



— Issue 5/23rd May 2025 —



THE NAIROBI ACADEMY

WEEKLY PREP

BULLETIN



Cambridge Assessment
International Education

YEAR 7A ASSEMBLY

ANNABELLE

Our assembly was different this time because we held it in the banda instead of the hall or video room. Despite the change in venue and the limited time for practice, everything went very well. We had memorized our parts and were well prepared. My story was well received, and I was told that I read it very clearly. Overall, our assembly was unique and interesting in its own special way.

Zhadia chebet

The assembly was quite stressful because we had little time to prepare and there was a change of venue. Despite these challenges, we came together, did our best, and made it happen. I'm really proud of how it turned out, and I believe our assembly was one of the best. We're grateful for the experience, and it reminded us of the importance of staying balanced under pressure.

Nathan Bett

Our assembly went well, and I really enjoyed it. I especially liked Saif's performance of Sofia the First and the dance. Even though one of our MCs got injured, we still managed to do a great job. I had a lot of fun. We adapted quickly to a change in venue (which was in the main hall, but due to the Year 6 graduation, we held it in the banda instead).



SCOUTS ACTIVITY

I joined Scouts in Year 7, Term 1, and it's been one of the most exciting decisions I've made! We've done so many fun and adventurous activities, but one of the highlights was our overnight trip to a place called Sagana. The whole experience was amazing – from ziplining over rivers and riding boats to climbing a towering flight of 147 stairs. It really pushed our limits in the best way.

We also did several teamwork challenges that reminded me why helping others is such an important part of being a Scout. One of the scenarios we discussed during an activity was: "What would you do if your friend's zipline suddenly broke and they fell into a river?"

My group thought carefully about this. First, we agreed that you should never panic and always try to stay calm – both for yourself and your friend. If there's a boat nearby, the safest option is to call for help and guide rescuers to the person as quickly as possible. But here's the most important lesson we learned: Never attempt a water rescue yourself unless you are trained to do so.

Even if you're a strong swimmer, jumping in could put two lives in danger instead of one. Instead, shout clear instructions to your friend – like encouraging them to float on their back and stay calm – while you get help. Safety always comes first.

That experience reminded me how important it is to work together and make smart choices in emergencies. Scouts isn't just about adventure – it's about being prepared, being responsible, and looking out for one another.



MY ICT YEAR – 2024/2025

This year has been an exciting journey full of learning, creativity, and new discoveries. Let me take you through what made each term special!

Term 1 – A Strong Start!

Starting Year 4 with my first ICT lesson was exciting! We were introduced to Applied Digital Skills, and I discovered just how useful technology can be in our everyday lives. From exploring basic computer functions to learning how to stay safe online, it was a great way to kick off the year.

Term 2 – Creating with Confidence

In Term 2, we focused on Google Slides – and wow, did I learn a lot! I now know how to create beautiful presentations for class projects, assemblies, and more. It felt great to turn my ideas into slides that could inform and inspire others.

Term 3 – Exploring the Web

This term, we've been learning about URLs and websites – how the internet works, how to navigate safely, and how to find reliable information. I'm really looking forward to what comes next in our digital adventure!

Thank You!

ICT has helped me grow in confidence and creativity, and I can't wait to learn even more next year.

By: Njoki Gitaru



STUDENT LIFE AT NAIROBI ACADEMY BY YEAR 5 STUDENTS

My name is Alex Ngigi. My student life at Nairobi Academy has been an eye opening experience. From the punishments to the achievements, I really enjoyed it. So now I am going to talk about my life at Nairobi Academy. Influenced by my older sisters, I joined the great Nairobi Academy. We have six lessons and we end at 3.30 pm and if you have an activity, you stay until 4.30 pm. The lunch food has Kenyan classics like Ugali, Spinach and Chapati. They also have Chips, Chicken and Ice Cream. I really love Nairobi Academy.

