



OSHWAL ACADEMY NAIROBI

Junior High



**"IT IS BOOKS THAT ARE THE KEY TO THE WIDE WORLD;
IF YOU CAN'T DO ANYTHING ELSE, READ ALL THAT YOU
CAN.."**

~JANE HAMILTON

WEEK 2 TERM 1 NEWSLETTER 2026-2027

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WEEK 2 ASSEMBLY

Students attended the Week Two Assembly, where they were informed about upcoming school events and activities for the term. They were encouraged to participate actively, embrace new opportunities, and contribute positively to the school community.

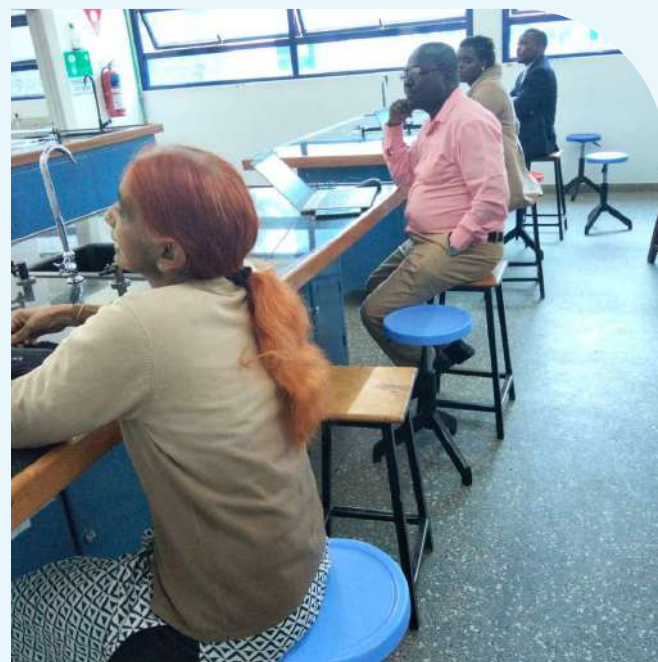


YEAR 11 TALK ON ACADEMICS



Year 11 students participated in an academic talk facilitated by their teachers, focusing on effective study strategies, examination preparation, and goal setting. The session encouraged students to remain disciplined, take ownership of their learning, and strive for excellence as they prepare for their upcoming assessments.

PHYSICS DEPARTMENT INTERNAL TRAINING



The Physics Department held a training session on planning practical lessons, focusing on effective preparation, resource management, and strategies to enhance students' laboratory learning experiences.

ANNUAL CROSS COUNTRY 2026

The annual Oshwal Academy Cross Country took place at the scenic Karura Forest, bringing together students for a day of endurance, determination, and sportsmanship. Participants enthusiastically tackled the challenging course through the forest trails, showcasing resilience and a competitive spirit. Students cheered one another on, creating an energetic and supportive atmosphere throughout the event.



ANNUAL CROSS COUNTRY 2026...



The cross country provided an excellent opportunity for learners to promote fitness, build perseverance, and appreciate the beauty of the natural environment while representing their houses with pride.



ANNUAL CROSS COUNTRY 2026...



FROM THE SPORTS CORNER



Our U13 Boys cricket team started the season with a 5 wicket win against Premier Academy on second day of September 2026



The girls' cricket team delivered an outstanding performance against Premier, securing a convincing victory by 7 wickets. Their teamwork, discipline, and determination were evident throughout the match, earning them a well-deserved win

FROM PASTORAL COORDINATOR DEPARTMENT

STUDENTS' SUPPORT SERVICES AVAILABLE IN SCHOOL.

Students support system is essential to promote the overall well-being, academic success, and personal development of students. Here are the key support systems that are available to students at Oshwal Academy Nairobi – Junior High:

1. Counselling and Psychological Support

- Counselling Services are available to assist students with emotional, psychological, and social issues. Individual counselling, group therapy, and crisis intervention are provided.
- Mental Health Awareness Programs: Regular workshops and seminars to promote mental health awareness, reduce stigma, and teach coping strategies.
- Referral Systems: Clear procedures to refer students to external mental health professionals when needed.

2. Peer Support Programs

- Peer Mentoring: Older students or trained peer mentors guide and support younger or new students to help them adjust.
- Peer Counselling: Selected students trained to listen and offer initial support before referring.
- Support Groups: Student-led groups focusing on common issues like stress, grief, or social skills.

3. Academic Support Services

- Remedial and Tutoring Programs: Additional help for students struggling academically, including after-school tutoring or remedial classes.
- Study Skills Workshops: Sessions on time management, note-taking, exam preparation, and effective learning strategies.
- PSHE Lessons: PSHE lessons are crucial in shaping well-rounded, responsible, and confident students. They equip students with essential life skills, promote health and safety, and foster emotional and social maturity, ultimately preparing them for the challenges of adult life.



