BOYS RUGBY VS PREMIER (A)
- U13 GIRLS NETBALL VS AGAKHAN (A)
- U13 & U15 GIRLS BASKETBALL VS SAMAJ (H)

Wednesday – 20th May 2026

- U13 BOYS RUGBY & U13 GIRLS NETBALL VS ST. AUSTIN (A)

Thursday – 21st May 2026

- YEAR 10 PHYSICS TRIP TO NGONG HILLS POWER STATION (7:00AM-1:00PM)
- U13 BOYS FOOTBALL VS JAWABU (H)

Friday – 22nd May 2026

- YEAR 10 CAMPUS TOUR TO USIU (9.00AM- 12:30PM)
- U15 GIRLS BASKETBALL VS ST. AUSTIN (A)

Saturday – 23rd May 2026

- YEAR 9 PARENTS SUBJECT SELECTION TALK (9.30AM-12.30PM) - AUDITORIUM
- NCSA AGE GROUP SWIMMING CHAMPIONSHIP AT KIOTA SCHOOL.

Sunday – 24th May 2026

- NCSA AGE GROUP SWIMMING CHAMPIONSHIP AT KIOTA SCHOOL.