



OSHWAL ACADEMY NAIROBI

JUNIOR HIGH

QUOTE OF THE WEEK

**SUCCESS COMES
TO THOSE WHO
KEEP GOING.**

WEEK 8 TERM 1 2026–2027 NEWSLETTER

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MONDAY MORNING ASSEMBLY

FOLLOWING THE SUCCESSFUL COMPLETION OF THEIR MID-TERM EXAMINATIONS, OUR LEARNERS GATHERED FOR THE MONDAY MORNING ASSEMBLY, WHERE THEY WERE ENCOURAGED TO REFLECT ON THEIR EFFORTS, REMAIN FOCUSED ON THEIR ACADEMIC GOALS AND CONTINUE STRIVING FOR EXCELLENCE.

STUDENTS WERE ALSO REMINDED OF THE IMPORTANCE OF REGULAR SCHOOL ATTENDANCE AND WARNED AGAINST ABSENTEEISM, AS CONSISTENT ATTENDANCE PLAYS A KEY ROLE IN ACADEMIC SUCCESS AND PERSONAL GROWTH.

THROUGHOUT THE WEEK, LEARNERS ACTIVELY PARTICIPATED IN ENGAGING LESSONS AND COLLABORATIVE LEARNING ACTIVITIES, DEMONSTRATING RESILIENCE, ENTHUSIASM AND A COMMITMENT TO CONTINUOUS IMPROVEMENT.



 CELEBRATING EXCELLENCE IN HANDWRITING ACROSS YEAR GROUPS.

OUR STUDENTS ACROSS DIFFERENT YEAR GROUPS SHOWCASED THEIR BEAUTIFUL HANDWRITING, NEATNESS AND CREATIVITY IN AN ENGAGING HANDWRITING COMPETITION. EACH STUDENT DEMONSTRATED FOCUS, PATIENCE AND A COMMITMENT TO EXCELLENCE!  



 YEAR 7 HINDI HANDWRITING COMPETITION



 YEAR 7 GUJARATI HANDWRITING COMPETITION

 YEAR 8 GUJARATI HANDWRITING COMPETITION



 YEAR 9 GUJARATI HANDWRITING COMPETITION



ART STARS OF THE MONTH



CELEBRATING CREATIVITY, IMAGINATION AND ARTISTIC EXCELLENCE!

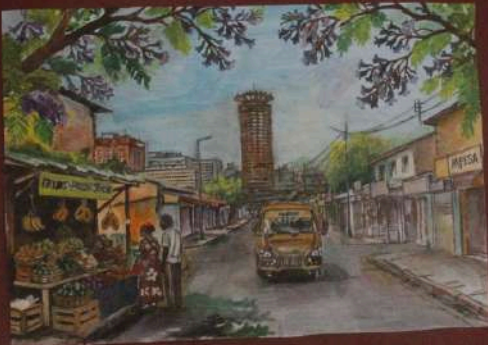
OUR ART STARS OF THE MONTH HAVE SHOWCASED THEIR TALENT AND PASSION THROUGH AMAZING ARTWORK IN ART AND DESIGN CLASS. EVERY CREATION TELLS A STORY, REFLECTS INDIVIDUALITY AND BRINGS IDEAS TO LIFE. CONGRATULATIONS TO OUR BUDDING YOUNG ARTISTS FOR SHINING THROUGH THEIR CREATIVITY! 🎨 ✨



DHANYA NITESH



NANYA SAAGAR



PRIYANKA SHAH.



DINYA SHAH



RIYA JITEN



WEEK 8 PASTORAL THEME:

DEALING WITH PEER PRESSURE:

MAKING POSITIVE CHOICES AND STANDING UP FOR YOURSELF!

