

The Nairobi Academy



Attitude . Agency . Achievement

Welcome to the new school year!

The teachers opened school by discussing the theme for the year: Growth Mindset. This is based on the premise that our intelligence and abilities can be improved through hard work, grit, and persistent effort.

Our brains have billions of neurons which form new pathways every time we learn something new. There is no limit to the number of pathways we can have in our brains, and this means that we can learn anything that we put our minds to. However, learning doesn't happen by chance, we must be intentional and make it happen by coaching our neurons. Abigail Adams said, "Learning is not attained by chance, it must be sought for with ardour and attended to with diligence." Peter Bergman (2019) in Harvard Business Review also tells us that learning is hard (and it is supposed to be). Making mistakes in the process of learning often stops people from trying to learn. Instead of letting fear hold you back, one should embrace courage, persevere, and keep practicing.

A good way of explaining how we can do this is using the Pop – Buzz - Zap method.

POP – Use your inner voice to encourage yourself to learn. Do not give up instead choose to get curious.

BUZZ - Get your neurons get active putting in effort and practice. Try strategies that have worked for you or try something new. Ask your teachers, a friend or you parent for feedback.

ZAP – This is where your neurons make the connections. The more you do it, the stronger the connections become and the smarter we become.

There are opportunities to learn at every turn. While playing with our friends, reading new books, during swimming training, on field trips and even when making mistakes. Remember: Smart isn't born, it is made.



Happy learning!!

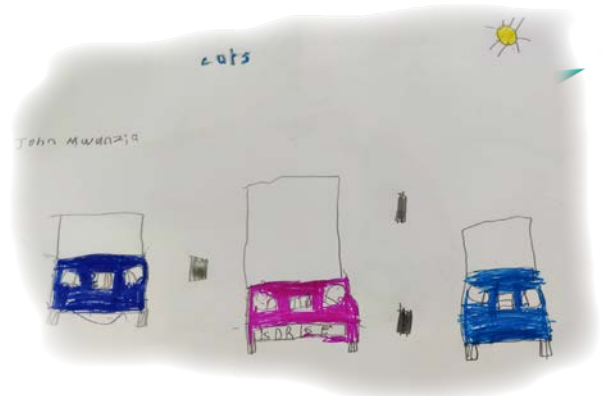
Elizabeth Kironde
Deputy Head (Academic)

Music Assembly



What we are
Looking
forward to in

Year 2



Activities carousel



DRAMA



COOKERY



CREATIVE
ART



CHESS



KARATE



SOCCER



YOUNG
ENGINEERS

Art Spotlight



Welcoming Ms. Lettesia Omondi to the Nairobi Academy teaching Fraternity.

I aspire to create student-centered learning environments in which the student is in the driving seat of their own learning. My classrooms are always focused on the specific needs of my students. I work hard to differentiate learning so that each student's unique skills are emphasized.



STUDENTS OF THE WEEK

Koby



For organizing her work well and being eager to learn during the first week.

Avraj



For being an enthusiastic learner, having a positive start to the year.

Nissi



**For being noble and receptive to visitors.
Well done Nissi.**

Liam



For having a positive attitude and growth mindset.

STUDENTS OF THE WEEK

Vanessa



For being an enthusiastic student who seems to enjoy school.

Nicole



For being very active in the discussion about setting goals.

Angela



For having a positive mindset and settling well in her new school.

Anna



For settling in well in year 7.

STUDENTS OF THE WEEK

Tori



For volunteering to draw sports images for the P.E display board.

Daniel



For his proactive response in returning sports equipment to the office.

Merits

Ashlyn



For always being committed to doing her best.

