



# SECONDARY BULLETIN

TERM ONE: VOLUME THIRTEEN

NOV  
26  
2021



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# MENTORSHIP



## LUNCH WITH THE MENTEES

I had lunch with Miss Mercy on a Friday and it was really nice. We talked about my academic achievements and goals, she congratulated me and we discussed my targets for the pre-mocks exam.

We also talked about the challenges I am facing and she helped me find a productive way to study without procrastinating as much as I do.

It was a pleasant conversation as she assisted me in various aspects of school life.

**Vanessa Mugambi Year 11**



This week has been lunch with my mentor week. My mentor is Ms. Cecilia Kimani. I had lunch with her and it was a very easy going conversation. A mentor is supposed to guide you and advise you. We sat down and had a very nice chat about how I am coping with all these exams and all. My experience with my mentor was really nice because she advised and boosted my confidence. She encouraged me and up lifted me as I go sit my pre mocks. I really liked this experience and we should have more weeks like this

**Makena Nguo Year 11**

Last week I had lunch with my mentor, Miss Hellen. We discussed what current forms of revision I use and what I can do to make them better (even new ways of studying). Since then I have refined my flashcards, short notes and past paper revision methods to be more efficient and now I'm more confident than before. I believe I can do well in the pre-mocks.

**Benjamin Karioki Year 11**

The Interaction I had with my mentor (Mr. Omondi Oloo) was fruitful and encouraging. Because we talked about not only education and achieving goals in school but also life outside school. This talk was motivational and inspirational. He also talked about the different strategies I could use to prepare readily for the upcoming Pre-mock exams. He further mentioned of the rising pressure that comes as a result of panic reading and preparation. We should always stay calm and prepare readily. "If you weren't able to get it then, the time is now!"

**Joash Kimani Year 11**



The lunch with my mentor- Ms Abedeen was a great experience overall. Mainly because I felt good to know that teachers have our best interest at heart. I was given advice on what to do and how to behave. I was told what I am good at and how I should continue. Most importantly I was given advice on my future. This helped in putting a perspective on how close the IGCSE exams are. For that reason I believe it to be a wonderful experience.

**Mohamed Aden Year 11**



# THANKSGIVING



## GRATITUDE

Thanksgiving is a holiday, celebrated on the last Thursday of November, where you give thanks and be grateful for the things that have happened so far, it's an important way to reflect and really show gratitude while celebrating the blessings. Its celebrated with peers, friends and family. I am looking forward to having an amaizing dinner this evening and a family filled weekend.

**Baraka Munyua Year 9**



I am thankful for being able to go to school and having friends and teachers who can guide me. I appreciate all the things my parents have done for me and that I am able to have most of the things others don't have. I have learnt not to take things for granted and to give thanks and show gratitude. Happy Thanksgiving.

**Norah Spem Year 8**

On the 25th of November every year, people take part in celebrating what they are grateful for. Thanksgiving is a day of reflection. People get together with their families and reflect on the blessings and good tidings. Turkey is traditionally served at Thanksgiving dinners.

This year, I am grateful for the gift of family, good health, friendship and the Nairobi Academy fraternity.

**Abigail Wasswa Year 8**



Life is all about gratitude. Everything about life, from the seemilngly small things like sniffing the aroma of a sunflower to the grand things like having the gift of family. All these come togther to make life worth living.

This year, I am grateful for the opprotunity to interact with and teach some the Nairobi Academy students. They are undoubtedly some of the most amazing, talented and smart students this world has seen.

**Mr. Curtis J. Wamalwa**



# YEAR 13 PTC



## CONSULTATIONS

On Tuesday 23rd November, the year 13s had their parent teachers consultations. We discussed various items with our teachers, from performance to goal and target setting. We also came up with student and teacher strategies in order to achieve a high academic performance. In the end the parents, students and teachers are devoted to working together and produce tremendous results.

**Terryanne Ngigi Year 13**



On Tuesday the year 13s had Parents-Teachers consultation. It was an opportunity for us to have a 1-on-1 interaction with the teachers and thoroughly analyze our progress. We all found it extremely informative and a necessary wake up call. It also gave us a chance to discuss ways to improve our study methods for the upcoming pre-mocks.

**Aseel Agabein Year 13**





# INNOVATION HUB TALK

## INSPIRATION FROM MICROSOFT

On Tuesday, 23rd November 2021, our year group managed to invite Ruth Ferland from Microsoft Kenya. Along with Dr. Julian Rowa. Ruth introduced innovation and hackathons driven by Microsoft. We felt challenged by this and would one day hope to register. Many of the students were also very interested in the Imagine Cup Challenge, where students from the school would collaborate with other students from around the globe and try to solve global issues.

