



Issue 1/25 April 2025



THE NAIROBI ACADEMY WEEKLY PREP BULLETIN



"Clarity of purpose is the first step to mastery—when students know where they're going, learning becomes a journey, not a guessing game."



Cambridge Assessment
International Education

Year 6 Checkpoint Exam



End of Checkpoint Exam – An Impressive Success!

We are proud to report that the checkpoint exams have concluded successfully. Congratulations to all students for their hard work and dedication since the beginning of the academic year. As we wrap up this phase, we look forward to diving into the academic work of Year 6.5 with renewed hope, energy and focus. Here are a few remarks from teachers and a few learners.

Checkpoint was a very tough stage but I am glad we were able to do it. It took a lot of sacrifice and tiredness but we were able to adjust our ways and now that it is behind us we can take a short break and then continue working

Ashlyn W

Ms. Maggie

After completing the Checkpoint exams, it's important to encourage students to keep up the good study habits they've developed. The effort they put into preparing, like regular revision, asking questions, and practicing past papers, shouldn't end with the test. I've reminded them that learning is a continuous journey, and the skills they've gained will help them in future challenges. Praising their hard work and progress, not just the results, helps them see the value of consistent effort. By keeping a positive learning routine, they can build confidence and be even more prepared for what comes next. Once again, congratulations!

Checkpoint offered an opportunity for me to showcase what I have learnt in the past six years. I am very excited to have gone through it successfully. I am looking forward to the work set out for us in the term as we prepare for Year 7.
Arielle K

I feel very good now that Checkpoint Exams are over. I am sure I am sure I will do well in this exam.
Matthew M

I have invested heavily in my studies since the beginning of the academic year. I have spent many days studying and I am happy I was able to sit for the exams successfully.
Theodore M

The checkpoint exam went well, I managed to finish most of the papers. I felt good and relieved to have completed it. At first, I was afraid I wouldn't pass, but now I know I will!
Akunga

Mr. Andala

This has been one of the most exciting moments in my role as a Year Six form tutor. We began the term on a high note, keeping students focused on their ultimate goal, with particular emphasis on the Checkpoint assessments. Now that this phase is complete, there is a collective sigh of relief. I am confident that the students will continue to excel in all their future endeavours

Prefects Highlights



Hailey Mochache, school president

Dear School,

Hey everyone! I hope you had an awesome break and a Happy Easter and did lots of fun things, but now it's time to get back to school. Even though waking up early isn't the best, this term is one of our shortest, and we should make the most of it! We'll get to learn new things and try new activities.

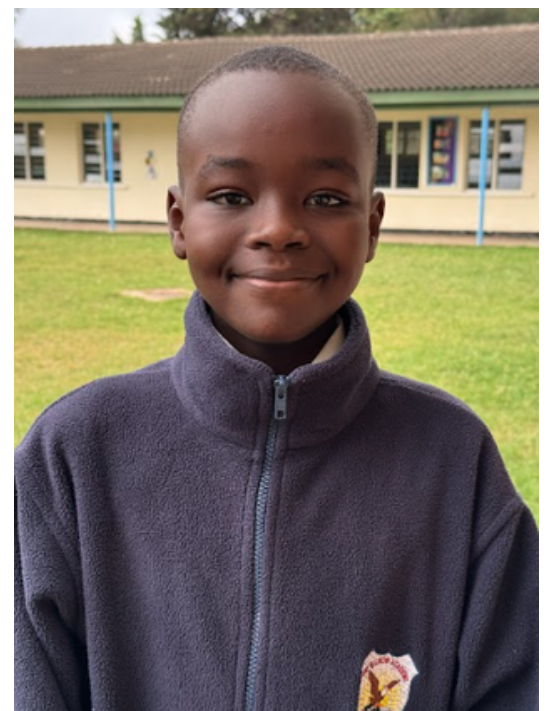
There will be challenges, but that's okay because we're all here to help each other. Our teachers are ready to guide us, and our friends will support us. Let's promise to be kind, work hard, and have fun. Welcome back, everyone!

Dylan Karani, school Vice president

Hello, my peers and teachers, I know some of us are happy to be back. I would like for us to do this term.

1. We respect teachers
2. When the blue flag is up, please do not go to the grass.
3. No using vulgar language.

Please, may we all show ubuntu, and may we also make this academic year one of excellence. Welcome back to school. Thank you for your time.



