

# The Nairobi Academy



"Failure is an opportunity to grow"

## GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

## FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

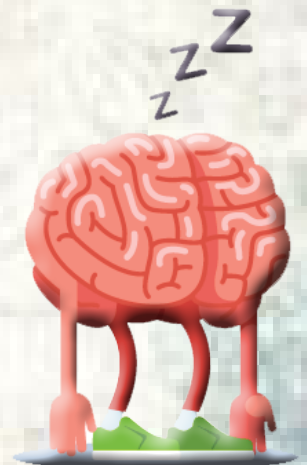
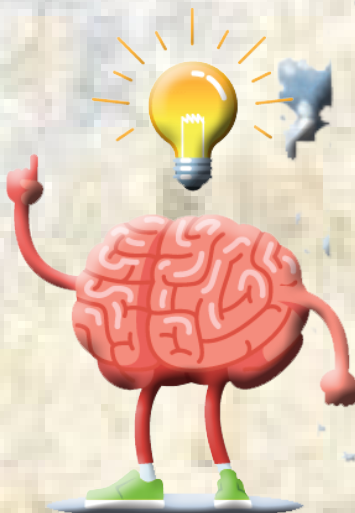
"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



## Activate your brain neurons

Learn a new skill, exercise, eat a balanced diet, and meditate. Let's go Pop.



# Year 3C BALANCED Assembly



## Who is a balanced child? A balanced child.....

Thinks before they act. They take time to find out how to do something.

★ Lauren

Has their priorities right. And begin with the end in mind.

★ Ayden

They organize their work. They know what to do first and what to do later.

★ Tanzil

Has a growth mindset. They learn from their mistakes. They don't have a fixed mindset.

★ Zara

Learns from others. They know they cannot do everything by themselves.

★ Alex

Does everything in the right amount. Not too much nor too little.

★ Azaria

Sets goals and work hard to achieve them.

★ Ibtisam

They have time to play, learn and exercise.

★ Adan

Does not focus on just one thing only.

★ Naomi

Can do different activities without staying in one for too long.

★ Nissi

Knows the importance of resting. They also create time to rest after doing so many activities.