By Alex - 5R



My life at Nairobi Academy is very exciting. The teachers are wonderful, the food is nice, and the classrooms are fancy and the lessons spark some creativity in me. What I am trying to say is that Nairobi Academy is a very good school, as it also offers after school activities such as football. I started coming to this school when I was 4 years old. So I know my way to classes and to the dinning hall. Life in Nairobi Academy is like a wonderland, it is very nice and friendly. Sometimes the students can be mean, but only if you disturb them. I like the Nairobi Academy staff, they are really friendly and when you are down, you can talk to them. They are kind of like a friend you don't see all the time.

By Caleb - 5R



My life at Nairobi Academy has been fun and enjoyable. I have enjoyed making new friends and classmates. I have been at Nairobi Academy for 7 years and I have learnt a lot of new things. I have made a lot of friends along the way. My first time in Nairobi Academy was very intimidating but at the end of the day, I really enjoyed it.

One of the things I have improved in is my confidence and athletics. My first friend was Grace and my best friends are Lauren, Grace and Anissa.

By Zara - 5R

Mind Games Sports Tournament

The recently concluded Mind Games Sports Tournament brought together some of the brightest young minds and our school was right at the heart of it. The event was not just about victory, but about celebrating participation, courage and the strategic brilliance of our learners.

Competing in both Scrabble and Chess, our students showcased impressive sportsmanship, resilience, and mental agility, earning us recognition and respect among top-performing schools.

We are especially proud of John Mwanzia, who took home 1st place in the U11 Scrabble category and was also honoured as the youngest player in the tournament. His teammate, Tamika, stood out for her outstanding performance, not only excelling in the Ladies' Brunch but also helping the school secure 2nd place in Scrabble overall. In Chess, while we didn't take top honours in the school category, a special round of applause goes to Jamor Lango, our youngest chess player, who not only faced older and more experienced opponents with admirable poise but also became a true star of the squad. We celebrate all our participants for their dedication, skill and the pride they brought to our school.



SPORT'S NEWS

A Win is A Win, Against Brookhouse U9 Rugby Game

The magical stepping feet of Tayseer led the way—he scored the most tries, helping Adam push from the wings and recover the high-speed spirit needed in that area. Leshan Karuga, our ‘tackler finisher,’ made sure anyone who came his way felt the impact, releasing the ball to make way for Mugane Waruhiu, whose sharp eyes never missed a flying ball, always ready for a quick take-off.

It's hard to imagine the quiet Samuel Mutaim making the longest strides and gaining crucial ground for the team. His runs paved the way for Abdilatif Abdrizack to hold the ball tightly, bravely facing the opposing side.

Mwanga Akunga—a name to remember—delivered both speed and commitment, finishing tackles with a smile. His high catches gave Tedd Bsulwe the chance to dart through to the try area with ease.

Our backline was well covered by Baraka Mathenge, who drove away attackers and opened space for Nathan Olale to sprint through and surprise the opponents.

Isaac Nyankuna didn't let anyone past him, regardless of size or height—he clung to their feet like a true tanker! This fearless defense gave Nolan Bett the confidence to tackle harder, push further, and lift the team's spirit even higher.

This is a story that will one day be told in bold.

**Cheers,
The Rugby Team**



Improvisation top notch, Our Year 2s practicing throw-In skill in football indoors during the rain. Clear demonstration on consistency in learning despite the rain.

Student of The Week



Joshua Muriithi

For being more responsible and keen in his work. He takes time to follow the instructions given in class to detail hence improving on his academics.



Jamor Lango

For consistently using his extra time to practice his math skills on the board, showing great dedication to learning.



Fiona Kibira

Fiona is a caring and vibrant learner. She continues to work diligently and collaboratively with her peers to improve her learning.



John Mwanzia

Outstanding performance in the mind games sports! Becoming first in your category is a fantastic achievement. Well done!



Gabrielle Karanja

Consistently demonstrated excellent reflection and active engagement during lessons and engagement sessions.



Dalia Jomo

Dalia's curiosity during lessons highlights her balanced approach to learning. Her remarkable eagerness to deepen her understanding is readily apparent.

Student of The Week



Caleb Oloo

Working hard to keep his emotions in check and relate well with his peers.



