



The Fountain 2024



**THE
LIVINGSPRINGS
SCHOOLS**

**YEARBOOK
2023/2024**



THE LIVINGSPRINGS HIGH SCHOOL

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OUR VALUE PROPOSITION:

- ICT-driven teaching and learning environment
- Electronic library and learning resources
- Purpose-built school with specialised rooms and facilities
- Integrated curriculum (British, American and Nigerian contents)
- Godly value-driven environment for learners' development
- Self-reliance and entrepreneurial skill-acquisition training
- Mentorship and leadership training programme
- Co-curricula training in music, arts and sports

Our Vision:

To be best in class by global academic standards and produce leaders of influence destined to change their world.

Our Mission

To provide rounded Christian education through internationally recognised curricula, designed to enable learners excel and develop their God-given talents in a stimulating learning environment.

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• Divinely inspired • Visionary • Futuristic

...destined to change our world



To be best in class
by global academic standards
and produce leaders of Influence
destined to change their world.



To provide rounded Christian
education through internationally
recognised curricula, designed to enable
learners excel and develop their God-given
talents in a stimulating learning
environment.

SCHOOL SONG

Walking in God's light alone
We are set to make our mark in history
With a touch of excellence
Shining for all to see
We'll be the best
Lead the way
Destined to change our world
In diligence and fear of God
Setting global standards
O' God bless The Livingsprings Schools

DAILY DECLARATION

Almighty God (2ce)
Our generation shall praise Your Name.
Our generation shall praise Your Name.
Our generation shall praise Your Name.
Our generation shall praise Your Name.

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Mrs Abosede Obayomi
Executive Director, The Livingsprings Schools.

THE FOUNTAIN

Welcome Speech

The above scripture (all the way down to verse 11) was our staying power this session. We resumed the new session in September 2023 with hope and renewed vigour, amidst some uncertainties. Our enrolment dropped significantly because of parents who relocated abroad in search of greener pastures, as well as those who relocated from the axis because of the traffic congestions caused by the ongoing road construction. Nevertheless, we forged ahead, knowing that our thoughts and ways are different from God's plan for us.

The WAEC and IGCSE results of our first set came out during this period, and to the glory of God, all five presented great success. For this, we are very grateful to the Most High. This encouraged us to set our eyes on the goal. We opened the Creche (for babies) and also had our biennial Inter-House Competitions on the 2nd of December, 2023. As the saying goes, all work and no play makes Jack a dull boy. It was a time of refreshing for all the pupils, parents, educators and the support staff.

The second term was eventful. Our pupils participated in competitions with other schools and came back with many laurels. **Our Vision** states: **“To be best in class by global academic standards and produce leaders of influence destined to change our world”**. It is imperative to pause and ponder: ***How can they change their world if they have a limited knowledge of the world?*** Thus, in April, we rounded up the term with our International Day Celebration, where we went on tour to Barbados, Trinidad and Tobago, Cayman Islands, Bolivia, Paraguay, Aruba, Sudan, Tunisia, Mauritius, South Korea, Taiwan, Jordan, Spain, Sweden and Italy. We had a great time and lots of fun learning and relaxing.

We resumed our third term, during which we had both internal and external academic examinations. Year 12 sat for the JAMB examinations, and to the glory of God, they all passed the cut off marks for their chosen universities. Year 9 also had resounding success in the Checkpoint Exams.

The downturn in the nation's economy did not spare us. We spent much more on running costs. However, in all things, we give God all the glory for a session that ended very well and was full of numerous positive reports.

Our upcoming Summer School is going to be one with a difference. We kindly beseech our parents to bring their children (and neighbours' children) to come and “unlearn, learn and relearn”. It truly promises to be a full package of fun.

Lastly, I would like to thank the school Chaplain, management staff, educators, parents, and support staff (as well as all our pupils and students) who contributed in no small way to make this session a memorable one. Please sit back now and enjoy the rich contents of this year's ***Fountain***.

Happy holidays !!!
God bless you.

Mrs Abosede Obayomi.
Executive Director.

Education and Schooling: A call for genuine collaboration among stakeholders.