ICT AT NAIROBI ACADEMY



Excel is a powerful spreadsheet program developed by Microsoft that allows users to organize, analyze, and visualize data in various ways. It is commonly used for tasks such as creating budgets, tracking expenses, and generating charts and graphs. Excel helps with organizing and analyzing data efficiently. It also allows for creating charts and graphs to visually represent information.

By Jabali



ICT is quite fun. Learning about things like Scratch helps me develop problem-solving skills, which are important for many jobs. Having ICT knowledge will make it easier for me to adapt and succeed in different things in coding, design, engineering, and business. The more I learn now, the more opportunities I will have when I'm older. Also working with computers and digital tools is enjoyable, making learning feel like play while preparing me for a successful future.

By Timon



ICT is a bit challenging for me. Indeed, ICT in school is beneficial as it trains us to utilize computers and the internet in the right manner. It is oriented towards research work, project making, and even staging educational games. Aside from that, it is fun to explore various apps and different software. Coding is one of the most difficult tasks in ICT. It is overwhelming since many commands have to be typed, and if one is not careful, even a small mistake can cause everything to fail. It can get a little bit annoying, but once a person gets it, they feel great about it! While coding is tough, it also shows how to build website or make an app or game. Therefore, this surely proves that ICT has a lot of importance since it is among the important subjects today for the very simple reason that technology is everywhere nowadays. Coding is pretty hard, but learning it pays off a lot in the future.

By Shanice



Navigating the Challenges of Online ICT Lessons

The shift to online learning, especially in ICT, has introduced valuable opportunities but also several challenges. Managing multiple platforms and switching between tabs for instructions and tasks can be confusing and disrupt focus. Tracking assignment deadlines is also difficult without the visual cues of a physical classroom, requiring strong organizational skills. Additionally, submitting work online can be frustrating due to varying platforms and unclear instructions. To improve the online learning experience, clearer guidance, better-integrated platforms, and improved communication are essential.

By Sandra



SCOUTS CLUB

I recount an unforgettable scouting experience at the swimming pool during a simulated rescue test. The challenge was to retrieve a 5-kilogram weight from the deep end. The task seemed straightforward at first, but it quickly turned into a battle of endurance and resilience. As I descended, the weight's resistance and the increasing pressure tested my limits, forcing me to abandon the attempt and resurface gasping for air.

The next challenge involved removing extra clothing in the water to simulate aiding a casualty. Despite initial struggles, I adapted and completed the task. Through these challenges, I learned that scouting is about perseverance and mental strength in the face of difficulty. I encourage others to test their physical and mental endurance by joining the scouting movement.

By Emma Kimathi

I participated in a scout life-saving exercise at the local swimming pool designed to give practical experience in water rescue techniques. Although confident in my swimming skills, I faced unexpected challenges. One task involved retrieving a 5kg weight from the pool's bottom, which was more difficult underwater due to resistance and buoyancy. I also accidentally swallowed chlorinated pool water while returning to the edge with the weight, which disrupted the task briefly. Wearing a t-shirt and shorts during the exercise made swimming harder due to the drag and added weight from waterlogged clothing. Eventually, I had to remove the clothes mid-swim to continue effectively. The experience highlighted the physical demands of life-saving and showed how theory differs from real-life scenarios. It taught me the importance of proper training and being prepared for unpredictable situations during water rescues.

By Sandra Tatuli



ART SPORTLIGHT



Ryan Kasaine - Year 5R

I love art because it takes over my free time and I don't get bored. I am passionate about it and one day I want to become an artist.



My favourite art piece I did during the just ended holiday was painting the Waterfall. I started by taking a spoiled brush and dipping it in yellow water-paint to create the trees and the background.

Then I used the white color for the water and black and white for the rocks. At first it looked hard but I'm grateful I managed.



Student of The Week



Yaasir Abdi

For his eagerness to learn and take part in class discussions without prompt. He is very proactive. Well done Yaasir!



Maya Ominde

For being focused in her work and improving in her organizational skills. Keep it up Maya!



Zara Kemunto

For showing great focus, kindness, and enthusiasm this week. A wonderful start to Term 3!



Maya Macharia

Actively volunteering to support assembly powerpoint presentations.



