

The Nairobi Academy



*"Winners never quit
and quitters never win."*

~ Vince Lombardi ~

YEAR 7B Assembly



The Assembly was really good though the only part we could have done better is if we added a class dance because in assemblies it is usually there. When we were talking about leadership on Monday I feel I did really, really well though I forgot to add something I wanted to say. Our video on leadership was not the best but I was fine with it. I did not suggest another because I did not have another better example, my class agreed with it and there was a little time to get ready for the assembly. I think the definition of assembly could have been better today. For our class song we could have memorised the lyrics instead of having to always look back at the screen. I was aiming to explain about leadership but since I did it already I decided to instead give someone the role and get another then I wanted to be News Anchor but someone else volunteered first, so I got a part I was really happy about which was interviewing leaders.

~ Ken

I loved our class assembly performance and I think I worked on my role of the skit well, though if we had enough assembly preparation throughout the week hopefully we would have had a class dance. I am glad we did well.

~ Nguchu

Year 6 W Cookery

The 6W members went to have a cooking class. Where we made a Pina Colada and a Wacky Chocolate cake, the taste of them both was spectacular and the way we made it was through teamwork and listening to instructions. The overall experience was fun learning how to make new dishes.

~ Heri 6W



Power Morning

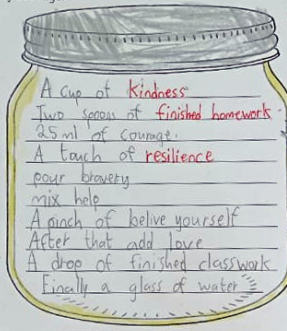
Lower School

Your Own Jar of Courage

What could you put into a jar to give you courage? Write a set of ingredients for your jar of courage.

Gabrielle
4M

Gabrielle
4M



Things to think about:

- Use conjunctions to link your ideas.
- Use bossy (imperative) verbs as part of your instructions.
- Include things that might make you feel better.

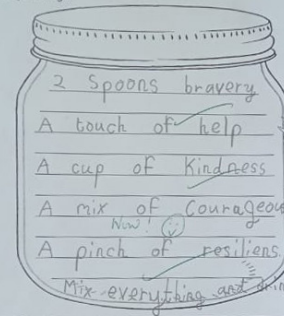
Key Vocabulary:

Next	A cup of...	shake
Then	Two spoons of...	open
First	25ml of...	slice
Finally	A touch of...	get
After that	pour	drop
Second	mix	
A pinch of...	put	

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3L



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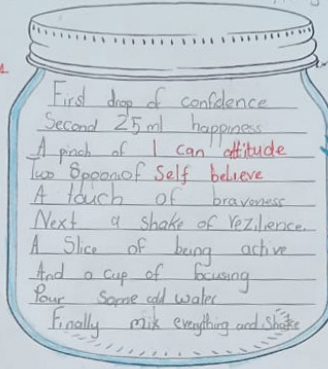
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Natalise and Faisal.

for your jar of courage.

Ashlyn 4M

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Everyone is different, and that means we all have different ways of dealing with tricky situations. On Wednesday 26th, October the year 2's, 3's and 4's had an amazing power morning session and learned how dealing with challenges calmly and positively helps us build resilience. They came up with their own set of ingredients for their jar of courage. This is some of their work.

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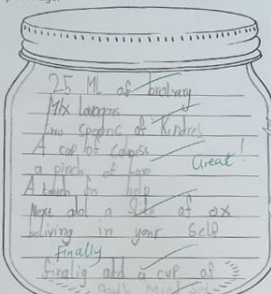
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Power Morning

Lower School

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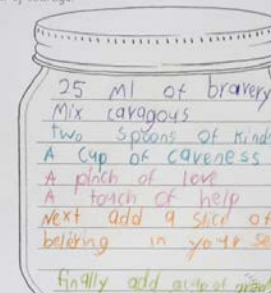
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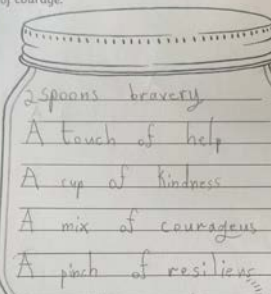
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Joanna Sakaja 21