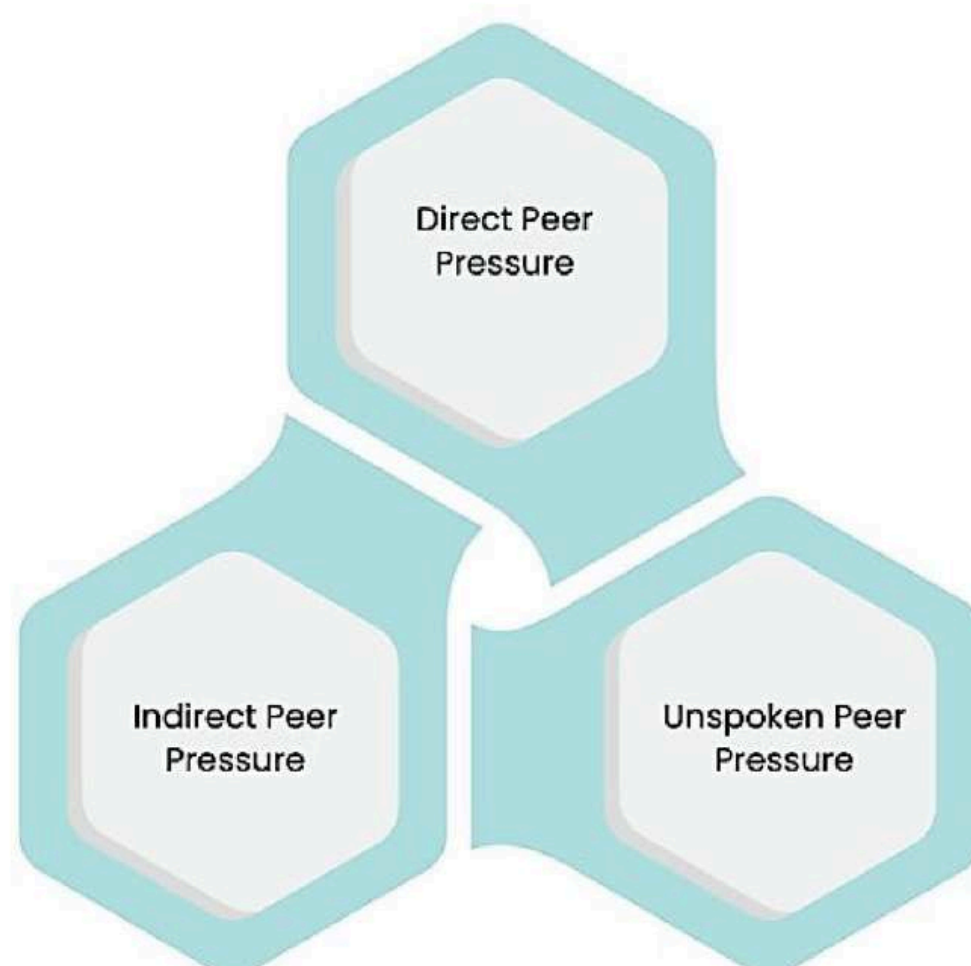
We, students all want to fit in and be liked by our friends. Sometimes, this can lead to feeling pressured to do things we're not comfortable with. **Peer pressure** is when friends or classmates encourage us to act in certain ways, even if we know it's not right. While it's natural to want to belong, it's important to remember that making positive choices and standing up for yourself are what truly matter.

MAKING POSITIVE CHOICES AND STANDING UP FOR YOURSELF!



Different Types of Peer Pressure

Types of **peer pressure** vary, and recognizing the different forms is key to understanding how it influences decisions. **Peer pressure** can come in several forms, and it's important to know how to identify them:



1. **Direct Peer Pressure:** This is the most obvious form, where someone explicitly tells you to do something, like “Come on, just try it!” or “You’ll look cooler if you wear this.”
2. **Indirect Peer Pressure:** Here, the pressure is more subtle (something that is not obvious or easy to notice), where you may feel compelled to act a certain way because everyone around you is doing it. For example, seeing friends drink alcohol at a party might make you feel like you should too, even if no one directly asks you.
3. **Unspoken Peer Pressure:** This type of pressure comes from the unspoken expectations of a group. You might feel the need to dress or talk a certain way to be accepted without anyone ever saying anything directly to you.