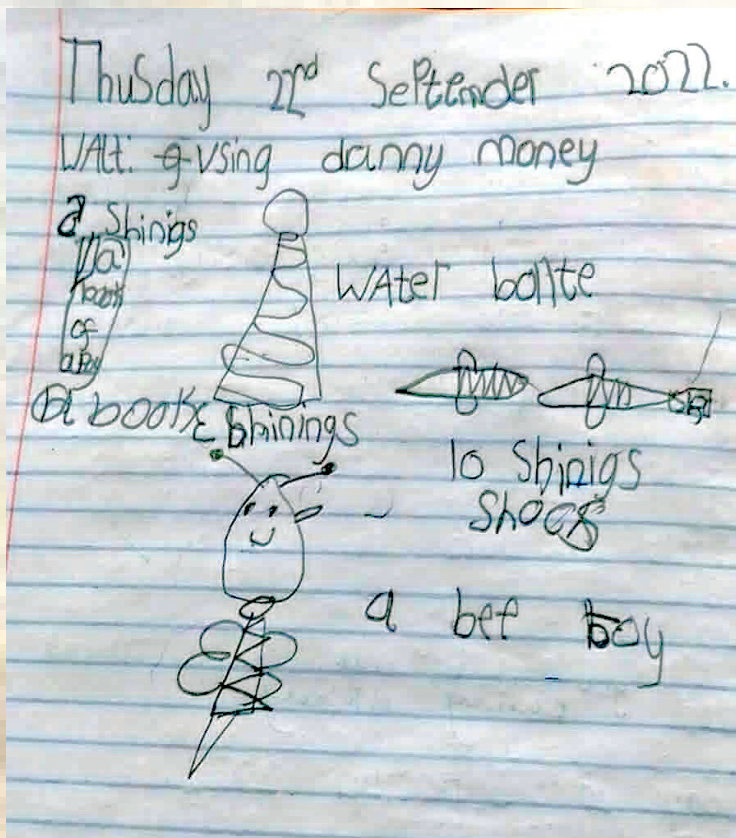
★ Aaira

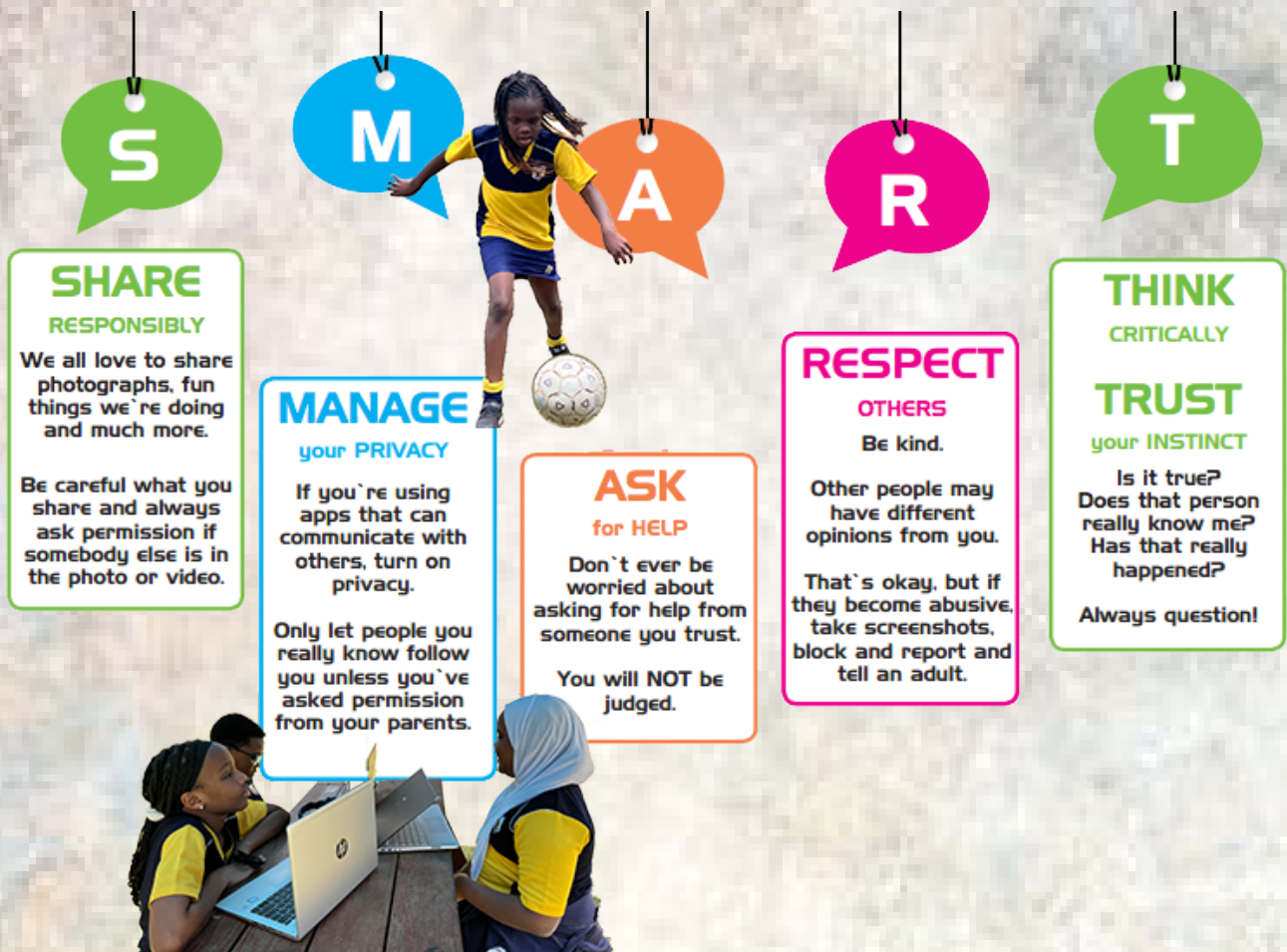


# Going Shopping



Year 2P have been learning the value of what you get for your "Money" and learning they can't spend what they don't have if you don't plan.