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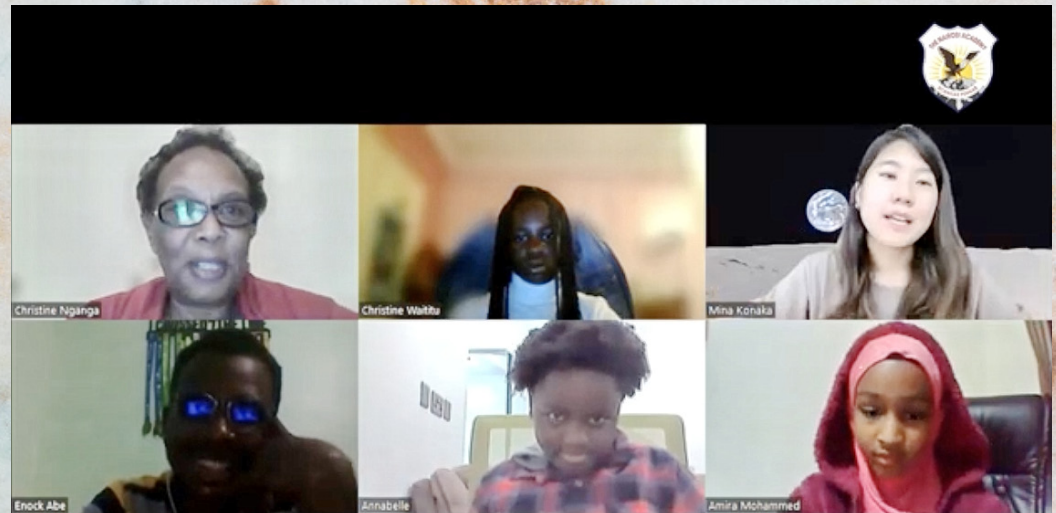
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Global Perspectives

Meeting Mina a Japanese Astronaut

As part of their global perspectives assignment, three year 5 students interviewed Mina Konaka a satellite system engineer at JAXA (Japan Aerospace Exploration Agency). Her work involves making a 3000kg size satellite called ALOS-4 (The Advanced Land Observing Satellite-4). Here are Christine's reflections on that interview.

~ Keyshia 7A



What I have learnt

In – order to work as an astronaut you need to learn how to swim with clothes because you never know if you land in the ocean.

In space, you eat processed food and you can't shower in space. You can brush your teeth in space its just that you need to make sure you don't put too much water in your mouth.

You can only land in certain planets because some planets like Jupiter are gas planets which are made of gas. An oxygen tank has a pipe to connect to your oxygen tank. If the oxygen pipe disconnects you can only survive for as long as you can hold your breath.

How has my thinking of space changed?

At first, I never knew that satellite engineers existed I thought that being an astronaut was the only job for space.

I thought that all planets can be landed on. Some planets cannot be landed on for they are gas planet / made of gas.

I thought that while in space astronauts just slept on beds that basically stick you on to the bed. While in space, astronauts sleep in sleep pods, but you don't just fall flat at the bottom of the pod. This is because in space gravity is defined and you are continuously floating around the space which means you can't lay flat on the bottom you just continue floating.

I thought that the world just had one space association which was **NASA** – National Aeronautics Space Administration. There are different space associations / administrations for each country like for Japan its **JAXA** – Japan Aerospace Exploration Agency or **KSA** – The Kenya Space Agency and others.

~ Christine 5R

Scouts Trip

pursuit and endurance hike to Mt. Kilimambongo

The scouts hiking badge exposes scouts to the great outdoor through hiking. This badge prepares them for their first hike and gives them all the knowledge they require to make their adventure a great one. The main objective of the badge is to indicate scouts perseverance in the outdoor pursuit in regards to laid out pattern within the scouting practice. It has positive effects on physical and mental health, they learn more about outdoor ethics and lastly they get to learn values such as respect and empathy.

Here is what some of the scouts had to say!

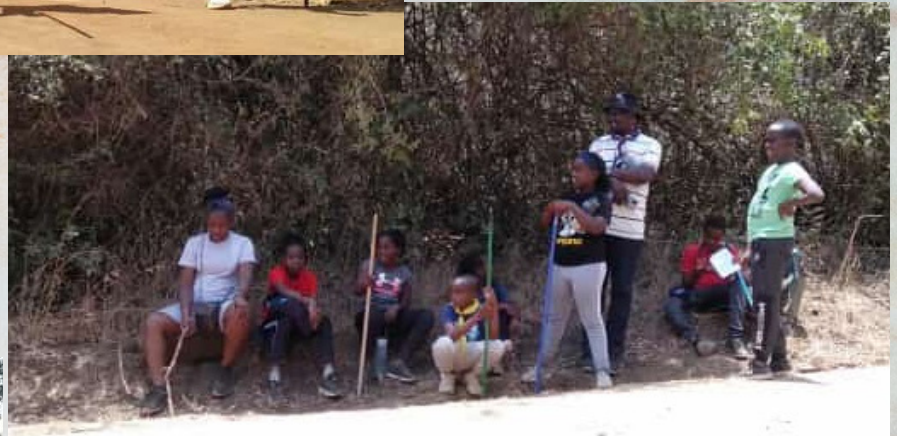


The hike was really fun, I did not like going up because it was very very HARD. Coming down was way easier because the road was easy to walk. The ambulance came to take us down I could not wait to be given a ride because my legs were really hurting. I enjoyed the scavenger hunt and being put in groups. Ill sure hike again.