At a recent meeting of selected leaders in the top echelon of the Nigerian educational system which comprised the Minister of Education, Minister of State for Education, the Registrar of Joint Admission and Matriculation Board (JAMB) and a cross-section of Vice-Chancellors from Nigerian public and private universities, the JAMB's Registrar openly criticized some university leaders for engaging in what he described as illegal admissions of students to the detriment of the Nigerian educational system. He emphasised the need for age-appropriate-admissions of students towards the enhancement of quality performances that are based on the students' school readiness and competencies. It is noteworthy, that he openly cited a personal example by highlighting how he made his own children adhere to the standards of age-appropriate admissions and learning that he was advocating and insistent on compliance. Therefore, he was exercising an exemplary moral authority through his advocacy for compliance. Similarly, there are on-going agitations and appeals for the review of the Nigerian national curriculum to incorporate relevant skills, entrepreneurship, patriotism and character-building. The foregoing resonates with similar contributions and appeals that are generally highlighted at various stakeholders' meetings and most arguments are often geared towards the attainment of better outcomes for students. However, the process of attaining better outcomes for learners confers some responsibilities on all stakeholders, including the students who need to imbibe the combined culture of diligence and ethical conducts. The purpose of this article therefore is to appeal to all stakeholders in education (government, parents, school owners, educational leaders, teachers, educational consultants, students, etc) to be genuinely intentional about the quality and processes of education that is provided to various categories of



contd.

learners, as well as to collaborate to sustain it in its purest form.

Meanwhile, it is a global reality that most of life's outcomes are the results of human choices and related actions. Moreover, empirical research confirms that, despite a few exceptions, the lived experiences of people have proven that noticeable results are the outcomes of earlier actions or inactions by individual or concerned group of individuals. This is referred to as the input and output principle or the law of causes and effects. Despite this, this universal principle is frequently denied in some sections, yet it can be established from the Holy Scriptures that God Almighty allows His divinely-sanctioned law of nature to prevail in many areas of human life and the society. From this, it is safer to argue that, all things being equal, the future outcomes of many young people, can be premised on the type and quality of education they receive and imbibe. It is instructive that the African societies are generally plagued by incompetent and/or corrupt leaders who are mostly the products of their various societies, vis-à-vis the process of their socialisation, including education. This is why it is important to give children quality education, both formally and informally. .

Informal education of learners is obtained through informal settings and it includes the trainings from the homes and other agents of socialisation, whereas formal education is received through the formal process of schooling. Invariably, students' performances in examinations and other areas of endeavours, including the handling of opportunities and resources are often dependent on the quality and personal dedication to the education received. Therefore, it is important that stakeholders pay attention to, and ensure that all categories of learners are provided with qualitative education that is accompanied with necessary character training because as the saying goes, "it is the attitude that determines the altitude." In other words, genuine emphasis should be on rounded and tested education that goes beyond the idiosyncrasies of individuals that are sometimes enforced as standard measures of education in some sections of our society. Undoubtedly, this is the reason for diminishing emphasis on quality education and international best practices. There is a tilting towards a rather unfortunate disingenuous interpretive approach to educational practices that is eroding academic and human values among young people. Some time-tested indicators of quality education that notable educational authorities and institutions, including the United Nations Educational, Scientific and Cultural Organization (UNESCO) advocate, such as age-appropriateness, readiness for school, learners'

contd.

aptitude, personal commitment, resilience and related attributes are being relegated and sacrificed for expediencies. Therefore, it is becoming increasingly difficult to train students in "learning and character" and our society is getting saturated with unreasonable deviants. Meanwhile, some schools are getting populated with students, who, rather than engage in diligent studies and ethical behaviour to pass examinations and gain promotions, are getting away with their unwillingness to learn and disobedience. Consequently and with clear instances, our immediate environs is saturated with an army of youth whose main engagement is online frauds and other forms of social vices. Unfortunately, some of these are emboldened by many unconcerned or conniving adults. This scenario is a call to genuine reflections and true wisdom from all stakeholders in the industry because we all stand to gain or lose, from the eventual outcomes of these students and might be vicariously liable before God Almighty. It is important therefore that every one of us commit to making and supporting the right choices in the educational landscape in terms of age-appropriateness, quality, quantity, necessity of moral training, transparent examples as well as engage in mutually-respectful collaborations with other stakeholders for the sustenance of best practices and processes. Together, we are duty-bound to support, guide and build the young people under our areas of influence in order to transform them to become worthy models to their generations and our ailing society. Our conducts and examples matters too, because instructions and/or promises from adults that are based on assumptions without accompanying personal integrity, trustworthiness and moral authority will not yield significant results.

