



# SECONDARY BULLETIN

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# PARENT WELLNESS



## SHARING WISDOM

On 6th November 2021, we held our inaugural Parents' Workshop for the 2021-2022 academic year. The successful event was graced by different facilitators including:

- Andrew Alovi – Motivational Speaker, Media Personality
- Evelyn Kasina – Parenting Coach, Digital Specialist
- Gideon Ng'eno – IT Specialist, Cyber Security Expert

During the workshop, a number of topics were discussed. A summary of the key highlights is shared here:

### 1. Social Health

Your life is like a wheel. The wheel will not run with one piece missing. When you have a problem and you call five people and you still have the problem unresolved, then there is something wrong with your social life. Proper networking improves your social health.

### 2. Changing Landscape of Careers

Don't force your children to be what you want, but support them to become what they want. Today, careers have evolved and some of what they will end up doing as their careers is different from the traditional careers we know. Some children will become doctors, engineers, pilots...and others will become content creators, emoji specialists, gaming specialists, fusion engineers et cetera. Understand what they aspire to become, find ways to support them. If they change their mind down the road, let them do it. Support them. They will end up happier.

### 3. Mental Health

It is not in our place to diagnose or treat mental illness – it will only get worse. If you see early signs of mental illness, see a professional. Do not try to fix it yourself. Look for the earliest signs in you, your children, people close to you. Seek professional support and keep things under check.

### 4. Phone and Internet Use

Educate your children about making positive use of their phones, internet and other modern gadgets they have. If you restrict anything or even punish the children without them understanding the why, they will still find ways to repeat the mistake. Let them understand WHY and WHY NOT. Practice what you want to see in them. They see you do it, they learn from you. What do you want them to learn from you?





# PARENT WELLNESS



Allow your children to be inquisitive and explore their curiosity. Teach them the positive ways to go about this. Help them to use pre-screening software to make decisions about online content.

## Other Important Takeaways

- Teach your children how to deal with failure positively. It will happen one time and they need to be ready for it.
- Remind your children what they do online remains permanently. The internet does not forget. They should be careful with what they post online.
- At all times, your child needs support. Support includes correction when they make wrong decisions.
- There is no manuscript to parents. Apply best practices.
- Remind your child that while success in school is important, success in character is very important. Bright students have lost opportunities at top universities like Harvard and Yale because they fell short of their character.
- There is no manuscript for parenting. Best practices always win.
- Remind your child that while success in grades is important, success in character is equally important. Bright students have lost opportunities at top universities like Harvard and Yale due to character challenges.



**Mr. Stiffin Ndung'u**  
Deputy Pastoral



# STUDENT COUNCIL

## MEME DAY



Wednesday 9th November 2021 was set aside for the Students' Council's small event. We nicknamed the day Meme Day. The morning started very brightly. Every student from the Year 8 to Year 13 wore clothes from their favourite memes. Students were all sharing what they were inspired by. It was a hilarious day for everyone.

During the break time, there were a variety of drinks and food that sold out like hot cakes. I was very happy how the students loved the food we were selling. We still sold food at lunch time. Everything was sold out and this made each member of the Students' Council happy.



During the last lesson of the day, we had various activities for students to engage in. These included activities we played as kids such as musical chairs, kati and three sticks just to name a few. The main attraction was the 5-a-side football tournament which turned everyone's heads. The Students' Council expressed gratitude that the day turned out well.

Funds raised during the day will go towards improving students welfare in the school as outlined by the Students' Council in their manifesto. We appreciate the school, students and parents for their enormous support.

**Sagnik Banerjea Year 13**  
**President, Students' Council**



On Wednesday 10th November, the student council had an event and the theme was "meme day". Where we were meant to dress up as our favorite meme and later in the afternoon, participate in the football league.

The day was well spent and humour was shared. Got to know quite a few people found Manchester United a meme.

**Kristina Kemoi Year 12**



# MUSIC FESTIVAL



## HITTING THE HIGH NOTES

The music festival from both a backstage point of view and an on-stage perspective, was quite interesting and seemingly successful, it began swiftly with violin presentations, proceeded to singing and was ended powerfully with a rap.