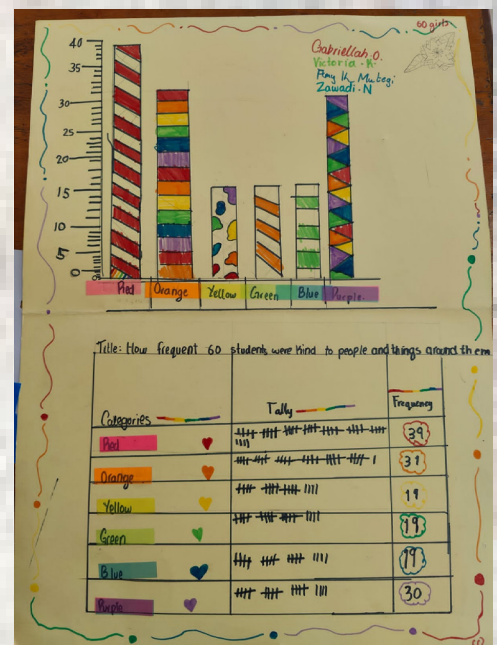




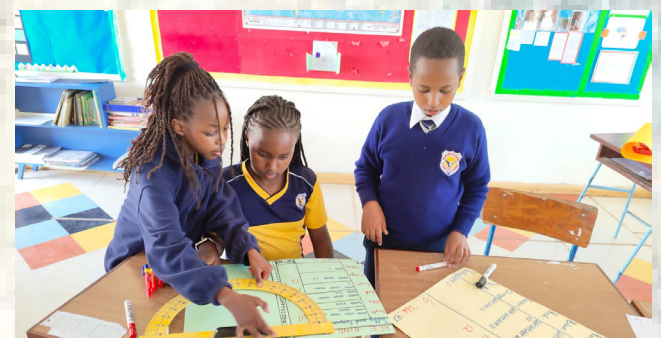
**Our Sports day is postponed from  
Friday 14th October 2022 to Friday  
28th October 2022. Apologies for  
any inconveniences caused.**



# Bee Kind Tracker



How kind are you? Nairobi Academy students have been trying to find out how kind we are as a school. This week students in different classes were analyzing the data.





# Good Behaviour

Kristiana



For being mature in handling any unknown situation that came her way.

Mwanga



For conducting himself with maturity displaying leadership.

Good to  
be  
Green

Zara



For being thoughtful and kind towards her new classmates. Well done Zara. Keep it up!

Jasmine



For having a growth mindset and taking corrections positively.



# Merits

Angela



For researching how to use a music app on her own and handing in the homework before everyone else.

Njoki



For being Noble, Proactive, and a Leader in class.

Olivia



For creating a wonderful composition in Chrome music lab.

Zhadia



For being Engaging, Noble and Dynamic in Music.

Alba



For displaying the profile Noble while sharing her music skills with others.

Levi



For being Confident, Dynamic and bursting with energy.

Ima



For creating a wonderful composition in Chrome music lab.

Christine



For following instructions and being attentive in class.

Ranja



For being Noble and Dynamic.

# STUDENTS OF THE WEEK

Nate



For working quietly in class without distracting others and himself.

Ryan



For showing initiative and looking for new ways to get involved in class activities.

Tanzil



For being proactive in and out of class. Good job Tanzil!

Grace



For demonstrating excellent behavior inside and outside the classroom.

Fuche



For displaying the learner profile noble. Fuche has a gentle and very respectful manner.



# STUDENTS OF THE WEEK

**Zaneta**



For being proactive and making good attempts with her reading. Zaneta is working hard to comprehend what she is reading. Good work!

**Annabelle**



For always being proactive and dynamic while doing her class duty.

**Ima**



For being proactive and always cleaning the lunch tables without prompting or reminders and volunteering to do it on behalf of her classmates.

**Suleiman**



For being helpful to his fellow learners by helping them in projecting their work during presentation.

**Kevin**



For displaying grit and perseverance when faced with difficult tasks.

# STUDENTS OF THE WEEK

Zara



For being thoughtful and kind towards her new classmates. Well done Zara. Keep it up!

## PE

Zara



For being thoughtful and kind towards her new classmates. Well done Zara. Keep it up!

Jasmine



For having a growth mindset and taking corrections positively.

