

OSHWAL ACADEMY NAIROBI

JUNIOR HIGH



QUOTE OF THE WEEK

“Always take care of the student...If we make sure each student is given the resources to succeed and receives great value of their education, then we have fulfilled the purpose.”

~~**Alfred Dreyfus - Founder, ECPI University**

**END OF
TERM 3
2025/2026
NEWSLETTER**

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TERM 3 2025-2026 ART EXHIBITION

The Term 3 Student Art Exhibition at Oshwal Junior High School was a vibrant showcase of creativity, imagination, and artistic growth. The exhibition featured a diverse collection of student artworks, highlighting the talent and dedication of our young artists through paintings, drawings, mixed-media pieces, and design projects. The event celebrated self-expression, innovation, and the development of artistic skills, while providing students with an opportunity to share their unique perspectives and inspire the school community through their artistic achievements.



WEEK ONE ASSEMBLY

The Week One Assembly marked the official start of term 3 for Junior High students. Learners were welcomed back and reminded of school values, expectations, and the importance of discipline and academic focus. The session set a positive tone for the term and encouraged students to work hard, respect one another, and strive for excellence.



During the assembly, students were sensitized on the co-curricular activities lined up for the term. Learners were encouraged to actively participate in clubs, sports, and talent programs to build teamwork, discipline, leadership skills, and all-round growth.

PA SILVER QUALIFYING TRIP TO KASEVE MACHAKOS

Learners undertaking the Presidents' Award SILVER level successfully participated in a qualifying expedition trip to Machakos. The expedition tested their endurance, teamwork, planning, and leadership skills as they navigated the terrain and completed required tasks.



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The trip was a valuable learning experience that promoted resilience, cooperation, and self-confidence among the participants. We commend the students for their commitment and discipline, and appreciate the support of the instructors who guided them throughout the expedition. This milestone marks an important step toward the completion of the SILVER Award.

YEAR 11 FAREWELL PARTY

The Year 11 Farewell Party Night was a memorable and emotional occasion as students, teachers, and staff came together to celebrate an important milestone. The evening was filled with joy, laughter, music, and heartfelt moments as they reflected on shared memories, friendships, and achievements.



YEAR 11 SEND OFF PARTY

Once more the Year 11 Send-Off Party was a joyful and memorable occasion held to celebrate and honor our outgoing class. Students, teachers, and staff gathered for an evening filled with laughter, music, and heartfelt moments as we reflected on the journey shared over the years.

The day concluded on a warm and celebratory note, leaving lasting memories for all in attendance. We wish our Year 11 students success, confidence, and fulfillment in all their future endeavors.



YEAR 11 SEND OFF PARTY cont..



Junior High Class of 2026



YEAR 9, 10 AND 11 WATERLOO MATHEMATICS CONTEST



The Waterloo Mathematics Contest for Year 9, 10, and 11 students was successfully conducted in the Main Hall. The contest provided learners with an opportunity to apply their mathematical knowledge, problem-solving skills, and critical thinking in a structured and competitive setting.

Students participated with great focus and enthusiasm, tackling a variety of challenging questions designed to test logic, accuracy, and reasoning. The activity encouraged a deeper appreciation of mathematics while promoting academic excellence and healthy competition among learners.



The event was well organized and ran smoothly, reflecting the students' discipline and commitment. Overall, the contest was a valuable academic experience that motivated learners to sharpen their mathematical skills and strive for continuous improvement.



YEAR 7 TRIP TO NAIROBI NATIONAL MUSEUM

The Humanities department recently organized an enriching educational trip for our IGCSE Year 7 students to Nairobi National Museum where learning came alive beyond the classroom.



Our students explored captivating exhibits on Kenya's cultural heritage, archaeology and natural history, engaging with everything from ancient fossils to traditional artifacts. The experience sparked curiosity, deepened their understanding of historical concepts and encouraged critical thinking, reflecting our commitment to providing dynamic and meaningful learning opportunities.



FROM THE PASTORAL COORDINATOR DESK

Dear Students,

As we embark on the first week of this new term, it is a wonderful opportunity to pause and reflect on our personal growth. Personal development is a journey that requires self-awareness, honesty, and a willingness to improve. This week, we encourage everyone to take some time to think about how far you have come and where you want to go.

- Journaling Prompts
- Journaling is a powerful tool for self-reflection. Here are some prompts to guide your thoughts and help you understand your own growth:
- What are three things I am proud of accomplishing recently?
- What challenges have I faced, and how did I overcome them?
- What skills or qualities do I want to develop further?
- How have I changed in the past year? What lessons have I learned?
- What are my goals for this term, and what steps will I take to achieve them?
- Who has inspired me to grow, and why?

Take a few quiet moments each day to write your thoughts. Be honest and kind to yourself as you explore these questions.

Celebrating successes, big or small, motivates us to keep striving. We invite students to share their personal success stories—whether it's improving in a subject, showing kindness to others, overcoming a challenge, or reaching a personal milestone. These stories inspire our school community and remind us that growth is a continuous process.

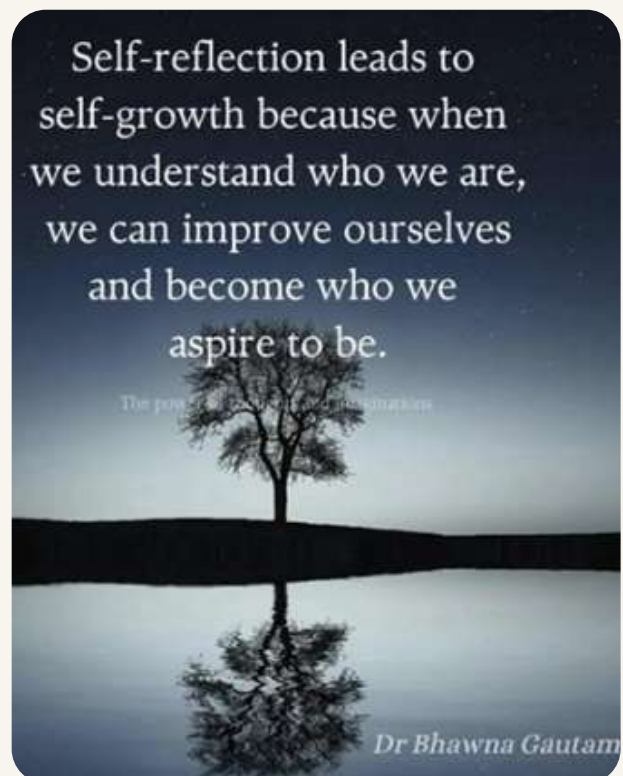
If you have a success story you'd like to share, please send it to the Pastoral Department. We will feature some of these stories in our upcoming newsletters and assemblies, giving everyone a chance to celebrate each other's achievements.

Remember, personal growth is a journey, not a destination. Every step forward counts, and each story of success inspires others to pursue their own paths of development.

Let us commit this week to reflecting honestly on our progress, celebrating our victories, and setting new goals for a brighter future.

Wishing you all a fruitful and inspiring week ahead!

Warm regards.



