



# SECONDARY BULLETIN

TERM ONE: VOLUME FIFTEEN

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# FIT 1 EXAMS



When I first entered the classroom, I was tense, feeling as if my whole future depended on these pieces of paper and the tiny booklet in front of me. (spoiler alert) It didn't. The paper wasn't better than anticipated, so was the speaking – Nonetheless, the weeks wait for results was worth it. Thank you.

Sali 9A

Before the fit one exam, I was very anxious and worried about the difficulty level. When I did the exam however, I started feeling less anxious. The paper was durable and the speaking test was very easy.

Angela 9A

Although I was very apprehensive before the exams. I did not expect the exams to be as easy as pie. After all I passed my fit 1 because it was the best I could do. The easiest of all was speaking.

Toccarra 8B



The Fit 1 exam experience was certainly interesting. There was a lot of anticipation surrounding the event but it was an overall successful day. The exam itself was definitely based on what we had practiced so that eased the nervousness a little bit. In preparation for the exam, we came during half term and studied together with Ms. Muli. All in all, the exam was almost enjoyable...almost.

Bettylily 9B

Preparation, support and confidence. The 3 factors you needed to feel ready for the Fit 1 exam, by the Goethe Institute. The exam itself was held at Brookhouse on Saturday the 13th of November and lasted about 2-3 hours, with breaks in between. An early morning run to school and a mid-day run back home, were that day's agenda. Personally, I learnt from the exam, it was a good and helpful experience considering the fact that Year 9s have checkpoint examinations coming up, so the Fit 1 exam gave us a glimpse of doing an International exam during a pandemic. The oral and written assessment were marked very quick and we were able to get our results in a matter of week, I truly look forward to the Fit 2 exam next year.

Filsan 9B



13 November 2021 was quite a day for me. Preparations for weeks especially on mid-term felt like it had all gone to waste. Going to that exam felt like a sudden rush of adrenaline with everything I learned all gone but as we were progressing through the listening, writing and speaking I started to take it slow, friends supporting each other just felt like a weight was lifted off. I enjoyed the speaking and it was just lucky it was just students from Nairobi academy in my group. All the practice paid off very well!

Taneisha 9B



# FIT 1 EXAMS



The ability to learn a language is a blessing. We are fortunate to learn many languages at the Nairobi Academy. That is why I found a passion for German and sat for the FIT 1 exam by the Goethe Institute – this was a good opportunity for us all to test our knowledge with students from other schools.

Under the guidance of Ms. Muli, we spent long hours preparing for the exam. Our hard work paid off and we all passed! I now look forward to sitting for the FIT 2 exams and to continue on the journey of learning German.

**Abigail Wasswa, Year 8**



After a lot of anxiety, apprehension and time consuming preparations, it was quite the surprise to find out that the fit one exam, administered by the Goethe Institut, is easier than Ms. Muli's termly exams! On the 3rd of November 2021, a handful of Nairobi Academy students (including myself) ventured to Brookhouse school in order to sit the fit one exam, and it was quite the experience.

Luckily the groups we had for both the written and spoken exam was majority Nairobi Academy, so familiar faces eased the nerves. I think that the practice we did with Ms Muli really paid off. The other students and I were very grateful for Ms Muli taking out time in her schedule to help us prepare for this exam. Overall it was an informative experience and I look forward to doing the fit two exam next year.

**Patricia Makau, Year 9**





# HOLIDAY PLANS



The term has been full of events and work .However as a candidate there is more to be done , while we close for the Christmas holiday, I will dedicate my time to revise and re-read and do corrections for my papers.Although as well I will spend quality time with my family.

**Ryan Year 13**

My plans for this Christmas holiday are simple. I will take some time off to reconnect with myself after the long term. My main priority is to visit my family members and celebrate this season together. Lastly, I will study and keep in touch with my subjects, in preparation for the mocks next year.

**Terry Year 13**

I'm eagerly looking forward to the much-needed break that will be the Christmas holiday. I am planning to have a week which I will spend solely with my family and friends; travelling and bonding. During the rest of the weeks I am planning to have equal amounts study and rest, keeping things balanced and taking the break I need to without completely falling out of my studies.

I would like to try learn a new language, indulge in a couple of fiction novels, and finish up on all the netflix series I've been missing out on. But at the same time, I would also like to catch up on all my revision summary notes and do a couple of maths past papers for practice. Hopefully, in the process, I will learn a trick or two on how to improve balance in my life.

**Mayuri Year 12**

Happy to have made it to this year's festive season. I really do not know what I will do for this Dec hildaiyybecause it is normally a surprise from my parents. I hope we are traveling since I haven't travelled this year. I wish all a merry Christmas and a happy New year.

