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OSHWAL ACADEMY NAIROBI ***JUNIOR HIGH***

WEEK 8 TERM 3 NEWSLETTER 2025–2026

QUOTE OF THE WEEK

***"SUCCESS IS NOT FINAL,
FAILURE IS NOT FATAL,
IT IS THE COURAGE TO
CONTINUE THAT
COUNTS"***

~ WINSTON CHURCHILL

PRESIDENT'S AWARD (PA) ASSESSORS' TRAINING CAMP AT NAIVASHA – OLOIDEN FLAMINGO CAMP

The newly selected 2026–2027 President's Award Assessors recently attended a comprehensive training camp at Flamingo Oloiden Camp on the scenic shores of Lake Naivasha. Assessors play a pivotal role in the President's Award Framework, mentoring youth through the program's core sections: Voluntary Service, Physical Recreation, Skills Development, and the Adventurous Journey.

The immersive training covered essential competencies, including first aid, navigation, leadership, and assessment techniques. Utilizing the serene lakeside environment for both formal instruction and team-building, the camp refined the Assessors' skills, fostered collaboration, and reinforced their dedication to youth development.



PRESIDENT'S AWARD (PA) ASSESSORS' TRAINING CAMP AT NAIVASHA IN PICTURES



YEAR 10 GEOGRAPHY TRIP TO KAREN ADVENTURE FARM

Year 10 Geography students visited Karen Adventure Farm to explore sustainable, organic Agriculture. By observing the farm's diverse, organically fed livestock, they successfully connected classroom lessons on environmental stewardship to real-world farming practices.



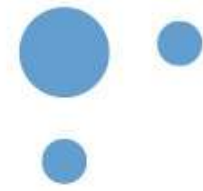
YEAR 10 GEOGRAPHY TRIP TO KAREN ADVENTURE FARM IN PICTURES



INCLUSIVE EDUCATION DEPARTMENT HOSPITALITY LESSON

This week learners prepared Italian pasta accompanied by a colourful vegetable stew made with green grams, carrots, bell peppers, potatoes and courgettes. They actively participated in chopping, grating, and dicing the ingredients, making the lesson both engaging and enjoyable. As the meal cooked, the rich aroma of the herbs and fresh vegetables filled the room, adding to the excitement of the experience. The activity promoted teamwork, practical life skills, and independence, culminating in a beautifully plated and nutritious meal that the learners were proud to create.





GLOBAL ESSAY COMPETITION

ESSAY COMPETITION AWARDS:

These students mentioned below received the following awards in essay writing contest they took part in

SINGULARITY ESSAY CONTEST:

This contest receives over 500 essays from 50 countries world-wide and our students received the awards as follows:

Pragyan Sahoo: Excellence Award and a \$1000/- scholarship

Nichelle Wangaruro: Distinction Award and a \$750 scholarship

Hevir Dodhia: Distinction Award and a \$750 scholarship

These students have been invited to the Veritas AI Program during the summer break

LUMIERE SCHOLARS ESSAY AWARD

This contest receives over 2100 essays from 104 countries and one of our students:

