



OSHWAL ACADEMY NAIROBI JUNIOR HIGH

QUOTE OF THE WEEK

**GRATITUDE TURNS
WHAT WE HAVE
INTO ENOUGH.**

WEEK 6 TERM 1 2026-2027 NEWSLETTER

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KS3 ASSEMBLY AT THE AUDITORIUM

A KS3 ASSEMBLY WAS HELD AT THE AUDITORIUM ON MONDAY MORNING, BRINGING TOGETHER STUDENTS FOR AN ENGAGING AND INFORMATIVE SESSION. THE ASSEMBLY PROVIDED AN OPPORTUNITY FOR STUDENTS TO REFLECT, LEARN AND SHARE IMPORTANT MESSAGES AS A SCHOOL COMMUNITY. STUDENTS WERE ALSO RECOGNISED AND PRESENTED WITH AWARDS FOR THEIR ACHIEVEMENTS AND PARTICIPATION IN CO-CURRICULAR ACTIVITIES.



KS4 ASSEMBLY AT THE AUDITORIUM

A KS4 ASSEMBLY WAS HELD AT THE AUDITORIUM ON TUESDAY, BRINGING TOGETHER STUDENTS FOR AN INFORMATIVE AND ENGAGING SESSION. THE ASSEMBLY PROVIDED AN OPPORTUNITY TO SHARE IMPORTANT MESSAGES, CELEBRATE ACHIEVEMENTS AND RECOGNIZE STUDENTS WITH AWARDS FOR THEIR OUTSTANDING PARTICIPATION AND ACHIEVEMENTS IN CO-CURRICULAR ACTIVITIES.



BOYS' PASTORAL TALK

GOOD FRIENDS, HEALTHY RELATIONSHIPS & SMART SOCIAL MEDIA

OSHWAL ACADEMY JUNIOR HIGH NAIROBI HOSTED AN ENGAGING BOYS' PASTORAL TALK AT THE MPH HALL, FOCUSING ON THE IMPORTANCE OF BUILDING GOOD FRIENDSHIPS, DEVELOPING HEALTHY RELATIONSHIPS, AND MAKING RESPONSIBLE CHOICES IN THE DIGITAL WORLD.



GIRLS' PASTORAL TALK

GROWING TOGETHER, BUILDING CONFIDENCE & MAKING POSITIVE CHOICES

OSHWAL ACADEMY JUNIOR HIGH SCHOOL NAIROBI HELD AN ENGAGING GIRLS' PASTORAL TALK AT THE JH KITCHEN HALL, PROVIDING STUDENTS WITH A SUPPORTIVE SPACE TO DISCUSS PERSONAL GROWTH, HEALTHY RELATIONSHIPS, SELF-CONFIDENCE, AND RESPONSIBLE DECISION-MAKING.



YEAR 10 PARENTS' COFFEE MORNING

Oshwal Academy Junior High Nairobi hosted a warm and engaging Year 10 Parents' Coffee Morning, providing an opportunity for parents and the school community to come together, connect and share valuable insights on supporting students in their academic and personal journeys.

The session encouraged open communication, collaboration and a strong partnership between parents and the school, with discussions centered on students' progress, well-being, academic goals and preparation for the next stage of their education. It was a meaningful opportunity to strengthen relationships and work together towards the success and holistic development of our Year 10 students.





PUBLIC SPEAKING DAY AT OSHWAL ACADEMY NAIROBI JUNIOR HIGH

PUBLIC SPEAKING DAY AT OSHWAL ACADEMY NAIROBI JUNIOR HIGH PROVIDED STUDENTS WITH A VALUABLE PLATFORM TO DEVELOP CONFIDENCE, EFFECTIVE COMMUNICATION SKILLS AND THE ABILITY TO EXPRESS THEIR IDEAS CLEARLY. THROUGH ENGAGING SPEECHES AND PRESENTATIONS, STUDENTS DEMONSTRATED THEIR CREATIVITY, PREPARATION AND GROWING CONFIDENCE BEFORE AN AUDIENCE.



