

# The Nairobi Academy



*"Reading is to the mind  
what exercise is to the body."*

~ Joseph Addison ~



# YEAR 4D

## Assembly



**Mischa:** I enjoyed practicing for our assembly. I was always reciting my poem so that I don't forget the lines.

**Zwena:** I was happy to be the Mc during our assembly. I also practiced about a song to present. I took the role of a teacher in the class skit.

**Nicole:** We prepared for our class dance and were told to be confident.

**Stephanie:** I like the skit because everyone is involved. Next time I would like to take the role of the teacher in the skit.

**Tacey:** I worked on a song to present. During break time I would go to the music room.

**Akunga:** I enjoyed being the MC. I practiced how to introduce the scouts to sing the national anthem.

**Arthur:** We practiced about the class skit.

**Joshua:** I took part in reciting the multiplication table. I also practiced about the class dance

**Faisal:** I enjoyed practicing for the school dance.



# Under 9

## Soccer Tournament



The U9 Football Tournament 2022 was hosted by Nairobi Academy with 16 schools participating. Both boys and girls played their best. The boys won all their matches and lost to Aga Khan but proceeded to finals where they won bronze medals.

~ Duncan  
P.E





# Year 7 Trip to Karen Blixen Museum

The trip was good we learned that the museum was connected to Karen and how it was connected to Karen is that she was a lady called Karen who lived in Denmark the story starts there when she was getting married to Blixen Finecke Karen's uncle told them to go and start a life in Kenya because World War 1 was happening.

That is what we learned until we had our break and continued on... after that we went inside the house and so letters were sent to Karen Blixen from Jomo Kenyatta then we went for a nature walk around the house that the government made and we left and went back to school.

~ James

The trip was fun and tiring, because we walked for hours on end and couldn't sit until we reached outside. We found out a lot about Karen Blixen her life, her books and her family. We learned that Karen owned a large coffee farm and she loved coffee farming unfortunately her life was depressing so it caused her to use abusive substances thus led to her death in 1962. We learned that one of her books out of Africa was turned into a movie in 1982 the British government gifted Kenya Karen's house as a museum because of Kenya got its independence.

~ Maryanne

The trip was fun and educational because we learned a lot about the history of Karen Blixen, and also tiring because of the walk that we did in a pathway that led through a forest and had a coffee machine that was used back when Karen Blixen was alive. We learned that Karen Blixen owned a lot of land when she was in Kenya and she also owned the whole of Karen and people are said to believe that she owned more than 16k acres and the county known as Karen was named after her. She also liked to paint and that was her favorite subject and when she was in school she signed up for the activity and became very good at art. We also went through the house that Karen Blixen stayed in when she was in Kenya. At the end of the trip we played and bought items from the shop then came back to school.

~ Jayden



The trip was good, a bit tiring but okay. I asked a lot of questions as always. I got a lot of information about Karen Blixen, her family and history. I once went to the Museum but I was young so I couldn't remember anything about it. When I was there, the instructor told us about how she made books. I remembered the book, out of Africa. I read that book and it was interesting. I was shocked by how many acres she owned, her compound and area alone was about 12.5 acres.

~ Theo

It was a quite informative and education I enjoyed most of parts of learning. However when we were sitting it was boring because I had already researched about it. But like 55% of the sitting was something I enjoyed because it talked about her life, what happened, her impact to the world. My favorite part was when we went into the house and learnt about how it was I was very inquisitive to learn how it was. I also saw the menu made for the Welsh king. After quite some seeing of the paintings and maps of the coffee farm I was. I also saw her challenges her life and much more .... Did you know she was a good painter and owned the whole of Karen?

~ Kevin





The trip was fun, I found out new things about Karen Blixen, when I went to the museum I learnt the history of Karen Blixen and some of them were she came to Africa to make coffee, she had a coffee machine. She also wrote nine books.

~ Tunu

The trip was nice. I found her ..... Interesting I know that Karen Blixen's farm was fun, I found out that she is a talented painter and that the whole of Karen was once her coffee farm and that the buyers of that land named it after the original owner.

