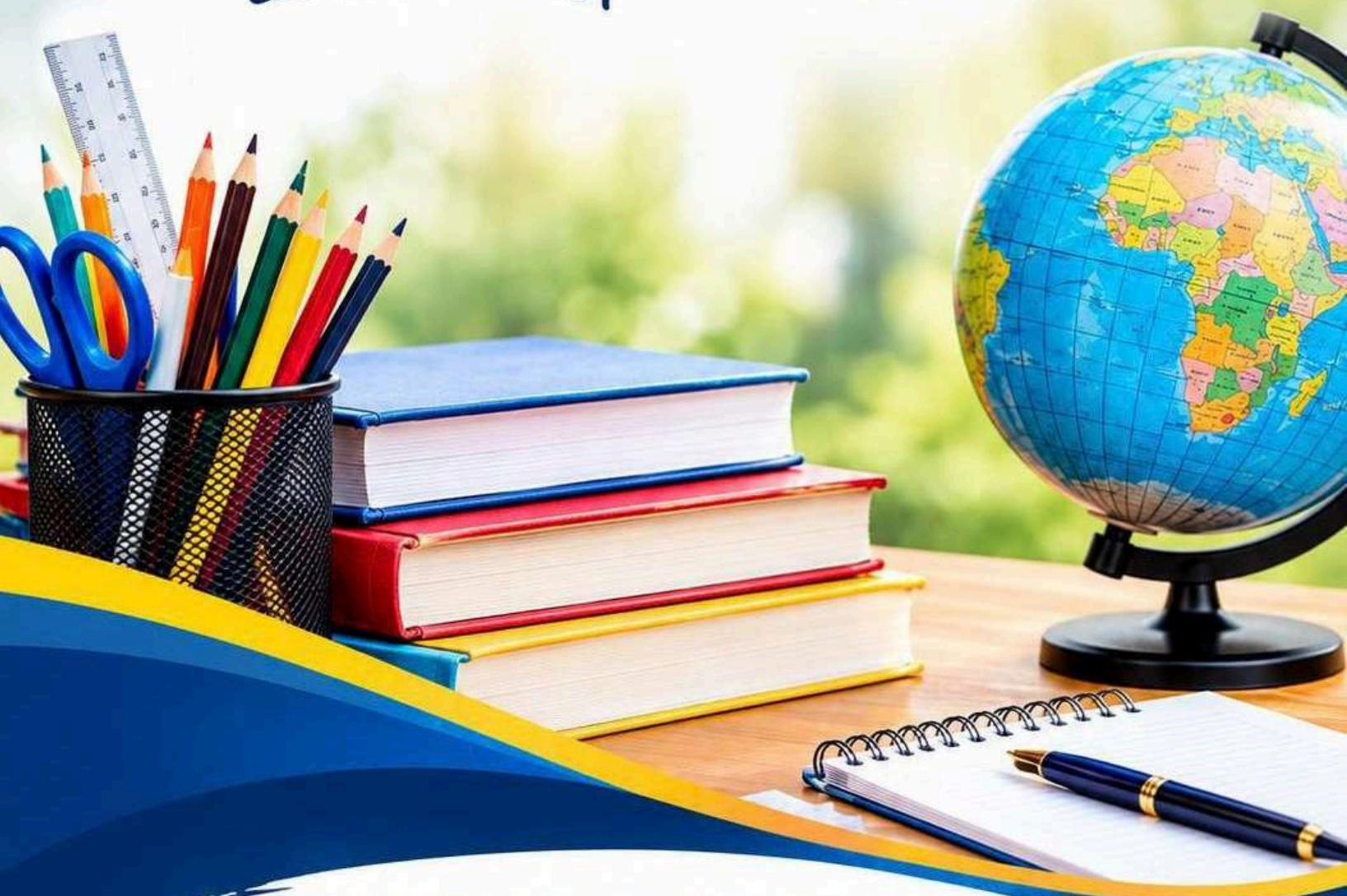




OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

Learn • Grow • Achieve



WEEK 7 TERM 1 2026 – 2027 NEWSLETTER



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+254 734 745 555



1ST PARKLANDS AVENUE,
OFF MPAKA ROAD,
PARKLANDS,



juniorhigh@oshwalacademy.sc.ke

MONDAY MORNING ASSEMBLY

OSHWAL ACADEMY NAIROBI, JUNIOR HIGH, BEGAN THE WEEK WITH A VIBRANT MORNING ASSEMBLY FEATURING PRAYERS, THE NATIONAL ANTHEM, PRESENTATIONS AND MOTIVATIONAL MESSAGES ON DISCIPLINE, RESPONSIBILITY AND ACADEMIC EXCELLENCE.

STUDENTS WHO EXCELLED IN CO-CURRICULAR ACTIVITIES WERE RECOGNIZED WITH AWARDS, CELEBRATING THEIR DEDICATION AND ACHIEVEMENTS. LEARNERS WERE ALSO REMINDED TO UPHOLD RESPECT FOR ONE ANOTHER AVOID BULLYING, USE SOCIAL MEDIA RESPONSIBLY AND ATTEND ALL SCHOOL EVENTS AND ACTIVITIES.

THE ASSEMBLY CONCLUDED WITH ENCOURAGEMENT FOR ALL STUDENTS TO STRIVE FOR EXCELLENCE IN BOTH ACADEMICS AND CO-CURRICULAR PURSUITS WHILE MAINTAINING HIGH STANDARDS OF CHARACTER AND INTEGRITY. 🏆📚🧘🏃🎵



ANNUAL SPORTS DAY

THE ANNUAL SPORTS DAY AT OSHWAL ACADEMY JUNIOR HIGH, NAIROBI, WAS A MEMORABLE CELEBRATION OF ATHLETIC TALENT, TEAMWORK AND SPORTSMANSHIP. STUDENTS PARTICIPATED ENTHUSIASTICALLY IN VARIOUS TRACK AND FIELD EVENTS, SHOWCASING RESILIENCE, DETERMINATION AND SCHOOL SPIRIT.





