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OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

WEEK 5 TERM 3 NEWSLETTER 2025-2026

QUOTE OF THE WEEK

***YOUR GRADES WILL NEVER
CHANGE UNTIL YOU CHANGE
YOUR DAILY STUDY HABITS.
THE SECRET OF YOUR
SUCCESS IS FOUND IN YOUR
DAILY ROUTINE.***

YEAR 10 PHYSICS TRIP TO NGONG WIND FARM

Year 10 Physics students visited Ngong Wind Farm to explore renewable energy firsthand, observing how wind patterns drive turbines to convert kinetic energy into electricity through electromagnetic induction. The trip brought classroom theory to life, deepening students' understanding of energy efficiency and sustainable technology.



YEAR 10 CAMPUS TOUR TO USIU

Year 10 students visited USIU-Africa to explore university pathways, learning how their IGCSE and A Level studies align with admission requirements, relevant subject combinations. The tour inspired students to set clear academic goals, with thanks to USIU and our teachers for the valuable experience.



VERITAS AI ESSAY COMPETITION



We are proud to celebrate the outstanding achievement of our student, Hevir Sunilkumar Dodhia of Year 9C who participated in Singularity AI Essay competition and was awarded a scholarship worth \$750. 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. 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. Hevir's achievement is a testament to hard work, intellectual curiosity, and excellent writing skills. We congratulate Hevir on this remarkable accomplishment and wish continued success in future academic pursuits

My Experience in the Veritas AI Essay Competition.

Participating in the Veritas AI Essay Competition was a truly rewarding experience. The competition attracted over 500 entries from 50 different countries, and the essays were judged by Harvard and Oxford graduates, as well as professors.

For the competition, I was given six different essay prompts to choose from. I selected Prompt No. 2: "Does AI make individual intelligence less valuable?" This topic challenged me to think deeply, develop my own perspective, and present my argument in a way that could persuade others to consider my point of view.

After three days of intensive research, planning, and writing, I submitted my essay. A few days later, I received the exciting news that my essay had been selected as one of the best worldwide. As a result, I was awarded a \$750 scholarship toward any Veritas AI program.

Overall, the competition was an excellent learning experience. It helped me strengthen my research, writing, and critical-thinking skills, and I would strongly encourage other students to take part in similar opportunities.

