



Issue 3/9th May 2025



THE NAIROBI ACADEMY WEEKLY PREP BULLETIN



“Together, we can achieve more than we ever could alone.”



Cambridge Assessment
International Education

PREFECTS HIGHLIGHTS

Joshua Karanja, Vice-captain Turkana

As a vice-captain and a leader, you get responsibilities and roles to lead your house to victory throughout the year.

It has been hard over the first two terms because of all the revising for checkpoint but it has all passed and I hope we will win this term.

**(DO YOUR BEST
TURKANA!)**



Ignacious Ayacko, 6s class prefect.

Meeting the president was one of the best moments of my life.

I was so nervous—I could feel my heart pounding! But then he smiled at me and said he liked my hair. I couldn't believe it! I told him I liked him too.

He was so kind and cool, and in that moment, I felt really inspired.

I want to be just like him someday—a president who makes people feel special.



Faisal Abass, Vice- captain Baringo.

**What I love to do and believe
should be done by the house
captains.**

- Help others when they're stuck.
- Share ideas and listen to everyone.
- Make sure no one feels left out.
- If you're good at something (like organizing, explaining, or cheering people up), use that skill to help the whole team do better.
- Work together instead of trying to be the best alone.
- Celebrate team success, not just your own.
- Say things like "Let's do this together" or "How can I help?"

ICT AT NAIROBI ACADEMY PREP SCHOOL

My ICT journey began in Year 6 when I started using computers more often at school. I enjoyed typing up my work in Microsoft Word and creating fun presentations in PowerPoint. I also learned how to use the internet properly, like how to search for information and stay safe online. It felt really cool to use technology to help with my schoolwork and to find out new things on my own.

Later in the year, I started learning some basic coding using Scratch. I loved making my own games and animations by putting different code blocks together. It was exciting to figure out how to make things move and respond on the screen. Learning ICT in Year 6 made me feel more confident using technology and really sparked my interest in learning more about computers in the future.

By Tacey Wendo Odhiambo



I.C.T lessons are my favorite—they're like stepping into a world of gadgets and discovery! I love how we get to explore technology with our hands, not just pens and paper. No endless writing, just clicking, typing, and learning through action. What makes it even more special is that this school was the very first to open the digital door for me. It taught me how to use a laptop and showed me a whole new world beyond the classroom—the exciting world of technology.

By Nathaniel Muraguri



YEAR 5 OCEAN SOLE

Zara Boke

On Tuesday, I went on a field trip to Ocean Sole with my peers, where we learnt about recycling and reusing waste like flip-flops collected from beaches and even areas like Dandora slums. Afterwards, we made bracelets and masks using the recycled flip-flops. Later, we were treated to Ribena and popcorn before tidying up our working area. It was a very enjoyable and insightful experience.

Ryan Kasaine

We left school very early, around 8:30 am, using the school bus. We had a fun ride, and although it wasn't a long journey, we were happy to arrive. We were taken through Ocean Sole and learned about their work with recycled materials, including where they source the flip-flops for recycling. I was amazed that they even get these resources from Mombasa. After the tour, we each made a bracelet and a face mask, which was an engaging activity.

Jasmine Marie

The trip to Ocean Sole was quite fun and educational. I learned that Ocean Sole uses discarded flip-flops to create sculptures. It was founded in 2015, and people collect flip-flops from the ocean and beaches. If you collect a significant amount, they are weighed, and you receive money. Last year, they collected 750,000 flip-flops, and this year their target is 1 million flip-flops.



YEAR 7 TRIP TO THE FRENCH CULTURAL CENTER



The visit to the French Cultural Center in the CBD, Nairobi was one of a kind. It was a day for the students to explore French culture, language, and art.

The Alliance Française, a major cultural center in Kenya, offers French language courses, hosts cultural events, and supports artistic productions. The students were put in groups where they did several activities that they really enjoyed doing together.

They were also treated to a French cartoon movie, 'Un Monstre a Paris'. We were not able to watch the movie till the end because we ran out of time. We had to go back to school before 12:30 pm. The students are looking forward to another visit next year when they get to high school.

