

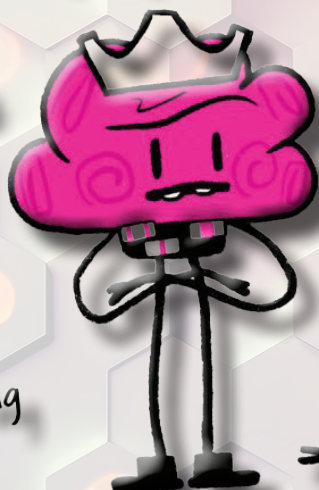
# THE NAIROBI ACADEMY



**FIXED  
MINDSET**

I believe intelligence & talent are innate.

Building and protecting  
worthiness



**GROWTH  
MINDSET**

I believe intelligence & talent are earned.

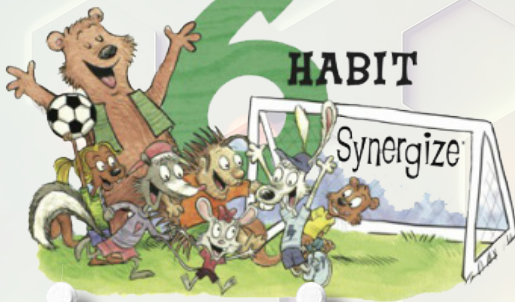
Pursue effort & challenge, developing  
capabilities





# Year 5S

# Assembly



## SYNERGIZE



The assembly was nice even though I almost forgot all my lines. I learned sometimes that when the members of the team are lazy and don't care about the task, the teamwork could fail. Therefore everyone in the team should try and participate.

~ Kawther

The assembly was great. I loved it. Being a host means you have a lot of work to do. I'll advice other who want to be the host to speak up and not to be nervous. What I learned is that synergize and teamwork are actually synonyms.

~ Nduta

The assembly was great and we all tried our best. It was really fun! I might have forgotten some lines because the names confused me. I learned that team work makes great work.

~ Zaneta

The assembly was fun and funny. What I enjoyed the most was the skit. I got nervous when I was on stage. I learned that synergize is working together to achieve a certain goal, therefore we should work in our team and listen to each other's idea.

~ Esther

The assembly was nice, I enjoyed being the host, singing and the class dance. Being a host is actually a hard work. I learned that most people do take world cup very seriously. I am not so sure if I will watch it myself.

~ Emma

I enjoyed the dance. I learned the team that the teachers will support in the upcoming world cup. I am looking forward for world cup where my team England wins many goals.

~ Joshua

The assembly was wonderful and fun! I am happy that I did the scouts announcement.

~ Zhadia

The assembly was good, I learnt that teamwork that we should collaborate and communicate with our team members.

~ Jude

I enjoyed the assembly especially the dance. I have learned that with team work we can achieve a lot. I just found out that world cup is starting in November.

~ Dylan

The assembly was fun because the skit was funny. I am planning to apply collaboration and communication skills to every group task I'll be given.

~ Jabali

Together  
Achieves  
Everyone  
More

T  
E  
A  
M

potencia

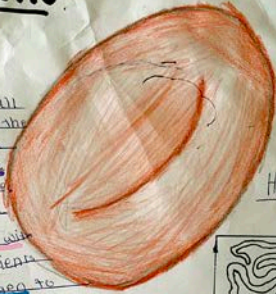


# Learning stories in Y7

## Specialized Cells

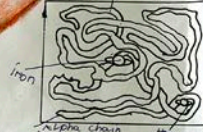
### Red Blood Cells

Red blood cells travel through all the arteries, veins and capillaries in the body. They are small and disc shape forcing inwards making them flexible to fit passing the smallest of capillaries. It doesn't have a nucleus so that it can not be completely filled with oxygen and needed materials like nutrients and haemoglobin which carries oxygen to all the other cells in the body.



Haemoglobin

Beta chain

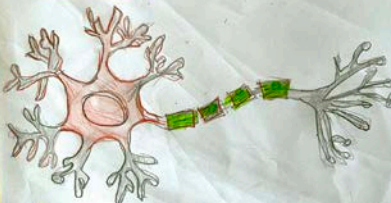


### Fun Fact

- a red blood cell lives for 120 days, It travels 300 miles and goes through the heart 170,000 times
- A healthy person produces 200 billion red blood cells it takes 20 seconds for one to travel
- One pint of blood can save 3 lives and blood makes up 8% of your body weight

Neurons have long thread like extensions connected to others of same kind which connect to interneurons to spinal cord and brain. They also conduct electric & chemical signals transported through nerve fibre.

### Neurone



### Neurone

As you already know neurons are specialized cells, **Neurons** are information messengers but though out the body, they transport information by sending a chemical signal to the body, it like texting or even a phone call, the neuron sends chemical signals to the muscles to either contract or expand. They are many different types of neurons:

- 1 Sensory neurons
- 2 Motor neurons
- 3 Interneurons

- = Function
- = Unique Feature
- = relation
- = cell name

**Fun Fact:** There more nerve cell in th human brain than there are stars in the milkyway.

This week in English, the learners were engaged in exploring and using different layouts and presentations in a variety of texts. They considered what makes a good presentation before they made one based on information collected about an adventure character.