Maya Masoud

She has been very respectful and very welcoming to her peers.



Liam Kinyanjui

Was eager to return for the third term and appeared very jovial on the first day. Keep it up!

Student of The Week



Cree Masika

For being the first student to arrive in school for term three.



Zhadia Chebet

For her consistent improvement in class participation, confidence, and creative engagement in school activities.



Anmol Saund

Anmol has consistently demonstrated outstanding organisational skills in class- her work is well prepared, her notes are clear and her locker is neatly arranged. Keep it up girl!





Head Teacher's Remarks

Ms Winnie Inyanje

Dear Parents and Guardians,

A warm thank you for the kind welcome and continued support as I settle into the school community. I feel at home already and look forward to many fruitful engagements with you. It's been a joy to watch you drop off happy learners each morning—eager faces and enthusiastic steps into the day's activities are a true testament to the vibrant spirit of our students.

With classes now in full swing, the week has been nothing short of amazing. Students have begun reflecting on their learning journeys with their teachers, and we're all excited about the term ahead. Their reflection was guided by the theme of the week, Begin with the end in mind. Students have learnt that they need to make concrete goals and set targets that will enable them to celebrate success at the end of the term.

Please spend some time with your child and talk through their goals so that we can all join in ensuring we celebrate the wins.

Goals are important to all of us they help us in:

- Providing a clear path to success
- Instilling a sense of time management and preparedness
- Increasing motivation
- Measuring progress
- Given focus and purpose
- Boosting self esteem
- Providing consistent challenges.

Celebrating Holiday Achievements

I am proud to highlight a few students who made the most of their holiday break:

World Scholars Club

Our World Scholars recently participated in the Brook house Nairobi Round. We're thrilled to share that they are now preparing to represent us at the Global Round in Malaysia. We wish them the very best as they get ready for this exciting opportunity!



A big congratulations to Tamika (Year 7), who was featured in the Nation newspaper on Sunday, April 13. She attended a book launch event by Story Moja showcasing the Shizo collection of African historical books. Dressed in a stunning African outfit and having collected the full set of books and got each signed by the Author, Tamika caught everyone's attention and was invited to help unveil the authors' new releases. Well done, Tamika!



Tennis Success

This April holiday, Ashlyn Leisha Wafula and her sister Ashley Lila Wafula showcased their talent at the ITF/CAT U14 Circuit in Dar es Salaam, Tanzania. For Ashlyn, this marked her first individual U14 tournament, and she delivered an impressive performance, reaching the quarterfinals in doubles and the second round in singles.

Ashley, on the other hand, demonstrated her growing prowess by advancing to the finals in doubles and the semifinals in singles.

Both sisters discovered their passion for tennis at school, and through consistent training and dedication, they have honed their skills to compete at this level. Their achievements in Dar es Salaam highlight their potential and commitment to the sport.



Clubs and After-School Activities

We are excited to kick off after-school activities next week. The sign-up link was shared via individual class WhatsApp groups, and we're grateful for the enthusiastic responses. Please continue to support your child (ren) in selecting clubs they're passionate about. Wishing you all a wonderful weekend ahead!

Chess Success

Well done to Harith M.YR.4 who participated in the Kenya National Schools Chess Championship 2025. Competing in the under-9 category, he earned an impressive 5.5 points. A great achievement! He has already taught me a few tricks of the game!



WEEK 1 TERM 3 2024/2025

Menu

MONDAY

- v FRIED COW PEAS
- v CALIFORNIA BLEND VEGETABLE
- v SWEET RICE
- v PINEAPPLE AND CARROT SALAD

CHOCOLATE CAKE TUESDAY

- v FISH FINGERS
- v BROCOLLI COMBO
- v SAUTE POTATOES
- v KACHUMBARI SALAD

FRUITCUTS WEDNESDAY

- v FRIED BUTTERED BEANS
- v VEGETABLE KORMA
- v SWAHILI CHAPATIS
- v FRIED CABBAGES

ASSORTED YOGHURT THURSDAY

- v BEEF STEW
- v FRIED VEGETABLES
- v STEAMED RICE
- v GREEK SALAD

FRUIT CUT

FRIDAY

- v CHICKEN HERBED
- v FRIED CAULIFLOWER
- v CHIPS
- v COLESLAW SALAD

ASSORTED ICE CREAM