Hevir Sunilkumar Dodhia - Year 9 C

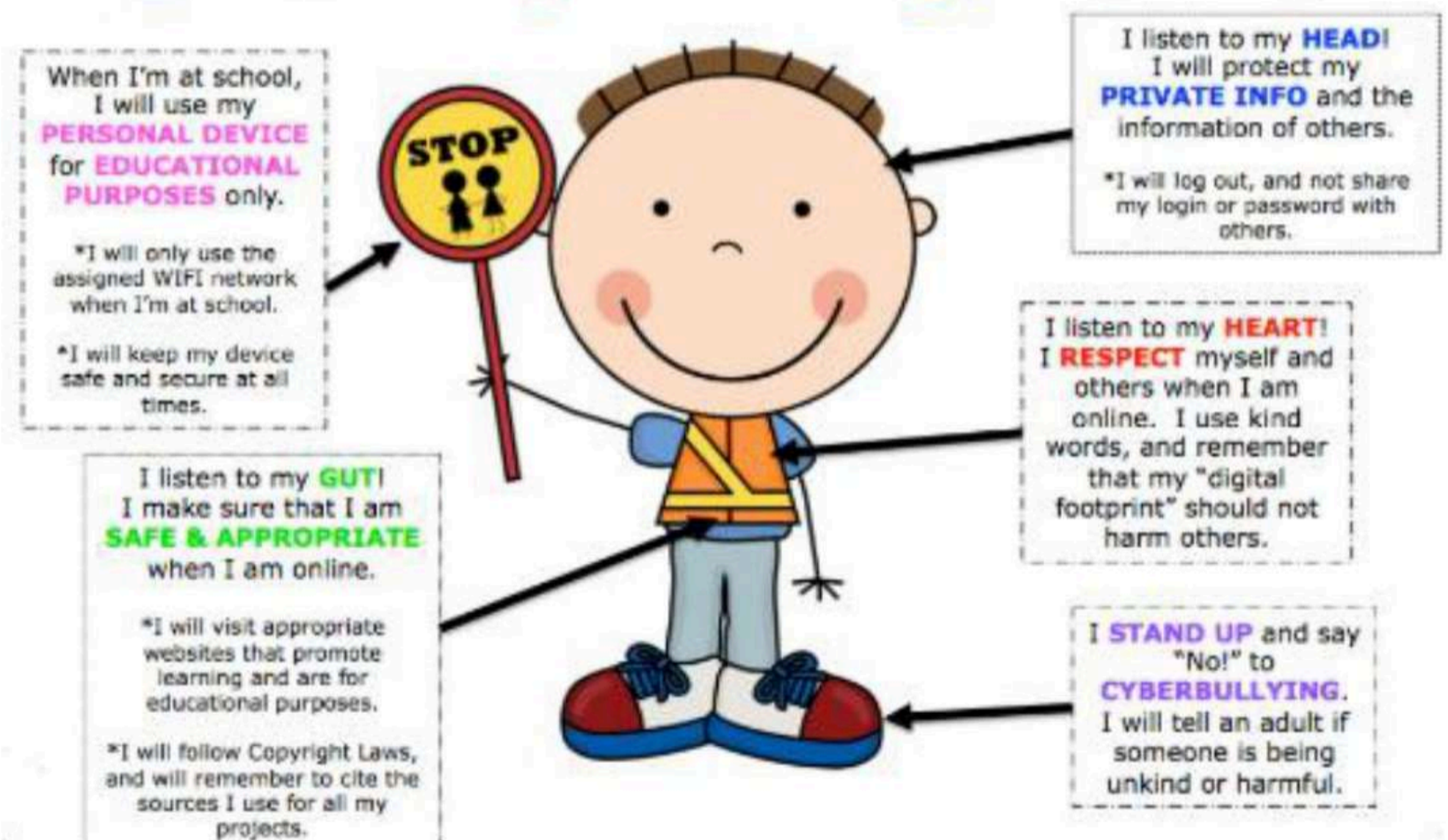
FROM PASTORAL DEPARTMENT

Staying Safe Online & Being Responsible Digital Citizens

Dear Students,

As we continue to navigate our increasingly digital world, it's more important than ever for us all to understand how to stay safe online and to act responsibly as digital citizens. The internet offers incredible opportunities for learning, connection, and creativity, but it also comes with risks that we must be aware of to protect ourselves and others.

I am a Digital Citizen!



Why is Digital Citizenship Important? Being a responsible digital citizen means understanding how to behave safely and respectfully online. It involves safeguarding your personal information, making thoughtful choices about what you share, and treating others with kindness and respect—even through a screen. Our actions online have real-world consequences, and cultivating good digital habits is essential for our well-being and reputation.

Top Tips for Staying Safe & Responsible Online:

- **Protect Your Personal Information:** Never share sensitive details such as your home address, phone number, or passwords. Remember, personal data is private and should be kept secure.
- **Think Before You Post:** Once something is uploaded or shared online, it can be difficult to remove. Always consider the impact of your words and images before posting.
- **Be Respectful:** Just like face-to-face interactions, online interactions should be polite and respectful. Avoid hurtful comments or sharing content that could harm others.
- **Report Cyberbullying:** If you witness or experience cyberbullying, don't hesitate to tell a trusted adult. Reporting helps to create a safer online environment for everyone.

Quick Tip for Digital Security:

Use **strong, unique passwords** for each of your accounts, and enable two-factor authentication whenever possible. These simple steps greatly enhance your online security.

Remember: Your online behaviour reflects who you are. Be a positive digital citizen by acting responsibly, respectfully, and thoughtfully online. Remember, the internet is a tool—use it to learn, connect, and grow in a safe and respectful manner.

Let's all commit to making our digital spaces safe and welcoming for everyone!

Always stay safe online,

Pastoral Department.