~ Keyshia 7A

The trip was really fun. It was kind of dangerous since they were a lot of obstacles on the way going up. I enjoyed being with my friends and challenging myself going up. The KFC was really GREAT!

~ Esther 5S



The trip to mount Kilamambongo was one of the best experiences I have ever gone through. Although it was difficult and extremely hot, it was worth the experience and would definitely do it again given a chance. My favourite part of the trip was when we had KFC for lunch, and also going down from the mountain because it was so fun sliding down and falling. I wish we would have gotten to the peak of the mountain but couldn't make it because it was too late and the sun was so out.

~ Samara 7E



The trip to Mt Kilamambongo was scary for me because the mountain was so steep. By the help of Ms. Maggie I was able to climb till the end, I was actually in the first group. I am not sure I'll hike again.

~ Ted 2L

It was fun going down the mountain even though it costed me really good pants. I enjoyed overcoming my fear of heights. The hike ever.

~ Salma 7A

It was fun going on the mountain because I was the first one and basically falling off. I am grateful Liam from year 3 was helping us to go up.

~ Annabelle 5R

Sports Day 2022



The 2022 sports was successful with celebrations of every kids passion in athletics, our parents came out in great numbers to cheer great talents. Congratulations to everyone.

~ Duncan



Sports Day 2022



Heart to Heart Run



Heart to Heart Foundation

We as a school are grateful to Karen Hospital for gracing the sports day today.

The check-up to our staff and parents was highly appreciated. They also had a talk about healthy lifestyles. To crown it all, they came with goodies to reward our five heroes who had the highest collection last term in the heart-to-heart walk. Kudos to Maryanne, Siamanta, Azaria, Gabriella, and Liam.

We also extend our warm regards to Path Care Kenya Limited who also volunteered their services to all.

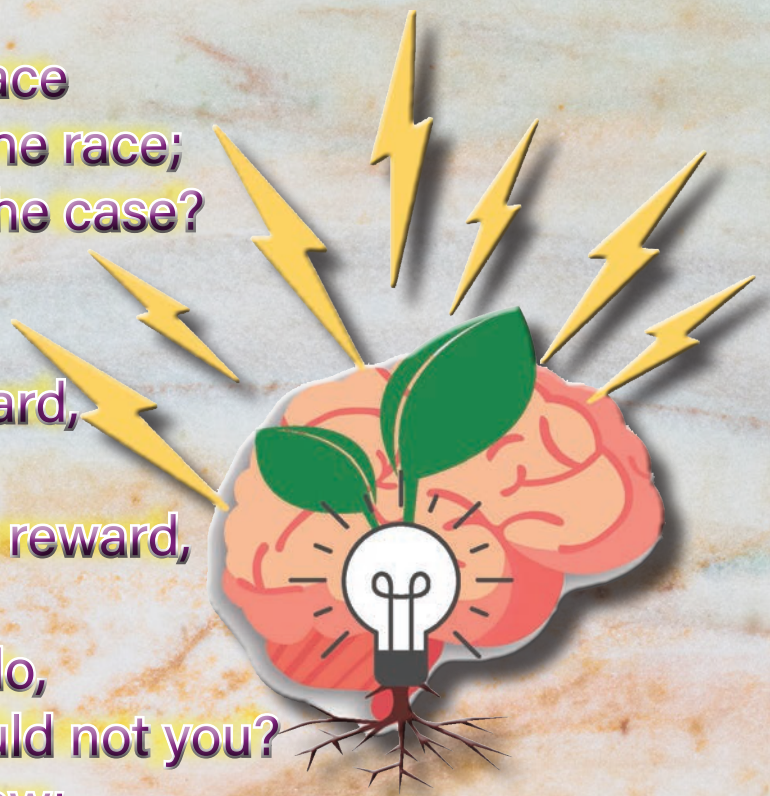
Try, Try Again

By T.H. Palmer

Tis a lesson you should heed,
Try, try again;
If at first you don't succeed,
Try, try again;
Then your courage should appear,
For if you will persevere,
You will conquer, never fear;
Try, try again.

Once or twice, though you should fail,
Try, try again;
If you would at last prevail,
Try, try again;
If we strive, 'tis no disgrace
Though we do not win the race;
What should you do in the case?
Try, try again.

If you find your task is hard,
Try, try again;
Time will bring you your reward,
Try, try again.
All that other folks can do,
Why with patience, should not you?
Only keep this rule in view:
Try, try again.