SPORTS CORNER

THE SPORTS DEPARTMENT AT OSHWAL ACADEMY NAIROBI JUNIOR HIGH CONTINUES TO PROVIDE STUDENTS WITH EXCITING OPPORTUNITIES TO DEVELOP THEIR SKILLS, BUILD TEAMWORK, AND COMPETE WITH CONFIDENCE. OUR STUDENTS HAVE BEEN ACTIVELY ENGAGED IN VARIOUS INTER-SCHOOL SPORTING ACTIVITIES, DEMONSTRATING DETERMINATION, DISCIPLINE, AND A STRONG SPIRIT OF SPORTSMANSHIP.



**U15 BOYS CRICKET VICTORY OVER PREMIER ACADEMY
AT SIKH UNION GROUNDS.**



**OUR U15 GIRLS CRICKET 52-RUN VICTORY
AGAINST PREMIER ACADEMY. 🏆👏**



**🏐 U15 GIRLS NETBALL FRIENDLY
OUR U15 GIRLS NETBALL B TEAM PLAYED A FRIENDLY MATCH
AGAINST WOODCREEK**



**U13 GIRLS CRICKET VICTORY
OUR U13 GIRLS CRICKET TEAM SECURED A FANTASTIC 41-RUN VICTORY
AGAINST SAMAJ SCHOOL. 🏆👏**



**U15 BOYS FOOTBALL – IPSSA TOURNAMENT
OSHWAL 2-0 BRIGHTON INTERNATIONAL**



**🏐 U15 GIRLS NETBALL SUCCESS
OSHWAL 23 – SAMAJ 1
OSHWAL 19 – MAKINI 11**

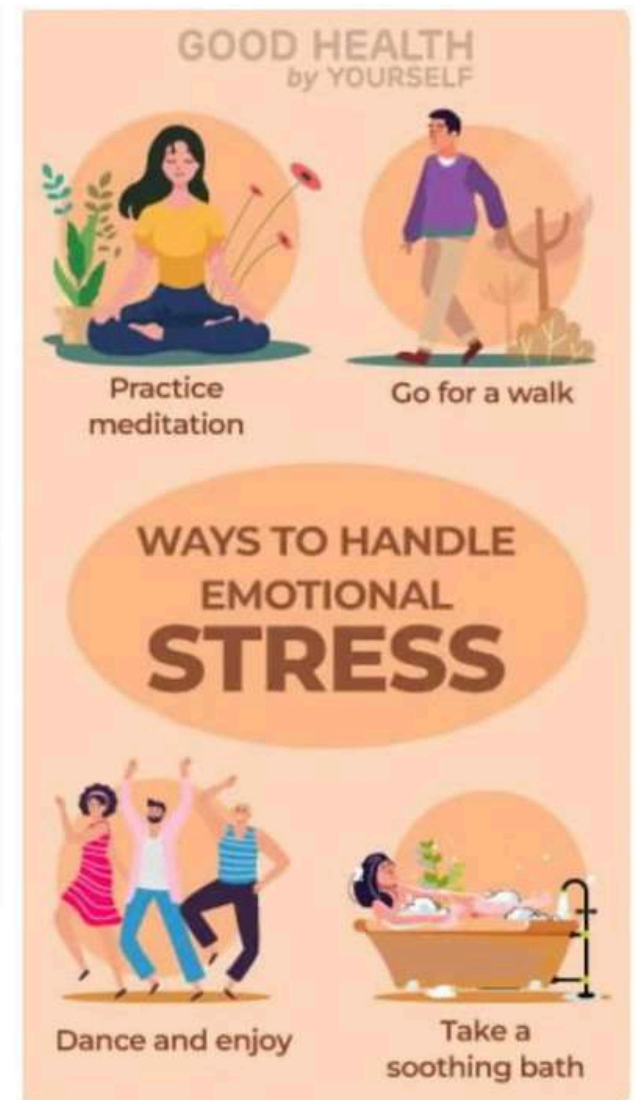
FROM PASTORAL COORDINATOR'S DESK

MANAGING EMOTIONS & STRESS

STAYING CALM AND POSITIVE

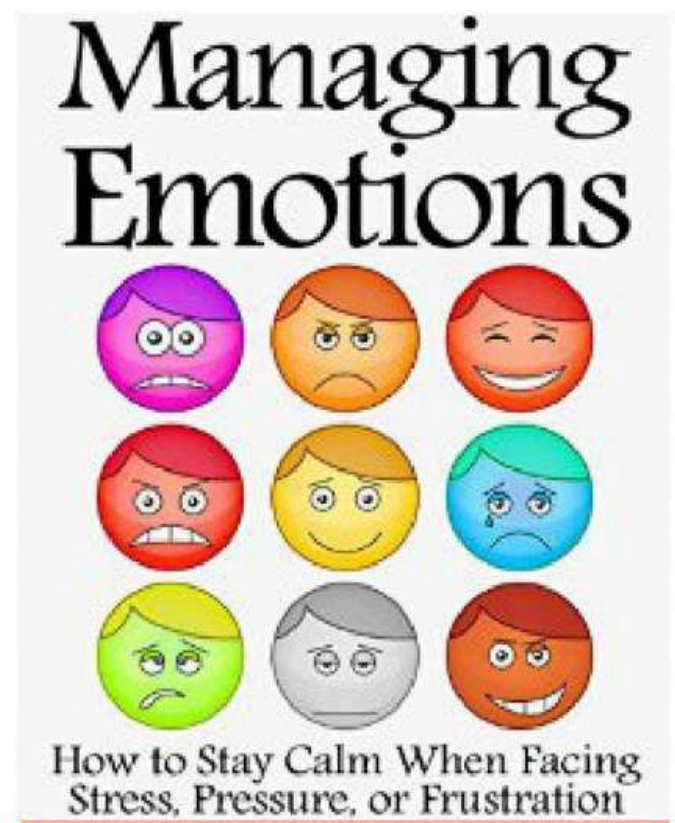
School life brings many opportunities to learn, grow and connect with others. It can also come with challenges—tests, deadlines, changes in friendships, disagreements, or worries about home and school. These experiences may sometimes leave us feeling upset, anxious, frustrated or overwhelmed. Such feelings are a normal part of life. What matters is learning healthy ways to recognise and manage them.

When we are stressed, our thoughts and bodies may react in different ways. We might find it difficult to concentrate, feel restless, become irritable, or want to withdraw from others. Noticing these signs early can help us pause and choose a helpful response rather than reacting in a way we may later regret.



Simple ways to manage difficult feelings

- **Pause and breathe.** Take a slow breath in through your nose, then breathe out gently. Repeat this a few times. Slow breathing can help your body settle and give you a moment to think clearly.
- **Name what you are feeling.** Try saying to yourself, "I'm feeling worried," or "I'm frustrated because..." Identifying an emotion can make it easier to understand what you need.