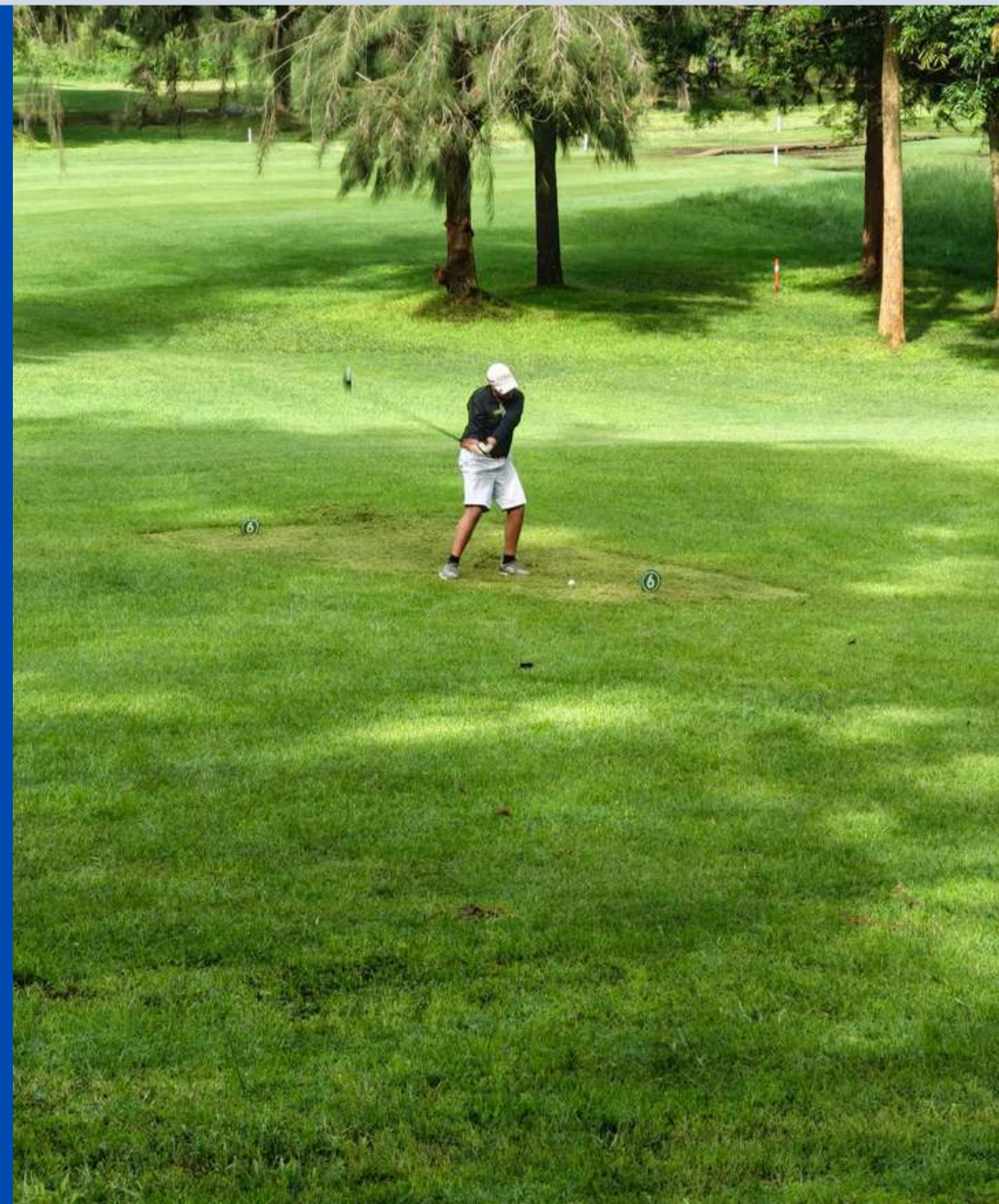


FROM SPORTS CORNER

The Sports Department has been a beehive of activities with numerous opportunities for our students to engage in various inter-school sports competitions.



Our Year 10 Students represented the school at the NCBA Junior Golf Tournament, showing great skill and determination. Though they didn't medal, they gained valuable experience and pride in their performance.