~ Siamanta

The trip was fun we learnt a lot about Karen Blixen we got to see how inside her house which looked really cool we were told how she started growing coffee beans Karen Blixen had many machines to help her with making coffee she would help the community by letting them live with her and she would treat their wounds they also worked for her in the farm and earned quite a lot she would also draw painting of some of them like Njeri the most beautiful girl in the farm and a Somali boy called Abdullahi.

~ Ishraq

The trip to Karen Blixen museum was very fun. We learnt a lot like her hobbies e.g. Painting bird watching. We also learnt about her challenges while farming coffee such as when her coffee factory burnt down. We didn't just learn about Karen Blixen but also about Karen estate and the area as a whole.

~ Samara



The trip was fun. Her house was very interesting and she had a good sense of style plus her yard is beautiful! We also learnt about how she struggled and how she helped people. We also learnt where she is from and how she came to Kenya. I personally think she is a role model to a lot of young toddlers to learn that life doesn't always go your way and you have to work for yourself. She was also a painter and an author.

~ Muthoni

The trip was fine, we learnt the history of Karen Blixen and all the challenges she encountered in life, we learnt about her past relationships with people, we also learnt the backstory of how the Karen estate came to be. Once we had been told the backstory we got to view the house, there were many intriguing items inside, one of my favorite sights was the picture where Karen Blixen and Marilyn Monroe got together so Karen could advertise her books and pieces of writing to America, altogether it was a good trip and I learnt quite a bit.

~ Natalie





# Learning through Inquiry in Year 5

Karura Forest Trip



The big word this term is **INQUIRY**. The inquiry method is a student-centered learning approach with the concept of students who are actively involved in the teaching and learning activity under the monitoring and supervision of teachers.



We had an outing to Karura Forest last week and the students had first-hand experience on collecting data.

The students also learnt how to appreciate the importance of forest conservation in Kenya. We are currently doing research on germination and flowering in Science.

This involves teaching students to find out information for themselves through Q&A as the future of learning. We are encouraging our students to find out more on how things work and make their own decisions based on facts.





# Year 4 Trip

## Kamongo paper recycling factory



We started our day by making posters of teacher's day then Sir told us to pack our things and be ready for the trip. We went to Kamongo paper recycle factory with Mr owich and Ms Liz. In the factory we saw a lot of waste papers carried in trucks. We were taken to unit 1 up to unit 8. The recycled papers were used to make new papers and boxes. We later went to eat our lunch in the bus

~ Faisal

My trip to Kamongo Waste paper was amazing. In geography we have been learning about our environment and the 3 R's that is. Recycle, Reuse and Reduce. In Kamongo waste paper we learnt how to recycle waste paper from all over Kenya. They have 8 units which have different jobs. I loved unit 8 because there were so many colorful papers. They used a special machine called a shredder to shred the waste paper. Later they sell this papers which are later used to make milk cartons, tissue and books.

~ Arielle

I loved my trip to Kamongo waste paper since I was so curious. I wanted to learn how they recycle papers. The waste papers are sold by people from different counties in Kenya. These materials go through different stages and at the end they make brand new papers. In the factory, they us special machine to make new papers. The best part was when they showed us how milk cartons are printed.

~ Mark

It was the best day ever learning how papers are recycled. I learnt that the biggest unit is unit 6 and the smallest unit is unit 1. All the units we visited were very interesting. Unit 1 was the storage room. They get all these waste papers from all over Kenya and make brand new papers ten sell then to companies to make books, cartons and books.

~ Vanessa

On 5th October 2022 we went to a Factory called Kamongo paper recycle. I saw many good things and learnt. When we reached there, the first thing I saw was trash and it was a lot Unit 1 had cardboards. Unit 2 had dustbin papers Unit 3 to 8 had shredded papers. We later moved to the main factory and they were so kind, they gave us ear buds to prevent the noise from machines. In that next factory they were making different cartons like the ones for milk. We later went back to the bus, took lunch and came back to school. It was fun.

~ Zwena

My classmates and I went for a trip to recycle kamongo waste paper recycling. We had fun, we also learned how to make boxes and to recycle papers. The person who was guiding us was called Andrew. I was so curious to learn about the factory and what they make - shoe soles. I also asked so many questions. I had a lot of fun with my friends, we ate a lot of snacks. I carried snacks such as gummy bears, skittles and chili crisps.