SCOUTS ACTIVITY



Being a Scout has been one of the most best things ever . It has shaped not only my practical skills but also my values, leadership abilities, and understanding of teamwork. From the moment I made my Scout Promise, I knew I was committing to something much greater than just wearing a uniform or attending weekly meetings—I was stepping into a global brotherhood built on trust, service, and personal growth.

Trips and Adventures

The trips and camps I attended have been some of the most memorable parts of my Scouting journey. Whether it was setting up camp in the middle of a windy field or hiking through dense forests, each experience brought new challenges and opportunities to grow. I learned to appreciate nature, respect wildlife, and embrace discomfort as a part of adventure. Sitting around campfires, sharing stories, and cooking meals with my patrol helped me form bonds that I'll never forget. These moments taught me patience, resilience, and resourcefulness.

Leadership and Teamwork

These leadership roles taught me how to communicate effectively, delegate tasks, and motivate others. I learned that being a leader isn't about giving orders—it's about setting an example, listening to your team, and stepping up when things get tough. Through these roles, I became more confident and capable, and I started to see how the skills I was learning applied far beyond the world of Scouting.

Final Thoughts

Scouting has made me a more capable, confident, and caring person. It has taught me to lead with integrity, to always be prepared, and to look out for others. The memories, skills, and friendships I've gained will stay with me long after I hang up my neckerchief for the last time. I'm proud of what I've achieved, but even more grateful for what I've learned along the way. Once a Scout, always a Scout.

BY Zwena Makena



SPORT'S NEWS

By: MR Duncan



The Wonderful Isaac Nyankuna

Isaac Nyankuna is a force to be reckoned with in rugby. His passion for the sport is unmatched—he speaks rugby, dreams rugby, and lives rugby. Every Wednesday after school, Isaac trains with Coach Phillan, sharpening his skills and expanding his rugby vocabulary.

Isaac loves tackling. Though he plays on the U9 team, he tackles with the power and technique of an U13. He is highly observant during skill demonstrations, always keen to replicate exactly what is required.

His dedication has paid off—Isaac now plays on the first team, a true testament to the rewards of hard work.

During lessons, Isaac is the first to run to the office to collect equipment. He often sacrifices his break time just to learn the skill of the day before anyone else.

His physicality and energy are unmatched; his tackles are fearless and precise. Isaac respects the game deeply and is a true team player, showing great empathy when injuries occur during play.

We are proud of you, Isaac. Keep up the fantastic work!



Our U7 team represented the school in the just concluded U7 football Festivals at The Banda. We are proud they all played with great passion and determination. Below is how they performed.

Nairobi Academy vs Braeside. 0-1

Nairobi Academy vsNIS. 0-0

Nairobi Academy vs Banda Lions 3-0

Nairobi Academy vs Kyuna. 3-0

Nairobi Academy vsBraeburn. 2-0

Nairobi Academy vs Banda Sharks 0-0

Played a total of 6 Matches.

Won 3 draw 2 lost 1.

ART SPOTLIGHT

By: Mr Assava



This term, we started learning about portraits and expressions. My first diagrams looked horrible and then step by step we began learning facial features. I am progressing well. I'm learning how to draw the lips. The experience was first a little bit hard, but along the way I learnt different techniques to make my lips look fantastic. I also learnt the steps to draw the nose and I'm hoping it will result in drawing a full portrait.

By : Nikiwe Year 4

Intro to Collage with Photography – Ubuntu Theme by Theodore Year 6

In Art class this week, we explored collage-making by cutting and combining magazine images to express the theme Ubuntu. I worked with Arielle to create a piece using sugar paper, clippings, and glue! Although it was challenging at times—especially with the glue—the creative process was fun and rewarding. Our final piece turned out quite decent, and many other students produced stunning and thoughtful work. It was a meaningful lesson in teamwork, creativity, and the power of shared humanity through art.



Student of The Week



Galina Owino

Galina is orderly regarding her tasks and always ensures they are done to the best of her ability. She also helps bring order to the classroom. Well done, Keza!



Mikhael Mwaniki

For working well with others in class. He completes his work on time and takes a moment to cross-check the assignment. Keep it up!



Sasha Bosire

She is an open-minded student who continues to work collaboratively with her peers. Her demeanor enables her to build stronger relationships with her peers both in and outside the classroom environment.



