



# SECONDARY BULLETIN

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The Nairobi Academy



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# YEAR 13 FORM TRIP

## Saturday, 12th March

1. The students departed for the airport late due a slight delay. This was occasioned by some communication breakdown with the transport team.
2. We arrived in Mombasa and the shuttle to ferry the team to Diani was waiting. We got to the hotel, had lunch then rested/various activities till dinner time. After dinner, we sat about and watched the hotel band play then went to sleep.

## Sunday, 13th March 2022

1. We departed on schedule for the Wasini Island trip. We got there at about 10 am and proceeded to Kisite Mpunguti. We were not fortunate enough to see the dolphins. However, the students enjoyed the deep sea swim at Kisite, where we spent about an hour. We turned back and had lunch at Wasini Island. We then left for Diani with no incident.
2. The evening went well – dinner then the students played pool among other activities. They slept a little late though we did sit up till late monitoring them.

## Monday, 14th March 2022

1. The students had a slow start – they were already tired! They had a late breakfast then went off to pack. We had an early lunch, so that we could cross the ferry and be on time for the evening flight. We got to the airport and checked in comfortably.
2. We had a very smooth flight back, with our very own Ryan Musau sitting in the cockpit with his uncle – our captain in the flight!
3. Some students were picked by the parent at the airport and the rest at school.

**Ms. Cecilia Kimani**

It was a hectic and yet relaxed week as it was our final days of mocks. We finished our mocks on Tuesday and the joy on people's faces was unmatched! We were all awaiting to go for the Diani trip which was from Saturday to Monday.

We left school for the airport at around 7:00am and arrived in time for our check in at 8:30 am. The flight was smooth and we arrived the hotel at around 1:00pm and had our lunch and headed to swim and engage in leisure activities. On Sunday we took a boat to Wasini Island where we did snorkeling and later on had seafood for lunch. The boat ride was relaxing as we listened to music while watching dolphins. We headed back to the hotel and we were all so tired but we had to freshen up for dinner.

After dinner we watched a show and bonded with our classmates before going to bed. Afterwards we headed back to our rooms ready to wake up early to pack our luggage and travel back to Nairobi. After breakfast we made sure all our luggage was at the reception and relaxed till 2 pm then we left for the Airport.

We arrived safely and we thank the school for organizing this amazing trip for us and especially Ms. Kimani and Mr. Mbuvi along with the travel guide for accompanying us. As year 13s this was our last trip so it meant a lot to us. A reminder to the Year 13's to switch off holiday mode and now focus on the upcoming exams. All the best!

**Sabrina Ombaka**





# YEAR 13 FORM TRIP

The form trip to Diani was quite one to remember. It was fun and relaxing since the Year 13 class had just finished their mock examinations.

We departed for the trip on Saturday morning. The flight to Mombasa was smooth and we arrived safely at the hotel we were meant to stay in. Everyone was so excited and elated to have this break. The hotel offered the best of their services to us. We had a scrumptious lunch and engaged in the various beach activities that included swimming, beach volleyball and pool table.

The following day we went for a boat ride to Kisite Mpunguti Museum and Wasini Island where we swam in the deep sea. Later we had lunch that was majorly seafood. It was quite good. When we left the island, we went back to the hotel very exhausted and had some bonding time with our classmates and this brought us closer even more.

The last day of the trip was Monday when we had our last fun moments at the beach before leaving the hotel at 2:00 pm for the airport to catch the flight back to Nairobi. We arrived safely. We thank the school for organizing this great and relaxing trip. We also thank Mr. Mbuvi and Miss Kimani for accompanying us and helping us have the best trip since this was our final trip in the school.

**Joel Ndungu**

On the flight back to Nairobi from Moi international Airport, I coincidentally learned that my uncle would be flying the plane we were on! I was privileged to sit with him and the co-pilot in the cockpit. Before take-off, I was introduced to the flight crew - all polite and charming people. My uncle then took me through the procedures in the cockpit such as, I would not talk to them during take-off and landing. I gathered that this is when the pilot needs all the concentration and focus as plane is on manual control.

Therefore, as a passenger, I was to only speak when spoken to. Also before take-off, the pilot goes through a very distinct set of checks such as how many passengers and the amount of fuel and luggage in the cargo hold. In the first 45 minutes, we travelled approximately 47 miles at 22000 feet in the air.

As this happened during early dusk, the sky was had different shades of pink and orange. What a beautiful sight from the cockpit! Once we got to Nairobi, it was pitch black and millions of lights from the city skyline glistened from the ground beneath. I saw a different side to the city that not many get to see.

All in all, it was a great experience that I will leave to cherish very much. When we landed I thanked the crew for the flight and alighted from the plane. I would like to thank 748 air services on behalf of Nairobi Academy for taking care of us.

Oh! Did I mention that The Nairobi Academy students were specifically welcomed on board and on arrival we were wished good luck in our upcoming exams! It felt great!