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

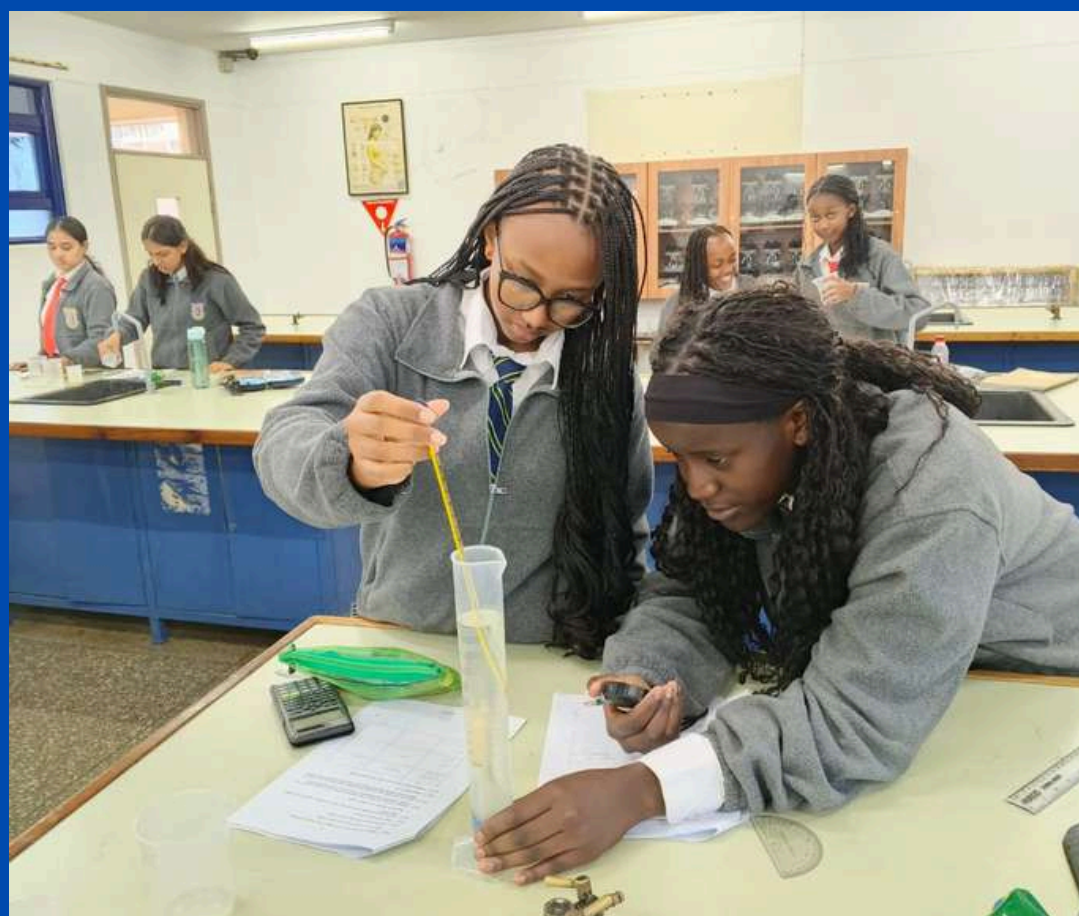
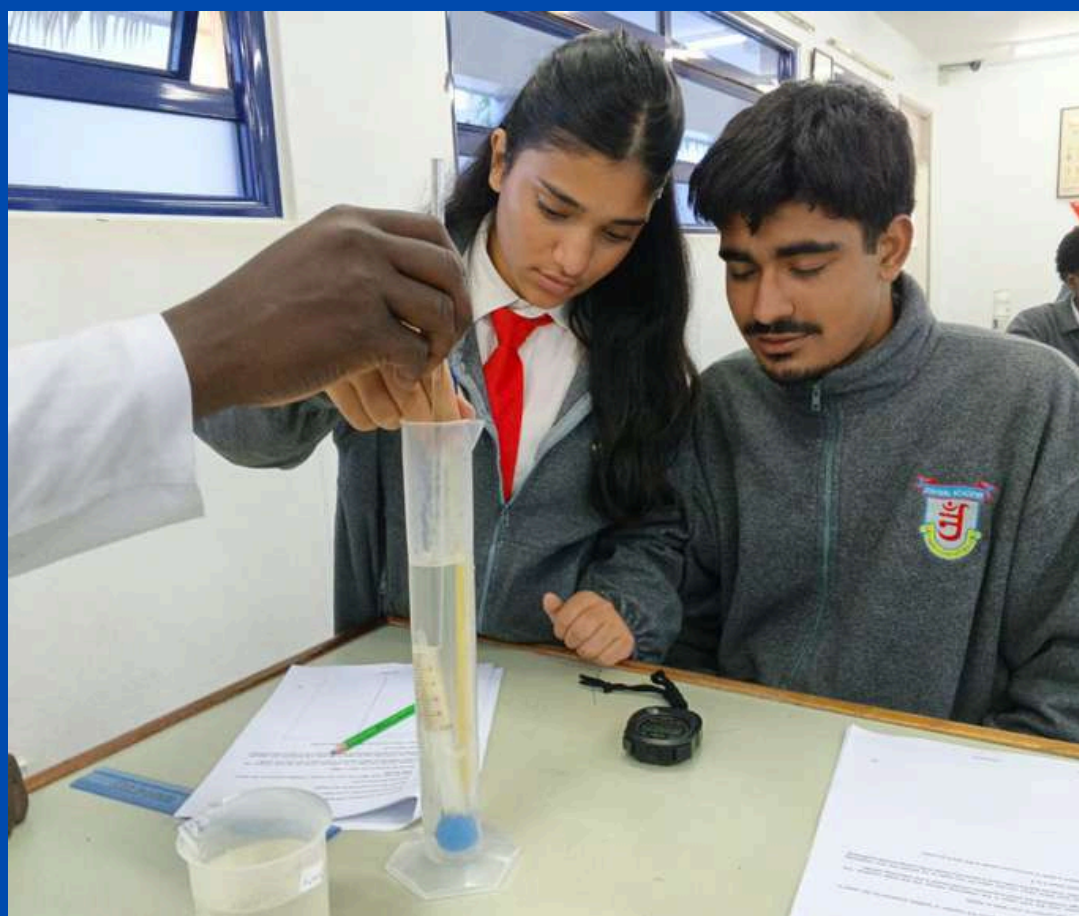
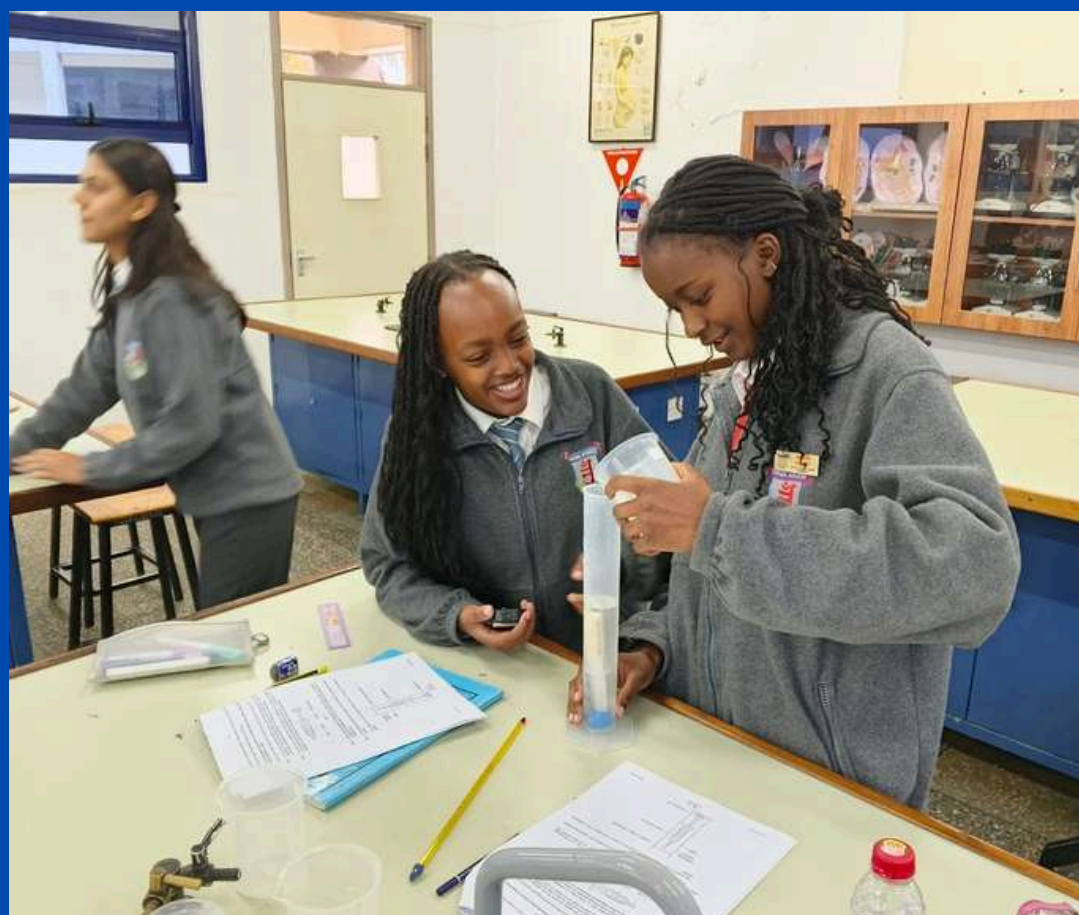
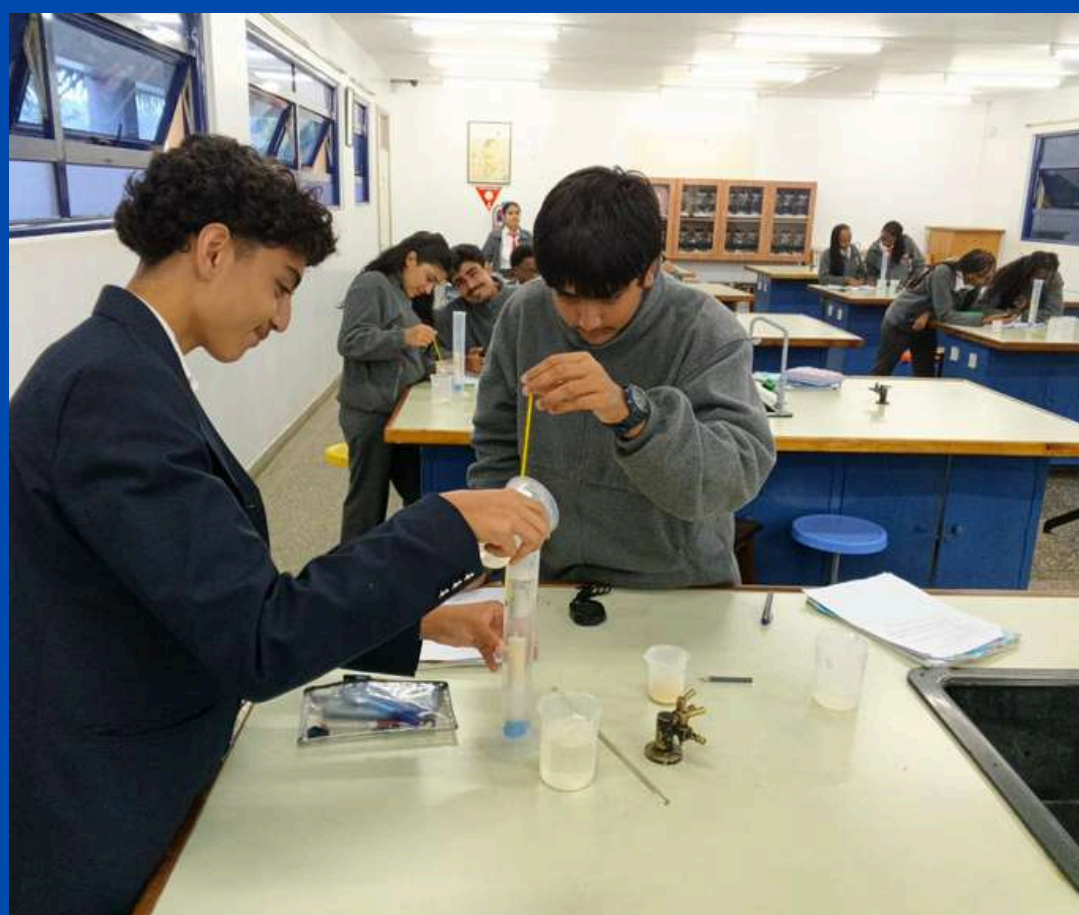
INTER HOUSE SPORTS TRIVIA

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.

WEEK 3 ASSEMBLY

The assembly served as an opportunity to reflect on recent achievements, hear important announcements, and reinforce school values. 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.



PREFECTS INVESTITURE CEREMONY 2026-2027

On Saturday, the 2nd of May 2026, Oshwal Academy Nairobi Junior High inaugurated its new body of prefects for the year 2026-2027 in a colourful Investiture Ceremony. The event served to celebrate the achievements of the outgoing prefects and to usher in the new prefects' body, signifying the change of the guard.

A total of 64 new prefects were appointed, all of whom have stepped up to take leadership positions and begin their journey as student leaders. Each prefect showed great dedication and commitment by attending daily rehearsals throughout the week preceding the event and undergoing countless repetitions of each step of the event.

The event was a success thanks to the dedication of the prefects and the unwavering commitment, hard work, and teamwork demonstrated by the proctors' team and the emcee. Their efforts ensured that every rehearsal began promptly and that each stage of the program was perfected by the final day.



YEAR 7 BIOLOGY STUDENTS EXPLORE NAIROBI NATIONAL PARK

Year 7 Biology students visited Nairobi National Park to witness Kenya's rich biodiversity firsthand. The park, located just outside the bustling city, provided the perfect opportunity for students to observe wildlife, learn about ecosystems, and understand conservation efforts. Guided by park rangers and their teachers, the students spotted lions, giraffes, zebras, and various bird species in their natural habitat. They also discussed the importance of food chains, adaptations, and the delicate balance between humans and wildlife. The trip reinforced classroom lessons while fostering a deeper appreciation for nature. The students left with memorable experiences and a stronger commitment to environmental conservation. A fantastic day of learning and adventure!



YEAR 7 BIOLOGY TRIP IN PICTURES



YEAR 9 SUBJECT SELECTION TALK

Year 9 students had a talk on subject selection. The objective of the talk was to provide our students with the best possible preparation for Key Stage 4 (IGCSE course) Curriculum. This talk is a vital component of the discernment process for Year 9 students as they will make subject choices later in the Academic Year.

With the guidance of the Teachers, Students were given general guidelines which will help them in making the right subject choice. They did an exercise where they had to highlight from the list the positive reasons for making their choices as positive choices are balanced choices. They are also advised to think about themselves and select a subject as per their interest and abilities which will help them realize their potential.



FROM SPORTS CORNER

Our students excelled at the OANP Table Tennis Tournament, with Yuvansh Chauhan winning gold in boys singles, Reyansh Sanghavi taking silver, Priyan Ashish earning bronze, and in boys doubles, Priyan Ashish with Reyansh Sanghavi winning silver and Krishiv Shah with Yuvansh Chauhan securing bronze



FROM SPORTS CORNER



Avni Singh won gold in both singles and doubles in the OANP Table Tennis Tournament



George Ndungu Kamau of 8F emerged as 2nd runners-up at the KAISO Cross Country 2026 U13 Boys. The boys team took 2nd position overall.



The U15 boys played their first rugby match of the season against Rusinga. Oshwal team won 28:17



U15 girls Basketball delivered a win after beating Rusinga 18 baskets against 14 by the visitors



The U15 boys team played a rugby fixture today, securing a 19-12 victory over Aga Khan.



U13 boys' soccer team contested a fixture against Samaj, concluding in a 1-1 draw.



In the U15 girls' basketball tournament, Oshwal lost to Aga Khan 15-32 but bounced back with a strong 31-5 victory over Light Academy.

Our U13 boys football team had a match against NIS. The match ended 7-1 in our favour.



U13 boys rugby team played their first high school rugby match learning the hard way by conceding 13 tries to 5.



The U13 Girls Basketball team delivered an outstanding performance, defeating Light Academy 24-2 on their home court.

LIBRARY LESSON IN ACTION

Focused minds and quiet pages turning. Our students are making the most of their library lesson, building knowledge one book at a time.



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.



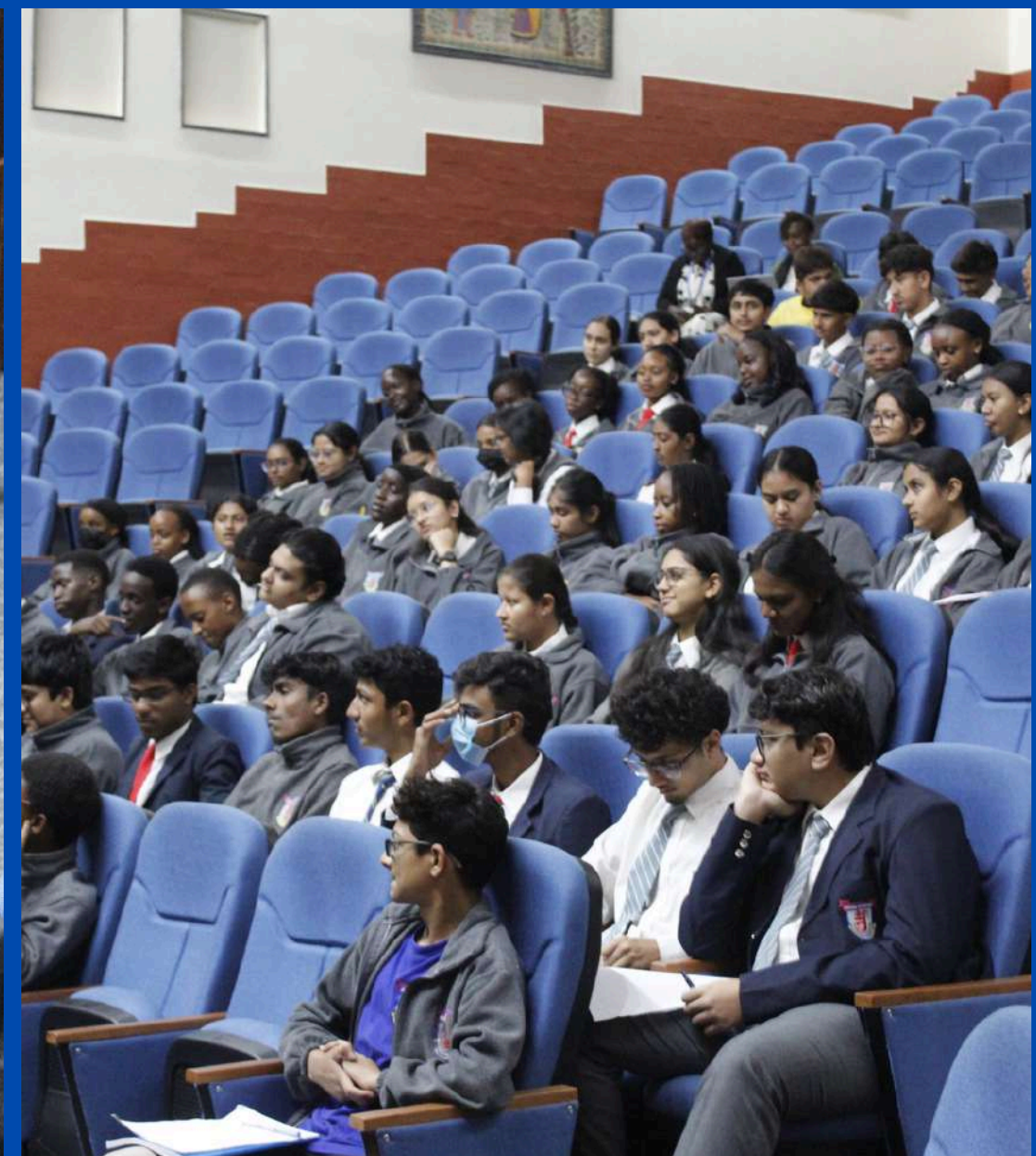
YEAR 7 AND YEAR 8 GAUSS MATHEMATICS CONTEST