Renee Momanyi

For working hard in class, helping others, and always trying her best. She is kind, polite, and shows a good example to her friends. Well done, Renee! Keep it up!



Tamara Wambwa

For being a very respectful student to all around her and being kind to her peers.



Nikiwe Wangalwa

For exhibiting a growth mindset in all her work since when we opened school this term.

Student of The Week



Jasmine Makhakara

It's been wonderful to observe how readily you offer a helping hand, a listening ear, or a word of encouragement to your peers, that's Ubuntu. Keep it up!



Anissa Langat

Has shown resilience and determination to come back to school even when she was not feeling well.



Akunga Akunga

For showing respect to his peers, submitting his assignments on time, and checking in on others' well-being. Well done. Akunga.



Husna Ahmed

She continues to show consistency and good work ethics when working in group settings and individual tasks. She is also an open-minded learner who appreciates others' ideas.



Alba Kimathi

For her outstanding ability to support her peers by calmly resolving conflicts and fostering an inclusive, comfortable environment for everyone in class. Well done!



Mercy Gregory

She is respectful to her peers and disciplined in class during lessons. Keep it up!

Head Teacher's Remarks

Ms Winnie Inyanje

I value other people's strengths and learn from them.

I get along well with others, even people who are different than me.

I work well in groups.

I seek out other people's ideas to solve problems because I know that by teaming with others we can create better solutions than any one of us alone.

This week's thought.

Synergy:

"When mutual understanding and respect are present, the spirit of synergy inevitably starts to develop" (Stephen Covey).



NBA basketball coach Doc Rivers believed that having individuals work together and putting together a collection of standouts to collaborate would bring him success. He stated that "I can't be all I can be unless you are all that you can be. I can never be threatened by you because you are good, because the better you are the better I am". This philosophy resulted in an NBA Championship win!

As a firm believer in Synergy, I am convinced that each of us can shine our best as we work together as adults and students. I believe that each learner at Nairobi Academy has the potential to stand out academically and in all other aspects of their school life. To help foster that, the school has varied activities in place that each student can take part in. I encourage us all to plug into these.

Synergy enables us to:

Build trust and encourage collaborative working

By trusting teams to work collaboratively and encouraging them to work together, we create a community of great minds. Teams can support each other better when tasks and responsibilities are shared.

Increased productivity.



When teams work selflessly and together, they will learn each other's values. Teams can shoulder daily pressures, stepping up when someone is busy and sharing all the glory when targets are met. When we as educators take time to care about our learners, issues are spotted quicker, and a greater understanding can be gained by everyone in ensuring success is a collective achievement.

As learners work through their assessments this weekend, I encourage the spirit of Synergy embedded in UBUNTU, in all of us working together to help them revise and complete their assessments. Let us encourage them to give it their best shot.

Weeks update.

We warmly welcome Quinix in year 7 to Nairobi Academy.

Next Week's events:

- Assessments on Wednesday and Thursday. Time tables will be sent out.
- Years 2, 3, 4, and 7 day trips
- U7 Football against Premier academy.
- Saturday Senior meet swimming at Kiota School
- Mother daughter event on Saturday 17th May.

Have a lovely week end ahead.



MENU

WEEK 4 TERM 3 2024/2025

MONDAY

- v PAU BHAI
- v BUTTERED TOASTED BUNS
- v MINCED MEAT
- v FRESH GARDEN VEGETABLE SALAD

FRUIT CUT TUESDAY

- v PILAU RICE
- v MIXED VEGETABLE
- v KACHUMBARI SALAD
- v PEAS & CARROTE FRIED

CAKE IN SAUCE WEDNESDAY

- v SHAWARMA
- v BUTTERED VEGETABLE
- v ONION RICE
- v TOSSED SALAD

FRUIT SALAD THURSDAY

- v PIGEON PEAS
- v VEGETABLE KORMA
- v CHAPATI
- v FRIED RED & WHITE CABBAGE

YOGHURT

FRIDAY

- v JERRY CHICKEN
- v FRIED CAULIFLOWER
- v CHIPS
- v CUCUMBER ONION TOMATO SALAD

ASSORTED ICE CREAM