**Ryan Musau**





# YEAR 12 FORM TRIP AND MATH - ICT TRIP

Form trip was a fruitful experience that I believe brought us closer as a year group as, we all engaged in team building activities that promoted a lot of team work and enjoyment. We all had a nice restful break where discombobulated creatures around the hotel.

We greatly thank Ms. Rachel for taking us for this tantalising expedition

**Richard Anyoso Year 12**

There was nothing sweeter than taking a good break from the strenuous A-level life. Diani was a delightful place to be in, specifically Neptune Paradise Beach Resort. We did numerous activities from early morning strolls to calm evening swimming, not forgetting the awesome disco night entertainment. The highlight of the trip was a 3 hour boat ride around Wasini Island and a fun snorkelling experience where we saw various types of sea creatures and the coral reef habitat.

Also, we took lunch at the island and it was wonderful to have a taste of some of the popular coastal dishes such as coconut fried rice and crab. Little did we know that a 4-day trip would build a stronger bond not only as a year group but also as good friends.

**Samantha Kamuri Year 12**

We had a great time in the field trip. We got to see many apparatus that are used in laboratories. KEBS is a body that is mandated by the government to check on the standards of goods in the country. Prior to this trip I did not know that KEBS checks ALL the items that are manufactured in the country or that are imported into the country.

They also showed us how to check for authenticity of a product. Or if a product has been approved to be used in the country. I appreciate the service that the KEBS is offering the general consumer. I urge my fellow student to be vigilant in checking for counterfeit goods or substandard goods when they go shopping.

**Trina Kinyua Year 12**

I want to take this opportunity to thank Mr. Warega and the Math team for trip they managed to arrange for my fellow students and I. I enjoyed walking around the labs at KEBS. The fact that I take Math, Physics and Computer Science means that I got to learn a lot from the trip.

Many of the things that the facilitator talked about were what we are being taught in class. We got to see Biometric machines, Pressure gauges, and the use of formulae in the practical world. All in all it was a great trip and I would like to get involved in another.

**Abdirahman Warsame**

On Thursday, 17th March 2022, the school had an opportunity to take the Math students for a field trip to KEBS in Nairobi. Field trips offer opportunities to show students how the subjects they are learning are used outside the classroom. Students are motivated as they learn to connect the subjects with real-world situations.

Math students from year 10 and 12 managed to benefit a lot from this trip. They were all well behaved and engaged the facilitators in a lot of questions. They were also introduced to an Olympic competition where different age groups get to compete in writing standards. I hope our students take up the challenge and be part of making a difference in the world.

**Paul Aloo Computer Science Teacher**





# INTER-HOUSE BASKETBALL CHAMPIONSHIPS AND INTER-HOUSE FOOTBALL MATCH

On Tuesday, 15th March, the school hosted a successful Inter-House Basketball Championship. The event was open for boys' in Secondary school. A team was made up of at least one participant from Key stage 3, 4 and 5.

Duration of play was 12 minutes one way. Format of play was Round-Robin (League basis). Each team had to play 3 matches and the team with the highest points was crowned champion.

The following was the overall standings in the championship;

- 1st place was Baringo with 11 points
- 2nd place was Turkana with 9 points
- 3rd place was Naivasha with 8 points
- 4th place was Magadi with 4 points

**Mr. Kenneth Kipkoech**

"Oh, the places you'll go! There is fun to be done! There are points to be scored. There are games to be won. And the magical things you can do with that ball will make you the winning- winner of all". ———Dr. Seuss Games are an integral part of the holistic development which direct one to be competitive while keeping the spirit of honesty and camaraderie alive.

Keeping with the same, the Inter-House Football Championship was played on 15, March 2022 between the four houses, Magadi, Naivasha, Turkana and Baringo in an exciting environment.

All the teams tried to outshine each other on the field to show their mettle but Turkana were simply untouchable - beating all three of their opponents with relative ease. The final points totals were:

**Turkana 10**  
**Baringo 7**  
**Naivasha 7**  
**Magadi 4**

Well done to all those who participated in an excellent tournament.

Congratulations to Turkana house for winning.

**Esther Mbula**





# THE PSHE INSET HELD AT GREENSTEDS INTERNATIONAL SCHOOL- NAKURU

On the 17th of March a number of colleagues and I attended a Personal, Social and Health Education (PSHE) inset for school Counsellors and PSHE facilitators.

The inset addressed various pertinent issues in schools with sessions on mental health issues among teenagers, relationships within a range of contexts, Citizens' rights and responsibilities and embracing change in uncertain times. We also took time to collaboratively decide on various themes and topics appropriate to individual year groups.

It was extremely beneficial and enlightening to sit and exchange good practices with peers from other international schools in Kenya. We look forward to sharing the same with our colleagues in school as well as our learners.