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

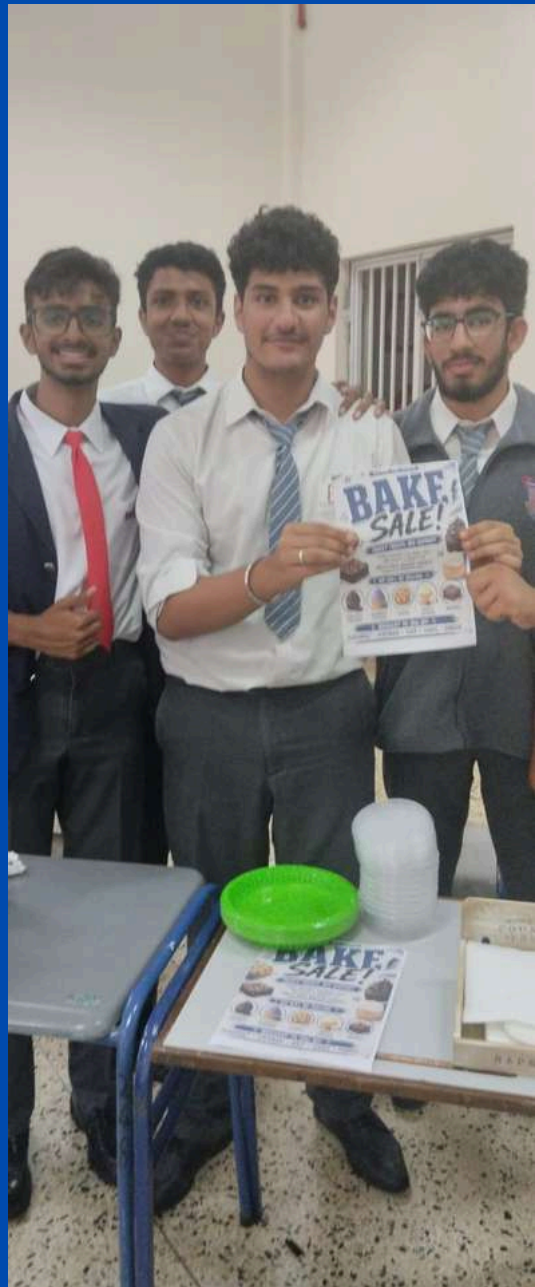
Ms. Esther - Head of Year 7

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.



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



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





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

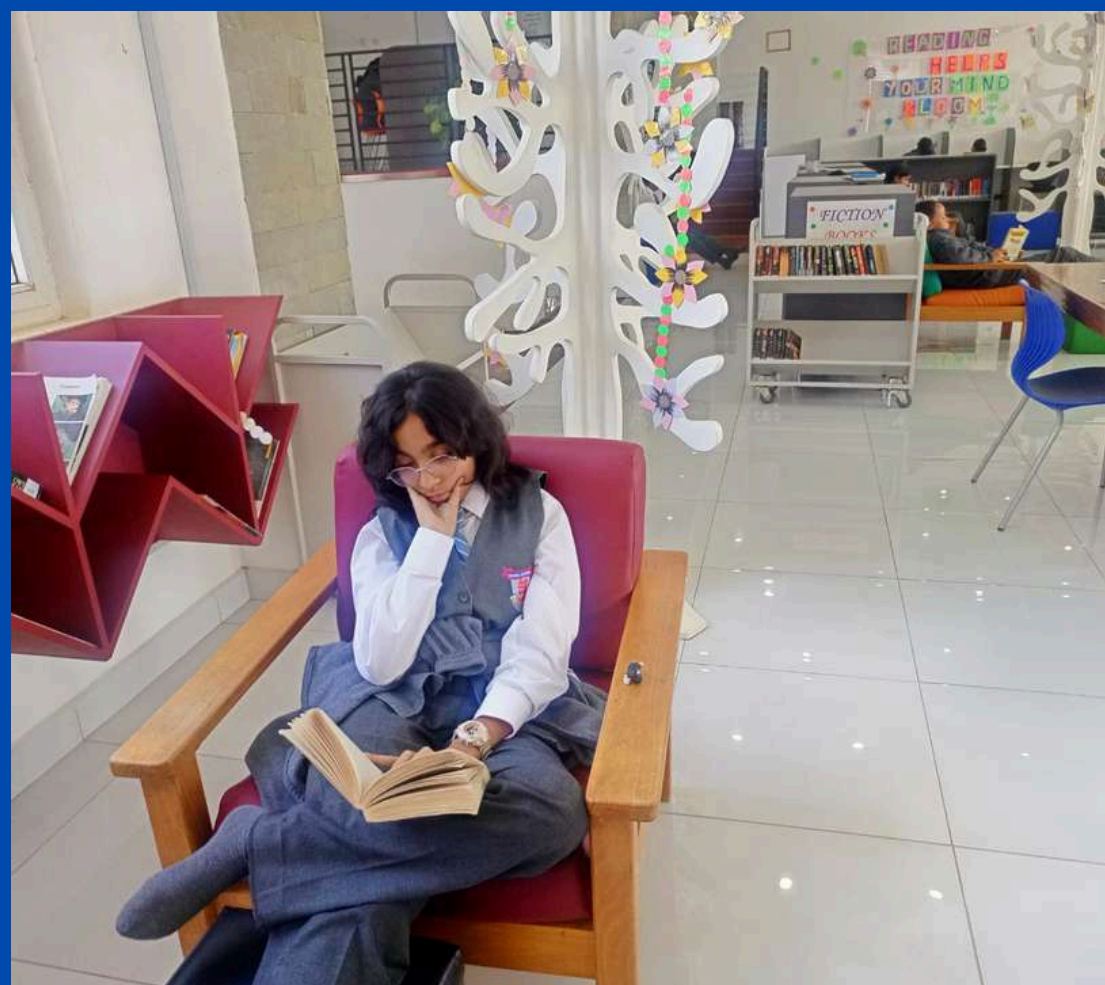
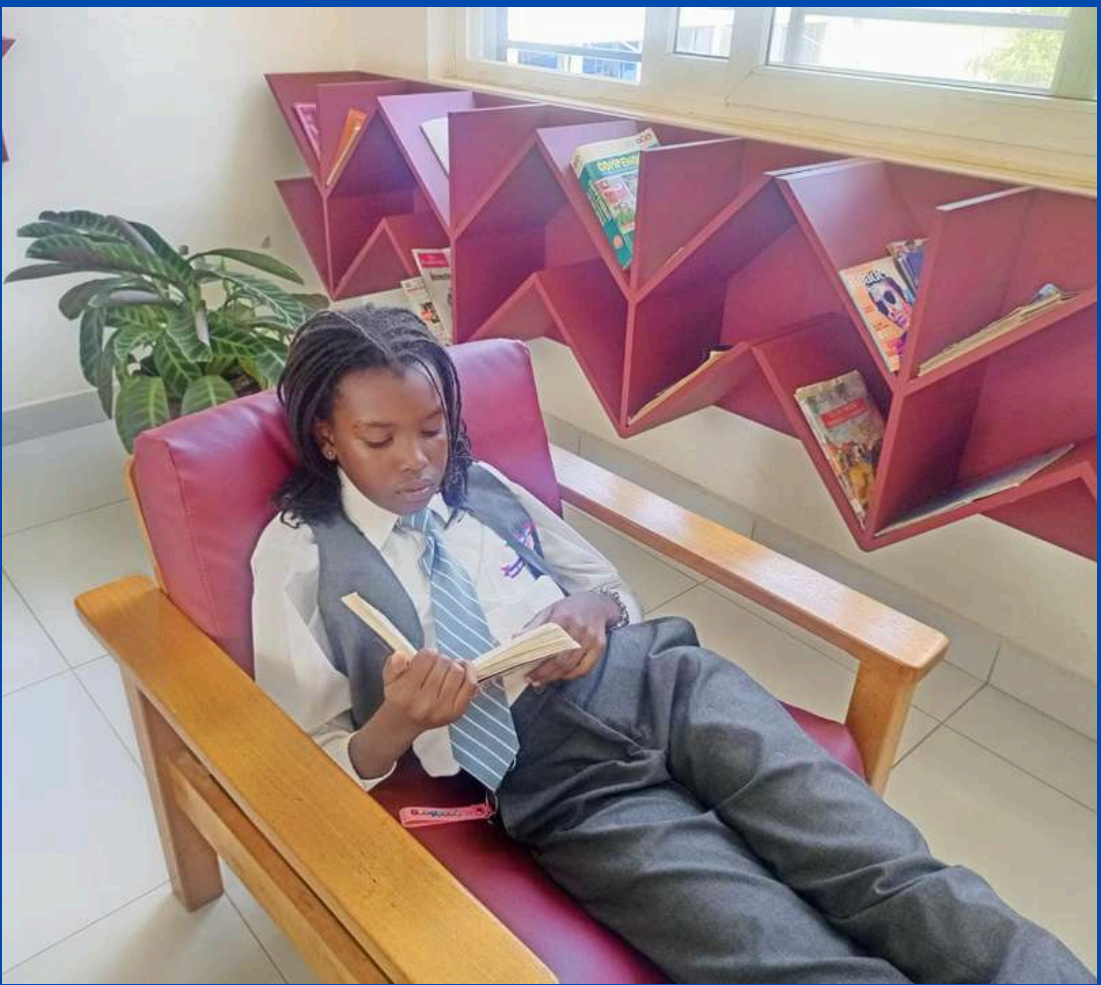


Our U15 Girls had a fantastic double-header against St. Nicholas this afternoon, sweeping the Volleyball match 2-0 and following up with a commanding 12-6 victory in Netball—showcasing outstanding athleticism and teamwork across both sports



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.

LIBRARY LESSON IN ACTION



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

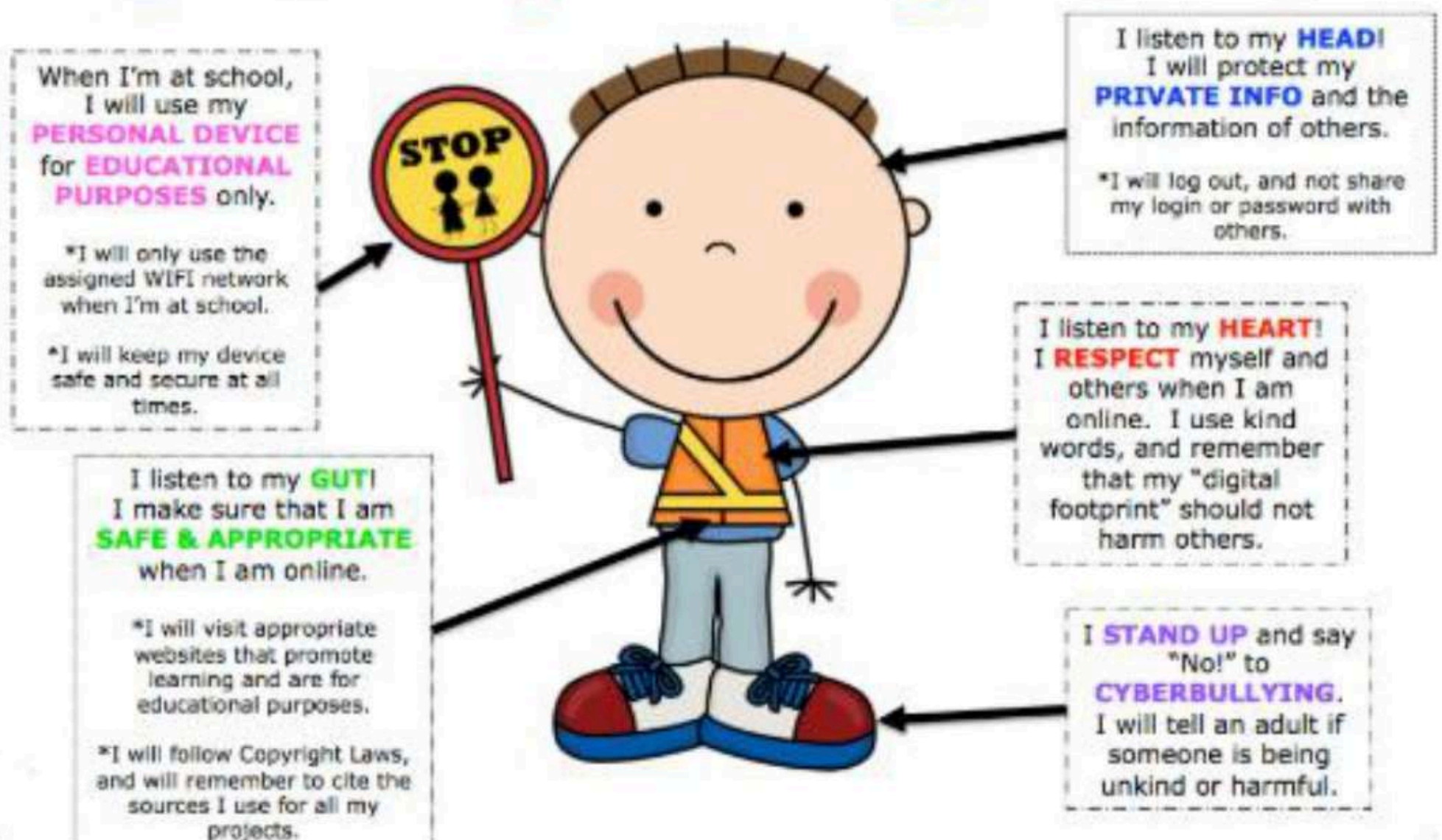
FROM PASTORAL DEPARTMENT

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.