- **Talk to someone you trust.** Sharing your concerns with a parent, teacher, school counsellor, friend or another trusted adult can help you feel supported. You do not have to handle every difficulty alone.
- **Take a healthy break.** Step away briefly from a stressful task, stretch, drink some water, take a short walk, listen to calming music or do another relaxing activity. A break is most helpful when it helps you return to the situation feeling refreshed.



- **Focus on what you can do next.** Instead of trying to solve everything at once, identify one small, practical step. For example, you could make a study plan, ask for clarification or apologise after a disagreement.
- **Use kind and balanced self-talk.** Replace “I can’t do this” with “This is challenging, but I can try one step at a time.” Positive thinking does not mean pretending everything is perfect; it means reminding yourself that difficulties can be faced and support is available.
- **Look after your wellbeing.** Regular sleep, nutritious meals, physical activity and time for enjoyable activities can all help us cope better with stress.

Create a Calm Corner

A calm corner is a quiet, comfortable place where you can take a short break when you feel overwhelmed. It might be a chair at home, a quiet spot in the library, or another agreed space at school. You could keep a notebook, a book, colouring materials or a calming object there. The purpose is not to avoid a problem, but to give yourself time to settle before deciding what to do next. If you need help, let a trusted adult know.

A moment of calm: Tom’s story

Tom felt nervous on the morning of a class test. He worried that he might forget what he had studied. Before the test began, he paused and took several slow, deep breaths. He reminded himself that he had prepared, and that he could work through each question one at a time. When he came across a difficult question, he moved on and returned to it later. By staying calm and focusing on the next step, Tom was able to concentrate and do his best.

Tom’s experience reminds us that confidence does not always mean feeling completely free from worry. Sometimes it means noticing our nerves, using a helpful strategy and continuing one step at a time.

