



Oshwal Academy Nairobi

(Owned and Managed by Oshwal Education and Relief Board)

P.O. BOX 1130 - 00606 Sarit Centre, Nairobi, Kenya

Our Ref: OAN/AC/140/2023

Date: 29th November 2023

Dear Parents

UPDATE 2 - TERM 1- 2023/2024

As we come to the end of one more term, the simple repetitive sound of the rain drops brought in by the onset of the **El nino** allows us to rest our overstimulated brains.

Rain's white noise also brings out our inner creativity and a sense of calm and tranquillity.

My advice is share with your children your own activities during the rainy days of your childhood. The paper boats afloat in the rain water, the endless cups of tea with your friends and the beauty of the lush greenery outside.

Our children; surrounded by the iphones, the laptops, the video games and the flood of suffocating technology have sadly lost the pleasures of the simple joys of life.

It has been a busy term with all the campuses a buzz with myriads of activities. Children have settled down in their new classes, a few new subjects and some new teachers; all adding value to their school going experience.

During these vacations do encourage your children into some meaningful activities that can add a great value to their studies.

For instance, if your child is an avid reader, why not buy a good book or two that goes a long way in improving their written skills.

Organising physical activities such as play dates, family hikes, board games, word puzzles all are healthy activities that stimulates the mind of children. For the senior students this is a great time to indulge in work experience related to their choice of career.

Technology is here to stay and we accept its importance in the life of our children. However, a **regulated screen time** is advised especially with the use of **smart phone** and other devices.

There is no substitute to healthy bonding with their peers, playing a rigorous match out of doors, activities in the fresh air and those that stimulates the mind.



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With all these, there is also the need for **discipline** which is never easy. It is so easy to look the other way when you see your child indulging in activities that is detrimental to his progress.

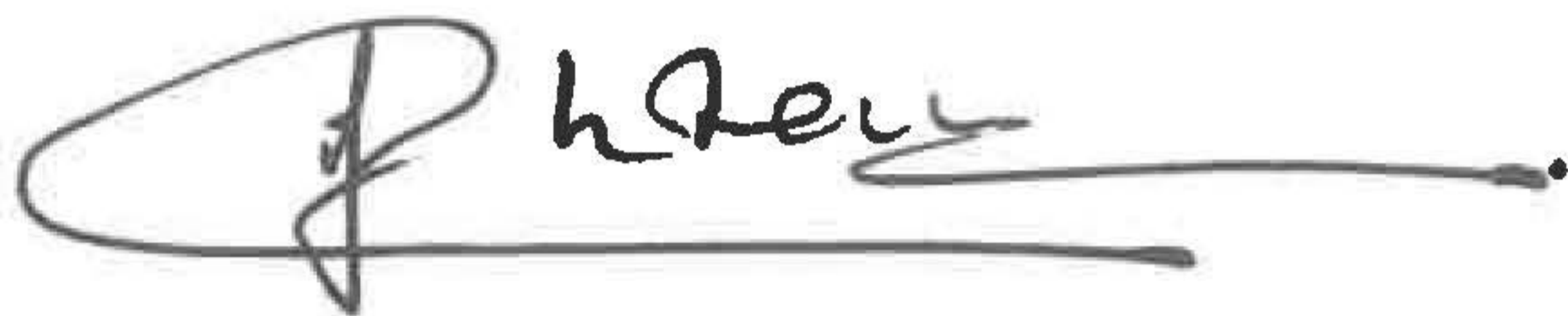
I once again **reiterate** that the Academy has **zero tolerance** towards habits of bullying, indulging in vapes, pilferage, vandalism or physical altercation among students, be it inside school or outside.

The punishments can include a forthwith expulsion from school.

Lets us together ensure a safe, pleasant and fertile environment for children to blossom into studious, responsible citizens of the country.

And finally, here's wishing you the best of the festive season with your children.

With regards.

A handwritten signature in black ink, appearing to read 'Jyotsna Chotai', with a long horizontal flourish extending to the right.

Mrs. Jyotsna Chotai
Academy Consultant
Oshwal Academy Nairobi