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# **OSHWAL ACADEMY NAIROBI**

## **JUNIOR HIGH**

**WEEK 6 TERM 3 NEWSLETTER 2025-2026**

**QUOTE OF THE WEEK**

***SUCCESS IS THE SUM  
OF SMALL EFFORTS,  
REPEATED DAY IN AND  
DAY OUT.***

## WEEK 6 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.



# CELEBRATING EXCELLENCE IN SPORTS

**Congratulations to our outstanding students, recognized today for excellence in Swimming, Volleyball, Rugby and Netball. Your dedication, teamwork, and sportsmanship inspire us all.**



# YEAR 9 PARENTS SUBJECT SELECTION

The Year 9 Parents Subject Selection Forum was held in the school auditorium to support students and their families as they navigate subject choices for Year 10. The forum aimed to provide valuable guidance on academic pathways, subject options, and the decision-making process. A special highlight was the attendance of Academic Consultant Mrs. Chotai. Her presence added significant value, as she offered expert insights into curriculum planning, future study options, and the alignment of subject choices with students' interests and career goals. The event featured presentations from faculty members, followed by a Q&A session, ensuring parents and students left well-informed and confident about the journey ahead.

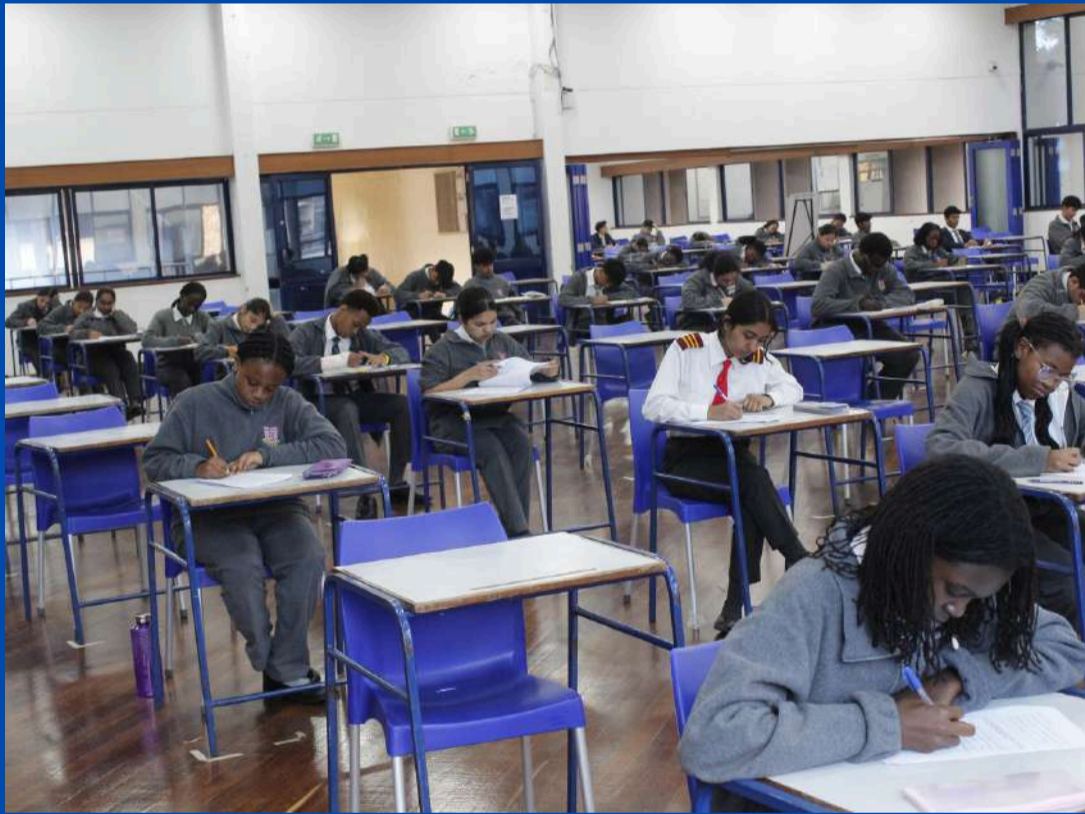


# YEAR 9 PARENTS SUBJECT SELECTION IN PICTURES



## YEAR 7, 8, 9 AND 10 MID-TERM EXAMINATIONS

Exams are not just a test of knowledge, but also a test of patience, hard work, and dedication. Year 7, 8, and 9 students commenced their Mid-Term Examinations on 26th May 2026, while Year 10 students began theirs on 25th May 2026. We wish our students the very best and encourage parents, guardians, and caregivers to provide them with the support and encouragement they need during this period.