Nichelle Wangaruro received the **Rising Scholars Award** including a

\$500 scholarship to join any **Lumiere Research Scholars Program**

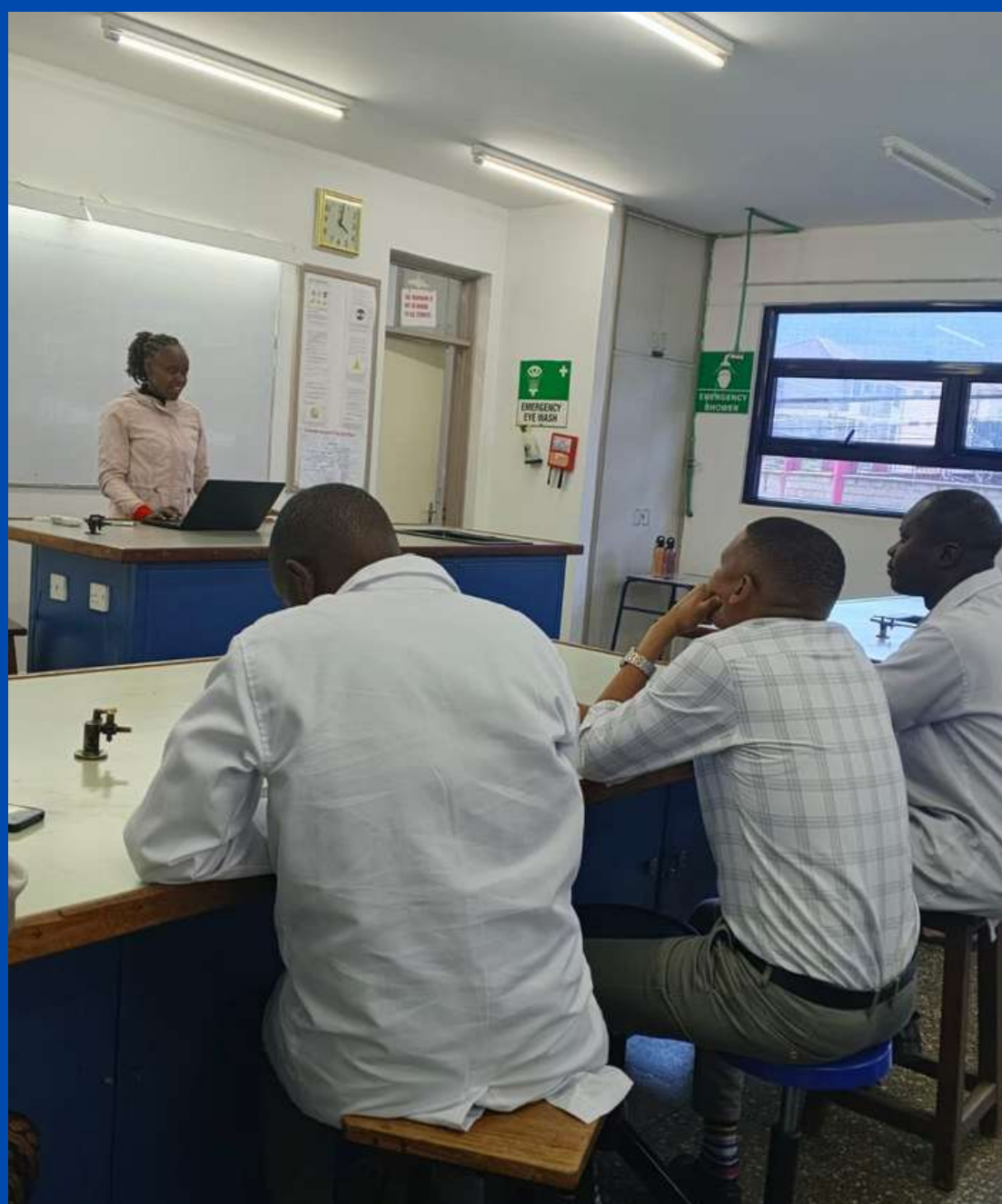


BIOLOGY DEPARTMENT INTERNAL TRAINING

The Biology Department recently held an internal training focused on effective teaching methodology. Faculty members shared insights and discussed hands-on approaches to make Biology more accessible and engaging in the classroom.

2. CHALLENGING TOPICS:

- Enzymes
- Transport In Plants
- Inheritance
- Concepts From Structures Of The Eye, Skin, Synapse
- Protein Synthesis



PASTORAL THEME

TITLE: BE A GOOD FRIEND – FRIENDSHIP & RESPECT

Dear Students,

This week, at Oshwal Academy Junior High, we celebrate the wonderful qualities of friendship and respect. Friendships are special because they bring happiness, support, and kindness into our lives. Being a good friend involves listening, sharing, caring, and respecting each other's feelings and opinions.



Makes a Good Friend?

A good friend is someone who:

- **Listens, shares, and cares:** Pay attention when your friends talk and show you care through your actions.
- **Respects feelings and opinions:** Respect that everyone has different thoughts and feelings.
- **Is kind and honest:** Be truthful and gentle, even when giving feedback.
- **Celebrates others' successes:** Cheer for your friends when they achieve something great.
- **Helps when needed:** Offer support and kindness during good times and bad.
- **Uses kind words:** Say things that lift others up and make them feel appreciated.

Activity:

Draw or write about your best friend! Think about what makes them special — their kindness, humour, or how they make you feel. Share your drawing or writing with your class or display it to celebrate friendship!

Good friends:

- ✓ Treat you with respect
- ✓ Care about your feelings
- ✓ Stand by you even when others don't



Quote of the Week

"A true friend is a treasure."