~ Mischa



# Gaining a skill in Cookery lesson

## Year 6N



It was our time to learn a new thing for the term as a class. Fortunately, we had just the event, to bake a cake for one of us. Arjans 10th birthday cake was baked by the whole class with the help of their teachers Mr. Njoga and Ms. Wavinya. We all had a lot of fun as we took different roles and some things had to be done together. We were well guided. Pour. Clean. Mix. Wipe. Measure.....

After 30 minutes the aroma filled the room and the learners had to go back to class and await the cake. Tik. Tok. Tik. Tok. ....and as they were taking their last lesson of math for the day....here comes the cake.

1.5 cups of flour  
0.31 cup of cocoa powder  
1.25 teaspoons of baking soda.  
0.42 cup of unsalted butter.  
1.25 cup of sugar  
1.25 cups of water.  
1.25 tablespoons white vinegar.  
1.25 vanilla essence



It was such a wonderful afternoon. Week 6 will always remain in our memories and we are looking forward to another birthday so that we can repeat the activity.



# Year 6 Trip

## Visit to the African Heritage House



African Heritage House is a national monument in Kenya under the National Museums and Heritage. Designed by Alan Donovan, it was nationalized to preserve forgotten architectural designs of the African continent.





# Science



How better to learn about the parts of a flower than by dissecting one?



**IMPORTANT  
ANNOUNCEMENT**

**Our Sports day is on  
Friday 28th October 2022.**



# Your Best

If you try your best  
then you'll never have to wonder  
about what you could have done  
if you'd summoned all your thunder

And if your best  
was not as good  
as you hoped it would be,  
you still could say,  
"I gave today  
all that I had in me."

By Barbara Vance





# Merits

Trey



For setting an example of excellence in behaviour during geography lessons.

Ethan



For setting an example of excellence in behaviour during geography lessons.

Zara



For displaying good leadership skills in and out of class.

Tegh



For setting an example of excellence in behaviour during geography lessons.



# Merits

Alex



For displaying good leadership skills in and out of class.

Nissi



For displaying good leadership skills in and out of class.

Year 2



For being disciplined when we went for our class trip.

Year 6W



For truly being engaging during their assembly week and making their assembly all inclusive.



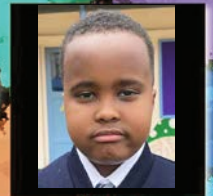
## Students of the week

Lyra



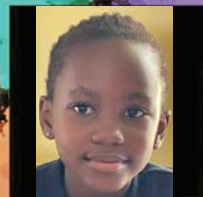
For always being early to school.

Abdilatif



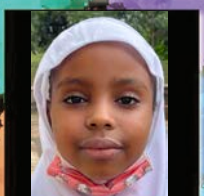
For accepting the recommendations of peers and acting on them when appropriate, displaying habit 5 'seek first to understand then to be understood'.

Lauren



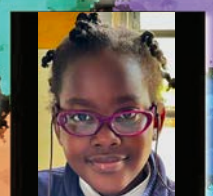
For displaying great listening skills and keenly following instructions.  
Well done Lauren!

Humarya



For helping to keep her group mates focused and on task.

Arielle



For being a self-motivated student. Arielle regularly volunteers to assist in classroom activities.



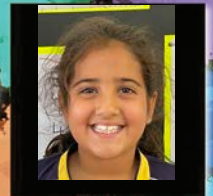
## Students of the week

Zwena



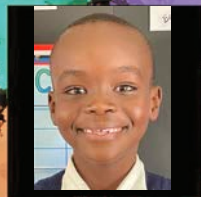
For being very instrumental in organizing the class assembly.

Anmol



For remembering her teachers and celebrating them with amazing stickers on Teacher's Day. Thank you Anmol.

Dylan



For doing a good follow up with his English goals and working hard to achieve them. Well done!

Ethan



For always accepting to improve on his work and behavior by accepting the challenge to focus more and get better results.

Ibrahim



For great effort in using good handwriting in his work.



## Students of the week

Victoria



For always responding with wonderment and awe in Math lessons. She not only has an "I CAN" attitude, but also an "I ENJOY" feeling.

Ima



For being proactive and putting in effort with her goals and also in her student interaction.

Tevin



For successfully improving his Math score on every weekly tests done. Well done!