MID-TERM EXAMS: TIME TO SHINE!

STUDENTS TOOK PART IN THE MID-TERM EXAMINATIONS, DEMONSTRATING THEIR KNOWLEDGE, PREPARATION AND COMMITMENT TO THEIR STUDIES. WE WISH ALL STUDENTS CONTINUED SUCCESS AS THEY WORK TOWARDS ACHIEVING THEIR ACADEMIC GOALS.



SPORTS CORNER



WE EXTEND OUR HEARTFELT CONGRATULATIONS TO YUVANSH ON HIS REMARKABLE ACHIEVEMENT IN THE MT. KENYA MTB SERIES. THIS OUTSTANDING ACCOMPLISHMENT IS A TESTAMENT TO HIS HARD WORK, DETERMINATION, RESILIENCE AND PASSION FOR MOUNTAIN BIKING.



KAISSO U13 BOYS FOOTBALL TOURNAMENT

U13 BOYS FINISHED 3RD IN THEIR GROUP WITH 1 WIN, 3 DRAWS, AND 2 LOSSES. WELL DONE, BOYS! 🏆🏆



OUR U15 GIRLS NETBALL TEAM WON AT NAIROBI ACADEMY TOURNAMENT.

OSHWAL 5: WOODCREEK 0

OSHWAL 11: NAIROBI ACADEMY 0



OUR U13 GIRLS FOOTBALL TEAM RECORDED 1 WIN, 1 LOSS AND 4 DRAWS, SHOWCASING STRONG TEAMWORK AND COMPETITIVE SPIRIT. 🏆🏆



MEDHA ASWIN 8C EARNED THE SPORTSMANSHIP AWARD IN THE KAIS U13 FOOTBALL TOURNAMENT HELD IN NANYUKI. 🏆🏆

WEEK 7 PASTORAL THEME:

BUILDING RESILIENCE AND A POSITIVE MINDSET

Life is full of change, challenges, and uncertainty. Helping students develop resilience and a positive mindset equips them to manage difficulties, adapt to new situations, and continue working towards their goals.

