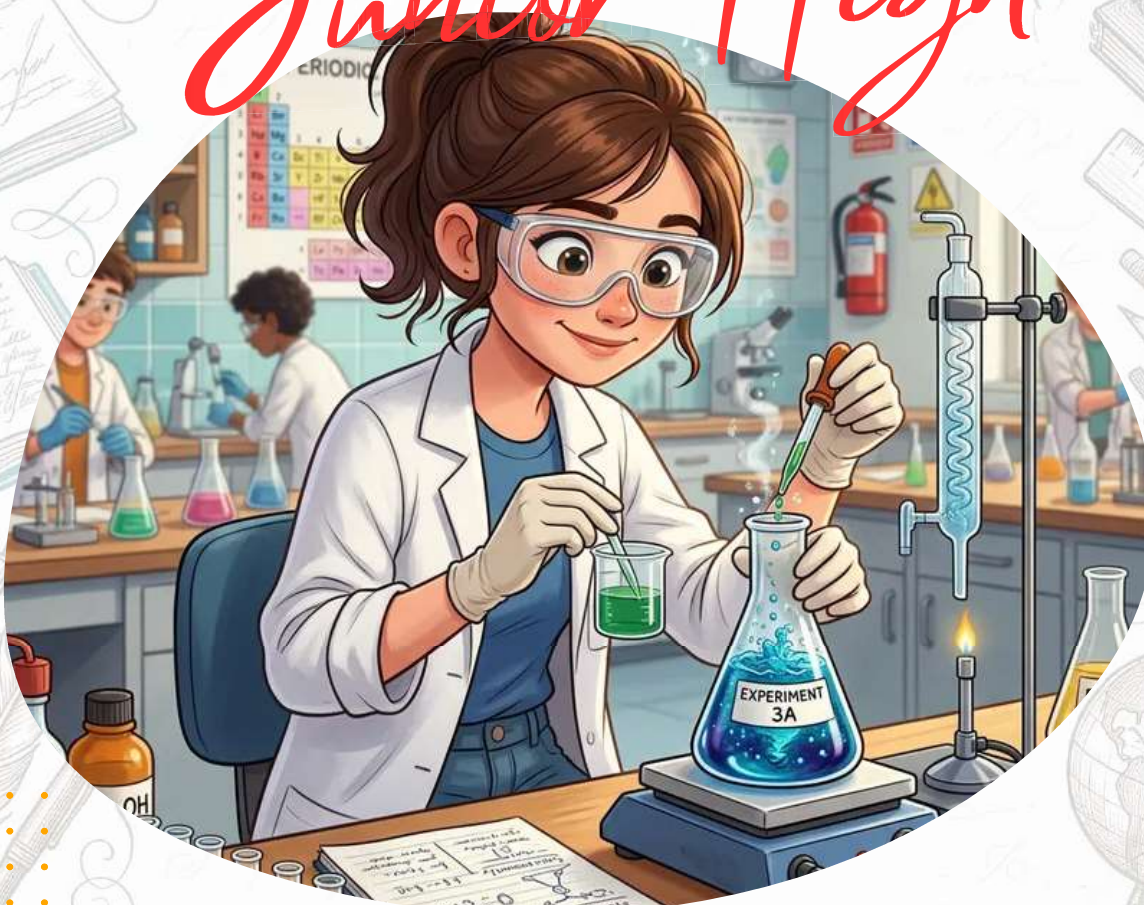




# OSHWAL ACADEMY NAIROBI

## *Junior High*



**"RECOGNIZING THAT YOU ARE NOT WHERE YOU WANT  
TO BE IS A STARTING POINT TO BEGIN CHANGING YOUR  
LIFE."**

**~DEBORAH DAY**

**WEEK 3 TERM 1 NEWSLETTER 2026-2027**

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# WEEK 3 ASSEMBLY IN PICTURES



Students were briefed on upcoming events, academic programme and co-curricular activities during week three. They were encouraged to participate actively and uphold the school's values and expectations.



During the Week 3 assembly, prefects shared important reminders on discipline, punctuality and upcoming school activities, encouraging students to remain responsible and actively engaged in school life.



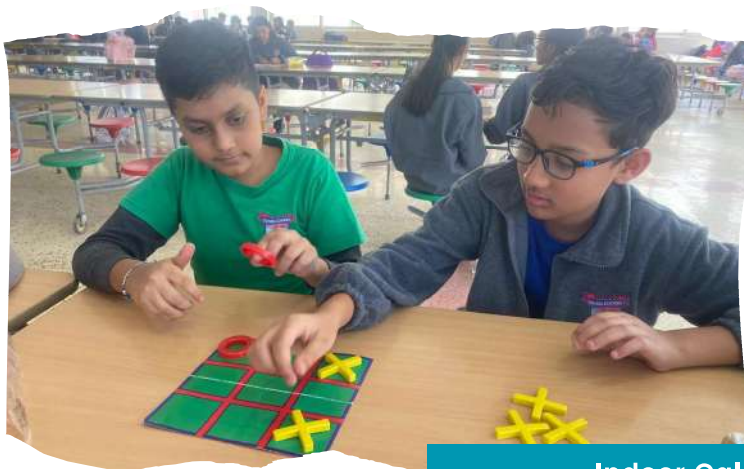
# WEEK 3 ASSEMBLY AWARDS

During the Week 3 assembly, students from different Key Stage groups were recognised for their outstanding performances in the annual Cross Country event. Awards were presented to top finishers and students who demonstrated determination, resilience, and excellent sportsmanship throughout the competition. The celebration highlighted the participants' commitment to fitness and teamwork, while applauding their achievements and encouraging all students to continue embracing an active and healthy lifestyle.