4. Health and Medical Support

- School Nurse or Health Officer: On-site health personnel to handle medical emergencies, basic health care, and health education.
- Health Education: Programs covering nutrition, hygiene, sexual health, substance abuse prevention, and lifestyle choices.

5. Social and Emotional Development

- Life Skills Education: Programs teaching communication, conflict resolution, decision-making, and resilience.
- Anti-Bullying Campaigns: Policies, awareness programs, and intervention teams to prevent and address bullying and harassment.
- Values and Character Education: Curriculum components fostering integrity, respect, responsibility, and empathy.

6. Child Safeguarding and Child Protection

- Safeguarding Policies: Clear policies and procedures to protect students from abuse, neglect, and exploitation.
- Training for Staff: Regular training on child protection, recognizing abuse, and reporting procedures.
- Reporting Mechanisms: Confidential channels for students or staff to report concerns or incidents.



7. Parental and Community Engagement

- Parent-Teacher Meetings: Regular updates on student progress and well-being.
- Workshops for Parents: Training on supporting their children's emotional and academic needs.

8. Extracurricular and Enrichment Activities

- Clubs and Societies: To foster talents and social skills.
- Sports and Physical Activities: To promote physical health, teamwork, and discipline.
- Leadership Programs: Opportunities for students to develop leadership skills.

9. Career Guidance and Counselling

- Subject and Career Counselling: Helping students choose appropriate subjects aligned with future career goals.
- Career Workshops and Seminars: Exposure to various professions and post- O-Level options.
- Internships and Work Experience: Opportunities to gain practical insights into different careers.



10. Crisis and Emergency Support

- Crisis Response Teams: To handle emergencies such as accidents, or mental health crises.
- Emergency Protocols: Clear procedures for evacuations, lockdowns, or medical emergencies.



OSHWAL ACADEMY

JUNIOR HIGH

Thought OF THE WEEK

THEME:

Respect

“ **Respect**
is how we treat others
and how we show we care.
Be **kind**. Be **polite**.
Be **respectful**. ”



Respect makes our school a better place!



RESPECT
Everyone



LISTEN
Carefully



BE KIND
Everyday



TREAT OTHERS
The Way You
Want to Be Treated

Compass for Life Skills



OSHWAL ACADEMY

JUNIOR HIGH

Thought of the Week

THEME:

RESPECT



Respect means treating others the way you want to be treated. It is about showing kindness, caring, and good manners in everything we do. When we respect others, we create a positive and happy environment around us.

We show **respect** by listening when others speak, valuing their opinions, and accepting our differences. It also means respecting our teachers, parents, friends, and everyone who helps us.



Respect helps build strong friendships, a peaceful school, and a better world. When we respect everyone, we inspire others to do the same. Let's make respect a part of our daily actions and words.

MORAL

Respect is not just about words, it's about how we **treat others** every day.



BE KIND

Show you care.



LISTEN

Hear others.



BE POLITE

Use kind words.



VALUE OTHERS

Everyone matters.



RESPECT ALL

Every time,
everywhere.

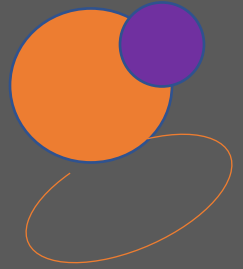


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 3 SCHEDULE

7th September – 13th September 2026



Monday – 7th September 2026

- STUDENT AND STAFF ID PHOTOS
- SPEECH DAY REHEARSALS (1:20pm-3:50pm)

Tuesday – 8th September 2026

- STUDENT AND STAFF ID PHOTOS
- SPEECH DAY REHEARSALS (1:20PM-3:50PM)
- U15 BOYS FOOTBALL VS NIS (H)
- U15 BOYS FOOTBALL VS BROOKHURST LAVINGTON (H)
- U15 GIRLS NETBALL VS NIS (H)
- U15 GIRLS NETBALL VS BROOKHURST LAVINGTON (H) @1:30PM

Wednesday – 9th September 2026

- U13 BOYS FOOTBALL & GIRLS NETBALL VS NAIROBI ACADEMY (H) @1:30PM
- REHEARSALS

Thursday – 10th September 2026

- U15 BOYS CRICKET VS JAFFERY (A) @ 1PM
- U13 BOYS FOOTBALL & GIRLS NETBALL VS BROOKHURST KISERIAN (H) @ 11:30AM
- REHEARSALS

Friday – 11th September 2026

- YR10 & 11 IGCSE PE VIDEO FILMING @ NAIVASHA @6:00AM
- U15 BOYS FOOTBALL & GIRLS NETBALL VS LUKENYA (H) @11:30AM

Saturday – 12th September 2026

- HILLCREST U15 BOYS FOOTBALL & GIRLS NETBALL INVITATIONAL TOURNAMENT

Sunday – 13th September 2026