Resilience is the ability to recover from setbacks, learn from mistakes, and keep moving forward. It does not mean that students will never feel disappointed, worried, or discouraged. Rather, it helps them recognise these feelings, seek support when needed, and take constructive steps to move forward.

At our school, we believe resilience is a skill that can be strengthened through practice, encouragement, and supportive relationships. We aim to create an environment where students feel safe to try new things, ask for help, make mistakes, and learn from their experiences. When students understand that mistakes are part of learning, they are more likely to approach challenges with courage and confidence.



A positive mindset supports this process. It encourages students to believe in their ability to improve, appreciate what is going well, and focus on possible solutions rather than becoming overwhelmed by problems. This does not mean ignoring difficulties or pretending everything is fine. It means approaching challenges with hope, patience, and a willingness to take the next step.

Families and school staff can support students by recognising effort as well as achievement, listening without judgement, and helping them reflect on what they have learned from a difficult experience. Simple questions such as "What could you try next?" or "What did you learn from this?" can help students build confidence and problem-solving skills.

Through pastoral activities, classroom discussions, and mentorship, we will continue to encourage students to persevere, seek support, and celebrate progress—however small. Together, we can help them see challenges not as barriers, but as opportunities to learn, grow, and develop the confidence to face future difficulties.

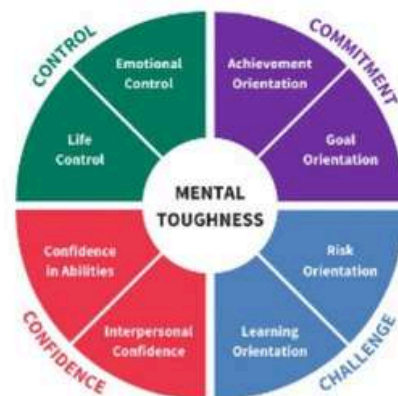
Let us continue working together to nurture resilient students with a positive outlook—qualities that will support them throughout their education and beyond.

RESILIENCE

+

=

POSITIVITY





Oshwal Academy Junior High

Thought of the Week

Integrity

“Integrity is doing
the right thing, even
when no one is watching.”

— C.S. Lewis

Choose what is right,
not what is easy.

Small choices
today build
a stronger
you tomorrow.



BE HONEST
Say the truth,
even when it's hard.



DO WHAT'S RIGHT
Choose what is fair,
not what is easy.



TAKE RESPONSIBILITY
Own your actions
and make better choices.



BUILD TRUST
Your character
inspires others.

MORAL STORY: STORY ABOUT INTEGRITY



Oshwal Academy Junior High Moral Story

Integrity
Builds
Trust

The Lost Wallet

Integrity isn't about what others see,
but about what you do when no one is watching.

During lunch break, Sohan, a Year 10 student, found a wallet on a bench near the library. He picked it up and looked around, but no one seemed to be searching for it.



It was
not his
wallet...
but it could
have been
his.

That's when
he made
a choice.



Sohan took the wallet to the school office and handed it in. The staff member checked the details and soon found the owner — a fellow student who was very worried. The boy was grateful and offered to reward Sohan, but Sohan simply smiled and said, "It's not about the reward. It's the right thing to do."

Later that day, Sohan's form teacher praised him in class, saying, "Integrity is not just about honesty with what we say, but also with what we do." His classmates looked at him with respect, and Sohan felt proud — not because of the praise, but because he had done what was right.



Doing
what is right
builds
character.