**Aryannah Year 8**

This term has been a very interesting term because I got to experience high school in different ways. During the holiday I am planning on Spending time with my family as we go into the new year. The holiday is a time for me to reflect on how the year has been and to identify the ways I can make the next year a better experience.

**Nicole Year 8**





# THROWBACK



## TERM IN REVIEW

The term has been great and awesome. I have enjoyed coming to high school. In particular I have enjoyed the bonding experiences with my classmates. My best moment this term was the cultural day. As a class we represented Mozambique which was really fun. I also got to see and learn about other countries as well as eat their food.

**Carl Ominde Year 8**

The term has been full of fun. I enjoyed being in school. I have met a lot of new teachers who have been fun and kind to me. I made new friends in KS 4 & 5 who helped me organise my time so that I don't run into trouble. I have enjoyed the first term of high school.

**Yahya Abdi Year 8**

My term has been successful and I enjoyed all the activities. The teachers were great in their teaching as they became good friends too. The only challenge I faced was the exams, I tried my best but I still feel there's a room for improvement. Looking forward to next term.

**Marie Banze Year 8**



The term has been fantastic. I enjoyed the new subjects that were introduced to me this term especially physics. Throughout the term my teachers were kind and then willing to offer help when I needed it. I am proud of my achievements and I would like to work on my concentration for better grades next term.

**Malik Nelson Year 8**

At the start of this new academic journey as an A-level student was not a walk in the park and I experienced multiple challenges along the way, such as cracking complex mathematical questions and to be consistent in my day to day studies. However, as I always say, savour every moment as in the future, it will be a memory one can't teleport back to.

This term was packed with numerous events and activities, such as the colourful cultural day, whereby every class had to represent a given country by dressing up into traditional clothes, portraying different dances or skits and presenting delicious dishes. Also, the exclusive Nairobi Academy's Got Talent that was showcased by our gifted students and teachers in all areas of arts and drama and the unforgettable music festival that blew our minds away!

To be honest, the time I cherish the most from this term was our short team-building trip as year 12s and 13s to Karura Forest, which was extremely enjoyable as it taught me to be a better team player, enhanced my concentration skills and helped me to bond with my fellow students.

I didn't know that a single day, in the most unexpected place filled in with miniature games was the beginning of good friendships and improved social skills. I'm definitely looking forward to another new term, not a replica of what we've all experienced but a better and more exciting one.

**Samantha Kamuri Year 12**





# SECRET SANTA



## GIFT TIME

Secret Santa was quite a surprise although it wouldn't have been the first. Secret Santa is like my class as a family giving each other gifts to end the year. I honestly think people's gifts matched their personalities. My classmates got different items like perfumes, jerseys, shoes and others. Most of all it's the thought that counts and doesn't matter big or small. Merry Christmas!

**Taneisha Mosi Year 9**

Christmas is around the corner, in fact it's at the next stop, so, The year 9B class held their first annual secret Santa class event, which was pretty successful as nobody knew what they would get or rather who they would get it from. It was a quite tension filled morning as everyone was eyeing each others bags wondering who got what, as well as a happy morning as it's always satisfying to be gifted. I enjoyed the event and I was glad to see that everyone, students and teacher, enjoyed the gifts they received and enjoyed the smile they got after giving a gift to someone else.

**Filsan AbdiKadir Year 9**

Secret Santa is a small game where you have to pick someone's name out of a box or a hat. And the name you pick you have to give them a gift but do not tell them you have their name. There is always a minimum for about \$5 or in this case 500 bob. For secret Santa I got a Marvel clock that says Earth's Mightiest Heroes. The only thing I do not like about it is that it makes a ticking sound every single second. And also i do not really like Marvel that much so i was not very happy when i got the clock.

For my secret Santa I got them kitkats and air pods but they did not like the air pods because they are fake or something, it really hurt my feelings because it took so long to get and find them. But secret Santa is a very fun thing to do if you have the time and money to surprise your friends and family with. I heard some people get very expensive houses and other things. But secret Santa is a good school activity because we can connect more and learn what each other like.

**Jalen Mbau Year 9**

Secret Santa brought along a new sense of excitement with it into the exam week. I could tell each one of us were anxious to know what we all got from our 'Santa'. Once the day to give out gifts arrived different emotions could be sensed inside the classroom. Some extremely jubilant to their much enjoyed gifts while others felt robbed and sat with despair written all over their faces.

I do very much believe that for most, including myself, looked at the price tag more than the gift they were buying. The life this small event brought to us students during such a stressful week has been really appreciated by many students. Lastly, all I want to say is for those that received gifts they didn't like, keep your chin up, 'Every cloud has a silver lining.'

**Warren Ronoh Year 9**





# BENTLEY VALUE CULTURE AWARDS

As the Nairobi Academy community, we have a humble, noble and assiduous duty to embrace, safeguard and live our culture at all times. Our biggest opportunity is found in the ability to celebrate each one of us as culture champions. In so doing, we admit that culture is what can be seen, not what is said. Thank you for participating in this activity of nominating and voting for our Term 1 2021-2022 BENTLEY Values Culture Champions. We are all Culture Champions!

