



Nairobi Jaffery Academy
The Quest for Excellence
Jarida La Shule

Dear parents and guardians,

I pray you are well and keeping safe.

How time flies! It has already been five weeks of intensive interactive virtual learning. Our children certainly deserve a break off the screens that have been nurturing their young minds. We were able to do our mid-term formative assessments as planned and as always we are grateful for all your support in ensuring that our children are in class every day and on time.



This week is Mental Health Awareness week, a time when we are encouraged to assess the balance in our lives despite everything going on around us. Good mental health means that we are able to deal with life's inevitable challenges positively. This year especially, has brought unprecedented anxiety due to the pandemic. Therefore paying attention to our positive emotional well-being is now more important than ever.

The children have had to switch gears to staying indoors all the time and you probably have had to do the same as well, possibly working from home. This shift creates additional work and stress for both yourself and the young ones. Since children often do not know how to put words to their feelings, they may sometimes act out.

It is important therefore to identify coping skills to lessen and manage stress. Coping skills are what we use to defend ourselves from becoming overwhelmed by pressures around us. It is basically how we deal with the situation or distract ourselves from it. These will vary from one person to another, so find what works best for you.

Some coping skills that could work for you and the children include:

- Taking a walk (while observing safety measures)
- Drawing or doodling
- Coloring (can be very therapeutic)
- Reading or listening to an audio book
- Meditation – 5 minutes of engaging in mindfulness breathing
- Watching your favorite shows with family
- Challenging your brain using puzzles or board games
- Writing positive notes or affirmations to yourself
- Cleaning or cooking
- Talking to friends and relatives virtually; among so many others.

As we go through the rest of this month, let's be more aware of our mental health state and that of our children; and identify ways of coping during this period.

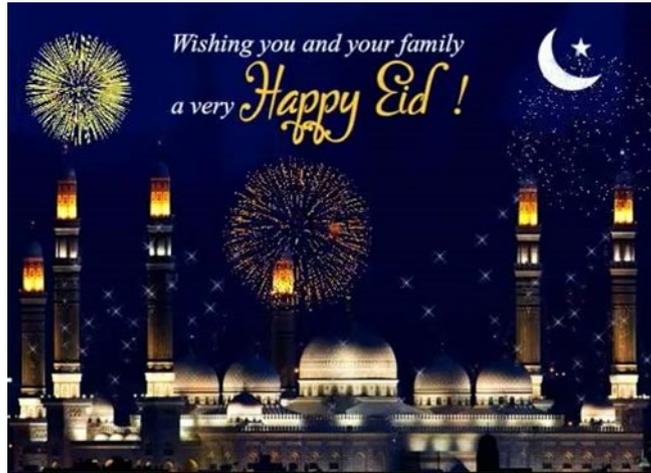
As the month of Ramadhan comes to an end, I wish you all Eid Mubarak.

Carolyn Sila
HSOF

COMING UP

Monday 25th May	EID-AI FITR Mid – Term Break
Tuesday 26th May	Mid – Term Break
Wednesday 27th May	SCHOOL RESUMES A Level Orientation
Thursday 28th May	Year 9 subject selection orientation
Monday 1st June	Public Holiday - Madaraka Day
Tuesday 2nd June	BOOK WEEK (Secondary)
Wednesday 3rd June	BOOK WEEK (Secondary)
Thursday 4th June	BOOK WEEK (Secondary)
Friday 5th June	BOOK WEEK ENDS World Environmental Day

Five weeks down the line and it is finally time for the pupils to have a break. On Monday and Tuesday next week is our mid term break. virtual learning hence, resumes on Wednesday 27th May 2020. In this regard we take the opportunity to wish all our muslim brethren a happy Eid-UI-Fitr. On the same note a restful break to all.



We would not have had a successful first half were it not for your continued support and continuous feedback, for this, we are filled with gratitude and urge you to continue in the same spirit.