If feelings of stress or sadness continue, become difficult to manage, or begin to affect your daily life, please speak with a trusted adult. Asking for help is a sign of strength. With patience, support and healthy coping strategies, we can learn to manage our emotions and face challenges with greater calm and confidence.



THOUGHT OF THE WEEK: GRATITUDE



GRATITUDE

**OSHWAL ACADEMY JUNIOR
HIGH**

THOUGHT OF THE WEEK

Hello

October

Step into October with
GRATITUDE and HOPE.

STORY ON THE HIDDEN GIFTS OF GRATITUDE

MORAL STORY

The Hidden Gift of Gratitude

In a bustling high school, there was a girl named Lisa. She was intelligent and hardworking but often complained about everything her homework, her parents, and even her friends. She always focused on what she lacked rather than what she had.

One day, her history teacher, Mr. Carter, noticed her attitude and decided to give the class an unusual assignment. He handed out blank notebooks and said, "For the next week, write down three things you are grateful for every day. No excuses."

Lisa sighed, thinking it was a waste of time. But since it was for a grade, she reluctantly started.

On the first day, she struggled. "There's nothing special," she thought. But she wrote down:



1. My mom made my favourite breakfast.
2. My best friend texted me a funny joke.
3. I finished my math homework on time.

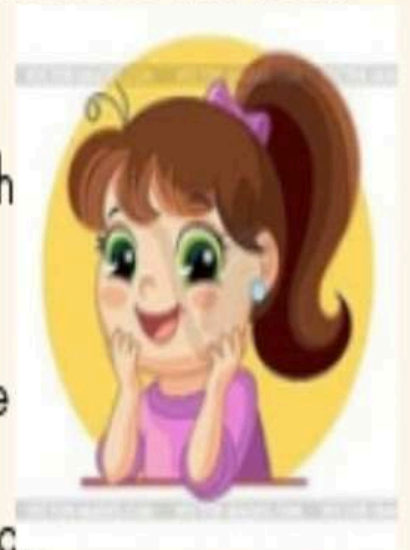


As the week went on, Lisa started noticing more her dad driving her to school even when he was tired, a classmate sharing their notes, the warm sunlight on a chilly morning.

By the end of the week, something changed. She felt lighter, happier. She realized how much she had been taking for granted.