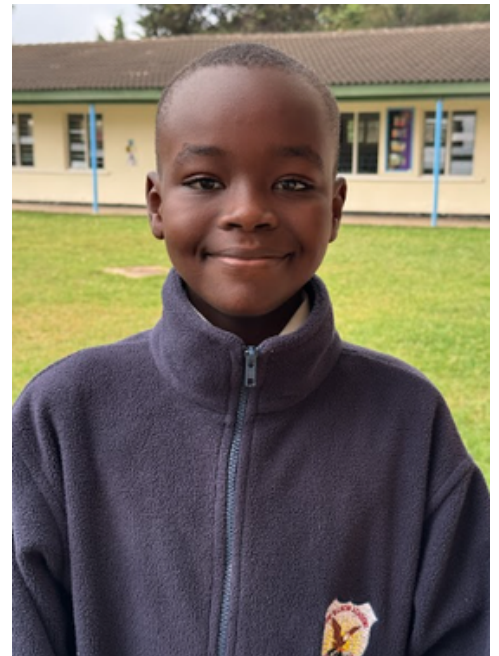
Ahlam Sheikh

For her increasing interest in football, she is passionate and willing to learn to improve on her skills, her joy while playing is calming. Keep it up!



Trey Chege

For showing outstanding responsibility and teamwork during the assembly preparation and for stepping in to support his house in the debate.



Dylan Karani

For showing the attribute of a leader in class and influencing the other students to make the right choices. Well done Dylan.

Head Teacher's Remarks

Ms Winnie Inyanje



Dear Parents and Guardians,

As we approach the half-term break, I want to take a moment to reflect on the week and share some highlights and thoughts.

Balancing Life as a Student

It's important to remember that school life is not just about academics. Striking a healthy balance between your studies, extracurricular activities, rest, and personal time is essential for long-term success and well-being. I encourage all students to find time for both hard work and relaxation—both are equally valuable.

Balance can be captured in four essential elements.

- Emotional. Understanding feelings is essential in maintaining emotional balance. ...
- Physical. A healthy body requires the proper nourishment. ...
- Mental. Never stop learning! ...
- Spiritual. When you are in touch with your spiritual side, it can bring a sense of peace.

As you head for half term, remember to balance everything you do. Moderation is key in everything.

Sporting Achievements

Congratulations to our sports teams for their impressive performances this half of term! Your dedication and teamwork are truly commendable, and it's been a pleasure to see your skills and spirit on display. Here are a few mentions:

Chess and Scrabble Success

A special shout-out to our brilliant minds who have excelled in chess and Scrabble competitions. Your strategic thinking and perseverance are inspiring—well done! A special mention to Jamor L and John M for emerging at the top. As a school, Nairobi Academy emerged 2nd and won a trophy. Well done students!



Swimming

Our swimmers also did well at the Senior Swimming gala held at Agakhan School and Nairobi Academy came third. Well done swimmers!



Year 6 Graduation

Today marks a significant milestone for our Year 6 students as they celebrate their transition to Key Stage 3. We are incredibly proud of everything you've achieved and wish you continued success as you take your next steps. Be curious, bold, and kind. You are our champions. Photos to follow next week.

Half-Term Wishes

Finally, I'd like to wish everyone a restful and enjoyable half-term. Take this time to refresh, spend time with loved ones, and return revitalized for the final stretch of the school year.

Half-term begins on Monday, 26th May 2025 and school resumes on Tuesday, 3rd June 2025.



MENU

WEEK 7 TERM 3 2024/2025

MONDAY

- v FRIED CHANNA DAL
- v STIR FRY VEGETABLE
- v TOMATO RICE
- v GARDEN VEGETABLE SALAD

CAKE IN SAUCE TUESDAY

- v HOT DOGS
- v CHIPS
- v SPRING ROLLS
- v SIDE SALAD

WATERMELONE WEDNESDAY

- v BEEF STRONGNOFF
- v VEGETABLE CHOWMEIN
- v CONTINENTAL SALAD

FRUIT SALAD THURSDAY

- v YELLOW BEANS FRIED
- v CHAPATI
- v PEAS & CARROTS
- v FRIED CABBAGES

ASSORTED YOGHURT

FRIDAY

- v ROASTED CHICKEN
- v FRIED CAULIFLOWER
- v CUCUMBER ONION TOMATO/ SALAD

ASSORTED ICE CREAM