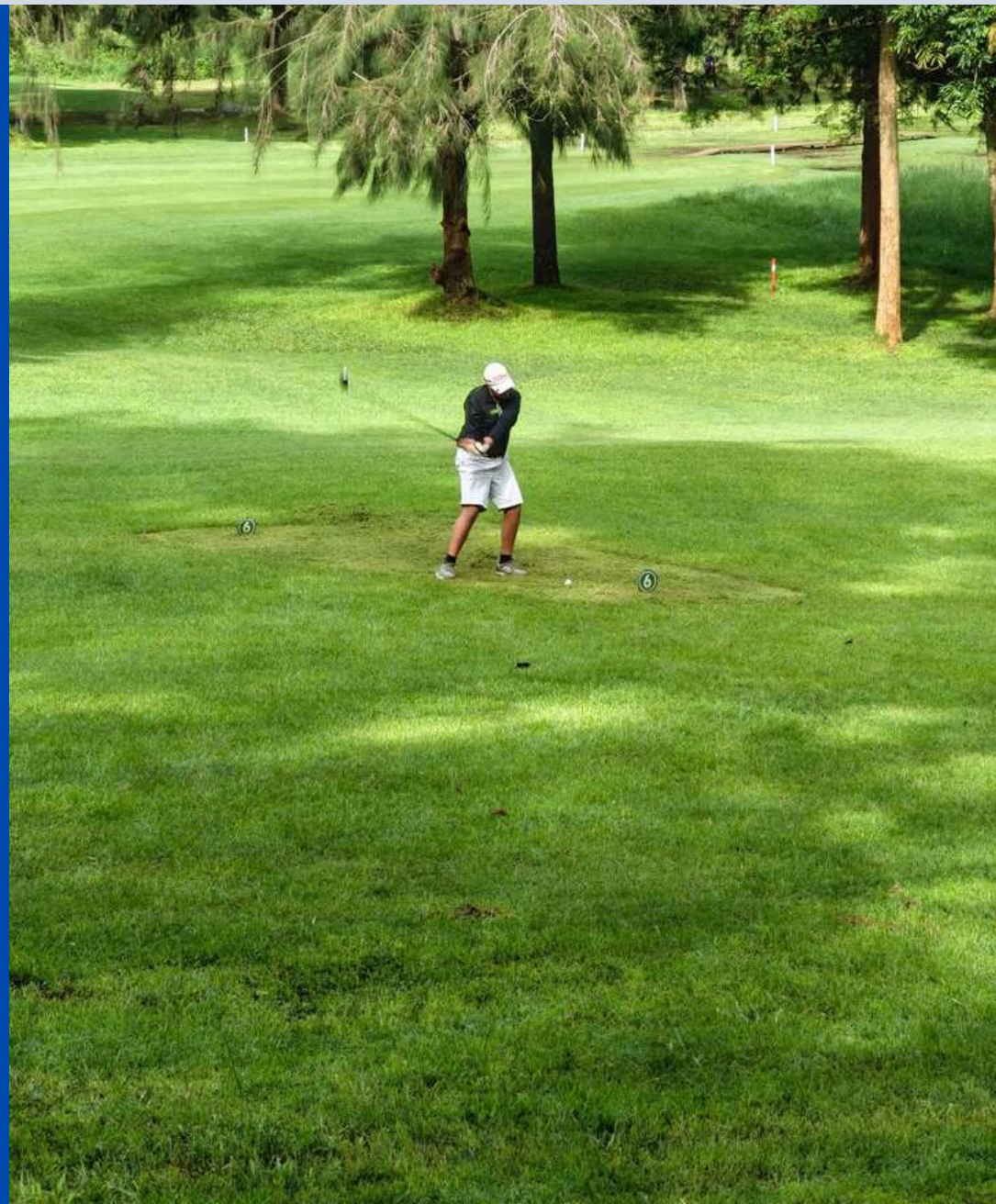


FROM SPORTS CORNER

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.

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 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

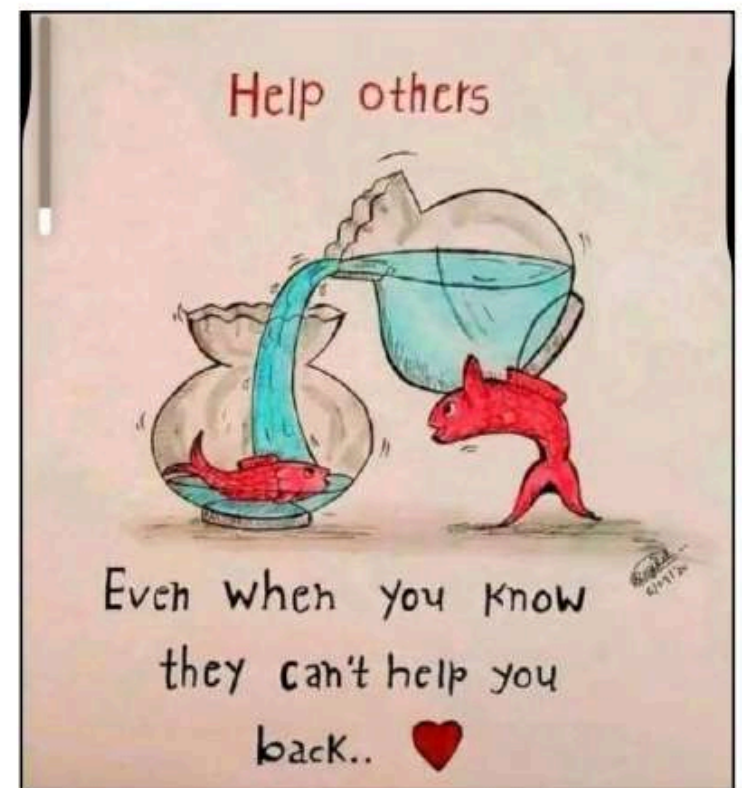
Dear Students,

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!

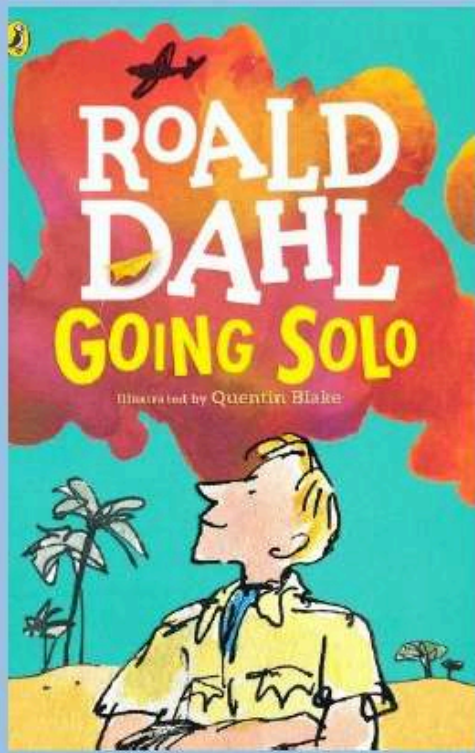


Wishing you a week filled with kindness and compassion!

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.

ANNUAL MAZINGIRA SAFI COMPETITION 2026

Across all Year groups, students engaged with the environment in creative ways through this year's Annual Mazingira Safi Contest. Whether it is thoughtful Essay Writing, Powerful Photography, or Expressive Art, learners used their talents to highlight the importance of a clean and healthy planet. Their ideas are a strong reminder that change starts with awareness and often, in the classroom.



ANNUAL MAZINGIRA SAFI COMPETITION 2026 IN PICTURES

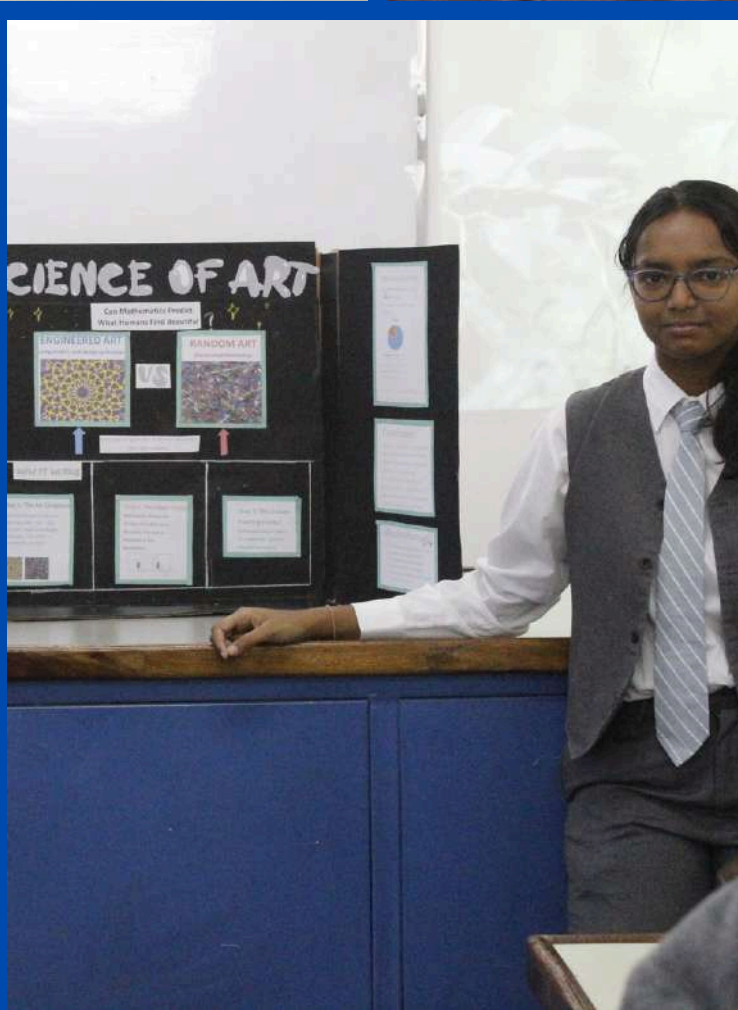
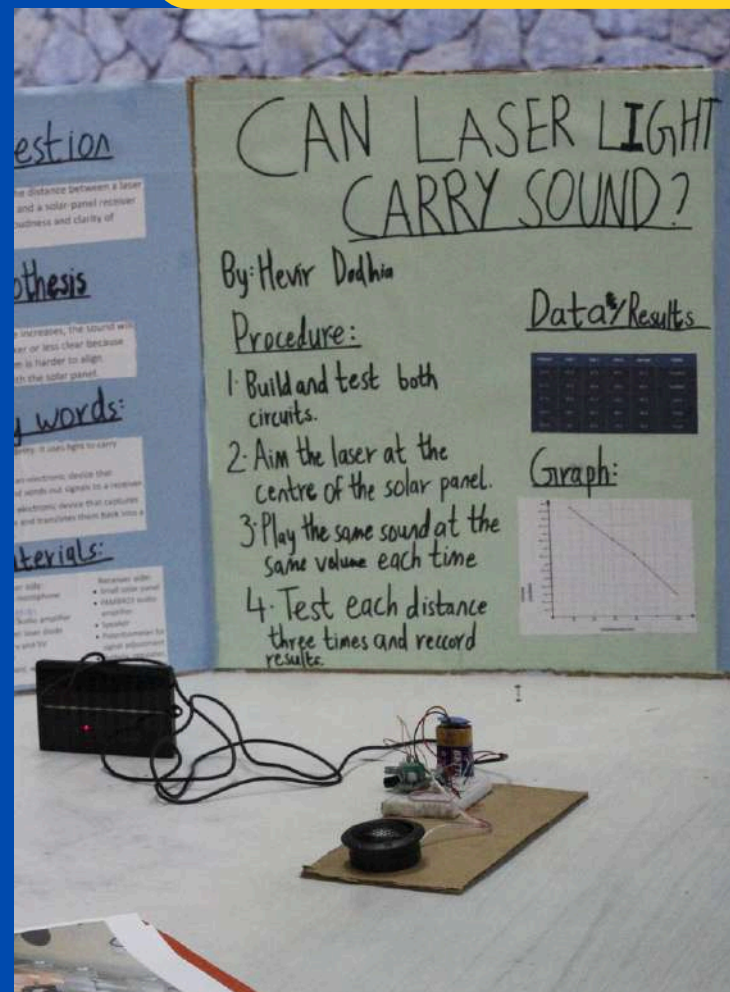