In Science, the learners consolidated their understanding of cells by examining how specialized cells are designed with unique characteristics to perform their specific functions. They had robust discussions and insights. They are now to enhance their understanding about levels of organization within an organism in terms of cells being grouped together to form tissues, organs and organ systems.

## Specialised cells - group 2

### What is a ciliated cell.

Cells that have tiny hair like structures with tiny holes to help filter hair. The tiny hair is called cilia.

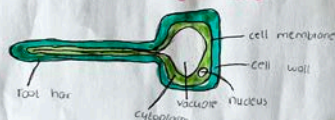
it has tiny hair and tiny holes to help filter the air.



### What is a root hair cell.

A plant cell that helps absorb nutrients and water from the soil.

it has no chloroplast because it is located underground and there is no light for photosynthesis. Rectangular shape to absorb water.





# Clubs



Extra-curricular activities are an important aspect of school life. These pictures show a few of the activities the children are involved in.







## **IMPORTANT ANNOUNCEMENT**

**Our Sports day is  
postponed from Friday  
14th October 2022 to  
Friday 28th October 2022.**

**Apologies for any  
inconveniences caused.**



# Scouts Investiture



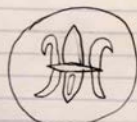
The investiture was fun, we learnt about the environment and we picked up trash. The closing up ceremony was AMAZING and the snacks were the best part.  
Tina SP



Thursday 29<sup>th</sup> September 2022

What we did on Saturday.

We were making different badges.  
We were also picking up trash and we made posters for people to stop littering and stuck them on walls.



Kenya Scouts Association.

Going up ceremony

It was fun and exiting we did alot of thing like picking up trash and Making posters on recycling. I was funing and tiring my legs but and I had a headache beFcause of the sun but overall I loved it.

FE Maryanne





# Working towards our goals



## Angela Y6

During the period I was working on my math-goal portfolio. I learnt how to use fractions as operators. I did some activities and watched videos. If I did not understand I would go to my math teacher to explain to me. I achieved my goal by correcting the question I did about fractions as operators in my progression exam for class 5.

## Ruth Y6

My experience in setting goals was challenging because I had to make sacrifices and balance a lot of homework. Eventually I achieved my goal and this taught me that you can achieve anything you set your mind to and do not give up. That is how I achieved my goal.



# Merits

Ranja



For being a confident learner  
who takes responsible risks.

Imran



For being a helping hand  
for the teacher in class.

Azaria



For being patient with her  
classmates. Keep it up Azaria.

Tedd



For being a helping hand  
for the teacher in class.

Joanna



For being a helping hand  
for the teacher in class.



# Merits

Ashlyn



For constantly working to achieve her goals. Her handwriting has really improved.

Akunga



For accepting corrections positively.

Keyshia



For posting her Geography assignment on time.

Gabriella



For being persistent in achieving set goals. She stuck to it and never gave up! She has achieved her first 2 math goals.

Tayseer



For being a helping hand for the teacher in class.

Angela



For being persistent in achieving set goals. She stuck to it and never gave up! She has achieved her first 2 math goals.



# Merits

Ruth



For being persistent in achieving set goals. She stuck to it and never gave up! She has achieved her first 2 math goals.

Stacey



For confidently sharing her ideas while working with her fellows in class.

Ted



For being persistent in achieving set goals. He stuck to it and never gave up! He has achieved his first 2 math goals.

Arielle



For being keen to take care of her litter in class.

Emmanuel



For being kind and generous.



# Students of the week

John



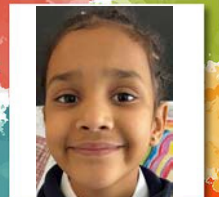
For being brave enough to talk about his feelings and emotions and how he can be helped during those times. John has been kind to himself.

Leshan



For being proactive and showing leadership skills in helping his peers in group activities.

Aaira



For being kind and a great team player in class. Well done Aaira.

Alicia



For striving to reach her full potential. Well done Alicia.

Stephanie



For settling well in her new class and making new friends.



## Students of the week

Mark



For displaying great focus in his assigned tasks.

Nadya



For being proactive and working on her goals. This week, her goal was to learn her multiplication facts and she made time to do this for a few minutes at lunch time.

Esther



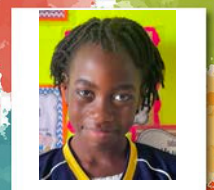
For being more engaged in her lessons and as well as a thinker in most of the tasks assigned to her.

Tegh



For displaying the habit dynamic for working hard on his handwriting and, at the same, time working on his piano skills.

Olivia



For being engaged in leading others in learning to solve a puzzle one step at a time.



## Students of the week

Amy



For exhibiting excellent listening skills. She always raises up her hand and waits for her turn to speak. She is a noble learner.

Osteen



For displaying growing confidence and participation both inside and outside of the class.