Cherish your friends and be a friend who is trustworthy, caring, and respectful.

Reminder:

Being a good friend means showing kindness and respect every day. Small acts like listening, sharing kind words, and helping others can make a big difference in someone's life.

Friendship Challenge:

This week, try to do one kind act for a friend or classmate!. It could be sharing your supplies, giving a compliment, or simply saying, **"You're a good friend."** Let's make our school a kinder place, one friendship at a time!

Let's spread friendship and respect throughout our school — because everyone deserves to feel valued, listened, respected to and loved.

Have a lovely and Friendly Week!

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



A huge congratulations to our U13 Girls' Basketball team for their dominant 11-2 victory over St. Austin's.



The U13 Boys' Rugby team secured an impressive 12-7 try victory away at Crawford.



U13 Girls' Netball team played a friendly where team B won and team A narrowly lost to the hosts.



The U13 Boys' Soccer team defeated Brookhurst Lavington 6-0 in a thrilling match.



The U13 Girls' Basketball team narrowly defeated Brookhurst Lavington 5-4 in a tight match.

OSHWAL ACADEMY JUNIOR HIGH



THOUGHT OF THE WEEK



PERSEVERANCE

NEVER GIVE UP

BELIEVE THAT
YOU CAN DO IT

KEEP ENCOURAGING
YOURSELF

KEEP
WORKING

DO YOUR BEST



MORAL STORY ON THE IMPORTANCE OF PERSEVERANCE

The Bamboo Tree of Perseverance

There once lived a high school student named Raj who dreamed of becoming one of the top students in his school. However, unlike many of his classmates, success did not come easily to him. He struggled in Mathematics and often scored below average in examinations.

Every time results were released, Raj felt discouraged. Some students laughed at him, while others told him that he would never improve. For a while, he considered giving up. But his grandmother shared with him the story of the Chinese bamboo tree.

She explained that after planting a bamboo seed, a farmer waters and cares for it every day. For years, nothing seems to happen above the ground. Yet the farmer continues to nurture it faithfully. Then, after several years, the bamboo suddenly grows many feet in just a few weeks. The growth was possible because, during those unseen years, strong roots had been developing underground.

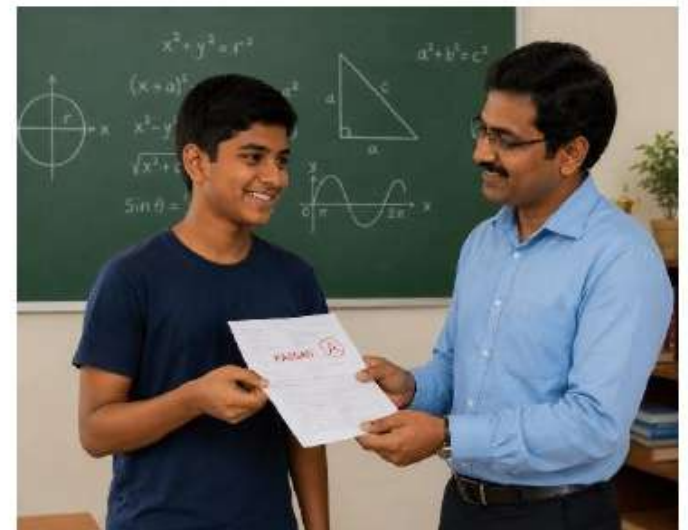


Inspired by this lesson, Raj decided to persevere. He created a study timetable, attended remedial classes, asked questions whenever he did not understand, and practiced Mathematics every day. Progress was slow, and his grades improved only slightly at first. Still, he refused to quit.

Months later, his hard work began to show. His scores rose steadily, and by the end of the year, he ranked among the top students in Mathematics. The same classmates who had mocked him now admired his determination.

During the prize-giving ceremony, Raj was awarded the "Most Improved Student" certificate.

As he stood on the stage, he remembered the bamboo tree and realized that success is not always immediate. Sometimes growth happens quietly before others can see it.



Moral of the Story

Perseverance means continuing to work toward your goals even when progress seems slow. Those who refuse to give up often achieve success that others thought was impossible.