Shirleen



For being open minded by willingly responding to questions in class and flexibly working with different group members flexibly.

Natalie



For her commitment to always finish tasks on time and her ability to remain calm under pressure.



# PE

## Students of the week

Theo



For his understanding towards peers in football matches during P.E lessons.

Ignatius



**SPECIAL MENTION**

For showing exemplary goal keeping skills during the U9 football tournament.

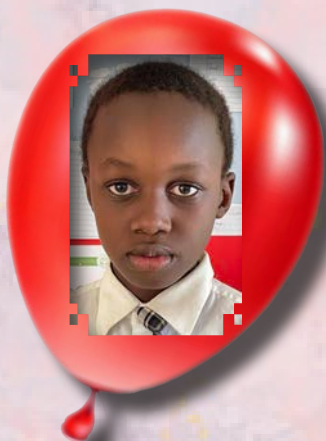
Stacey



For her positive attitude towards all P.E tasks given.

## Birthdays

Liam



Joanna





# House@ Points



261



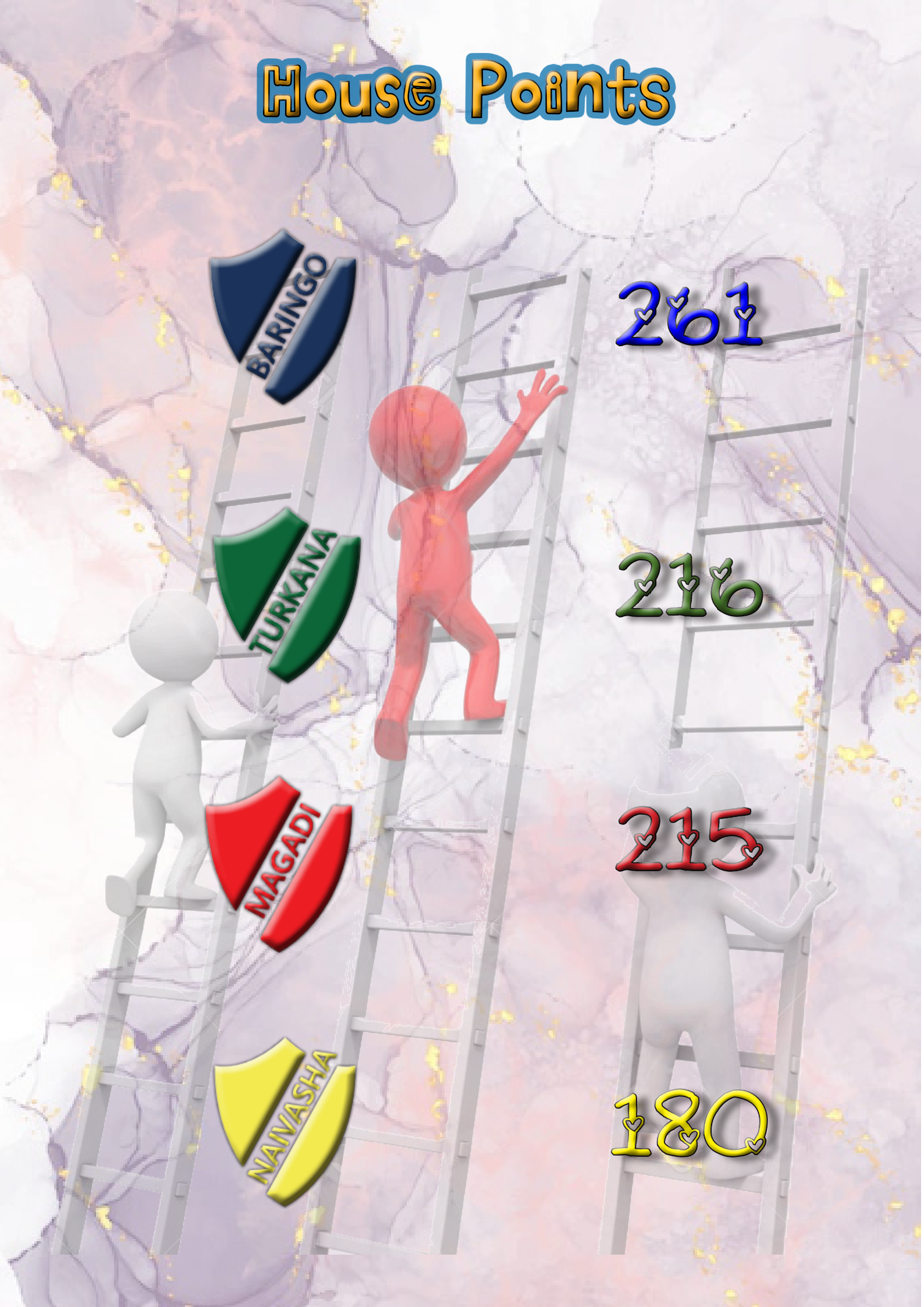
216



215



180





# Week 7 Term 1 2022 / 2023

## MONDAY

FRIED RED LENTILS  
SPRING BLEND VEGETABLES  
TOMATO RICE  
FRESH GARDEN VEGETABLE SALAD



CAKE IN CUSTARD SAUCE

## TUESDAY

HERBED FISH FILLET  
BROCCOLI COMBO  
BUTTERED MASHED POTATOES  
TOMATO CUCUMBER AND ONION SALAD  
MARINARA SAUCE

FRUIT CUT

## WEDNESDAY

FRIED CHANA DAL  
VEGETABLE CURRY  
CHAPATIS  
FRIED CABBAGE WITH MIXED PEPPERS

ASSORTED YOGHURT

## THURSDAY

BEEF STROGANOFF  
BRAISED VEGETABLES  
COCONUT RICE  
TOSSED GREEN SALAD

FRUIT SALAD

## FRIDAY

HERBED CHICKEN  
CHILLI PANEER  
CHIPS  
COLESLAW

ICE CREAM





# REMINDER

## END OF DAY PICK UP

Students must be picked up by 3.30 pm, if they do not have an after school activity. If your child has an after school activity, arrange for pick up at 4.30pm sharp. Students should be home early to rest, freshen up and do their homework.

## UNIFORM

On the days students have squash, PE or team training, they will come to school dressed in PE kit. On the other two days, students must wear full school uniform. On swimming days, students will come to school in full school uniform and carry their swim kit. School swimming costumes will be available for sale on sports day. Strictly NO BIKINI's are allowed.