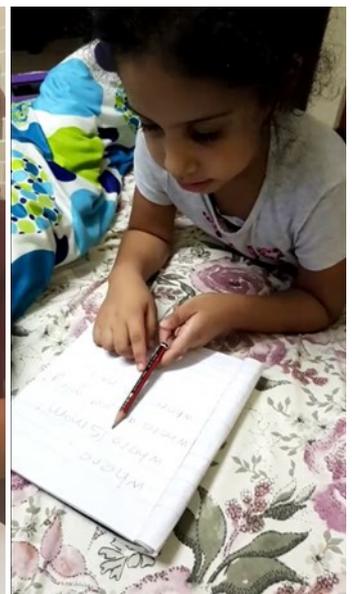
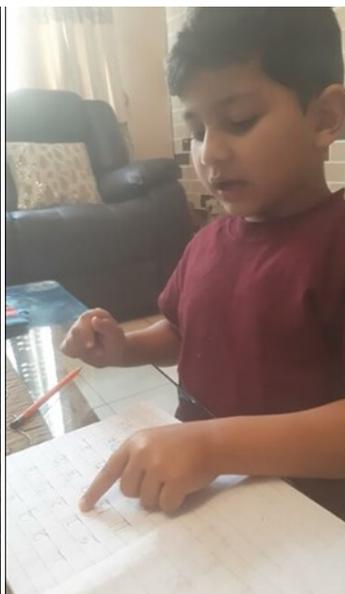
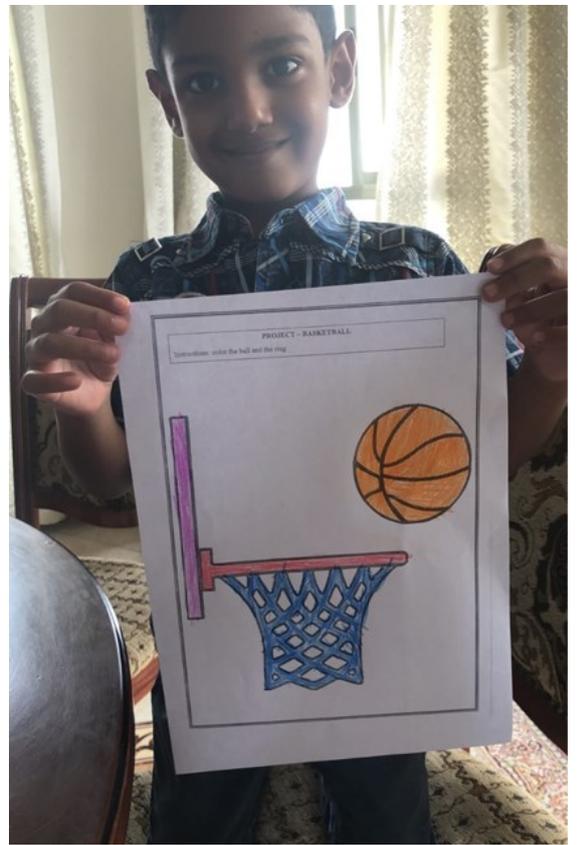
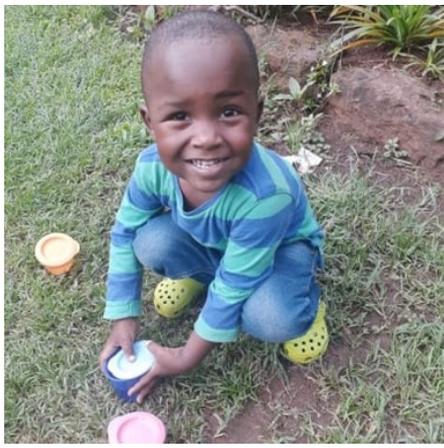
As EYFS fraternity, we are grateful to parents who have continued posting assignments on the children's portfolios. Our theme for the term is "Conquering Adversity," as a tripartite, we have and are traversing through the live lessons and we are getting over hills and mountains in unity. This synergy contributes to greater well being of our young ones.

We need to keep the safety of everyone as a priority during this difficult time by:-

1. Providing children with reliable news.
2. Keeping them engaged through school assignments, experiments and reading
3. Following government stipulated rules.
4. Prioritising the kids by giving them more attention.

Below are some of the activities the children were involved in this week:





Have a lovely weekend.
EYFS Team

Staying connected during these unprecedented and challenging times has never been more critical. As such virtual learning has made this possible. As we conclude week 5, here are insights from the Primary school.