## PE



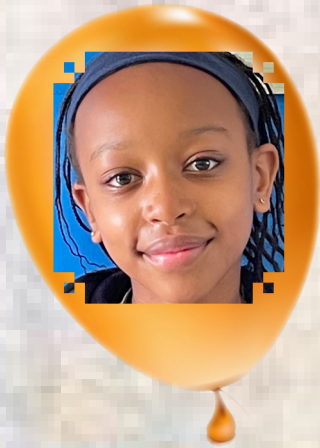
With our swimming teacher Mr. Simon Njihia, differentiated learning is emphasized to enable each learner achieve their goals in ways they prefer most. Year 7B enjoying their swimming class.

Mr Duncan  
PE Subject Leader

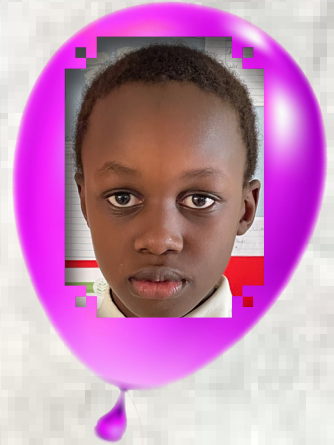


# Birthdays

Jasmine



Liam



Stephanie



Kyle



Nduta



# House@ Points



63



46



32



27



# Nairobi Academy Prep School

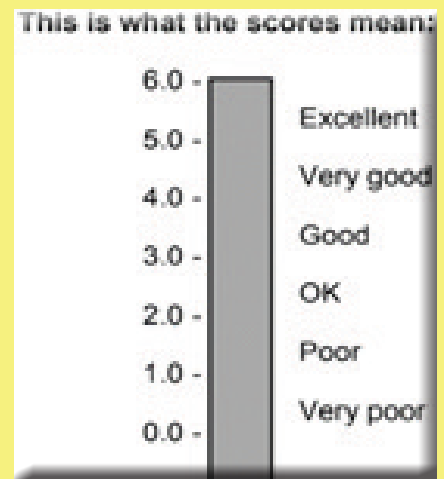
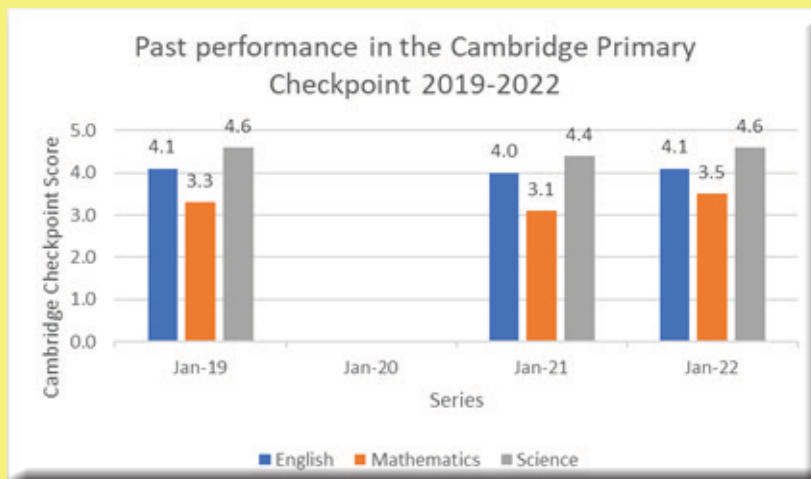
## 2022 Checkpoint Primary Overview