## OUT OF BOUND AREAS

The following are the out of bound areas for Prep school students:

- Squash courts and area behind there (unless with a teacher)
- Secondary school and swimming pool area
- Banda is out of bounds for play
- The car park, bus park, the kitchen, and all areas behind the hall
- Boarding dorms
- Pre-prep area

## EXTRA-CURRICULAR ACTIVITIES

There are opportunities for students to choose from a variety of extra-curricular activities. These provide them with endless opportunities for learning new skills and igniting new passions. At this age, exposure to different activities is essential so as to learn your child's talent.

## TRIPS AND ACTIVITIES

Please pay for your child's activity using  
**MPESA Paybill 542542**  
Account Number 00281# name of child.





# EVENTS

Mark Your Calendar

## Week 8

### HALF TERM WEEK

Wednesday **19th** October:

Kenya Orchid Society art exhibition at the Sarit Centre Exhibition Hall **20-23 Oct 2022**.

Saturday **22nd** October:

NCAA Level 2 Swimming @ Makini.

Sunday **23rd** October:

NCAA Level 2 Swimming @ Makini.

## Week 9

### Focus of the week: Learner Profile - **LEADERS**



Monday **24th** October:

**SCHOOL RESUMES AFTER HALF TERM.**  
Power morning.

Tuesday **25th** October:

Assessment feedback: Parent Teachers consultations.

Thursday **27th** October:

**U9** Boys & Girls Cricket vs Premier (A).

Friday **28th** October:

**7B** Assembly.

## Week 10

### Focus of the week: Habit - **SEEK FIRST TO UNDERSTAND, THEN BE UNDERSTOOD**

Monday **31st** October:

Gratitude Monday.

Wednesday **2nd** November:

KAIS Art event at Rusinga school.

Thursday **3rd** November:

Scouts Patrol Leaders training @ Greensteds depart.

Friday **4th** November:

3L Assembly.  
Scouts Patrol Leaders training.

Saturday **5th** November:

Scouts Patrol Leaders return.