Merits

Ignatius



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

Azmi



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

Year 3's

For being disciplined when we went for our class trip.

Mukami



For displaying good leadership skills in and out of class.

Ryan



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

Students of the week

Nikiwe



For being patient and caring to her peers in and out of class.

Mwanga



For his positive attitude and the consistent effort that he has put into all classroom activities, displaying our learner profile 'dynamic'.

Nissi



For displaying great leadership skills. She gives the right directions to her classmates. Well done Nissi.

Jasmine



For tackling classroom assignments, tasks, and group work in an organized manner.

Arielle



For being positive, confident and a very supportive student.

Students of the week

Nicole



For being kind to all her classmates. Keep it up.

Luisa



For being kind and helpful to the new student, Maria. She volunteered to be her buddy for the day. Good job! .

Kawther



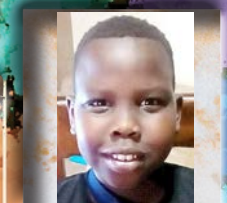
For being proactive in math. She did all her work over half-term. Keep it up!

Victoria



For being proactive and enthusiastic while doing her new Library prefect duty.

Hamnhial



For being proactive and leading in helping others to make the class look presentable.

Students of the week

Ted



For being a team player. He always works well and listens to other people's opinions.

Dale



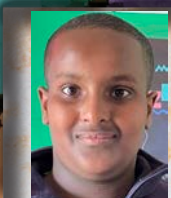
For consistently showing self-efficacy and drive as he undertakes different tasks in class. Keep it up!

Jewel



For working on her cell project and submitting it in good time.

Suleiman



For his cooperation with his classmates during assembly preparation.

Jayden



For displaying the learner profile 'Reflective'. He is keen on identifying opportunities to challenge himself and make himself better in and out of class.

PE

Students of the week

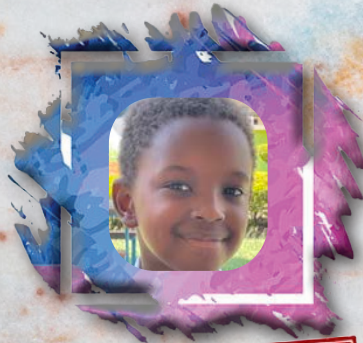
Osteen

Angelo

Levi



For his willingness to improve on his football skills during P.E lessons.



SPECIAL MENTION

For being able to follow instructions given during P.E and team training.



For his self-belief in participating in 1500m athletics meet in Kasarani.

Birthdays

Talia

Tevin

Mayama

Theo

Tegh



House@ Points



275



252



222



189

Week 11 Term 1 2022 / 2023

MONDAY



FRIED CHICKPEAS
SPRING BLEND VEGETABLES
CHINESE RICE
GREEN TOSSED SALAD



LEMON CAKE

TUESDAY



HERBED FISH FILLET
BROCCOLI COMBO
SAUTEED POTATOES
CHEF SALAD



FRUIT CUT

WEDNESDAY



BEEF GOULASH
VEGETABLE CHOW MEIN
STEAMED BASMATI RICE
GREEK SALAD



FRUIT SALAD

THURSDAY



ITALIAN SEASONED MINCED MEAT
RATATOUILLE
PENNE PASTA
PINEAPPLE CARROT AND RAISINS SALAD



ASSORTED YOGHURT

FRIDAY



FRIED CHICKEN
VEGETABLE SPRING ROLLS
CHIPS
CREAMY COLESLAW



TIRAMISU





IMPORTANT ANNOUNCEMENT

The cycling day out has been
brought forward from
~~10th~~ November 2022.

The new date is
Saturday 5th November 2022.

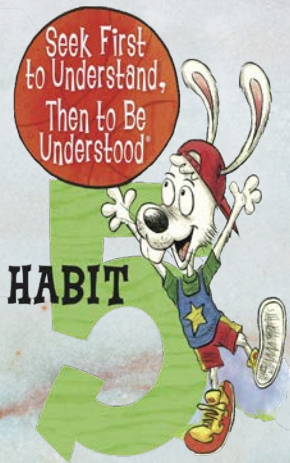
Have you signed up for the Year 5, 6 & 7
Space and Science trip to Malindi
from

December 10th - 13th?

Remember to book by **October 31st.**

EVENTS

Mark Your Calendar



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.
Cyclists day out.

Week 11

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



Monday **7th** November:

Gratitude Monday.

Tuesday **8th** November:

U11 B&G soccer vs Premier (H).

Thursday **10th** November:

U9 Boys & Girls Cricket vs Oshwal (H).

Friday **11th** November:

5C Assembly.

Saturday **12th** November:

Nairobi Long Course meet @ Kasarani.

Sunday **13th** November:

Nairobi Long Course meet @ Kasarani.