Year 3 pupils have shared their experiences on their virtual trip and how they are dealing with the current situation from home



Armaan Abdul 3B

My Ramadhan Experience -By Armaan Abdul

Hope you are well and keeping safe. We all know that we are going through a tough time with Covid 19 around. Ramadhan is here and I am fasting every day. I wake up at 4:00 am to have Suhoor and pray at 5:30am. Later I go back to sleep and my alarm wakes me up at 7:30am to get ready for classes. The sessions run from 8.30 am to 2.45pm.

After my lessons for the day I take the Holy Quran and read it keenly. This is a holy month and I don't want to miss out on blessings. I also zakat to the poor and at 6.30pm, I break my fast. I always look forward to breaking my fast because mum normally prepares very delicious and finger licking foods and by that time am usually very hungry.

I really miss going to pray in the Mosque. But oh well! It is ok as long as we are all healthy! I am enjoying virtual classes because I get to learn new things. I now know how to use a laptop, doing assignments, notebooks, and my ICT knowledge has greatly improved. I also get to see my friends and my teacher Miss Catherine. She is always very kind and caring. This is becoming the new life! Finally let us all pray that Covid 19 ends soon. In the meantime stay home and stay safe.

By Khafid 3A My virtual trip to the Georgia Aquarium.

الجورجيا السمك حوض إلى الافتراضية رحلتى

Rihlati alaiftiradhia ilaa hawd asmak Jurjia

On Wednesday 13th May 2020, we went on a virtual trip to the Georgian aquarium.

جورجيا أسماك حوض إلى افتراضية رحلة في ذهبنا ، 2020 مايو 13 الأربعاء يوم في

Fi yawm al arbia 13 Mayu 2020, dhahabna fi rihlata iftiradhia ilaa hawd asmak Jurjia.

These are some of the sea life that I saw (رأيتها التي البحرية الحياة بعض هذه):-

- Catfish – samakatu sulur ((سمك السلور))
- Shark – garsh ((قرش))
- Clownfish - samakatu mahrij (سمكة المهرج)
- Dolphin – dulphen ((دولفين))



Umar Ahmed

By Umar Ahmed 3B

I woke up at 4:00 am for my breakfast before the start of my fast. Mom surprised me with my favorite breakfast – fried egg. Aah! yummy food followed by a cozy nap.

My alarm woke me at 8:00 am – I remembered that it was my virtual trip day so I jumped out of bed and had a quick shower. I was ready at my laptop screen early. Our virtual trip was a video about Georgia aquarium.

We saw lots of different types of fish, and other sea life such as penguins. However, the highlight was the dolphin show. I was amazed by the dolphin stunts and could only imagine how much fun it must have been to train and play with the dolphins. One day maybe I can be there in person.

After this, we had some lessons and the day seemed to end rather fast – the educationally entertaining trip had helped speed up the day and my fast ended fast!

Fathima Umarah’s experience with virtual learning in French

Mon nom Est Fathima Umarah et je suis en année 3B. l'apprentissage virtuel a été

Intéressant et excitant. Cependant, il est parfois difficile en raison de problèmes de réseau WIFI et de l'électricité. Je crois que c'est la meilleure façon d'apprendre pendant la pandémie de Covid 19 je remercie donc les enseignants les parents et l'équipe informatique pour leur travail acharné. (French)

My name is Fathima Umarah and I am in year 3B. Virtual learning has been interesting and exciting. However, it is sometimes difficult due to problems with WIFI and electricity. I believe this is the best way to learn during the Covid 19 pandemic so I thank the teachers, the parents and the IT team for their hard work. (English)

By Umarah Usham Deen 3B

Animals-	fish	dolphin	whale	octopus
French	Poisson	dauphine	baleine	Poulpe
Kiswahili	Samaki	Pomboo	Nyangumi	Pweza



Makka knitting



Makka’s doll covered in the blanket, scarf and hat she knitted.

What I have been up to. (By Makka 3B)

My name is Makka Rahim from 3B. Today I wish to talk about the corona time. In the beginning it was awesome to sleep, wake up and play all day. Sadly boredom started to set in. I asked my mum to teach me something new and she started teaching me how to crotchet.

Talk of patience! Just before mum gave up teaching me, I knew how to stitch. I managed to make a blanket for my doll. My morale for stitching has now gone up. I later asked her how to go about making a hat and a scarf for my doll.

I later asked her how to make a hat for my doll. Hurray I did it! In addition, I made a scarf too! Wow my doll was happy. I wish it could talk. But I think I saw it smiling. So far so good. With no yarn around I have taken a break from stitching.