Birthdays

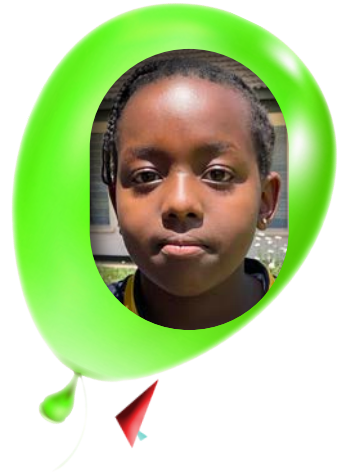
Aeiden



Heri



Keyshia



Gabriellah



Rumaysa



Abdilatif



Anmol

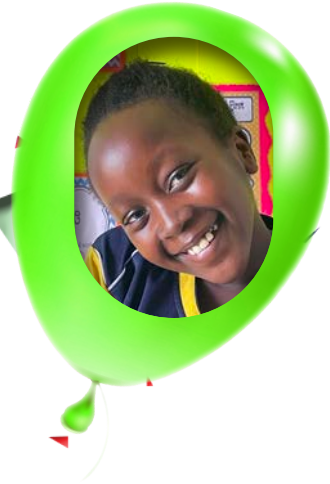


Birthday

Tegh



Amy



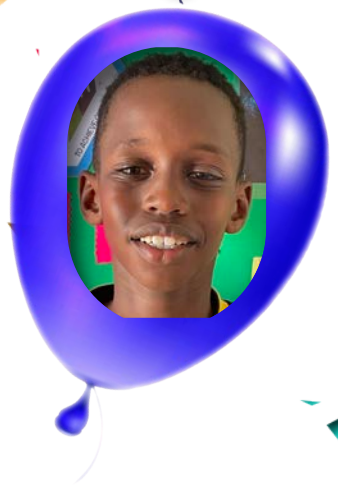
Nakira



Jude



Craig



Week 2 Term 1 2022 / 2023



MONDAY

FRIED PIGEON PEAS
CARROT, TURNIP AND COURGETTE DELUXE
CHINESE RICE
FRESH GARDEN VEGETABLE SALAD

STRAWBERRY TART

TUESDAY

FRIED FISH FILLET
MIXED VEGETABLES
SAUTEED POTATOES
KACHUMBARI

FRUIT CUT

WEDNESDAY

FRIED GREEN GRAM
VEGETABLE CURRY
CHAPATI
FRIED CHINESE CABBAGE

ASSORTED YOGHURT

THURSDAY

BEEF STEW
CALIFORNIA BLEND VEGETABLE
ONION RICE
TOSSED GREEN SALAD

FRUIT SALAD

FRIDAY

SOUTHERN FRIED CHICKEN
ASPARAGUS WITH CARROTS AND TURNIP
CHIPS
SWEET SLAW

ICE CREAM



EVENTS

Mark Your Calendar

Week 2

Focus of the week: Learner Profile - **DYNAMIC**

Monday **5th** September:

Y2 Parent Orientation.

Tuesday **6th** September:

Y3 & Y4 Parent Orientation.

Wednesday **7th** September:

Y5 Parent Orientation.

Thursday **8th** September:

Y6 Parent Orientation.

Friday **9th** September:

7A Assembly.
Y7 Parent Orientation.

Saturday **10th** September:

Lifetime Age Group Developmental Gala @ Makini.
Student Leaders Training.



Week 3

Focus of the week: Learner Profile - **THINK WIN WIN**

Monday **12th** September:

Assessment feedback week: GOAL SETTING.
Activities start

Tuesday **13th** September:

U11 Soccer Boys and Girls, NA vs AgaKhan (H).

Wednesday **14th** September:

Health & Safety Drill - Duck & Cover.
International Dot Day
U9 Soccer Boys and Girls NA vs Premier (A)

Thursday **15th** September:

Y6 Parent Orientation.

Friday **16th** September:

7A Assembly.

Saturday **17th** September:

NCAA Minnow Meet @ Makini.

Term dates for 2022-2023 academic year

	School opens	School closes/opens for half term	School closes
Term 1	Tue 30 August 2022	17 - 24 Oct incl	Fri 9 Dec 2022
Term 2	Wed Jan 4 2023	13 - 20 Feb 2023 incl	Fri 31 Mar 2023 Easter Sunday 9 Apr
Term 3	Tue 18 Apr 2023	29 May - 5 Jun 2023 incl	30 Jun 2023