Positive vs. Negative Peer Pressure

While peer pressure is often linked to negative behaviours, it’s important to recognize that not all peer pressure is harmful.

- **Positive Peer Pressure:** This occurs when friends or peers encourage you to engage in healthy, productive activities. For example, a group of friends might motivate each other to study harder or join a new sport. Positive peer pressure can be a powerful motivator for self-improvement.
- **Negative Peer Pressure:** Unfortunately, peer pressure is often associated with harmful activities, such as smoking, drinking alcohol, or engaging in risky behaviours like skipping school, skiving lessons, use of vulgar language, disrespecting others e.t.c. The negative effects of peer pressure can be long-lasting, especially if the influence leads to addiction or unsafe practices.

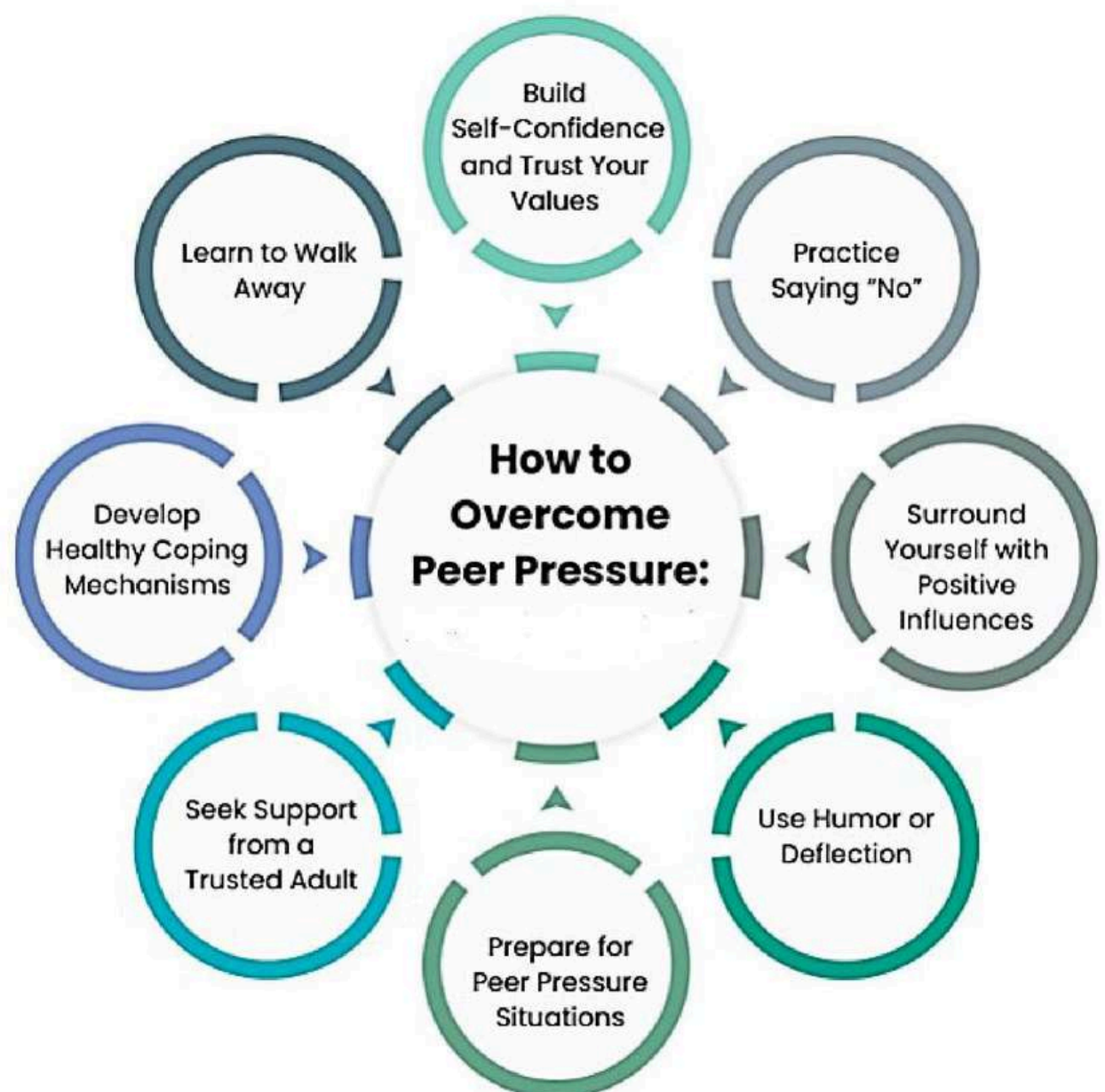
Here are some tips to help you handle Negative peer pressure:

