



SECONDARY BULLETIN

TERM TWO: VOLUME ONE

**JAN
07
2022**



www.nairobiacademy.or.ke



[nairobi_academy](https://www.instagram.com/nairobi_academy)

TERM PLANS

This term is set to be a great one with students, teachers and staff members all working in harmony to make the school a better place in their specific areas. The prefect body will be sure to oversee that the rules are being followed as close to perfection as possible. Students will be expected to adhere to the set school rules, especially the most commonly disregarded ones such as wearing the correct uniform and tardiness to class among others. Having said that, the school will be well organized throughout the term, with each day running smoothly. Surely we are in for a stupendous second term.

Shalyne Murage, Student Council

Being my last term as Head Prefect, I hope to bring up the students moral and motivation toward their academics and appearances. To always present themselves in a manner that spells out Nairobi Academy student.

With the help of my prefect body, I know we can attain punctuality, respect and orderliness, in the school.

I'm looking forward to making memories and giving it my best.

Terryann Ngigi, Student Council

As this is our last term as leaders, I would like to make a mark in the school. Luckily, the ones who came before us have made great changes to the school which have benefited us and helped make our work easier. This year's prefects body are a hard and achieving bunch. To be a leader, you also need to be a performer. This has been the of my goals as their leader and I would like for this streak to continue. I would also like for the student prefect relationship to grow.

After getting a few insights from students outside the prefect's body, it has come to our attention that students feel like they can't approach us. As prefects, we are supposed to be a bridge between the students and teachers. Having a weak relationship on one side and a strong one on the other is quite disadvantageous. This is why it is imperative that we build our relationship with the students. This way, we can become a proper voice for both sides where we help students and enforce the school rules. Building respect and unity in the school.

John Mbii, Student Council

I expect this term to be eventful . The term will have many fun events. With matches beginning this term it will give a chance for more fun interactions with other schools . It may be a bit scary because of the upcoming checkpoint in April. I expect this term to be exciting. The term will be intriguing because we will be able to change the house names and change a few things. There will be fun inter house events e.g inter house, swimming, football, hockey, basketball, debate. This term we can also get the chance to go for ODP.

Karyn Ombisi, Year 9

I have many expectations for this year! Although the past 2 years have been quite not pleasant even though there have been some very happy moments, 2020 and 2021 have been filled with death, illness and pain. All these caused by the pandemic that has affected all aspects and people in our life. We have become more educated and these hard times will hopefully come to an end as we become more resilient and hopefully put an end to the troublesome pandemic. 2022 shall be an year of happiness joy and fun.

Lisa Kihuria, Year 9



HOLIDAY THAT WAS

The holiday was uneventful for me but I still enjoyed the break away from school. Unfortunately, I caught the flu over the holiday and had to go to hospital for 2 days. It was not fun being in hospital but I got cured. Luckily, it was not Covid. After that, all I did was stay at home the whole day. I ate, played games and slept.

I also got all credit passes in the end of term exams.

Angela Awuor, Year 9

My holiday was rather normal. We traveled to Eldoret over Christmas. I do not know why I was not feeling the Christmas spirit. I was not hungry and I was feeling sick. We arrived in Eldoret at 2 p.m and I met with many of our family members. It had been one year since I saw most of them so I was excited to see them. It was however a little bit chaotic with all the children running and screaming. After the family reunion I attended many weddings. That was basically my holiday.

Theo Rotich, Year 9

Last year was a great year, the holiday was amazing and strategic, I was able to follow what I had planned during my holiday, and I also had fun during Christmas and enjoyed last year. This New Year started great and happy and looking forward to this year having fun and concentrating on my studies.

This week has been nice it started great and I am looking forward for the rest of the term. I am happy this week is ending well. Happy New Year and have a nice week end.

Norah Spem, Year 8

I have come to appreciate the period that we had over the holidays. It was a good break from all the ups and downs during the last term. I am thankful for the performance I got over the last term, though I still believe I can do better.

My target this term is to be more organized, engage in peer tutoring and improve my grades. I want to challenge myself to get a minimum all Bs in my subject areas. Also to take part in as many co-curricular activities as possible.

Liane Nzisa year, Year 12

Outdoor pursuit is an open air sporting or leisure activity, such as mountaineering, canoeing or orienteering. Year 10 and 11 Outdoor door pursuit was a very exciting time that helped us learn more about trust, teamwork and also improves your self-esteem. The activities that we did helped us to promote active learning, which is great way to improve confidence.