# FRIDAY CLUBS

Student clubs at Oshwal Academy provide learners with valuable opportunities to explore their interests, develop leadership skills, and build meaningful friendships beyond the classroom. Through a wide range of academic, cultural, creative, and service-oriented clubs, students are encouraged to pursue their passions, enhance their talents, and contribute positively to the school community. Participation in these clubs fosters teamwork, confidence, responsibility, and personal growth, helping students become well-rounded individuals prepared for future challenges. Some of the clubs activities are as below.



Indoor Galaxy Club



Robotics Club



Taekwondo Club



Indoor Galaxy Club

# SPORTS CORNER



U13 boys football team played two matches today, team A won 5-1 against Nairobi Academy, while team two lost 1-0 against Makini School Runda



U13 Girls Netball won their first match of the term against Nairobi Academy (score 24-1).



U13 boys team played against Brookhurst at Oshwal Center. The visitors slightly outplayed the hosts.



Sports Day Team Selection: Use of Technology to Separate Close Finishes



We shall not have evening training sessions for all sports next week. Instead, we shall conduct selections according to the following schedule:

- Monday: All Year 7 students – Track Events, 4:00–5:00 p.m.
- Wednesday: All Year 8 and Year 9 students – Track Events, 4:00–5:00 p.m.
- Thursday: All Year 7 students – Field Events, 4:00–5:00 p.m.
- Friday: All Year 8 and Year 9 students – Field Events, 4:00–5:00 p.m.

For Year 10 and Year 11 students, we shall utilise their scheduled Games lessons this week and next week to conduct the respective selections.

Track Events : 100m, 200m, 400m ( 1500m & 800m will communicate the selection day and time)

Field Events : Javelin, Discus, Shot put

# From the Pastoral Coordinator's Desk

## Theme: Choosing Your Friends Wisely

### Objective:

To guide students in understanding how to foster positive friendships, enhance cooperation skills, and master effective conflict resolution.

### Importance of Teaching and Sensitizing Students about Good Friendships:

Friendships in school often develop through shared interests and enjoyable activities. However, at this stage, students may struggle to navigate differences or disagreements with friends. When conflicts occur, some students may react by saying, "You're not my friend anymore." By teaching skills related to cooperation, friendship-building, and conflict management, we at Junior High empower students to develop and sustain healthy relationships. These competencies not only benefit their current social experiences but also establish a solid foundation for future relationships both within and outside school.



## **Expected Outcomes:**

Students will:

- Work and play cooperatively with their peers
- Practice and refine skills for forming lasting friendships
- Demonstrate how to find fair and satisfying solutions during disagreements

## **How Can a Student Choose a Good Friend?**

1. **Look for Trustworthiness:** Choose friends who are honest and dependable.  
Trust is the foundation of any strong friendship.
2. **Observe Their Respect for Others:** A good friend treats everyone with kindness and respect, including you.
3. **Check for Supportiveness:** Select friends who encourage you, celebrate your successes, and support you during challenges.
4. **Notice Their Behaviour and Attitude:** Prefer friends who have a positive attitude, are caring, and display good manners.



5. **Assess Shared Interests and Values:** Having common hobbies, values, or beliefs can help build a stronger connection.
6. **See How They Handle Conflicts:** Good friends resolve disagreements peacefully and are willing to forgive and understand.
7. **Pay Attention to How They Make You Feel:** Choose friends who make you feel happy, safe, and confident, not anxious or uncomfortable.
8. **Be Yourself:** Find friends who accept you for who you are and don't try to change you.
9. **Remember:** Building a good friendship takes time. Be patient and look for friends who genuinely care about your well-being and growth.

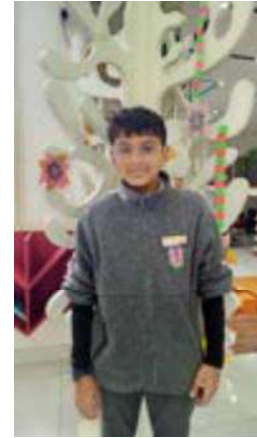


# Title: Percy Jackson and the Titans' Curse

Author: Rick Riordan

Name: Henil Hardik Shah

Class:8B



## Summary

*This book is a very interesting story about Peruses Jackson or widely known as Percy, the son of Poseidon. It starts with Percy's friends Annabeth, Thalia and his mom going to a school that their friend satyr had told them to. They enter the school and go to the ball where they find two half-bloods who are being chased by a monster, so Percy decides to face him alone and gets captured. His friends followed him with invisibility and defeated the monster with the help of the gods. Later they go to camp and Bianca joins the hunters.*

