



SECONDARY BULLETIN

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DUCK AND COVER



ROUND 3 OF THE DRILL

'Failure to prepare is preparing to fail'. There are so many things that are inevitable. It may be bad luck to think that they would happen, but then again it is foolish not to think so.

The school prepared a duck and cover drill just to prepare and teach the students what to do in the event that we face a threat. I learned that the security of my classmates will also be the security of myself.

Shalyne Murage Year 13

The school held a duck and cover drill just in case people with bad intentions come into the school and terrorize the students. I am thankful to the whole school organization for the effort they made into preparing us. I got to stay in the library under a table.

For those few minutes, I said to myself "I hope this never happens."

Liane Nzisa Year 12



The 'Duck and Cover' drill was the longest 10 minutes of my life. We hid under our desks. It did not make sense to me since the desks are open. Afterwards, Ms. Rose explained why hiding under the desks is still effective. She explained even the military and other international companies also do the same thing; so it made sense. It was interesting to see how different people react to the same situation. Some were not convinced it would work since any attacker could still see us through the windows.

David Njihia Year 9

The 'Duck and Cover' drill was my first time experiencing it. I really did not understand the drill but in the first 5 minutes I got the hung of it. It was the longest 10 minutes of my life. I think we should dark curtains or blinds for each room. Each room should have curtains so that each room is dark during the drill. This will make sure the attackers cannot see us. The windows should provide be openable so we can escape during an possible attack.

Theo Rotich Year 9



It was weird because I had never done anything like that before. I learnt that we need to take school shootout drills seriously. I think it's important because the world is becoming a not so safe place. There are more school shootings and terror attacks these days and we need to be prepared. It may not seem to be a big deal but these drills could help us one day if we are ever involved in a terrorist attack.

Felicia Karen Year 11

This was an experience I will not forget. I learned the best ways to avoid an intruder if they comes in to the school. This is a lesson I will use for the rest of my life. I am grateful to the school for having enough foresight to look out for the worst case scenarios. May they never happen.

Mohamed Aden

DUCK AND COVER



ROUND 3 OF THE DRILL

On Wednesday 3rd of 2021 we had our duck and cover drill it was a good experience and a good life learning experience, we were told that when we hear the bell ring 3 times we need to find coverage like to go under our desks and stay safe and quite as possible, it lasted about ten minutes as a class we tried to make it the most realistic as possible as it end I learned that this situation can happen any moment and you need to be alert, responsible, conscious and to try keep calm as possible.

Imani kottut Year 8

When the long bell rang, we were all told to go hide under our desks. We were all terrified! Scream or run we were all nervous, unsure if these were our final breaths. Thankfully, after ten minutes of stress and terror, the bell sounded three times to signal that the crisis had ended, and we discovered that it had all been a drill. We were all re-filled and relieved that it was only a practice since we were all terrified, but thankfully, our wonderful class teachers knew what to do in the event of a genuine attack.

Asma Essajee Year 8



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Ishveer Bhogal Year 8



It was an amazing experience and a good learning experience for my class, because my class is not very impressive in keeping quiet but we at least tried to keep quiet for a while but we started to giggle a bit. Our teacher was talking about the duck and cover but then we started to hear a long bell and the class teacher stopped talking, we decided to get under our tables and we made sure we were under the windows. We had to be under the tables for about 10 minutes. The class teacher's phone started ringing 4 minute into the lock down. Once we heard 3 short bells we knew it was time to get up.

David Njihia Year 9

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Theo Rotich Year 9

VERSE SPEAKING



MASTERING THE SPEECH

I participated in verse speaking. At first I was nervous but as I got on stage I was able to contain my nerves and say my poem clearly. The best part was when I was finished and I was proud with how I did. I hope I will be able to do something like this again.

Tamara Njau Year 11

As us speakers sat at the seats reserved for us, tension started to build within as I felt that I could die, but I as I breathed in I calmed down. As I went up to the stage, the tension came but I put the tension behind me, breathed in and said my poem "Atieno Yo". All in all it is a wonderful experience and I hope the school will provide another chance for another's to showcase their poetry skills.