ANNUAL SCIENCE FAIR 2026

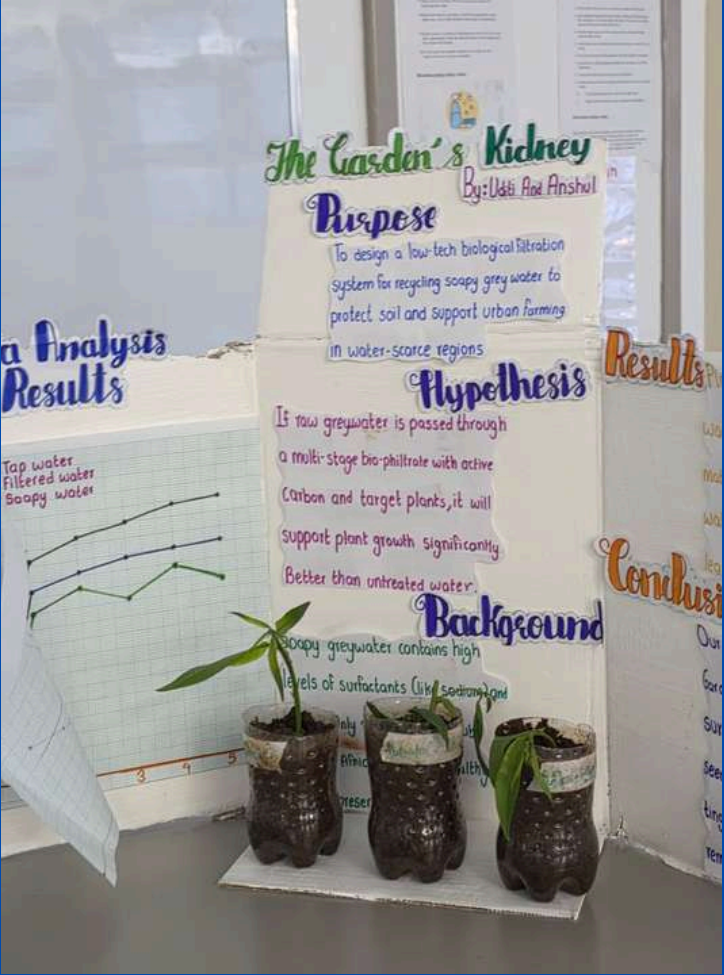
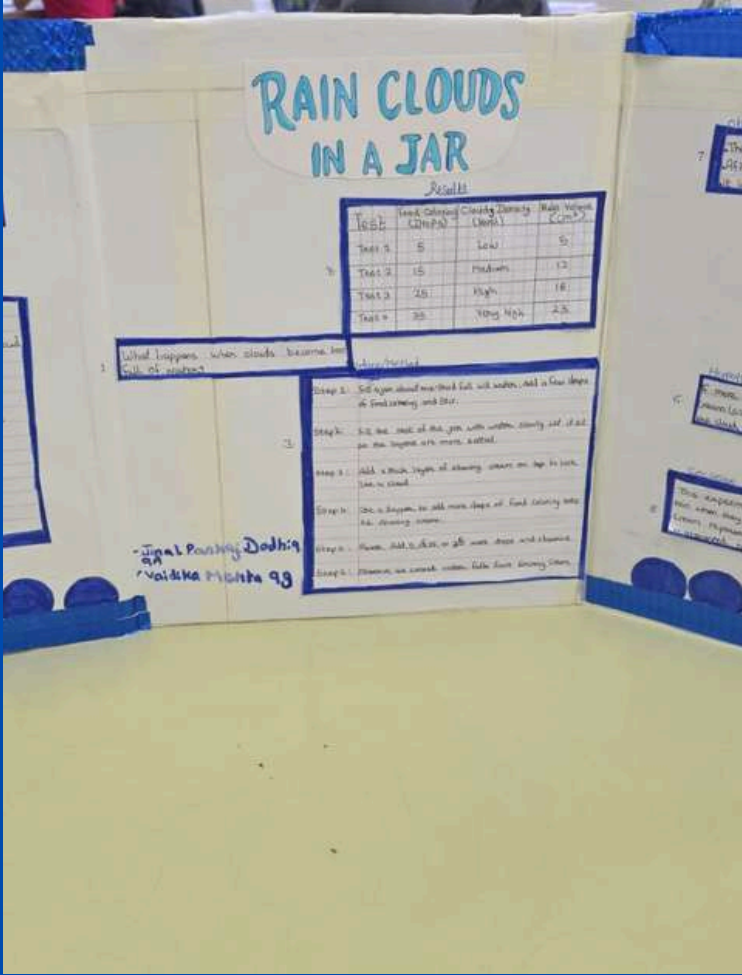
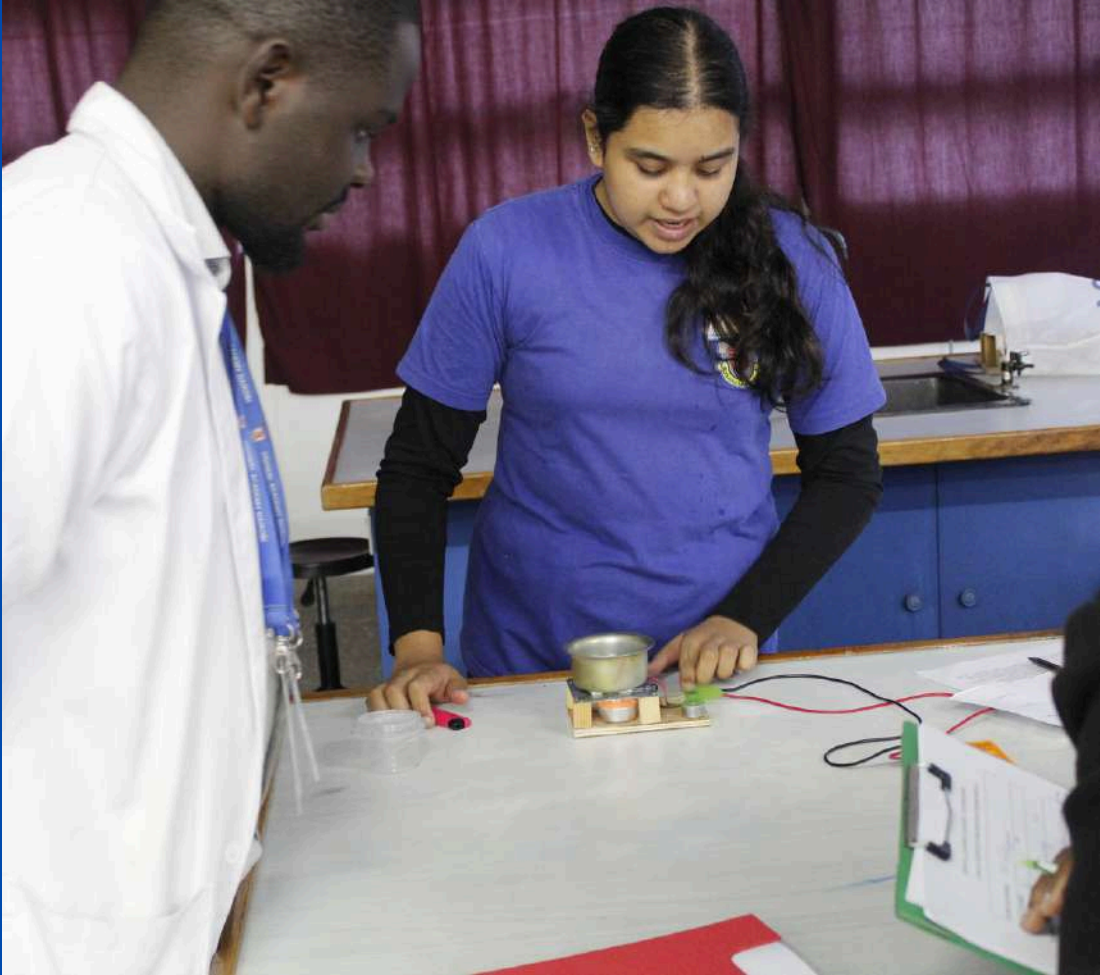
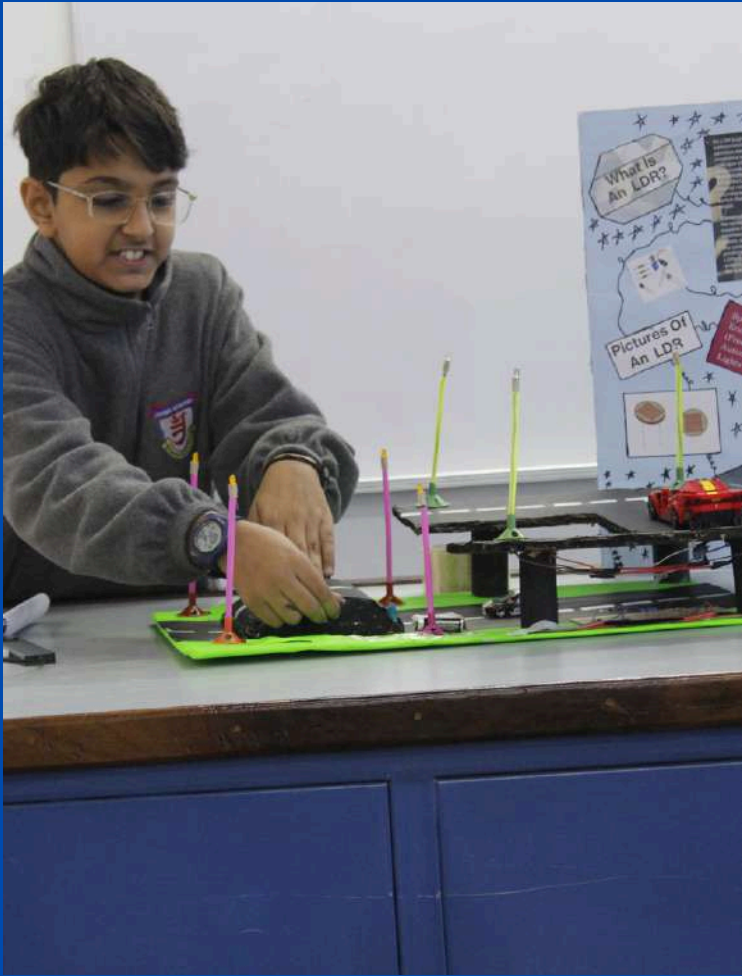
On 3rd June 2026, our students showcased their creativity and curiosity at the Annual Science Fair. This year's theme, "Inspired by nature, For Climate, For Our Future," inspired innovative projects across categories like Energy, Environment, Creative Arts, Entrepreneurship, and Engineering. Students from Years 7 to 10 impressed us with their hands-on, real-world applications of science. From solo efforts to group collaborations, their passion was clear in every project. A big shoutout to our budding scientists : your work was inspiring and full of promise.



ANNUAL SCIENCE FAIR 2026 IN PICTURES



ANNUAL SCIENCE FAIR 2026 IN PICTURES



FROM THE PASTORAL COORDINATOR

THEME: CARING FOR OUR PLANET — RESPECT FOR THE ENVIRONMENT

Dear Students and Staff,

This week, our focus as **Oshwal Academy Nairobi – Junior High Community** is on Respect for the Environment — a vital part of caring for our planet. Our Earth provides us with everything we need: clean air, fresh water, fertile soil, and vibrant nature. It's up to each of us to protect and preserve these precious resources so that future generations can enjoy them too.

Simple ways to help our Environment

Every small action counts! Here are some easy and effective ways to make a difference:

- **Reduce, Reuse, Recycle:** Use items wisely, avoid waste, and recycle whenever possible.
- **Turn Off Lights and Devices:** Save energy by switching off lights, computers, and electronics when not in use.
- **Plant Trees or Start a Garden:** Trees help clean the air and provide shade. Gardens can be sources of fresh vegetables and flowers.
- **Avoid Littering:** Keep our environment clean by disposing of trash properly. Use designated bins and participate in clean-up activities.



Upcoming activity: Community Clean-Up Day

Get involved in making our environment cleaner and greener! Organize or join a Clean-Up Day at school or in your local community. Bring friends, family, and classmates to pick up litter, plant trees, or even create a small community garden. It's a fun way to learn and contribute positively!



Additional Reminders & Tips

- Use water wisely - turn off taps when not in use and fix leaks.
- Choose eco-friendly products and reduce plastic usage.
- Educate friends and family about the importance of protecting the environment.
- Participate in school or community initiatives focused on sustainability.

Quote of the Week

"The environment is where we all meet. "Let this remind us that caring for our planet is a shared responsibility. Every effort, no matter how small, helps safeguard our Earth.

Let's work together to nurture and protect our environment — our home on this beautiful planet. Every action counts!