In conclusion, as a trained educator/practitioner and industry leader who has been practically involved at all levels of education from the elementary school to the university level for several years, I propose, among others, some critical areas for stakeholders' collaborations in our current space in the following: .

- Genuine enforcement of age-appropriate admissions based on learners' emotional and school readiness at all levels of education, by all school leaders and parents alike.
- Parents' demands for quality educational services should be presented without insulting educational practitioners and should be rightfully accepted as necessary feedback.

contd.

- Placing continuous emphasis on a balanced development of learners' aptitude and attitude.
- Training students to be respectful to their teachers, instructors and school leaders to avoid demotivating the latter on their jobs.
- Adherence to the principles of education, best practices and avoidance of double-standards or the enforcement of irrelevant activities that distract and stifle development of the total child.
- Accepting the fact that we are all partners-in-progress who are currently engaged in mutually beneficial relationships that demand shared respect from all parties in order to achieve our noble objectives (development of the total child and ultimately, all-round success for learners). Dear parents, potential parents and all other stakeholders, I believe this new (2024-2025) academic session provides us with fresh opportunities to work together and achieve greater results, especially as we continue to work for the interest of the learners and the glory of God Almighty.

Thank you.

Samuel Adeniyi Abogunloko, PhD.

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Dear Students, Parents, and Staff,

As we turn the pages of this edition of our yearbook, we are filled with gratitude and excitement as we reflect on an unforgettable and incredible year at The Livingsprings Schools. Each event, moment, and memory has played a vital role in shaping our school community, and we are thrilled to capture these highlights for you.

The year kicked off with our much-anticipated Inter-House Sports event. The excitement was palpable as students competed in various games, showcasing their talents and sportsmanship. It was heartwarming to see everyone cheering for their houses and the sense of unity that filled our fields.

As the holiday season approached, our Christmas Concert brought together students, families, and staff for a night of joy and celebration. The talented performances highlighted the spirit of the season, reminding us of the importance of community, togetherness and most importantly, the birth of our Lord Jesus Christ.

Our International Day was a vibrant showcase of cultures from around the world. Students took pride in sharing their heritage through food, performances, and presentations. This event not only enriched our knowledge but also reinforced the values of diversity and inclusion within our school community.

The Valedictory Service and End of the Year program was a bittersweet moment, as we honored our graduating class. It was a time to reflect on their journey and celebrate their achievements as they prepare for new adventures ahead. We wish them all the best as they embark on the next chapter of their lives!

contd.

One of the lighter and more fun days we enjoyed was the preschool Pyjamas Day, where everyone donned their coziest sleepwear. It was a day filled with laughter and relaxation, proving that school can be both fun and comfortable!

In addition to these memorable events, we celebrate all the small moments that made this year special – from classroom projects to friendship-building activities such as our inter class competitions like the Spelling Bee and Memory Verse competitions. Each memory contributes to the tapestry of our school spirit, and we are grateful for every smile, laugh, and lesson learned.

Thank you to everyone who contributed to making this year unforgettable. Let us cherish these memories as we look forward to another exciting year filled with learning, growth, and friendship!

Warm regards,

Adeleye Folashade
Editor

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Please follow us on



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About Us

The Livingsprings Schools is a school with a vision inspired by the Almighty God and we have seen Him at work with us all the way to where we are today. Surely, great is His faithfulness!

We are poised to make a difference in the global education landscape because we strongly believe that our territorial influence will extend beyond our immediate environment in Nigeria. We prioritised operating from a purpose-built school building right from the first day of operation, a must and not a choice. Our building has been designed, constructed and fitted with excellent finishes and facilities to make the world of learning inspiring and exciting for our learners.