Zara



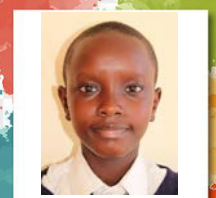
For being a reflective learner posting her daily reflection on time. Well done Zara.

Tori



For being open minded while working with different groups in class.

Tunu



For displaying the habit 'be proactive'. He is engaged during lessons and is always keen on being at the right place at the right time.



Konstantin



For his exemplary performance during the football match against Rusinga school.

# PE

Ashlyn



**SPECIAL MENTION**

For showing understanding and performing her best during the Nairobi County Aquatics Association gala.

Naisula



For her determination in improving her time during the Nairobi County Aquatics Association gala.

## Swimming

In the Kenya Swimming Federation Gala, our students improved their times and won medals. Well done to the swimmers.

Mr. Duncan

PE Subject Leader





# PE



## Y3 PE

As part of creating team work year 3s were able to balance the ball with everyone pushing their core muscles to the limits



## Under 11 football

U11 Team A girls won 1-0 against Rusinga. The boys put up a gallant fight but lost 3-2. Well done to both teams!

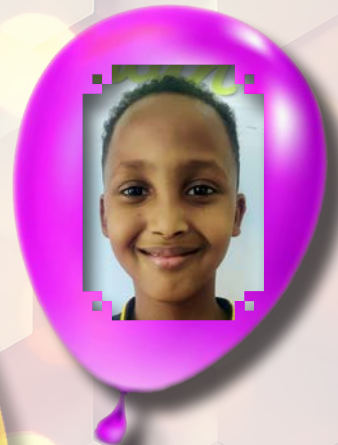


# Birthday

Ashley



Tanzil



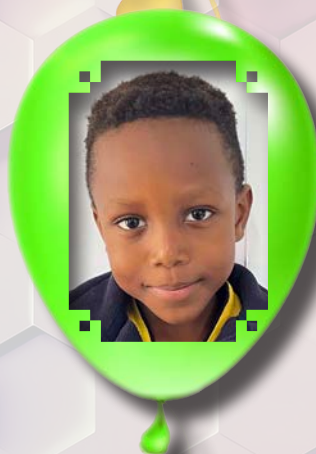
Amira



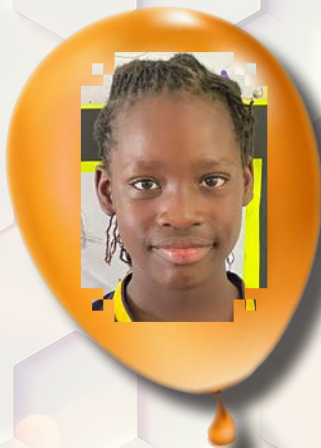
Joanna



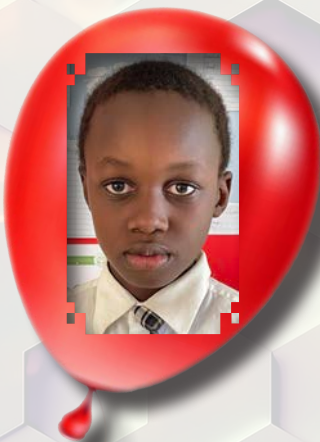
Tayseer



Zaneta



Liam





# House@ Points





# Week 6 Term 1 2022 / 2023

## MONDAY

FRIED PIGEON PEAS  
CARROT COURGETTES AND TURNIP DELUXE  
PILAF RICE  
GREEN TOSSED SALAD



\*\*\*\*\*  
CHOCOLATE CAKE

## TUESDAY

TRADITIONAL DRY FRY MUTTON  
TRADITIONAL GREEN VEGETABLES  
UGALI

\*\*\*\*\*  
FRUIT CUT

## WEDNESDAY

FRIED MEXICAN BEANS  
VEGETABLE KORMA  
CARROT CHAPATI  
FRIED BOK CHOY WITH CARROTS

\*\*\*\*\*  
ASSORTED YOGHURT

## THURSDAY

BEEF STEW  
STIR FRY VEGGIES  
CHINESE RICE  
CHEF SALAD

\*\*\*\*\*  
FRUIT SALAD

## FRIDAY

HERBED CHICKEN  
MANCHURIAN VEGGIES  
CHIPS MASALA  
SWEET SLOW

\*\*\*\*\*  
ASSORTED ICE CREAM





# EVENTS

Mark Your Calendar



## 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 Karen Blixen.

Saturday **8th** October:

NCAA Level 3 Swimming @ Makini.

Sunday **9th** October:

NCAA Level 3 Swimming @ Makin

## Week 7

### Focus of the week: **Habit - PUT FIRST THINGS FIRST**

Monday **10th** October:

Gratitude Monday.

Wednesday **12th** October:

Health & Safety Drill - Fire drill.

Friday **14th** October:

4D Assembly.  
St. Christophers Science event.

Saturday **15th** October:

Scouts Pursuit and Endurance Hike to Mt. Kilimambogo.