MIDDLE SCHOOL THE WORST YEARS OF MY LIFE

NOT
THE WORST
JUST THE
MIDDLE!

LOL

NO
UNFAIR
RULES!

P
NO POINTLESS
RULES!



AUTHOR:
James Patterson



GENRE:
Humor, Realistic Fiction



SUMMARY:

This story follows Rafe Khatchadorian, a student who feels middle school has too many unfair rules. He creates a harmless rule-breaking game and learns about creativity and responsibility.



THEMES:

Friendship, creativity, self-expression, responsibility.

RULES
AREN'T
ALWAYS
RIGHT!

THINK
DIFFERENT!

CREATIVITY

FRIENDSHIP

RESPONSIBILITY

IDEAS

Be
Awesome
Today!

STAY
COOL

BE YOUR
OWN VOICE!



BY JIYAAN DHANANI
8B

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.



YEAR 10 GEOGRAPHY TRIP TO KAREN ADVENTURE FARM

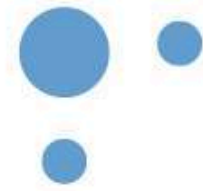
Year 10 Geography students visited Karen Adventure Farm to explore sustainable, organic Agriculture. By observing the farm's diverse, organically fed livestock, they successfully connected classroom lessons on environmental stewardship to real-world farming practices.



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**

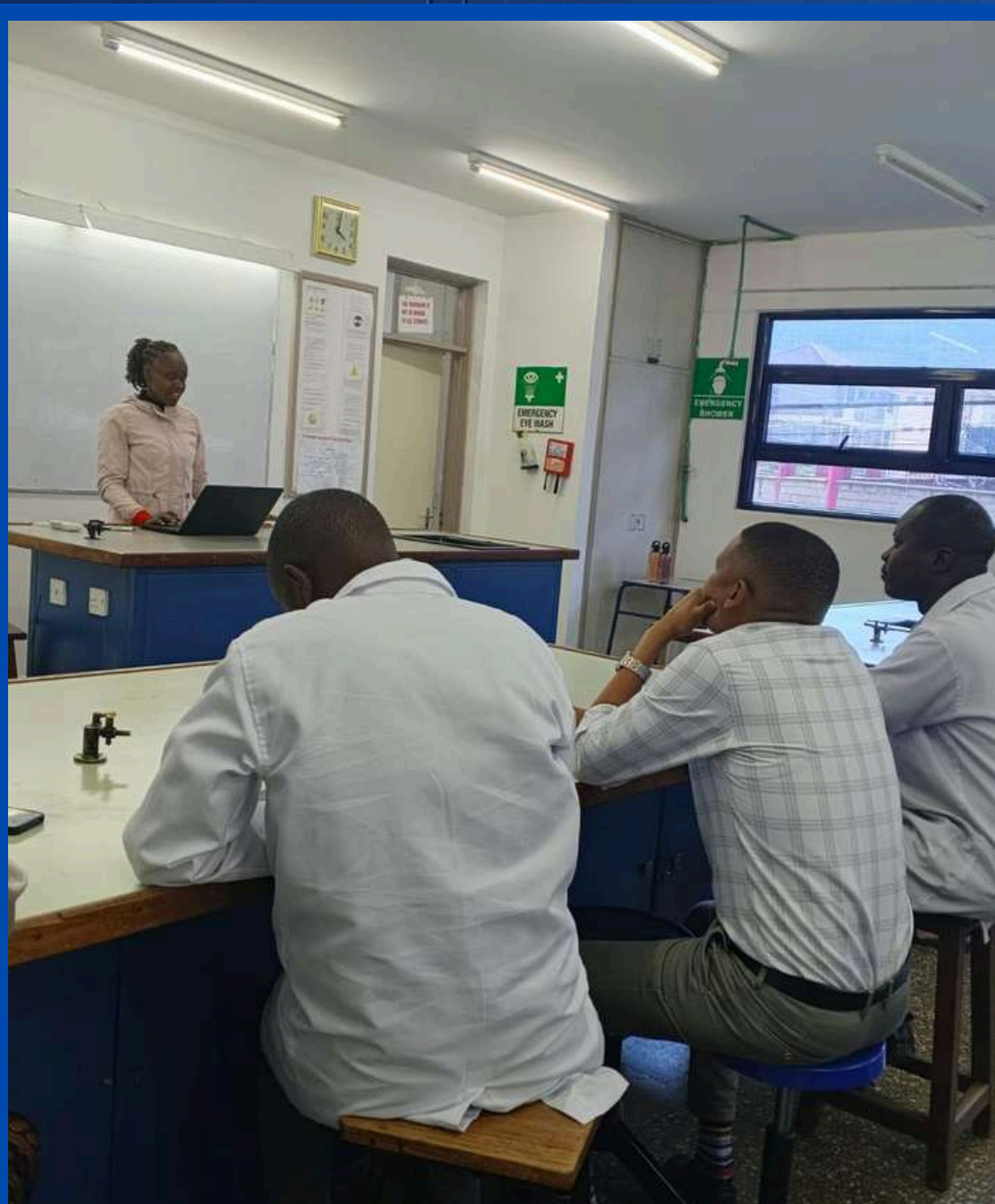
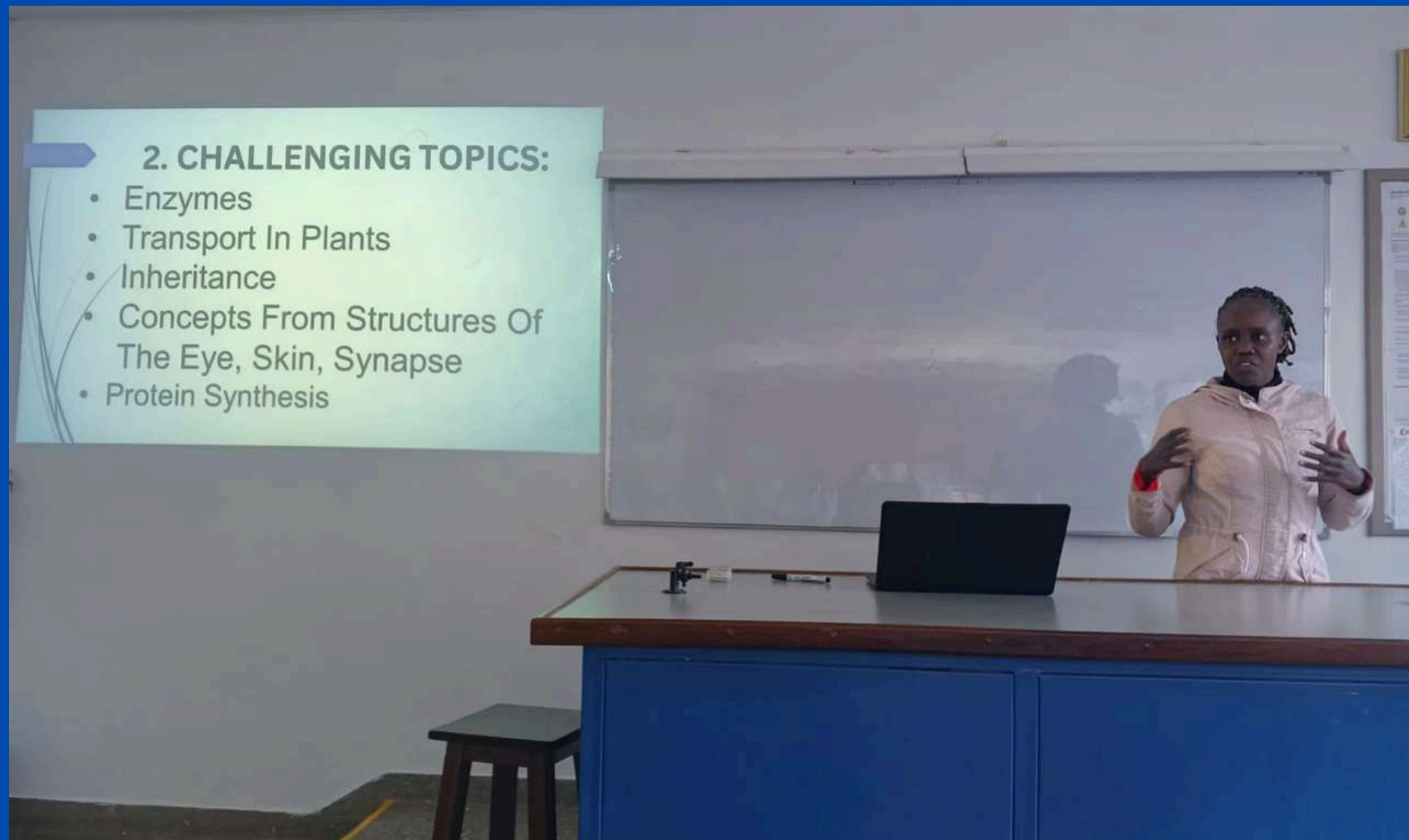


BIOLOGY DEPARTMENT INTERNAL TRAINING

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.

MUSIC AND DANCE SHOW 2026

Students in the Music and Dance Showcase demonstrated creativity, passion, and collaboration during an engaging performance, honing their artistic skills and executing breathtaking routines while inspiring the audience with their talent.



MUSIC AND DANCE SHOW 2026 IN PICTURES



MODERN FOREIGN LANGUAGES ELOCUTION 2026

This year's Modern Foreign Languages Elocution Competition was a fantastic showcase of our students' language skills and public speaking confidence. Students from across different year groups delivered prepared pieces in Hindi, Gujarati, French, German, and Swahili, impressing the panel with their fluency, expression, and clear pronunciation. It was more than just a language competition, it was a celebration of culture, communication, and courage. We were proud to see how much effort each student put into their performance, and the results were a testament to the dedication of both the learners and their teachers. Thank you to everyone who took part or came along to support. Events like this remind us how important it is to give students the chance to shine beyond the classroom.



MODERN FOREIGN LANGUAGES ELOCUTION 2026 IN PICTURES



JOHN LOCKE & IMMERSE EDUCATION ESSAY COMPETITION



We are proud to celebrate the outstanding achievement of our student, Samantha Njeri Chege of Year 9D who participated in John Locke Essay competition and was awarded a scholarship worth \$2500. 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. Samantha achievement is a testament to hard work, intellectual curiosity, and excellent writing skills. We congratulate Samantha on this remarkable accomplishment and wish continued success in future academic pursuits.

MY EXPERIENCE IN THE JOHN LOCKE & IMMERSE EDUCATION ESSAY COMPETITION

Participating in the John Locke programme was one of the most significant academic achievements of my journey so far. Known for its highly competitive and intellectually rigorous nature, the programme challenged me to think beyond the classroom, engage deeply with complex ideas, and develop my ability to construct clear, well-reasoned arguments. The process required extensive independent research, critical thinking, and perseverance, making it both demanding and incredibly rewarding.

My interest in academic essay competitions began with the Immerse Education Essay Competition, where I was placed on the Honours List and awarded a 10% scholarship. That experience gave me the confidence to pursue even more ambitious opportunities and showed me the value of challenging myself beyond the school curriculum.

I am especially grateful to those who encouraged me to take part in the John Locke programme. Initially, I was uncertain about competing at such a high level, but their encouragement motivated me to embrace the challenge. Looking back, I am incredibly glad that I did. The experience pushed me beyond my comfort zone, strengthened my confidence in my academic abilities, and allowed me to discover a deeper appreciation for independent learning and intellectual exploration.

Being awarded a \$2500 scholarship through the John Locke programme was a moment of immense pride and a meaningful recognition of the hard work, discipline, and commitment I invested throughout the process. More than the scholarship itself, what makes this achievement special is the journey behind it, the challenges overcome, the skills developed, and the personal growth that came with striving for excellence in such a prestigious programme.

These experiences have reinforced my passion for learning and inspired me to continue pursuing opportunities that challenge me intellectually. They have taught me that some of the greatest achievements come from being willing to take risks, embrace challenges, and believe in your ability to succeed.

Samantha Njeri Chege - 9D

UCI SAFARI GRAVEL RACE COMPETITION



We are incredibly proud to share that one of our students, Yuvansh Chauhan of Year 8A recently took on a monumental endurance challenge by competing in the prestigious UCI Safari Gravel Race in Kenya. Held within the breathtaking, wildlife-rich landscape of Hell's Gate National Park, this event is an official UCI Gravel World Series qualifier that pushes cyclists to their limits across rugged red clay trails and dramatic volcanic scenery.

MY EXPERIENCE IN UCI SAFARI GRAVEL RACE COMPETITION

I participated in the UCI Safari Gravel Race in Naivasha and completed the 20 km race in 1 hour and 30 minutes. This was my first-ever cycling race, which made the experience even more exciting.

The course was very challenging, with rugged terrain, deep fesh fesh, and many steep hills to climb. Despite the difficult conditions, I rode well and kept pushing myself throughout the race.

The event took place in the beautiful surroundings of Hell's Gate National Park, making it a truly memorable experience. It was exciting to ride alongside so many other cyclists and test my endurance on such a demanding course.

I am proud of my performance and happy to have completed my first cycling race. It was a great experience, and I learned a lot from it.

YUVANSH CHAUHAN - 8A

The Sports Department has been vibrant and dynamic, enabling students to actively participate in numerous Inter-School Sports Competitions and showcase their talents.