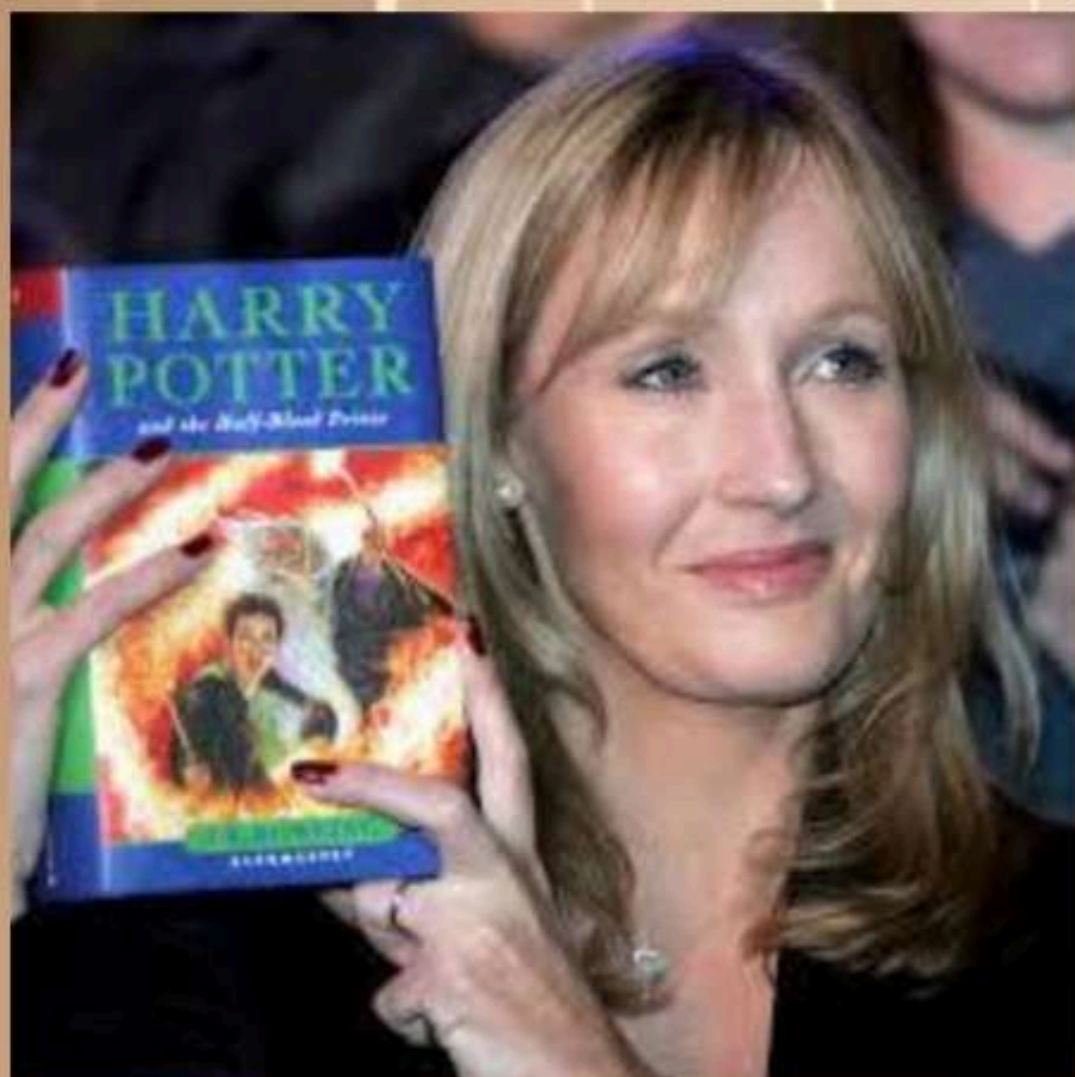
When Mr. Carter collected the notebooks, Lisa handed hers in with a smile. "I never knew how thankful for," she admitted.

He nodded. "Gratitude doesn't change what we have, but it changes how we



From that day forward, Lisa made a habit of appreciating the little things... And in doing so, she discovered that happiness wasn't about having more it was about valuing what was already there.

BEST-SELLING AUTHOR OF THE HARRY POTTER SERIES



J.K.
ROWLING



MEET THE *Author*

About the Author

J.K. Rowling is the world famous author behind the Harry Potter series, one of the most loved children's book collection of all time. She was born in England and developed a love for reading and story telling at a very young age. Before becoming successful, she faced many challenges but never gave up on her dream. Her determination and imagination led her to create the magical world of hogwarts , which has inspired milions of young readers around the world.

Did you know?

- J.K. Rowling wrote the first Harry Potter book in cafes while taking care of her young daughter.
- The Harry Potter books have been translated to more than 80 languages
- She is one of the most successful authors in history.

Library challenge for students

- Visit the library and borrow a Harry Potter book this week
- Write down your favourite characters and scenes in the book
- Share your thoughts with a friend about why you liked the book

LIBRARY PHOTOS





OSHWAL ACADEMY NAIROBI JUNIOR HIGH

"COMPASS FOR LIFE SKILLS"

TERM 1 WEEK 7 SCHEDULE

5th October – 11th October 2026



Monday – 5th October 2026

- MID-TERM EXAMS BEGIN FOR (YEAR 10 & 11)

Tuesday – 6th October 2026

- MID-TERM EXAMS BEGIN (YEARS 7-9)

Wednesday – 7th October 2026

- MID-TERM EXAMS

Thursday – 8th October 2026

- END OF MID-TERM EXAMS

Friday – 9th October 2026

- U15 BOYS FOOTBALL & GIRLS NETBALL VS CRAWFORD (A) 1:30PM
- ECAMUN AND ECAMSMUN TRAINING @ PREMIER ACADEMY (5:00PM-6:00PM)

Saturday – 10th October 2026

- HUDUMA DAY (MOI DAY) PU- BLIC HOLIDAY
- ECAMUN AND ECAMSMUN AMBASSADORS & PRESS CORPS WORKSHOPS H (9:00AM-12:30 PM)

Sunday-11th October 2026