1. **Know Your Values:** Be clear about what you believe is right. When you know your own values, it's easier to make choices that align with who you are.
2. **Say No Confidently:** You can politely but firmly say, "No, thank you," or "I don't feel comfortable doing that." Remember, it's okay to stand your ground.
3. **Suggest Alternatives:** If you're uncomfortable with what's being asked, suggest a different activity or way to have fun that's safe and respectful.
4. **Choose Friends Wisely:** Surround yourself with friends who respect your choices and support your values.
5. **Seek Support:** If you feel pressured or unsure, talk to a Prefect, a trusted adult — a teacher, parent, guardian or counsellor — for advice and help.
6. **Believe in Yourself:** Trust your instincts. Making positive choices shows strength and courage.

The people you spend time with significantly influence how you deal with peer pressure. Choose friends who respect your boundaries and encourage you to be yourself. If your current social circle pressures you to conform in harmful ways, consider distancing yourself and seeking out more positive influences.

Remember, **true friends will respect your decisions.** Standing up for yourself isn't always easy, but it's an important part of growing into a **confident**

and responsible person. At **Oshwal Academy Nairobi - Junior High**, students are encouraged to be brave, respectful, and stay true to who they are with kindness and courage,



OSHWAAL ACADEMY JUNIOR HIGH



**THOUGHT OF
THE WEEK**



PERSEVERANCE

NEVER GIVE UP

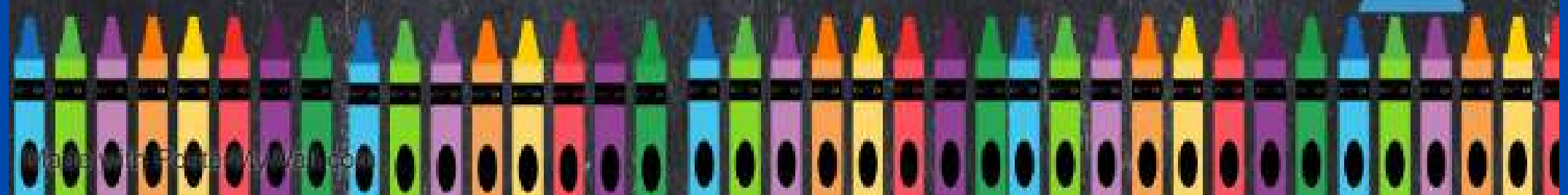
**BELIEVE THAT
YOU CAN DO IT**

**KEEP ENCOURAGING
YOURSELF**



**KEEP
WORKING**

DO YOUR BEST



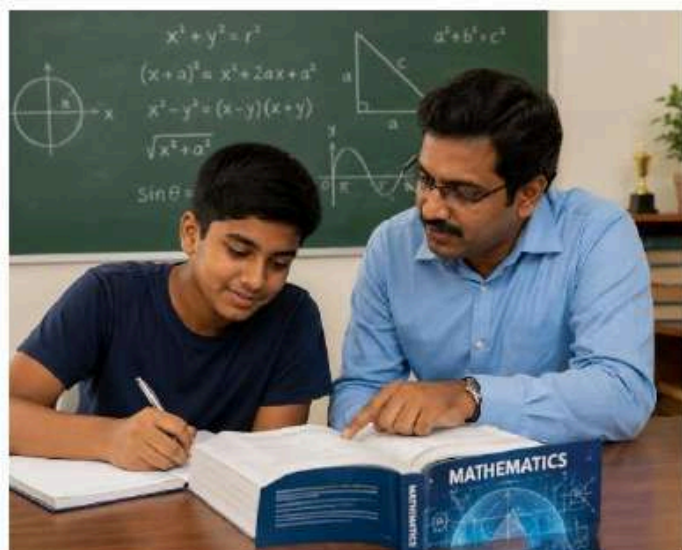
MORAL STORY: STORY ABOUT PERSEVERANCE

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.