Under-13 Boys' Football squad secured first place and took home the championship title.



Our U13 Boys' Rugby team showed great spirit at the KAISO tournament, securing two wins out of five hard-fought matches.



Our U15 Netball squad dominated their match, securing a decisive 19-3 victory over Brookhurst.



The Lost Wallet

A Story About Honesty

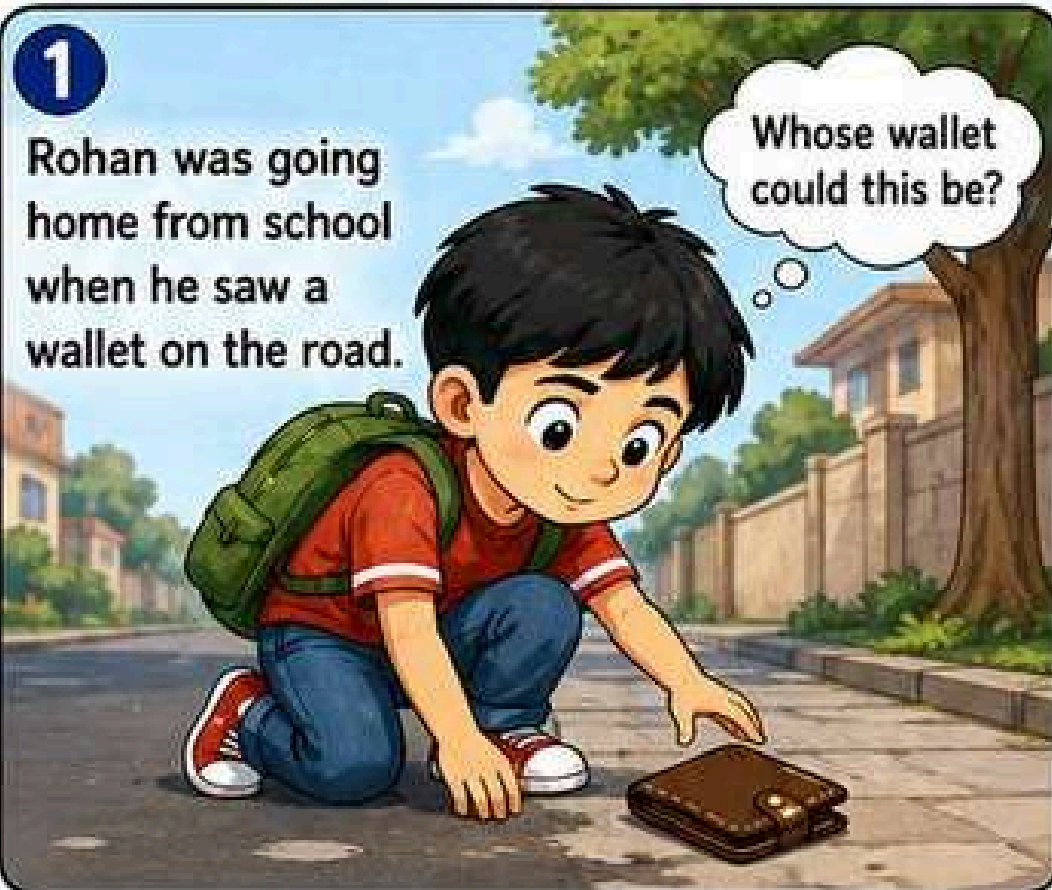


Being honest is always the right choice.

1

Rohan was going home from school when he saw a wallet on the road.

Whose wallet could this be?



2

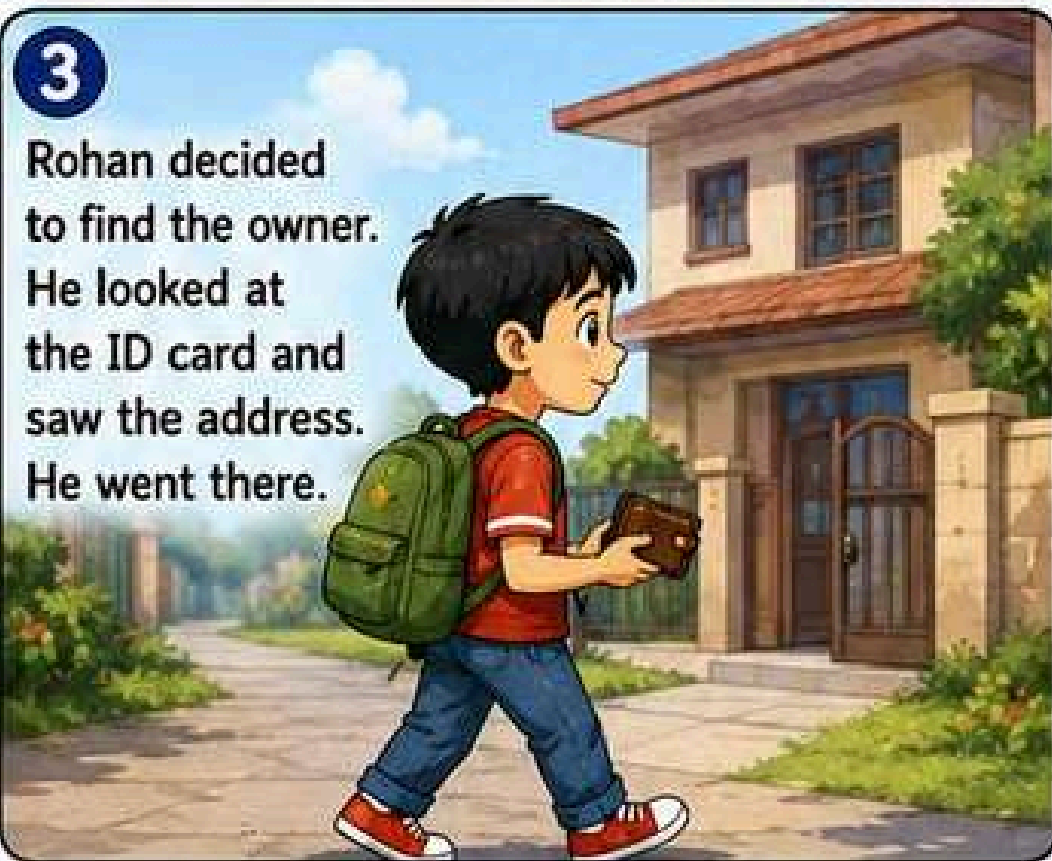
He opened it and found money, an ID card, and some important cards.

This must belong to someone.



3

Rohan decided to find the owner. He looked at the ID card and saw the address. He went there.

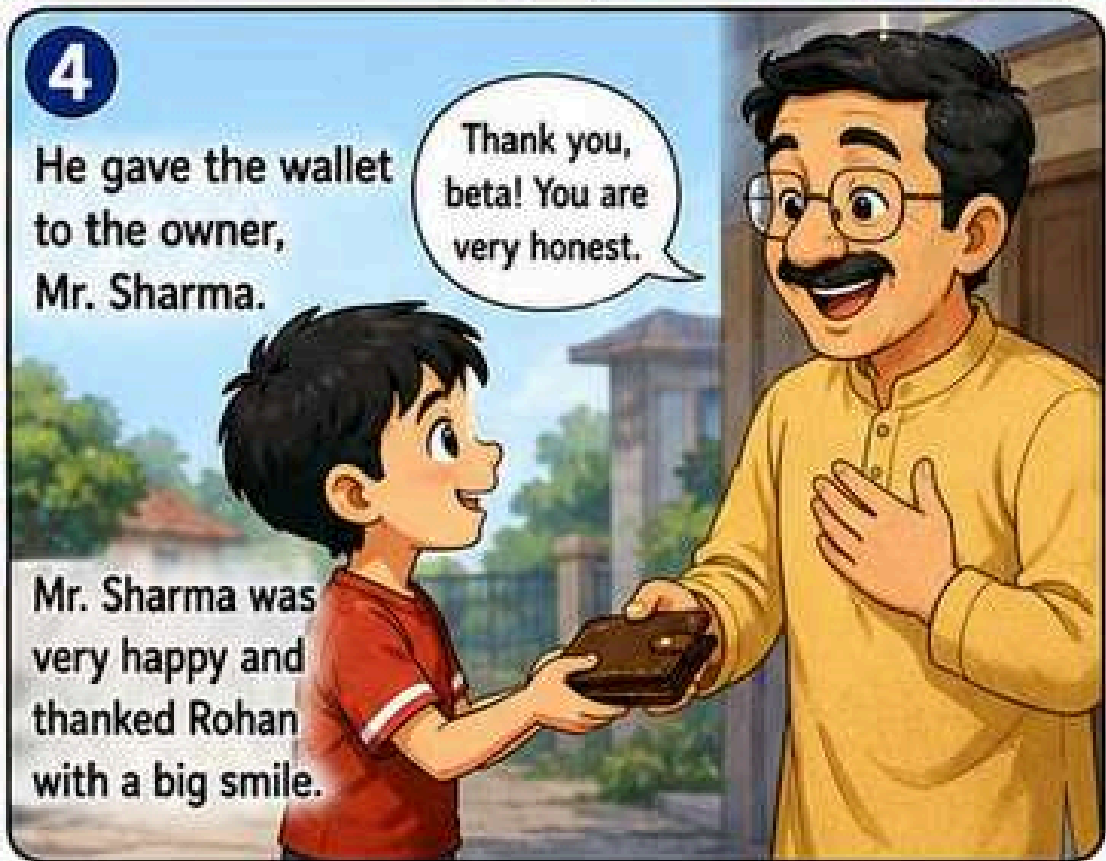


4

He gave the wallet to the owner, Mr. Sharma.

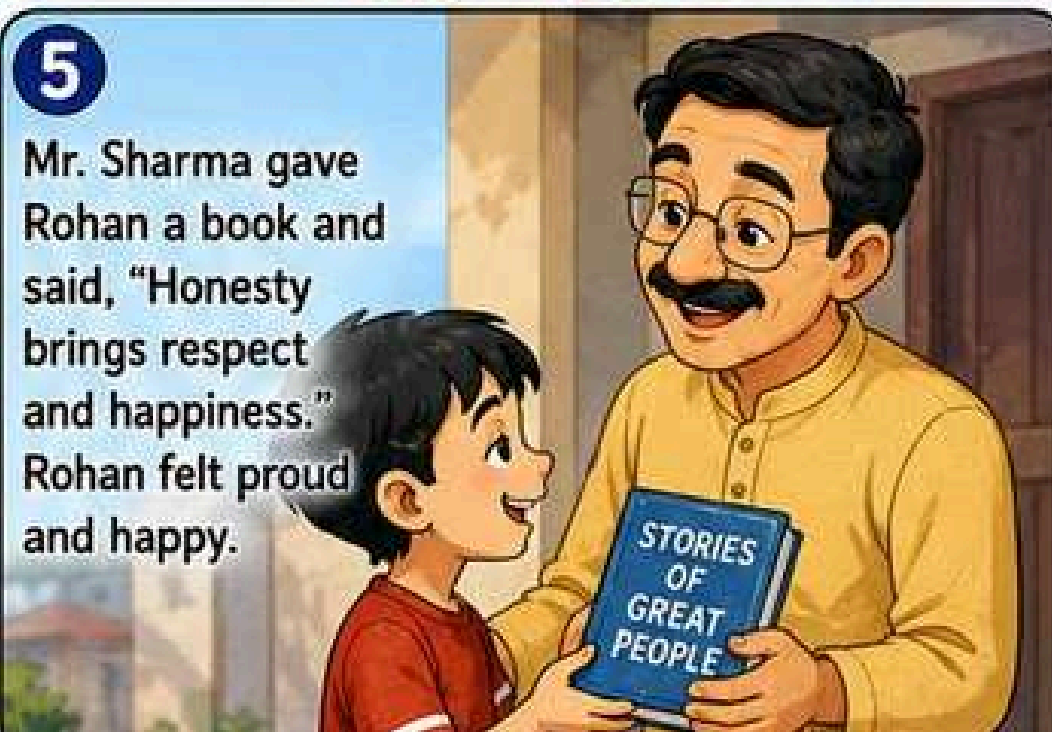
Thank you, beta! You are very honest.

Mr. Sharma was very happy and thanked Rohan with a big smile.



5

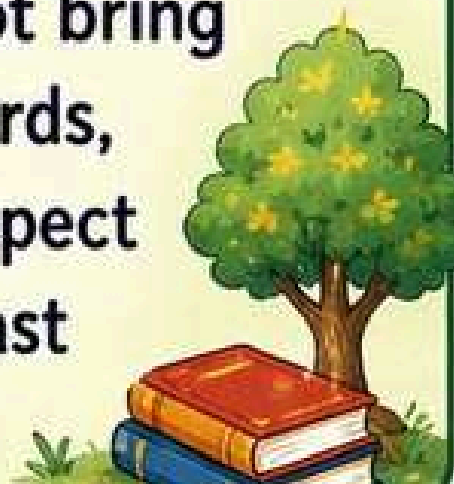
Mr. Sharma gave Rohan a book and said, "Honesty brings respect and happiness." Rohan felt proud and happy.