Farellel Maluki, Year 11



HOLIDAY THAT WAS

Outdoor pursuit was a fun experience. There were a few setbacks like the bus breaking down on the first day. That slowed us down, leaving us behind schedule. The tents were pretty big so we had some room to relax.

On the second day we hiked to a waterfall where we were given an opportunity to swim. We walked on a bridge suspended high in the air before we headed back. On the third day we played some team games that were really fun but stressful.

I plan to revise carefully and effectively for my mocks. I will learn what I don't know and do plenty of practice with past papers and practice questions.

Duba, Year 11

On the 10th of December, the year 10 and 11 students embarked on a journey to the unknown. At around 1:30 pm we left to go to Camp Mahon in Nanyuki. It was a grueling ride, that lasted around 7 hours but it seemed worth it. We arrived and had a briefing, ate dinner and retired to our tents.

During the briefing we were taken through the schedule, rules and regulations for the camp. The next morning there was another briefing on map reading. We got ready for a hike in the Ngare Ndare forest and had a 45 minute bus ride to the forest.

The trail was relatively steep and had an uneven terrain, we hiked over 6 kilometres and at the end of the trail there was an underwhelming waterfall, where we had our short lunch break. Afterwards we hiked back and went on a somewhat exciting canopy walk, which lead us to a zip line, where most of us took part in while others relaxed.

Once we returned to the camp, we settled down. At night there were bonfires and marshmallows, possibly the only highlight of the trip. The next morning we packed and did team building exercises before departing. We arrived in Nairobi at 5:45pm.

By Year 10s



HEADTEACHER'S REMARKS

YOU ARE CAPABLE OF ACADEMIC EXCELLENCE



There is a science behind achievement. The most successful students in the world have been found to be motivated, self-managed, self-aware and have a long lasting student mentality even after passing examinations.

As an individual student, you must make conscious and constant effort to attain academic brilliance, and prove your mettle to the world. Today, I will share four key principles and steps that go a long way in helping to achieve this desired goal.

Discipline Yourself

Every dream requires discipline. Discipline yourself to study every day for at least two hours, practice math for at least 30 minutes or until you understand the concepts. Study to understand, not merely to get a particular grade. Manage your time well, so that you allow time for your personal responsibilities and time to study.

Avoid being absent from school and remember procrastination is a subtle thief that will steal your academic success. Revision is a discipline. Be obsessed with your learning and understanding of concepts. Make no excuses, set goals, stay focused on performing above your MTGs and attaining a credit pass in all your subjects.

Raise Your Target Level

Raising your benchmark will actually help to make you more competitive. You can aim high and you can get excellent results and this should be seen in your work ethic and in how consistent you are in putting in the work. Only when you strive to be the best can you actually become the best. Do not slow down after tests. Work harder than you did during exams and sustain your hard work until the end of the course as you keep raising your targets every time. I need you to be uncomfortable with average grades and to be allergic to underperformance. Strive for "A's" and "B's," even if you have never attained "A's" and "B's."

Have Faith In Yourself

Belief in one's self and capabilities forms the foundation for a successful empire. It is important for each one of us to believe in ourselves, and to have a desirable degree of self-confidence. This will motivate you to perform well, to push your limits and to achieve challenging tasks. Change your mind set and show it in your drive, in your academic results and in your attitude towards rigorous independent study. Affirm yourself that you are capable of attaining excellence and high grades.

Do Not Give Up

Stay motivated even when you study for hours and still do well. A student is resilient and consistent even when they don't want to be. Nothing can defeat you until you accept your own defeat. Believe firmly that there is light at the end of every tunnel, and the sun returns after every storm. Focus on your academic goals. Turn your pain into progress, be tough and build your ability to adapt, have a character, consistency, and demonstrate courage daily. As far as possible, eliminate negative influences, thoughts and distractions that may prevent you from reaching your goal as you continue working with passion and dedication.

Attaining academic excellence is not a one-day task. It takes time and patience and practice to reach the desired level of attainment, but conscious and deliberate daily attempts in this direction can yield spectacular results! We want to be that school that does not register a U grade, a school that has credit passes in every subject and by every student, a school that has excellence in Mathematics and English results and a school, where no student is forced to resist an exam. We have to move from the minimum 5 credit passes mentality to all credit passes. Have a great weekend.

Headteacher: Mr. John Karanja