The Book Thief -Book review

Title of the book: ***The Book Thief***

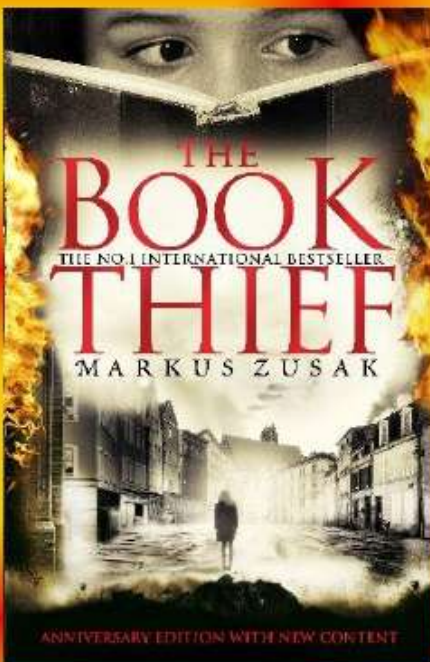
Author: Mark Zusak

Name: David Kimotho

Class: 8F

The Book Thief is a historical fiction novel by the Australian author Markus Zusak, set in Nazi Germany during World War II. It is a heartwarming and humorous tale that follows the adventures of Liesel Meminger, a young girl who is sent to live with foster parents after her brother's death. As she struggles with loss and the hardships of war, she develops a love for books and reading, which become a source of comfort and hope.

The most unique feature of the book is the narrator, Death. By telling the story from his point of view, the author offers a different, often humorous, emotional view of human life, and the impacts of war on everyday people's life.



The characters are well-developed and memorable. Liesel is brave, curious, and compassionate, while her foster father, Hans Hubermann, stands out for his kindness and moral courage. Overall, the book is a wonderful blend of war history and a very deeply personal and heartbreaking story about the growth of a young girl.

Some main characters are:

Liesel Meminger: The protagonist and titular "book thief". She arrives in Molching traumatized by her past but gradually develops a deep passion for reading and writing.

Death: The empathetic and remorseful narrator of the story. He oversees the souls of the dead during World War II and recounts Liesel's life from a book she leaves behind.

Hans Hubermann: Liesel's foster father. A kind, gentle accordionist and house painter, he is the first adult to earn Liesel's trust and teaches her how to read.

Rosa Hubermann: Liesel's foster mother. Though she presents a tough, sharp-tongued, and impatient exterior, she is deeply caring and fiercely protective of her family.

Max Vandenburg: A young Jewish man seeking refuge in the Hubermanns' basement. He bonds with Liesel over their shared love of words and the trauma of the war.

Rudy Steiner: Liesel's spirited neighbour and best friend. He is fiercely loyal, deeply in love with Liesel, and idolizes the American track athlete Jesse Owens.

Their relationships make the story emotionally engaging and realistic.



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 3 WEEK 9 SCHEDULE

15th June – 21st June 2026

Monday – 15th June 2026

Tuesday – 16th June 2026

- MFL ELOCUTION (8.00AM-12.30PM)
- GLOBAL PERSPECTIVES TEAM PROJECT TRIP (1:00PM-5:00PM)
- U15 GIRLS NETBALL & U15 BOYS RUGBY VS BROOKHURST LAVINGTON (H)

Wednesday – 17th June 2026

- U13 BOYS RUGBY & U13 GIRLS NETBALL VS NAIROBI ACADEMY (A) @1:30PM

Thursday – 18th June 2026

- U13 & U15 GIRLS BASKETBALL VS SWAMINARAYAN (H)
- GLOBAL PERSPECTIVES TEAM PROJECT TRIP (8:30AM-3:00PM)

Friday – 19th June 2026

- ONLINE LESSONS (STUDENTS TO ATTEND ONLINE LESSONS FROM HOME AS PER THE SCHOOL TIMETABLE)

Saturday – 20th June 2026

- YEAR 7 & 8 PARENT - TEACHER CONFERENCE (9AM - 1PM)
- IPSSA U13 BOYS RUGBY & GIRLS BASKETBALL TOURNAMENT @ OSHWAL @ 8:30AM
- KAISSE DIV I RUGBY TOURNAMENT @ GREENSTED @ 6:00AM
- KAISSE U15 GIRLS RUGBY TOURNAMENT @ BGE @7:30AM
- KAISSE U13 TOUCH RUGBY TOURNAMENT @ BROOKHOUSE KAREN @7:30AM

Sunday – 21st June 2026