FROM SPORTS CORNER



Our U14 Boys' Volleyball Team competed in the ISK Invitational Tournament, topped their pool, and went on to win the championship by defeating ISK 2-0 in the finals.



The U15 Boys' Rugby Team won a Bronze medal in the IPSSA tournament hosted at Crawford International School.



Our U15 Girls Basketball Team earned Silver medals at the tournament, finishing second in the group stage, then defeating Crawford 8-4 in the semifinals before a narrow finals loss to Aga Khan. Special congratulations to Most Valuable Players Jewel Mbui and Ella Adia for their outstanding performances.



The U13 Boys' Rugby Team played against St. Austin's at their grounds today, winning with 9 tries to 8.



The U13 Girls' Netball Team played a friendly match against St. Austin's today. It was tightly contested, ending with Oshwal 9, St. Austin's 11.



THOUGHT OF THE WEEK



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Lets practise love and kindness this week!

Gratitude Monday

Start the week by expressing gratitude. Leave a kind message for a classmate, teacher, or friend.

Compliment Tuesday

Today is all about compliments! Recognize and appreciate the positive qualities of those around you.

Small Acts Wednesday

Perform small acts of kindness, such as holding the door for someone, offering help

Compassion Thursday

Practice compassion by being mindful of others' feelings.

Kindness Friday

Spread acts of kindness.





A Glass of Milk



There once was a poor boy who spent his days going door-to-door selling newspapers to pay for school. One day, as he was walking his route, he started feeling low and weak. The poor boy was starving, so he decided to ask for food when he came to the next door.

The poor boy asked for food but was denied every time, until he reached the door of a girl. He asked for a glass of water, but seeing his poor state, the girl came back with a glass of milk. The boy asked how much he owed her for the milk, but she refused payment.

Years later, the girl, who was now a grown woman, fell sick. She went from doctor to doctor, but no one was able to cure her. Finally, she went to the best doctor in town.

The doctor spent months treating her until she was finally cured. Despite her happiness, she was afraid she couldn't afford to pay the bill. But, when the hospital handed her the bill, it read, 'Paid in full, with a glass of milk.'

The Moral
No good deed goes unrewarded.

Author: Enid Blyton

Genre: Mystery, Adventure
Children's Fiction

Title: Secret Seven Adventure

Book Summary;

Secret Seven Adventure is the second book in the Secret Seven series by Enid Blyton. The story follows seven children who form a secret club called the Secret Seven. They enjoy meeting in secret and working together to solve mysteries.

During their school holidays, the group notices strange and suspicious activities taking place near a local farm. The events seem unusual, and the children suspect that

As the mystery develops, the situation becomes more serious. The children face danger but rely on courage, teamwork, and quick thinking to solve the case and reveal the truth behind the strange events.

Themes: Friendship, teamwork, courage, responsibility, and curiosity

Opinion This book is engaging and enjoyable. The mystery keeps the reader interested, and the cooperation between the characters makes the story exciting. The simple but effective language makes it easy to read while still being entertaining.

Written by: Jijaan Dhanani
Class 88



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 6 SCHEDULE

25th May – 31st May 2026

Monday – 25th May 2026

- MIDTERM EXAMS BEGIN (YEAR 10)

Tuesday – 26th May 2026

- MIDTERM EXAMS BEGIN (YEARS 7-9)
- GUJARATI MOCK 3 EXAMS

Wednesday – 27th May 2026

- IDD-UL-ADHA HOLIDAY (TENTATIVE)

Thursday – 28th May 2026

- GUJARATI MOCK 3 EXAMS (TO BE SAT ON 27TH IF HOLIDAY IS ON TUESDAY)

Friday – 29th May 2026

- END OF MIDTERM EXAMS
- KA NATIONAL AGE-GROUP SWIMMING CHAMPIONSHIPS @ KASARANI AQUATICS

Saturday – 30th May 2026

- KA NATIONAL AGE-GROUP SWIMMING CHAMPIONSHIPS @ KASARANI AQUATICS

Sunday – 31st May 2026

- KA NATIONAL AGE-GROUP SWIMMING CHAMPIONSHIPS @ KASARANI AQUATICS