# **INCLUSIVE EDUCATION DEPARTMENT ALUMNI EXCELLENCE**



**We are proud to share the inspiring journey of one of our former student, Carine Musinga. After graduating from Oshwal Academy last year, Carine continued her education at Highline College in Washington State, USA. She is currently enrolled in the Achieve Program, a comprehensive post-secondary transition program designed for students with intellectual disabilities. This program empowers students to excel academically, socially, and professionally by tailoring courses, activities, and work-based learning experiences to help them achieve their individual goals.**

**Recently, Carine participated in her college's Annual Global Fest, a vibrant celebration of culture, community, and diversity. During the event, she proudly showcased her culture, highlighting key attractions from her country and sharing some staple foods. Her participation was a proud moment for her and a reminder of the importance of embracing and celebrating diversity**

**We hope her story inspires other students with intellectual disabilities, as well as their parents and teachers, to aim high and pursue their dreams.**

**CARINE KUIA MUSINGA**

## Theme: The Joy of Kindness & Helping Others

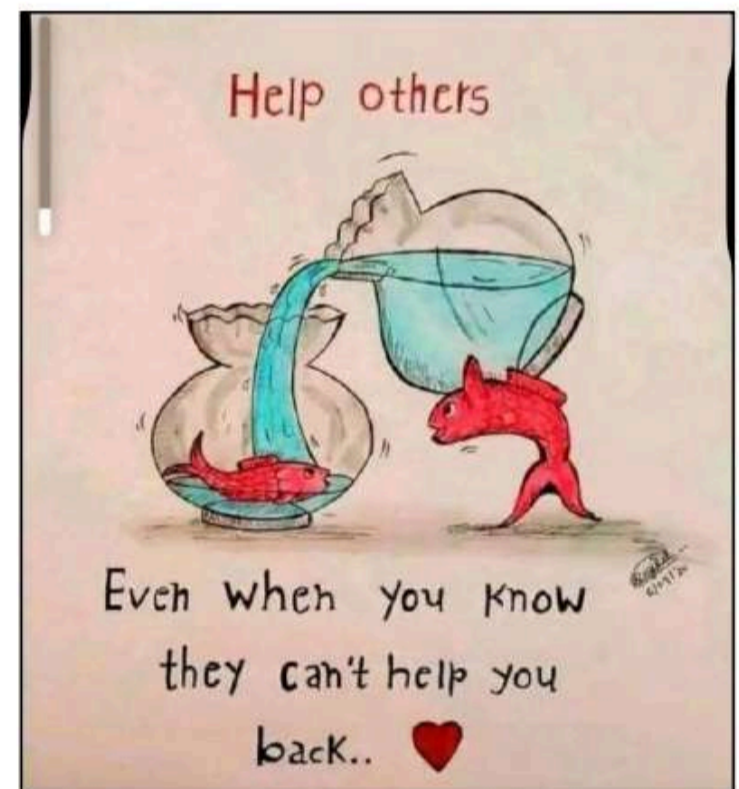
Dear Students,

This week, we want to celebrate a simple yet powerful value that can transform our school community and our lives — Kindness. Small acts of kindness have the incredible ability to make the world a happier, more caring place. When we choose to be kind, we not only brighten someone else's day but also create a positive ripple effect that can inspire others to do the same.

### The Joy of Kindness:

Being kind isn't just about grand gestures; it's often found in the small, everyday actions. Here are some simple ways you can show kindness:

- Saying kind words to Classmates, Teachers, and Friends.
- Helping a friend who is upset or feeling down.
- Sharing toys, snacks, or supplies with someone who needs them.
- Listening carefully when someone talks to you — giving them your full attention.



## FROM THE PASTORAL COORDINATOR

Every act of kindness, no matter how small, has the power to make a big difference. When we help others, we also feel happier and more connected — it's a win for everyone!

**Activity:** This week, challenge yourself to perform one act of kindness each day. It could be as simple as offering a compliment, holding the door open, or helping someone with their work. Pay attention to how these actions make you and others feel — you might be surprised by the positive impact!

**Quote of the Week:** "Kindness is free; sprinkle it everywhere."

Let's make kindness our daily habit and spread it throughout our school — Oshwal Academy Junior High and beyond. Remember, a small act of kindness can truly change someone's day — and yours too!



*Wishing you a week filled with kindness and compassion!*



**OSHWAL ACADEMY  
JUNIOR HIGH**

# THOUGHT OF THE WEEK



## POSITIVE ATTITUDE

One small  
.....  
**POSITIVE**  
**THOUGHT** ☺  
EACH MORNING  
can change .....  
YOUR  
Whole Day ↻

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.