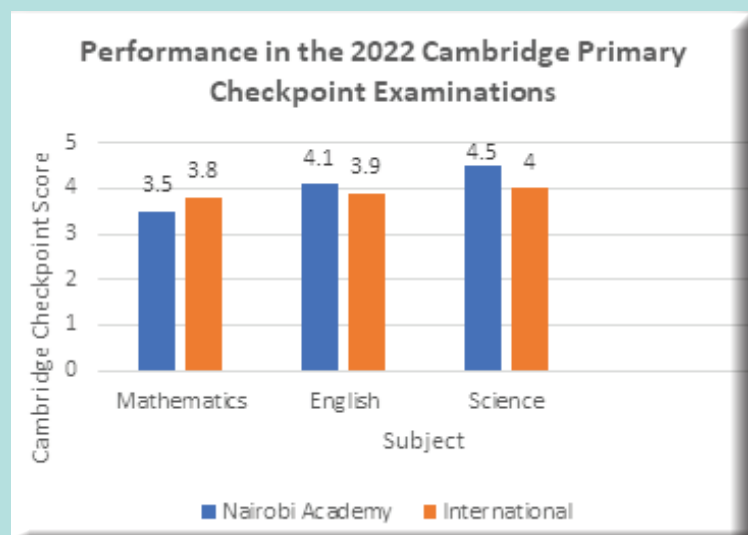
In Year 6, Nairobi Academy students sit the Cambridge Primary Checkpoint Examinations, marking the end of primary, Key stage 2, after which the students proceed to Year 7 to start the Lower Secondary Key stage 3. The Cambridge Primary Checkpoint exams are taken in English, Mathematics, and Science, and are scored on a scale of 0 to 6. The tests are marked in Cambridge in the United Kingdom and provide an objective international benchmark for teaching and learning by giving valuable feedback on learners' strengths and weaknesses.

Cambridge is now offering exams in Global Perspectives which examines both the knowledge and skills of the students. This is examined through a group project which includes a personal reflection from each student. We are looking to offer this in the near future.

Over the years, the Nairobi Academy learners have consistently scored above 3.0 highlighting that the students have a good to excellent level of achievement. This can be seen in the graph below.



Furthermore, in 2022, we performed above the international average in English and Science as shown in the graph below. 86% of all papers sat by our students achieved a 3.0 or greater. Nine students obtained a 6 in science, two students scored a 6 in Mathematics and one student a 6 in English. Overall, we had three students scoring a 6 in two subjects.



# Week 5 Term 1 2022 / 2023

## MONDAY

- FRIED GREEN LENTILS
- RATATOUILLE
- TURMERIC RICE
- CONTINENTAL SALAD



\*\*\*\*\*

PINEAPPLE UPSIDE DOWN

## TUESDAY

- FISH FINGERS
- CALIFORNIA BLEND
- POTATO WEDGES
- KACHUMBARI

\*\*\*\*\*

FRUIT CUT

## WEDNESDAY

- FRIED YELLOW BEANS
- ALOO GOBI MASALA
- SWAHILI CHAPATI
- CHINESE CABBAGE WITH MIXED PEPPERS

\*\*\*\*\*

ASSORTED YOGHURT

## THURSDAY

- HUNGARIAN BEEF GOULASH
- FRENCH BEANS WITH CARROTS AND COURGETTES
- STEAMED BASMATI RICE
- GREEK SALAD

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FRUIT SALAD

## FRIDAY

- CHICKEN TIKKA
- FRIED ASPARAGUS
- CHIPS
- COLESLAW

\*\*\*\*\*

ASSORTED ICE CREAM





# EVENTS

Mark Your Calendar



## Week 5

Focus of the week: **Habit -  
SYNERGIZE**

Monday **26th** September:

Gratitude Monday.

Tuesday **27th** September:

U11 Boys and Girls Soccer vs Rusinga (H).

Thursday **29th** September:

U9 Soccer Boys and Girls vs Premier (A).

Friday **30th** September:

5S Assembly.

Saturday **1st** October:

Young Engineers Interschool Competition.

## Week 6

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

Monday **3rd** October:

Gratitude Monday.

Tuesday **4th** October:

Y2 day trip to Safari Walk & Animal Orphanage.  
Y3 day trip to Kitengela glass.  
U11 Boys vs Hillcrest (H).  
U11 Girls vs Hillcrest (A) @ 2pm.

Wednesday **5th** October:

Y4 day trip to Kamongo waste paper.  
Y5 day trip to Karura forest.  
Kenya Orchid Society art entries submissions.

Thursday **6th** October:

Y6 day trip to African Heritage house.

Friday **7th** October:

6W Assembly.  
U9 Football Tournament (H).  
Y7 day trip to Paradise Lost.

Saturday **8th** October:

Cycling trip.  
NCAA Level 3 Swimming @ Makini.

Sunday **9th** October:

NCAA Level 3 Swimming @ Makini.