The Moral

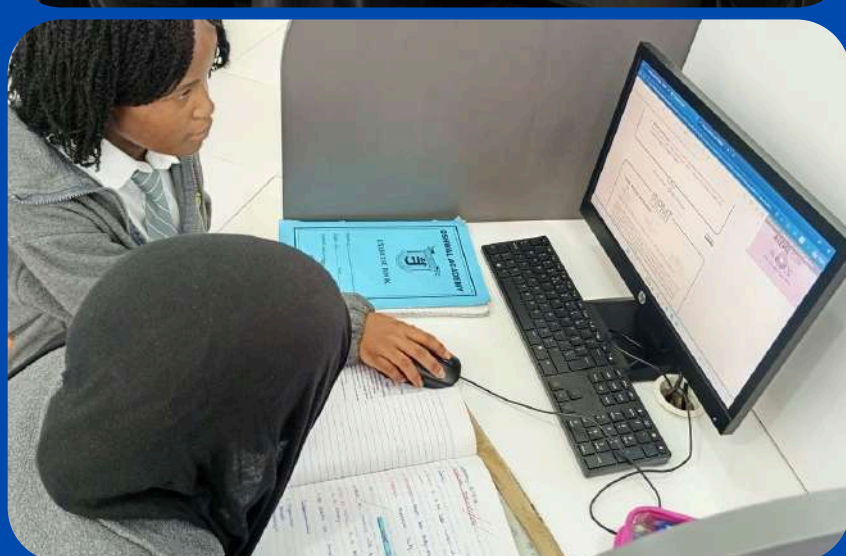
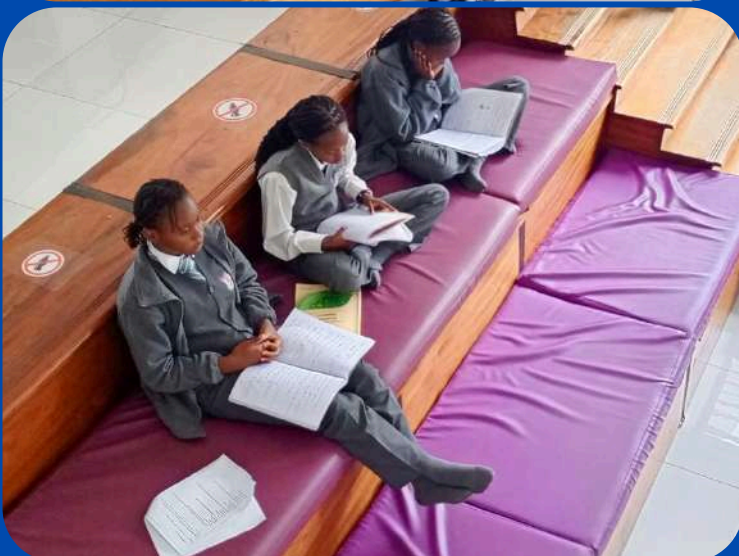
Integrity may not always be easy,
but it always pays off. It builds trust,
creates respect and shapes the kind
of person you become.

"Integrity is doing
the right thing,
even when no one
is watching."

— C.S. Lewis

LIBRARY CORNER: EXAM PREPARATIONS IN EARNEST

STUDENTS REVISING IN THE LIBRARY





OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 8 SCHEDULE

12th October – 18th October 2026



Monday – 12th October 2026

Tuesday – 13th October 2026

- U13 BOYS & GIRLS FOOTBALL VS BRAESIDE THIKA (A) 1:30PM
- U13 BOYS & GIRLS FOOTBALL VS LUKENYA THIKA

Wednesday – 14th October 2026

Thursday – 15th October 2026

- NAVRATRI CELEBRATION (2:30PM - 5:30PM) MPH

Friday – 16th October 2026

- MID-TERM BREAK
- PA SILVER PRACTICE ADVENTUROUS JOURNEY (MACHAKOS)
- ECAMSMUN/ECAMUN TRAINING PREMIER ACADEMY (5:00PM-6:00PM)

Saturday – 17th October 2026

- MID-TERM BREAK
- PA SILVER PRACTICE ADVENTUROUS JOURNEY (MACHAKOS)
- ECAMSMUN MOCK DEBATE (8:00AM-1:00PM) – VENUE TO BE CONFIRMED

Sunday – 18th October 2026

- MID-TERM BREAK
- PA SILVER PRACTICE ADVENTUROUS JOURNEY (MACHAKOS)