Pat Riley

#PositiveAttitude

## The Power of a Positive Attitude



Rohan was a bright and curious boy, but he had been struggling in school for months. No matter how hard he tried, he just couldn't seem to grasp the concepts and was failing his exams. He felt like giving up and thought that he just wasn't cut out for school.

One day, his teacher, Mrs. Kumar, approached him after class. "Rohan, I know you're struggling, but I believe in you," she said. "I want you to help me with a special project – our school garden. We need someone to help us plant and maintain it."

Rohan was hesitant at first. He didn't know anything about gardening and didn't think it would help him with his studies. But Mrs. Kumar's enthusiasm was infectious, and eventually, he agreed to give it a try.

As Rohan worked on the garden, he began to realize that it wasn't just about planting seeds and watering them. It was about nurturing and caring for something, and watching it grow. He started to enjoy the process and took pride in his work.



But what really surprised Rohan was how much he learned from the experience. He learned about responsibility, hard work, and the importance of a positive attitude. He realized that if he could make a difference in the garden, he could make a difference in his studies too.

With newfound determination, Rohan started applying the same attitude to his schoolwork. He began to pay attention in class, ask questions, and seek help when he needed it. And slowly but surely, his grades started to improve.

Rohan's confidence grew, and he started to enjoy learning again. He realized that he wasn't a failure and that he was capable of achieving his goals. He learned that a positive attitude can change everything and that with hard work and determination, anything is possible.

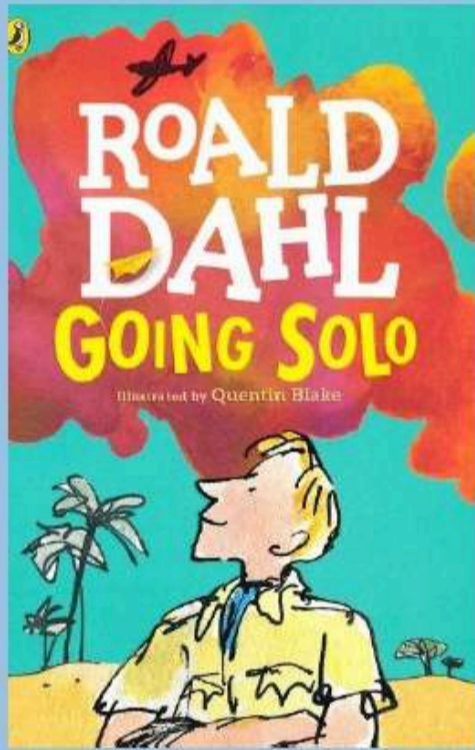
From that day on, Rohan approached challenges with a new mindset. He knew that he could overcome obstacles and achieve his dreams, one small step at a time. And he never forgot the lessons he learned in the school garden – lessons that stayed with him for the rest of his life.



## Going Solo by Roald Dahl

(Book Review by; Mayaan Mokha 8B)

In *Going Solo* by Roald Dahl, I read about the author's real experiences after he finished school. In the book,



Dahl travels to Africa to start working for the Shell Oil Company. While reading, I learned about his journey by ship and how he adjusted to living in countries like Tanzania and Kenya. He describes seeing wild animals such as lions and snakes, which made the story very exciting and interesting for me.

Later in the book, the Second World War begins and Dahl decides to join the Royal Air Force (RAF) to become a fighter pilot. During his training and missions, he faces many dangerous situations. One of the most dramatic moments is when his plane crashes in the desert and he is badly injured, but he survives. Even after this accident, he continues to serve and fly during the war.

While reading *Going Solo*, I felt that the story showed a lot of courage and adventure. It helped me understand what life was like during the war and how challenging it must have been. Overall, I think *Going Solo* is a very interesting true story about bravery, determination, and real-life adventure.



# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 7 SCHEDULE

1<sup>st</sup> June – 7<sup>th</sup> June 2026



Monday – 1<sup>st</sup> June 2026

- MADARAKA DAY – PUBLIC HOLIDAY

Tuesday – 2<sup>nd</sup> June 2026

- MAZINGIRA SAFI COMPETITION (8:00AM – 1:00PM)

Wednesday – 3<sup>rd</sup> June 2026

- ANNUAL SCIENCE FAIR (8:00AM – 3:50PM)

Thursday – 4<sup>th</sup> June 2026

- MID-TERM BREAK
- PA ASSESSORS TRAINING CAMP @ NAIVASHA

Friday – 5<sup>th</sup> June 2026

- MID-TERM BREAK
- PA ASSESSORS TRAINING CAMP @ NAIVASHA

Saturday – 6<sup>th</sup> June 2026

- MID-TERM BREAK
- PA ASSESSORS TRAINING CAMP @ NAIVASHA

Sunday – 7<sup>th</sup> June 2026

- MIDTERM BREAK