Nkosana Odongo Year 11



The Inter- house verse speaking competition was an insightful and eye-opening experience in which I, and many other of my fellow contestants got to showcase our talents in our own unique ways, which is what made it exceptionally sensational for all of us to watch and participate in. My experience was a little bit nerve-wrecking at first but I adjusted to the situation at hand and put in my all which substantially lifted my confidence.

Rayaan Hirsi Year 10



My first Inter-house Verse speaking was honestly outstanding, even though I was scared and afraid to mess up. I got to see what poems I could be doing in the years to come as well as present one myself. Each of the 11 other contestants were so talented and clear, all the way from year 8's and 9's (Under 14) to year 13's (over 16).

Each person spoke and did the poems in different ways and I got to study and understand each way and afterwards know what to do and what not to when speaking. I was so lucky to have a chance to participate and be supported by my amazing teachers.

Evelyn Waweru Year 8

VERSE SPEAKING



MASTERING THE SPEECH

When I first thought of verse speaking, I felt I'd never be the proper person for it, that I'd never be able to do it, but I read my poem and never skipped a beat.

I was afraid when my name was called, but it's all part of the joy; one day, I'll be doing these without hesitation. This poem is just the beginning.

Liana Kipsang Year 8

Waiting for your name to be called and you sitting beside your competitors makes you extremely anxious. Though nothing can compare to the feeling of standing on stage and speaking creatively and can be hard vocabulary words, not knowing whether you'll mess up or not.

But you had to look confident and brave to terrify your competitors. Though the best feeling is when you hear the applause and cheers of your friends and people. The feeling of success and respect.

Yasmin Agabein Year 9



On Friday the 5th of November, Nairobi Academy held its annual inter-house verse speaking event. Each house chose three participants to partake in this day; one under 14, one under 16, and one over 16.

Each participant showcased their skills in memorization and presentation and many notable performers such as Rayaana, Muiruri, Sagnik, and Evelyne to name a few. The crowd was extremely supportive and very electrified by the various performances. While the students patiently wait for the results of the competition we shall wait until students are called up to present their talent poems.

Sagnik Banerjee Year 13



Headteacher's Remarks

DON'T BE A BLOODY SAMARITAN



A story is told in one of the good books of a man who went down from Jerusalem to Jericho and was attacked by robbers, beaten and left for the dead. Lying lifeless on the ground; by chance three people passed by and reacted differently. One of them, a man of the cloth, passed first, looked at the man and passed by... He says, 'Ooh, he's a Levite and moves on'

Secondly, a Levite passed by and he too looked at him and left.

A third person, a man from Samaria came, and had compassion on him. He went to him, wiped him, poured oil and wine in his wounds and carried him on his donkey.

What lessons do you learn from this story?

- Who are you to your neighbor?
- Who are you to your friend?
- Who are you to your classmates?
- Who are you to the person next to you?
- Are you a person who will just look at the other classmate in trouble and pass by?
- Do you throw statements that make the other person feel small about themselves?
- Do you laugh at other people's way of life, their clothes, their style and all they do?
- Are you willing to soil your garment for the sake of the other person?
- Do you ever feel like the other person is not good enough?

Be each other's keeper.

Let's learn to celebrate each other's successes.

Everyone needs a hand to hold on and a shoulder to lean on. Find support from among yourselves. Spend time building each other. For together, we shall soar higher. We are one big family. We are on this journey together... Long live the Nairobi Academy family.

The Headteacher: Mr. John Karanja

FOCUS FOR 2021/2022

CULTURE OF HIGH ACADEMIC ACHIEVEMENT



FOCUS OBJECTIVE

To create and sustain a culture of exceedingly effective individuals who are dedicated to high academic achievement. The objective shall use the following framework.

- Collective responsibility on behaviour, wellbeing.
- Learner Independence, Efficacy, Agency.
- Effective Pedagogy, Quality Assurance.
- Peer Tutoring Assessment
- Feedback to Parents, Learners
- Marking with Feedback
- Data Use: Tracking Monitoring