Meanwhile I have been working on making jewelry using loom bands. I hope to make a collection to give to my friends and teachers once school reopens.



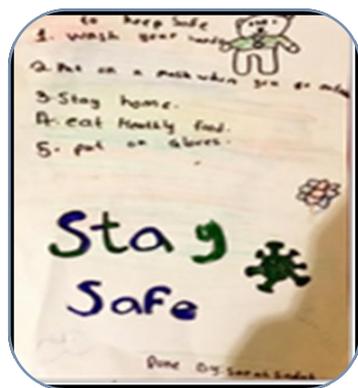
Navi Zhou 3B



Navi Zhou- I hope the virus quickly dies. I believe we are all keeping safe at home. I am looking forward to meeting all of you soon. I am loving learning online as I get to see my teachers and classmates.



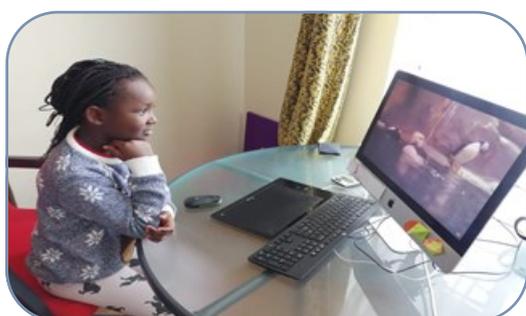
Sarah Sadak 3B



I miss school, my friends, teachers and learning out in the field. I came up with an art work that reminds us on how to protect ourselves from Corona Virus. **Wash your hands, put on mask when going outside, stay home, eat healthy foods, put on shoes and stay safe.**

Rania from 3A translated these aquatic animals to Arabic.

Whale – حوت Starfish- البحر نجم Dolphin- دولفين Crab- سلطعون



Nikita

Nikita 3A, she enjoyed her virtual trip to Georgia aquarium. She was amazed at how birds dived into water to catch fish.

BY ARMAANALLY HASHAM - 6A

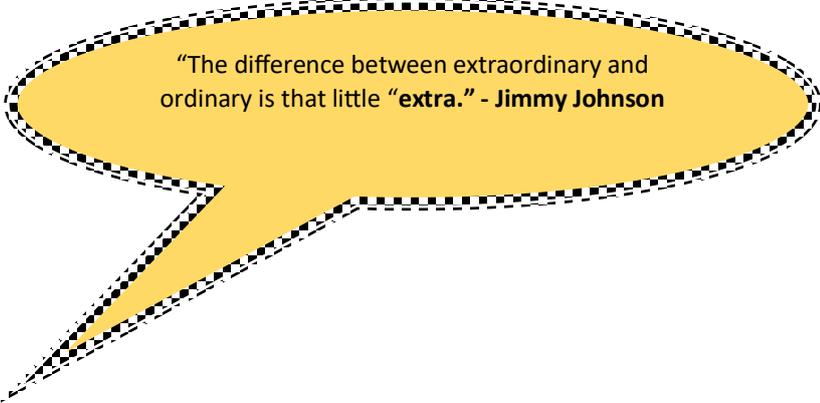
Information text on corona virus (Covid 19)

The 2019 novel coronavirus has the potential to be a global pandemic. Health officials say it originated in a market in Wuhan, China that sold live and dead wild animals that people ate for food, improved health and vitality and a number of other purposes. The virus has now been detected in Australia, Canada, Finland, France, India, Italy, Japan, Nepal, Russia, Singapore, Spain, Taiwan, Thailand, Vietnam, Kenya and dozens of countries.

Symptoms of the illness

People infected with the 2019 novel coronavirus begin to experience mild cold or flu-like symptoms in two to four days. Although the symptoms can vary from one person to the next, they typically include sneezing, coughing, runny nose, fatigue, sore throat and fever.

STAY SAFE. WASH YOUR HANDS



“The difference between extraordinary and ordinary is that little **“extra.”** - **Jimmy Johnson**

Have a lovely weekend.

Primary Team

Virtual learning took over physical school abruptly. It is not something we were prepared for. A question we asked ourselves in the beginning is, how would pupils conduct practicals virtually?