Dr. Julian Rowa spoke passionately about Entrepreneurship and bringing in your innovation into the market. We really appreciate the effort given by the guests and feel motivated to be future drivers of industries.

**Kristina Kemoi Year 12**





# Headteacher's Remarks

## Excellence grows in **STYLE**

This week I challenge you operate at peak performance, to see the world through the lens of opportunity and to believe that you can achieve excellence. Excellence is not an overnight transformation, but is paved with a series of actions. Be open-minded, brave-hearted and fearless because, "all dreams are valid." Empower yourself in **STYLE** with the following five nuggets to stand in your full potential by igniting the inner you that is holding the torch for your excellence.

### **S**ustain your motivation and discover your strengths

We all have days when we wake up just not feeling it, those days when our brains won't get going. But despite being low on energy or inspiration, you have to find a way to keep moving forward. Progress is incremental and you have to find ways to keep that fire in your belly and that deep desire to achieve. Train yourself to take action.

Make implementation a non-negotiable. When you default to action, you force yourself to make decisions. Show initiative and find a way to fix problems. It's the doers in life that get the best results - be one of them. If you want achieve excellence, you will need to push yourself out of your comfort zone and thrive there. If you don't, you'll keep hitting that ceiling and you will never know what you were truly capable of. Pressure can make you incredibly resourceful. Proactively seek out experiences and situations that are going to force you to grow and watch your potential unravel.

### **T**hink Bigger with a growth mindset

Great minds think very big. Begin with the pattern of your thinking. Think the way great minds think. There's so much you don't know that you don't know! We all start out as beginners, permit yourself to be curious and hungry for knowledge. It's okay not to know the answer. Sometimes not knowing gives you an advantage because it stops you from assuming wrongly. It's okay to have a lack of knowledge if you have a willingness to learn. Feel comfortable enough to seek help from the right people and you'll accelerate your journey to excellence. Be okay with not knowing everything, knowing that you can find it out if you look in the right place. People with a fixed mind-set don't believe they can change. People with a growth mind-set know there may be a steep learning curve, but with the right attitude, effort, or mentorship, they can get there. Thinking bigger provides a pattern interrupt that challenges your self-imposed limits.

### **Y**ield positive energy and visualize your future self

Start each week with your wins, grows, achievements, and things that make you feel proud. Making this conscious effort allows you to get excited about what you are doing. You could create a vision board with the life you hope to have in the future to stay inspired. The way you feel about yourself is pivotal to everything. If you don't genuinely believe you can do the thing you want to do, there's a high chance you'll prove yourself right. Invest in your confidence. Do the inner work that helps you understand and address your limiting beliefs. Have a vision for your future. Creating this big picture vision for your life gives you the context you need to plan your everyday. You'll have an inner compass that makes it easier for you to make the right decisions and set the right goals.



# Headteacher's Remarks

## **L**et go of past failures and leave your comfort zone

Past failures will hold you down if you don't let go of them. You only need to learn from your mistakes by making better decisions in the future. While being in your comfort zone allows you to feel calm and content, staying stuck in that safety net can potentially block you from achieving your goal. We won't always get what we want. Even with work hard, we still knock up against failure. How you respond when things don't go your way is key. Mistakes don't feel good? No one wants to see themselves failing. If you keep getting up every time you get knocked down and refuse to give in, you will find a way. It may not be the way you expected but you will find your potential and better outcomes. You can't let yourself become complacent. Fear of change is your enemy. Kick things up a notch and regularly try something new.

## **E**liminate distractions and stay the course

We are what we repeatedly do. Excellence, then, is not an act, but a habit. —Aristotle

Your mind is like a muscle. In order to use it effectively, you need to build it up. We need to train our brains to stay focused by gradually working on our concentration. We spend nearly 50% of our waking time thinking about something other than what we're supposed to be doing, according to one Harvard study. We are on autopilot, and our mind is wandering, in part to avoid the effort of focusing on something. The key to heightened productivity is to notice when your mind is distracted and bring your attention back on task. It's like the bumpers put in the gutters in bowling alleys. Even when your ball goes off course and hits the side, you know it is still likely to hit a few pins. Make sure you have your bumpers or boundaries in place to keep you on the straight and narrow and to eliminate your distractions.

Have a great weekend and engender **STYLE** in every action you take.

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