## Message from the Deputy Headteacher, Pastoral

### KS3 Culture Champs! Hongera Sana!



Patricia Makau



Toccara Mutinda



Filsan Abdikadir



Abigail Wasswa



Sierra Olale



Sali Maket



Yasmin Agabein

### KS4 Culture Champs! Hongera Sana!



Satjote Saimbi



Zahra Kemoi



Hassan Mohamed



Akweh Rowa



Aden Mohamed



Benjamin Karoki



Ivy Ndwiga

### KS5 Culture Champs! Hongera Sana!



Alison Situma



Sagnik Barnejea



Tim Muteithia



Kristina Kemoi



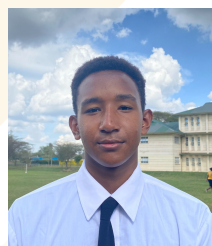
Adil Ombati



Richard Owino



John Mbii



Marc Anthony



Shalyne Murage



# BENTLEY VALUE CULTURE AWARDS

Frank Bentley was first Head teacher of Nairobi Academy in 1976.

I participated in the Bentley values cultures awards and was glad to come second after Adil Ombati in the ' Thinker' Category. My classmates Richard Owino was champion in the Noble category where's Kristina Kemoi tied in the first position with Tim Mutethia for the ' leader' value category. Samantha Kamuri did very well too and was second too to Sagnik Barnejea in the category 'Enquirer'.

I am glad too to have participated as one of the photographers during the culture award events. What a fun way to end the term!

Below, full results from key stage 5

## Winners

1. **Balanced** category- Mark Antony & John Mbii
2. **Engaging** - Shalyne Mirage
3. **Noble** - Richard Owino
4. **Thinker** - Adil Ombati (I was second here!!)
5. **Leader** - Kristina Kemoi & Tim Mutethia
6. **Enquirer** - Sagnik Barnejea Samantha Kamuri(was second here)
7. **Dynamic** - Alison Situma

I thank all the Nairobi academians for their votes and congratulate my class 12B for a strong performance at the awards.

Long live the Nairobi Academy!

Thalia Handschuh Year 12



INTEGRITY BRINGS FORTH ACHIEVEMENT



# BENTLEY VALUE CULTURE AWARDS

The cultural wards I have won are most improved aswell as other event awards like cross-country and also in sports day and lastly won on part of the Bentleys leaders award moreover going on to rapping i personally like how the english rappers present themselves through music i personally find it amusing and I personally thoughty it would be a good idea to bring the genre called drill and present it infront of the school during times like assembly

Tim Mutethia, Year 12

I am delighted to be a cultural champion; it simply means that I have held fast to our ways of life and I'm motivated to keep on living that life. Cultural lifestyle is one which includes participating in all manner of co-curricular activities. The advantages that I have noticed while living this lifestyle include gaining experience in a wide variety of activities, increased ability to multi-task and being in a happier mood for I am doing what I love in the school environment.

Personally, I am currently a potential senior prefect on probation and it has given me the chance to show the school how I am a responsible person who can lead people to enforce the school rules to maintain the Nairobi Academy's high standards. I have also participated in all inter-house activities in which I made my debut during inter-house cross-country until the recent event of inter-house music in which I sang in the group performance.

I also represented my house in the verse speaking competition in the set poem category of over 16, trying to learn the poem was challenging mentally to the point where I wanted to give up, but thankfully I persevered and I hope to hear positive feedback from the judges. I am most proud this term for receiving one of the schools' BENTLEY values dYnamic for a dynamic person is someone who is energetic, spirited and passionate in what they do or what they are told to do and does it to their best ability. I am thankful to Nairobi Academy for helping me break through my shell to showcase and share my talents with people.

Alison Situma, Year 12

First, I would like to say that I am grateful to have been nominated in this category. The Bentley Values are custom to Nairobi Academy and think that's what makes Nairobi Academy stand out of a crowd. The Bentley Values, derived from the name of the school's founder, Frank Bentley are 'core values' or 'ideals' that we are expected to strive for every academic year. The value 'balanced', I would think, is not only in academic but also in extra-curricular. The word balance can be defined as, 'a state in which weight is evenly distributed, so that a person or object does not fall or wobble.' I do not think that just because it balances that it lasts forever. I think that balance has to be found every time something changes. Obstacles and responsibilities will reach each of us eventually. With every new obstacle, our balance may falter, but as soon as we get used to it, that's when we readjust. With every new task we face, we adjust accordingly to accommodate it. Evolution is a good example of this. Thank you very much.