*Percy went to the attics of the gods and found the oracle. It later said that one of the gods the hunters were loyal to had been captured so they set out on a dangerous journey where two were supposed to die. Bianca's brother wanted Percy to go, so he sneaked along mainly to find Annabeth as she fell with the monster. They went to various places, and Bianca died because of the mechanical monster. After they defeated Kronos's general, they found out the main hunter's father was the general!*

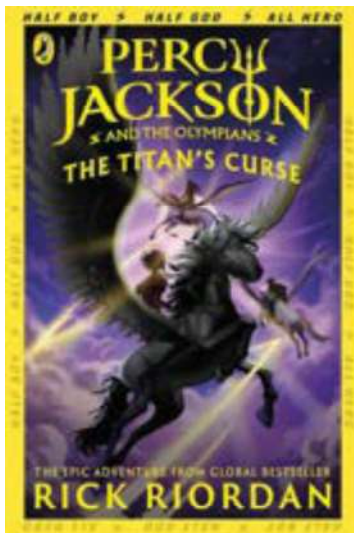
## Characters

**Percy Jackson:** Determined and caring for his loved ones.

**Grover The Satyr:** He is loyal and very friendly and has a sense of humour.

**Annabeth:** She is a blonde girl who is interested in architecture.

*I highly recommend this book as it is really interesting and has about 5 books. The book I have summarised is book 3. The first book is Percy Jackson and the Lightning Thief. The second one is Percy Jackson and the Sea of Monsters.*



**Rating:** \*\*\*\* stars



# Thought of the Week

## Dealing with **Empathy**

"Empathy isn't just about feeling what others feel, it's about showing you care."



Be kind  
in your words  
and actions.



Understand  
before you  
react.



See the world  
from someone  
else's perspective.



Small acts  
of empathy  
create a kinder,  
stronger world.

Empathy builds better relationships,  
stronger communities and a kinder you.



# OSHVAL ACADEMY

## JUNIOR HIGH

# Thought of the Week

THEME:

# EMPATHY

Understand ♥ Care ♥ Make a Difference



**Empathy** means understanding and sharing the feelings of others. It helps us see the world from someone else's perspective, feel what they feel, and respond with kindness.

When we practice empathy, we build stronger friendships, create a kinder community, and make the world a better place.



### We show empathy

by listening without judgment, being kind, supporting others, and including everyone. It means noticing when someone is sad, left out, or struggling, and doing something to help.



Kindness builds stronger friends!



**Empathy** helps us build stronger friendships, a peaceful school, and a kinder world. Let's be more empathetic – not just today, but every day.



### MORAL

Empathy isn't just about understanding words,  
**it's about seeing with the heart.**



**BE KIND**  
Show you care.



**LISTEN**  
Hear others.



**BE POLITE**  
Use kind words.



**VALUE OTHERS**  
Everyone matters.



**RESPECT ALL**  
Every time,  
everywhere.

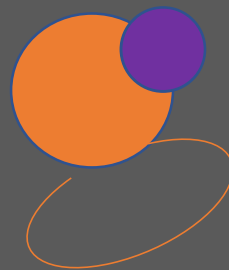


# OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 4 SCHEDULE

14<sup>th</sup> September – 20<sup>th</sup> September 2026



**Monday – 14<sup>th</sup> September 2026**

- U15 BOYS FOOTBALL & GIRLS NETBALL VS WOODCREEK (A) @ 2PM

**Tuesday– 15<sup>th</sup> September 2026**

- JAIN SAMVATSARI – HOLIDAY
- U15 BOYS FOOTBALL & GIRLS NETBALL VS ST. NICHOLAS (A) @1:30PM

**Wednesday – 16<sup>th</sup> September 2026**

- U13 BOYS FOOTBALL & GIRLS NETBALL VS MAKINI (A)
- U15 BOYS FOOTBALL & GIRLS NETBALL VS MAKINI (A) @2PM

**Thursday – 17<sup>th</sup> September 2026**

- U15 BOYS FOOTBALL & GIRLS NETBALL VS ST. AUSTIN (A) @ 2PM
- U14 BOYS & GIRLS VOLLEYBALL VS BROOKHURST KISERIAN (A) @ 11:30AM
- U13 BOYS FOOTBALL & GIRLS NETBALL VS BROOKHURST KISERIAN @ 11:30AM

**Friday – 18<sup>th</sup> September 2026**

- PRIZE GIVING DAY REHEARSAL @ OSHWAL CENTRE (8:00AM-10:30AM)
- U15 BOYS FOOTBALL & GIRLS NETBALL VS BROOKHURST LAVINGTON (H) @1:30PM
- IGCSE PE NETBALL & ROUNDERS VS NAISULA & BROOKHOUSE RUNDA (H) @ 10:30AM

**Saturday – 19<sup>th</sup> September 2026**

- ANNUAL PRIZE-GIVING DAY (2:00PM – 4:30PM)

**Sunday – 20<sup>th</sup> September 2026**