MORAL:

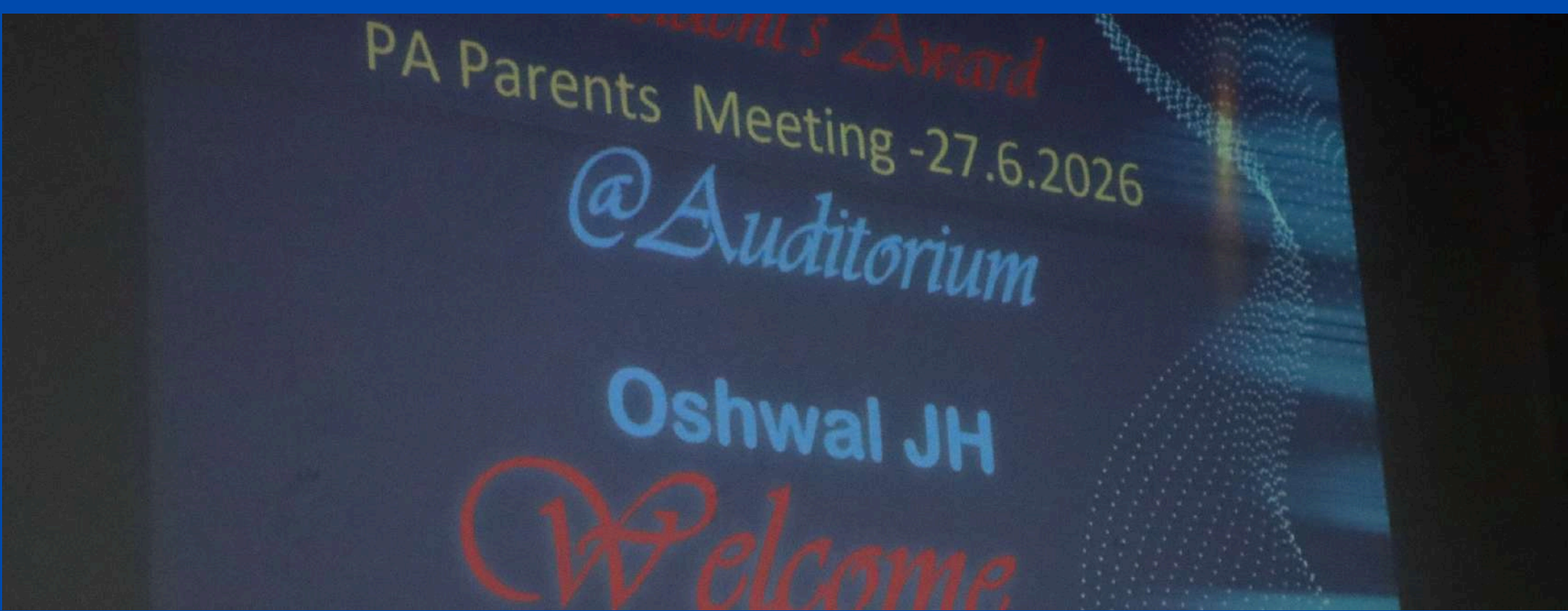


Honesty may not bring immediate rewards, but it brings respect and trust that last forever.



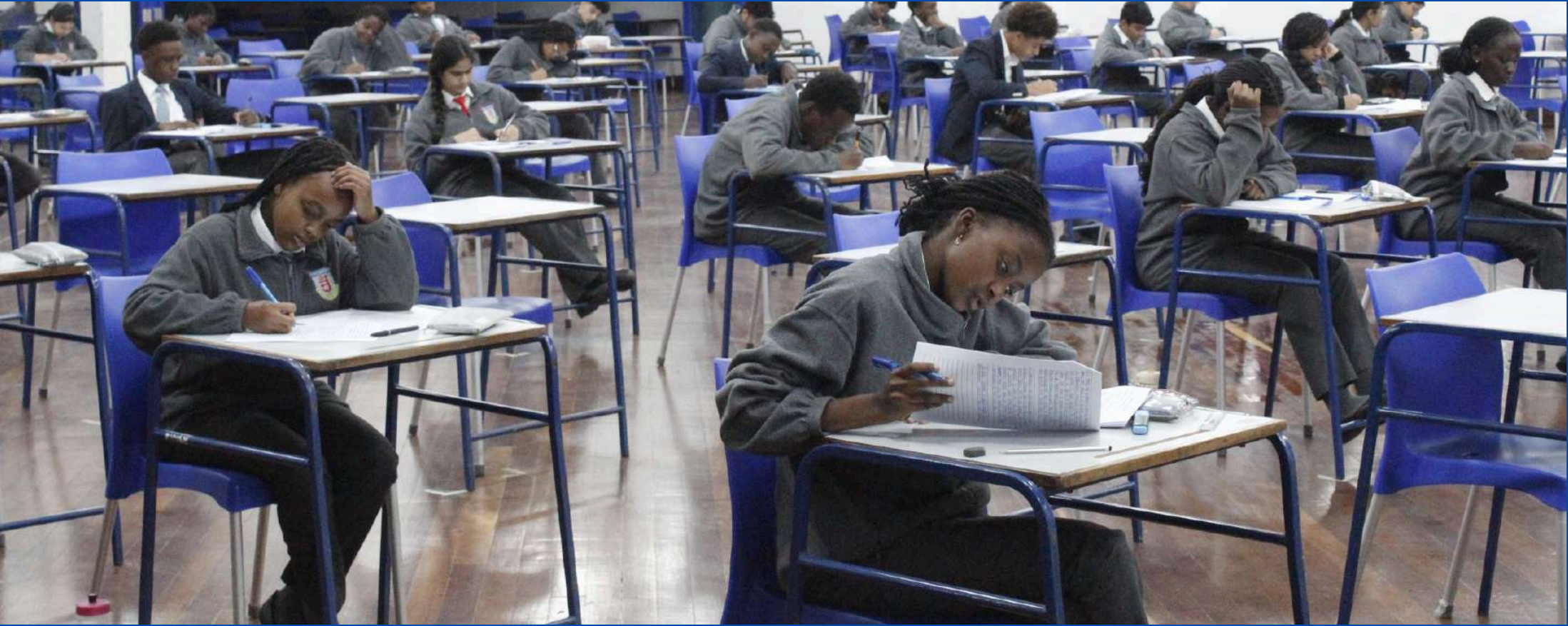
PRESIDENT'S AWARD PARENTS' MEETING

We held our President's Award Scheme Parents' Meeting, which offered a valuable opportunity to engage with parents, outline the program's objectives, and highlight the life skills and experiences their children will gain. We appreciate the active involvement and look forward to a rewarding journey ahead.



YEAR 7 - 9 END-OF-TERM EXAMS EXAMS

Our Year 7 - 9 End-of-Term Exams Examinations are now in full swing. These exams are a vital stepping stone, providing students with a realistic experience to refine their exam techniques and identify areas for growth. As the exams continue, we encourage all students to stay focused, take it one paper at a time, and maintain a positive mindset.





Don't Give Up

A long time ago, a boy named Rodney lived in a village. He was happy with his family. But one year, the rains stopped. The village faced a big drought.

The land became dry. Crops died. Even the trees and animals started dying. The stream had very little water left.

One night, Rodney spoke to the villagers.

He said, "I've heard old stories about a river under the ground. Maybe we can dig and find it."

The villagers agreed. They started digging together. But after a few days, they got tired and gave up.

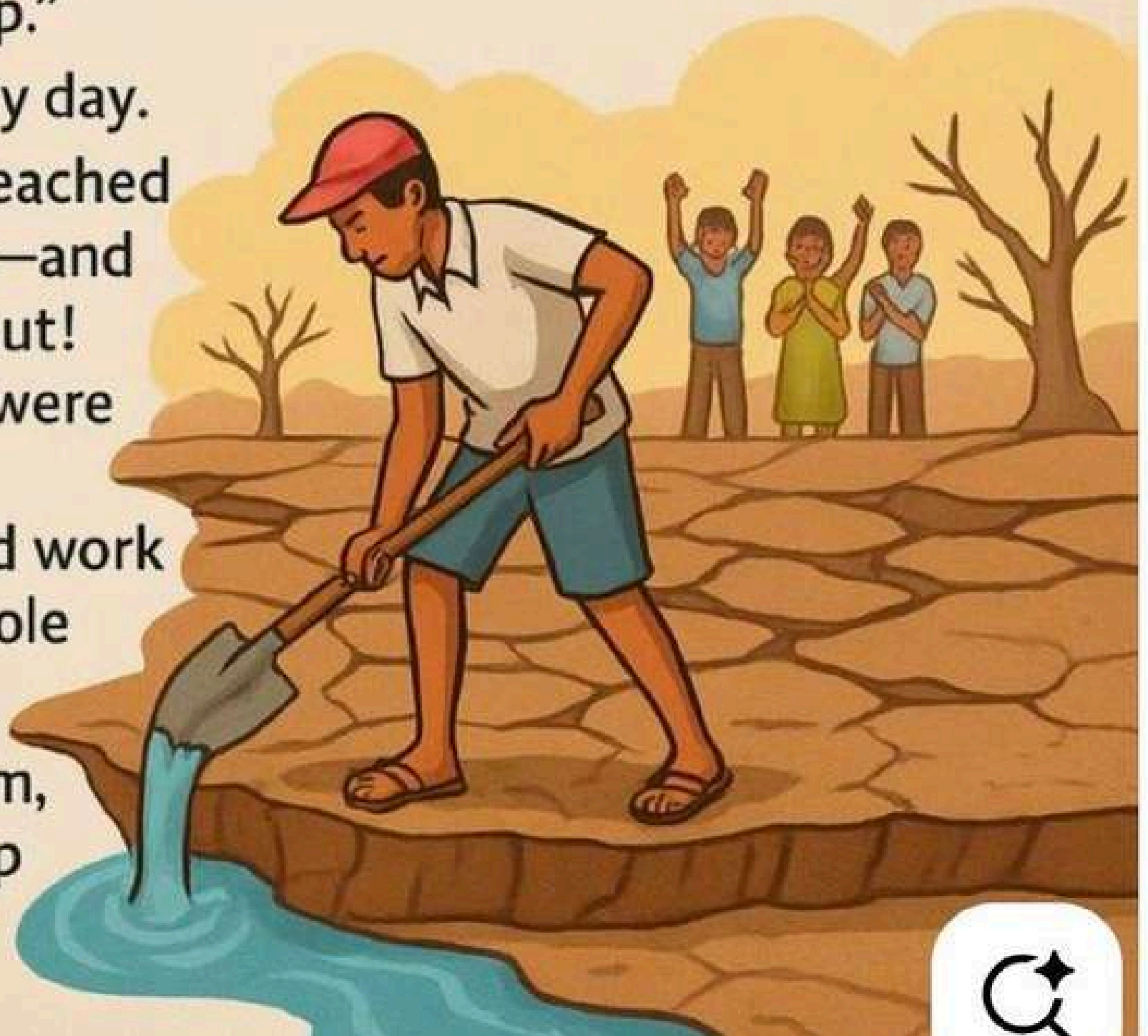
Rodney didn't stop. He said, "I believe we'll find water. I won't give up."

He dug every day.

At last, he reached deep enough—and water came out! The villagers were very happy.

Rodney's hard work saved the whole village.

He told them, "Never give up too soon. Keep going."





Small **PROGRESS**

— every day —
leads to

BIG
RESULTS.

Keep climbing.

*Your future is
worth it.* 

YOU CAN. YOU WILL.
END OF STORY.



Dr. Clark's Legacy

WHY YOU SHOULD READ BOOKS DAILY



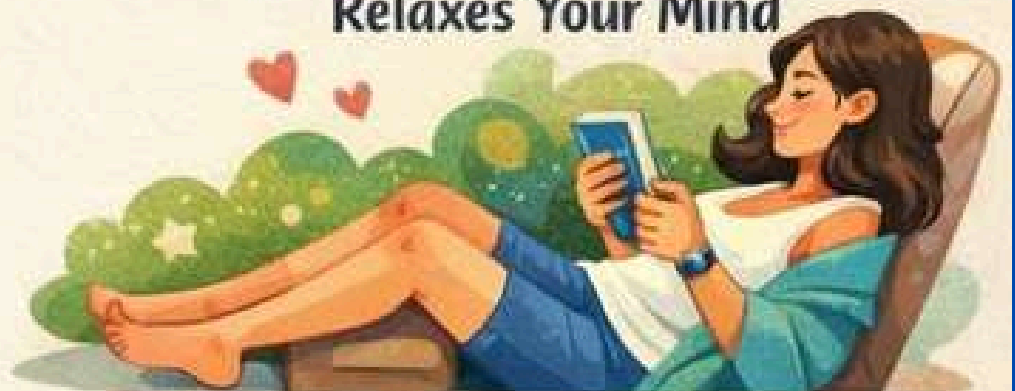
BOOSTS BRAIN POWER

Improves Memory & Focus



REDUCES STRESS

Relaxes Your Mind



EXPANDS KNOWLEDGE

Learn New Things



ENHANCES VOCABULARY

Better Language Skills



IMPROVES FOCUS

Increases Concentration



INSPIRES CREATIVITY

Boosts Imagination



READING EVERY DAY LEADS TO A BETTER YOU!