This is not a problem anymore here at NJA. Our science teachers are providing practical lessons in our laboratory virtually. The pupils do not miss out on any part of their learning as they observe experiments being conducted by their teachers in the lab that they are used to. This has been so effective and interactive. The teachers are getting creative everyday!



WHAT IS THE IMPORTANCE OF EDUCATION AND LEARNING? - *Sanaa Ali of Year 8 shares her ideas.*

EDUCATION

As a human individual you need education. Why do we need education? We need education so that we can have a successful life, live an independent life, to earn a great living, to get a good job e.t.c.

Education is a big part of our life and we need to take it seriously it is very important, without education you wouldn't be able to get a good job, to earn a great living or have a successful life. Some people in this world are poor and wish they had a good life but they don't because of no education and not taking education seriously or parents can't afford or some are orphans. We as humans should appreciate that we have the ability to have education.

Look at where the world has brought us today, the whole world is in a pandemic (covid-19) we are all staying at home thinking how we are going to get some education in us and there we go we have online studies. We should also appreciate the fact that during this pandemic we are still getting education because it is very important for us and that we have the right materials for it. And even though you're at home doesn't mean you don't take education seriously. You have to take it seriously whether you're at home or in school, it can help a lot.

LEARNING

By learning we change ourselves. We develop knowledge (which is important for all) to improve and grow as a person. Learning is important because we gain knowledge/education. This basically says how much we need to learn to gain knowledge for a good future. That is why learning is there for us so we can have a bright future. Learning is there for us to know even what is happening around the world e.g. Corona virus – we had to learn about it as in knowing what it does, knowing the symptoms e.t.c and we did get some knowledge.

Most kids think learning isn't fun, well it is because there are many ways to learn and have fun. But fun in the right way like educational videos, fun educational activities.

That way kids will learn and enjoy learning and at some point they will know the importance of learning and education.

Written by: Sanaa

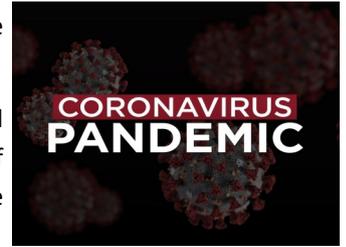
Have a lovely weekend.

Secondary Team

THE COVID PAUSE

This is an interesting time to live in; who in the world ever thought that we could stay locked up in the house for days on end with no way forward and living each day at a time.

Honestly most people would either waited upon WW3 or just for the world to end. But we were all surprised by a microscopic virus that threw a different curve ball to all of us and this means a lot of things have been put on hold and so is most of our lives and those of our parents, siblings and everyone who is directly involved with us.



Part of our lives has been destabilised we are not living as normally as we should, we are missing out on school- hanging out with friends, lazy walks to the canteen, sitting by the canteen and eating, PE Lessons, assembly time, bus rides, school activities, corridor chats with friends and teachers, and everything in between. However, this is our new dawn and we have to learn to slowly accept it.

WHAT NEXT?

Communicate - reach out to people and let them know that you need help, your teachers, family both nuclear and extended, myself your school counselor and encourage others to reach out to you. The least you can do is have a conversation remember this is a shared problem even amongst your peers.

BE POSITIVE



Stay calm, changes are happening everywhere the best we can do is that we cooperate and being mindful of our conversations not to cause any anxiety or spread anxiety.

GIVE TIME, TIME



We have to be patient and trust the process of what is yet to come and find out how best can we in our own little ways change and make an impact. This are the times to think outside the box and if you cannot think outside the box it's okay just to be you. Do not loose focus find what is in your circle of control and if you cannot control do what is in your favour.

Some of you have already reached to me through audio, video and chat and I am still doing the same. Do not hesitate to reach out and we can plan a way forward with what works best for you.

Till then keep your head up and smile- there is always a ray of hope.

Thank you

Salma Mohammed
School Counselor

REMINDER



NJA MANJANO UKURASA

NJA Manjano Ukurasa allows you to promote your business for free! Send us your adverts via frontoffice@jaffery.ac.ke and we shall post them for you



Reminder: Have you given us feedback of late? We thrive on your feedback, take a moment and share your experience an your child's experience on virtual learning through <https://bit.ly/NJAVLFeedback>



It is mental health awareness month, Are you or your child struggling and need someone to talk to?

Did you know that our school counsellor is just a call away?

Through the Teams platform, you can get tele-counselling from our very own Ms. Salma, Give her call :)