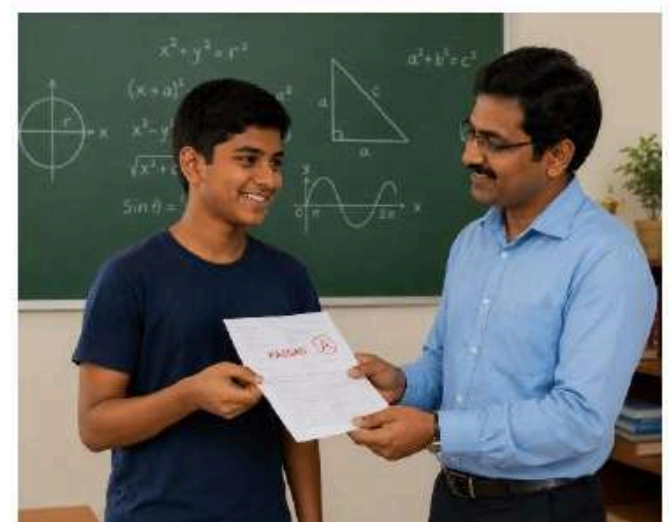


Inspired by this lesson, Raj decided to persevere. He created a study timetable, attended remedial classes, asked questions whenever he did not understand, and practiced Mathematics every day. Progress was slow, and his grades improved only slightly at first. Still, he refused to quit.

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.

LIBRARY CORNER

LIBRARY LESSONS IN PROGRESS



BENEFITS OF READING POSTER

READING OPENS DOORS TO A
BRIGHTER FUTURE



Builds Knowledge

Discover new ideas and understand the world.



Improves Focus & Memory

Strengthen concentration and recall.



Builds Vocabulary

Learn new words and communicate with confidence.



Inspires Creativity & Empathy

Explore new perspectives and understand others.



Read today for a
brighter tomorrow!

Small steps
in reading lead to
BIG dreams!

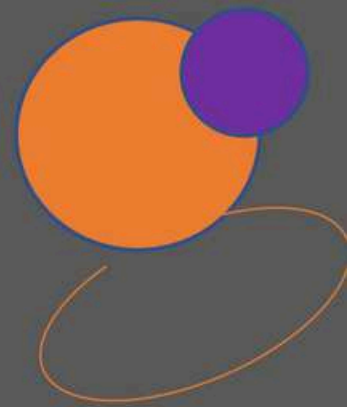


OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 9 SCHEDULE

19th October – 25th October 2026



Monday – 19th October 2026

➤ MIDTERM BREAK

Tuesday – 20th October 2026

➤ MIDTERM BREAK

Wednesday – 21st October 2026

➤ MIDTERM BREAK

Thursday – 22nd October 2026

- SCHOOL RESUMES FROM MID TERM BREAK
- U15 BOYS FOOTBALL & GIRLS NETBALL VS SAMAJ (H) @1:30PM
- NCBA Lisle Shaw Golf Tournament (Handicapped) @Royal Nairobi Golf Club
- U13 BOYS/GIRLS FOOTBALL VS JAWABU (H)
- U15 GIRLS CRICKET VS SAMAJ (A)

Friday – 23rd October 2026

Saturday – 24th October 2026

- YEAR 11 PARENT TEACHER CONFERENCE (9:00am-12:30pm)
- IPSSA U15 BOYS CRICKET TOURNAMENT @SAMAJ
- IPSSA U13 BOYS FOOTBALL & GIRLS NETBALL TOURNAMENT @ OSHWAL PEPONI SPRINT

Sunday – 25th October 2026