Being backstage was due to the fact of me being given the greatest of opportunities, which was being an MC during the event alongside Timothy Mkutu.

All in all, the event is an ongoing success and I'm looking forward to the group performances next week.

**Filsan Abdikadir Year 9**

I love to sing because it lifts my spirit. It makes me happy and alive. Nothing picks up my mood and shifts my perspective better than an uplifting song. It allows me to convey a wide range of moods and emotions.

I love to sing because it is therapeutic. When my heart is heavy or conflicted, I sing my own words about my woes in order to listen and understand my internal struggles.

**Shalyne Murage Year 13**



I like rapping on Cockney. This is a rapping style originating from Peckham, England. It was a pleasant experience, even though I was nervous I was still able to perform and the crowd which were cheering me on gave me courage to go on. I appreciate every effort by the school for giving me this opportunity to showcase my talent.

**Tim Mutethia Year 12**

On Friday the 12th of November, we had the inter-house music festival. It was a very unique experience because so many talents were showcased. For example, piano, violin, ukulele were a few of the instruments played.

It was a wonderful experience seeing others showing what they can do. It takes a lot of courage to go up on stage and perform. Despite the nerves, everyone who participated did an amazing job!

**Bettylilly Karioki Year 9**



The event had a great take off, a bit of tension here and there which is very normal for participants but the overall output was wonderful. There is plenty of talent amongst the students and it was clear that they had prepared themselves adequately.

Appreciations go to all the participants today, our able hosts and MC's Filsan and Tim Mkutu, our DJ John and our judges Ms. Andati and Mr. Moses.

**Mr. Samuel K. Gikera**  
**Music Tutor**



# Headteacher's Remarks

## SHOOT FOR THE MOON



"You are moulding your tomorrow based on what you do today. You can determine what your future holds based on how much time and energy you spend working on yourself now. Find out what it is you want, and go after it as if your life depends on it."

~Les Brown

We live in the era of the 3Cs, accelerated CHANGE, overwhelming COMPLEXITIES and tremendous COMPETITION. A wise man once said "heaven does not create one person above or below another". People like to throw these words around, but the quote does not end there. He goes on to say that while we are equal at birth, things begin to change soon after. A lucky draw in life, a great body, or even academic effort may lead to that. He adds that any existing distinction between the rich and the poor comes down to a matter of education.

While his quote might be beautiful he forgets to add that hard work is the master key to life's doors. Hurdles will come your way, obstacles will be thrown at you, and there will be hardships you will face. If by some miracle you make it through you will be stronger, better, and greater because the scars we carry from those battles will be engraved in our minds and hearts and they eventually shape who we are. Wanting something is not enough. You must be hungry for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.

It is a sad truth that our world has no equality or a levelled playing field. However hard we may strive for it, the nature of the human being does not allow for the existence of this utopia. Whether it be the skin colour we have, the amount of money we carry, the race we belong to, the country we were born in, the way we look, the way we speak, the one we choose to love or the gender we were born with; we will always have inequality.

This, however, should not be an obstacle too great because the world we live in is a meritocracy plain and simple. However much we might dislike it or like it, it will remain so tomorrow and the day after. This means this is a world where change can be made by hard work, sheer willpower and great thinking. At the same time, it is a world that is cruel to those who can't achieve those same goals with their might. Because for every Picasso, Nelson Mandela, Malala, George Washington, LeBron, Ronaldo and Messi there were millions more forgotten in the history books.

Every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact. Make each day count by setting specific goals to succeed, then putting forth every effort to exceed your own expectations. We have to live life with a sense of urgency so that not a minute is wasted or is unaccounted for. I urge you to set your mind to win, stretch out of your comfort zone and see yourself as a catalyst of action.

We must look for ways to be an active force in our own lives. We must take charge of our own destinies, design a life of substance and truly begin to live our dreams. Work hard and do your best in every aspect of life, to be great, and to never settle for mediocrity but to be above average. Success does not respond to wishful thinking. It responds only to definite plans, hard work and consistent persistence. This week, shoot for the moon because if you miss it, you will still land among the stars and remember this, you have something special in you, you have greatness in you.

Written and read by Mohamed Aden Year 11



# 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