Sali Maket, Year 9

I believe that just about anyone can achieve whatever they set their mind to if they really want it. Nothing can be able to stop them once focused on their goal. Whenever brought down, probably by the occurrence of an unfortunate circumstance, they'll always find an alternative way to go on and push through it all. That's just it for me! I believe I can do anything and everything I set my mind to.

I fancy learning new things until eventually I become outstanding in it. If you think you can, go for it. Don't let people's words hold you back. Live your best life in every single minute you've got. Don't limit yourself. Expand your scope of abilities. Challenge yourself on a daily basis to attain better results. Make it your daily drive and you'll achieve things you never thought you could. Becoming the engaging bentley value culture champion was a really great achievement for me. It has really encouraged me to go on putting a positive attitude in all I do and give it my best. If I can do it, so can you.

Shalyne Wanjiru Murage, Year 13



INTEGRITY BRINGS FORTH ACHIEVEMENT



# Headteacher's Remarks

## YOUR WORD BE YOUR BOND



**A** British Army officer, Captain Robert Campbell captured during World War I was granted leave to visit his dying mother on one condition – that he returned to the POW Camp. Captain Robert Campbell had been taken prisoner during the opening weeks of the First World War and sent to a prisoner-of-war camp in Magdeburg. In 1916, he received news that his mother Louise was dying from cancer. In despair, he wrote to Kaiser Wilhelm II and asked for a period of leave so that he could return to England to make one last visit to his adored mother.

Moved by the request, Kaiser Wilhelm II granted him two weeks of leave with two days added at either end to allow for travel. The Kaiser's only condition was that Captain Campbell should give his word that he would return. How easy would it have been after two years in captivity for Captain Campbell to simply remain in the United Kingdom once his period of leave had expired?

However, like a true gentleman, he kept his word and returned from Kent to Germany as he had promised the Kaiser, where he stayed until the war ended in 1918. We are living through a period of seismic social change and a shifting moral landscape as new challenges and priorities emerge.

Some values seem to erode with the change. The concept of honour, honesty, integrity sounds a little old-fashioned and is in danger of becoming parodied in grainy black and white images from war films. Are morals or values eternal? Do they depend upon the prevailing societal norms? Are they only applicable in certain contexts?

Back in mediaeval days, men would hold their words to the highest esteem. Don't throw your word around loosely but let it mean honour and integrity to you. Don't tell lies or make promises you won't commit to. Lies have an in-built weakness but if you always tell the truth, you will never have to remember what you said. The failure to keep one's word affects you on two fundamental levels, your relationship with others where you diminish in the eyes of the others who begin to see you as not dependable. The other deeper level is when you can't keep your word to yourself. This affects your self-esteem if you can't commit to the goals you set for yourself. When the time comes to accomplish something greater, you won't have the innate resources to do it because you are always half-step, procrastinating and are half-committed. When you commit to something, let it be 100% especially your word to self with your No being NO and your YES being the absolute YES. Only say YES to things that are worthy of your YES.

It is permissible that we critically reflect on and not simply embrace values that might be outdated, imperialist or simply unkind. The causes of gender inequality, poverty through corruption, social injustice, human rights abuse, alongside the challenges presented by environmental issues have contributed to the abandonment or recalibration of many of the values that were long considered immutable/absolute. These have to be collectively questioned as early as now. The selflessness and bravery demonstrated by Captain Campbell is utterly inspiring. Captain Campbell returned to Germany because if he had failed to do so then it is highly unlikely that any leeway would have been extended to other officers in similar circumstances. In different ways, the courage, stoicism, integrity and resilience demonstrated by Captain Campbell can teach us a good deal about honour and the importance of our words. **YOUR WORD IS YOUR BOND.**

As we break for the Christmas Holiday, I wish to announce that Nairobi Academy is a Candidate School for the International Baccalaureate Diploma Program (IBDP). This school is pursuing authorization as an IB World School. These are schools that share a common philosophy – a commitment to high quality, challenging, international education that Nairobi Academy believes is important for our students. Only schools authorized by the IB Organization can offer any of its four academic programmes: the Primary Years Programme (PYP), the Middle Years Programme (MYP), the Diploma Programme, or the Career-related Programme (CP). Candidate status gives no guarantee that authorization will be granted. For further information about the IB and its programmes, visit [www.ibo.org](http://www.ibo.org).

I wish to thank the following students for their participation in the recent virtual IBDP visit, Ilana Mughal, Zahra Kemoi, Timothy Mkutu and all the teachers for their relentless commitment to the entire process so far. So far we have been having teachers learn about IBDP in our meetings on Collaboration Mondays. We shall be holding information meetings in the next term for your parents and the entire school community so that all of us are aware of this other pathway to university to be offered in Year 12–IB1 and Year 13–IB2.

Have a Merry Christmas and a happy 2022.

**Headmaster: 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