**Miss Sylvia Sanja, KS3 Coordinator.**





# HOTSPOTS FOR THE WEEK

## SCHOOL UNIFORM

- Rule on use of hoodies: \*students should not cover their heads while in school whatsoever.
- \*Crocs and open shoes\* are not part of school uniform. They will not be allowed unless with a doctor's note.
- \*Untucked shirts: \*most students are well groomed. Shirts should remain tucked and ties at full mast while in school. If playing, change into games kit.

## P.E. UNIFORM

- \*PE uniform\* will only be worn during PE lessons. Change before And after the games lesson. (From next term). PE kits are designed for field work, not for corridor and classroom attire. They create an atmosphere of relaxation and informality which detracts from our emphasis on focus and hard work. Correct uniform will be worn at all other times.

## BLAZERS ON FRIDAY

- Some students are not adhering to this expectation and usually give excuses for not meeting the expectation.

## OUT OF BOUNDS AREAS (IN THE ABSENCE OF A TEACHER)

- Squash Courts
- Drama Room
- PE Room

Getting into the toilets with bags, and closing the main entrance to the toilets. Having little meetings and discussions within the toilets is odd.

Coupling and pairing in school is not permissible. Interact with as many peers as possible. Don't sit in isolated areas as this may send mixed perceptions.



# SPREAD THE SUNSHINE



Even the happiest person you know may have days where they are feeling discouraged, overwhelmed, or depressed. Growing up is hard, and sometimes we just can't help but feel like we are drowning in responsibilities, stress, and worry. When that happens, something as simple as a few words of encouragement can be enough to put a smile back on our faces and remind us that things will eventually be better.

Endeavour to inspire, uplift, and support someone who is struggling every day by sending some good vibes and happy thoughts their way. Encourage each other through all that you may be going through with words such as; "this is what you're going through, not who you are; you can get through this; this is tough, but you're tougher; I know things are difficult right now, but I also know you've got what it takes to get through it: we've got friends for our happiest days and saddest moments. I hope you know I'm your friend now just as much as ever."

Encouragement is a Powerful Force in Education. As an educator or parent, your words and actions have the ability to lift students up or break them down. Encouraging words and actions are often internalized by students and have the power to motivate them to succeed or giving up on themselves. As such, we must all embody the belief that every student has potential and has the ability to accomplish high academic goals

It is proven that encouragement releases potential, therefore, let us have a culture of encouragement all around us. I urge parents and teachers to spread the sunshine by using elevating, memorable and edifying language, not focusing on mistakes to motivate, by not comparing one child to other children; by not making pessimistic interpretations and predictions. Spread the sunshine by, recognizing effort, progress and improvement no matter how small, by paying attention to strengths and assets, by setting high expectations and supporting children through the process.

As an individual, learn to give yourself a warm uplift, drive yourself to take initiative and action to pursue goals and complete tasks. Develop an inner drive to take action, to create and to achieve. Push yourself to keep going on tasks, especially those you're pursuing because you want to, not because someone told you to. Be highly optimistic with a positive outlook. The hallmark for success should have, the right attitude- how aggressive you are in achieving your dreams, commitment- by consistently working on your dreams allowing nothing to stop you from accomplishing them and last but not least, the drive- your ambition and passion to accomplish your dreams.

Growth and improvement does not occur from pointing mistakes and creating dissatisfaction and self-doubt in others. Many people feel obligated to correct and prevent these mistakes, not realizing how fundamentally discouraging it can be. As a result many people learn that mistakes determine their value. They learn that by doing nothing, they can succeed in not making a mistake and avoid the evaluation, criticism, and ridicule that follows. Criticism makes people procrastinate or do nothing simply to avoid the humiliation that comes with making a mistake.

As the Headteacher, I believe in you and I don't doubt for a minute that you will kill it.

**The Headteacher: Mr. John Karanja**





# OUR GUIDING STATEMENTS

## VISION AND MISSION



To empower our learners to become internationally-minded agentic stewards who will impact the community with wisdom, problem solving skills and innovation.



To instill agency and self-efficacy through an inclusive learning environment that fosters a culture of high student achievement in collaboration with educational bodies.

## PHILOSOPHY



A Safe, Vibrant and Multi-Cultural school which provides learners with an enriched International Curriculum.



Our learners with knowledge, skills and values that prepare them for new and future challenges.

## BENTLEY VALUES

- ➔ **BALANCED** - Intellectually, physically, emotionally, spiritually and socially.
- ➔ **ENGAGING** - Ready and committed to make a difference in the community and world.
- ➔ **NOBLE** - Act with integrity, honesty, respect and be able to make ethical decisions.
- ➔ **THINKERS** - Apply skills to approach complex issues then make reasoned decisions.
- ➔ **LEADERS** - Embody confidence, collaboration and inspiration.
- ➔ **ENQUIRERS** - Curious and enjoy learning while exploring new ideas.
- ➔ **DYNAMIC** - Vibrant, adaptable and driven go-getters.



# 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