In our quest to be best in class by global academic standards, we have chosen a selected team of excellent educators and support staff to make The Livingsprings Schools the dream school and a delight to all our stakeholders. We run a structured Christian education curriculum, as designed by the US-based Association of Christian Schools International, blended with British and Nigerian curricula. We are confident that this approach will better equip our learners for the future than their counterparts in regular schools. Indeed, we are optimistic that combination of Christian education with the best academic training will make our graduates emerge as value-driven visionary leaders who will change their world.



Welcome to our world of



PRE-SCHOOL



PLAYGROUP
Peace



MRS. MARY ISEDI



ADEEKO KHALIFA



EMMANUELLA AROWELE



JACEY OKONTA



PLAYGROUP LEARNING TIME





FOUNDATION
Trinity



MISS OBUMAESE NYERHOME
HEPHZIBAH



MISS CHIDINMA ABEL



SHEK DAVID MAHIM



MATTHEW-YISA DANIELLA



POPOOLA DANIELLA



OSIYEMI IREMIPOSI



OPEOLUWA OMOTAYO



OKAFOR IVY



BAKER ZAIN IVYOSHI



AROWELE ISABELLA



OLORUNFEMI OZAVBIZE WILBERT



BRINGMORE WEALTH



ANTHONY ELYON ONOSHIOZE



EANENE JEPHTAH EKENE



FOUNDATION LEARNING





NURSERY
Omega



MRS GINIKA ANENE



MISS ESTHER ADEKOYA



NINIOLA DAVID



VANESSA MICHAELS



MIKKEL DAVID



INYENE-ABASI DANIEL-BASSEY



JEREMY JOHNBULL



KING-RYAN CHUKWUEMEKA



HENRY ADEOYE



INIOLUWA FAYEUN



ANDRE AGBALA

NURSERY
Omega



GODWIN AJIBOYE



EMMANUEL EMOABINO



CHUKWUEMEKA OPARA



CHIOMA IFEANYI



BOLUWATIFE OLORUNTOBA



BERYL OLAGHERE



NURSERY OMEGA LEARNING TIME





RECEPTION *Sharon*



MRS OKUNDALAYE JUDITH



MISS OGWEREL JEMIMAH

RECEPTION
Sharon



UDECHUKWU ANABEL



UDECHUKWU CHRISTABEL



RUTH ISEMEDE



OLAWALE TIRESIMI



POPOOLA DANIEL



UBONABASI MAXWELL



ODUMOSU OLUWAGBENGA



MATTHEW-OLUSOJI NEWSONG



IFEANYI-EZENE AUDRA

RECEPTION
Sharon



GABRIEL TEMIOLUWA



EGBI ELISA



BLESSED-UBAKA KAMSIYCHUKWU



BAKER AMYSOMI



ALABI OLUWADUNSIN



AKANBI DOMINION



ADELEYE SERENA



RECEPTION SHARON LEARNING







GRADE 1
Alpha



MS REBECCA ROBERT



MR PHILIP

GRADE 1
Alpha



ZINACHIDIMMA UCHE-EMEH



UCHECHUKWU OKWONNA



TOLUWANIMI OLALERE



TOLUWALASE OLALERE



HONEY ADEOYE



HEZRON ADELEYE



GOSPEL ANTHONY



EUNICE USMAN



CLAIRE AGBALA

GRADE 1
Alpha



CHRISTABEL UBONABASI



BLOSSOM IFEANYI



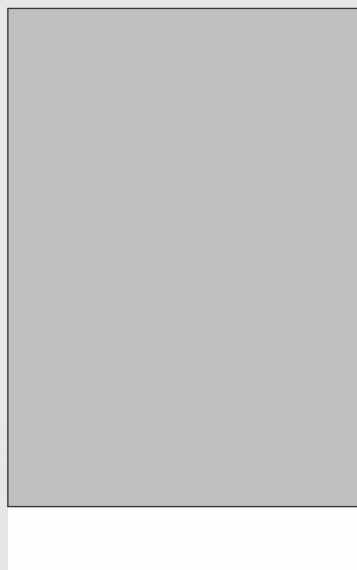
CHIOMA AZUBOGU



CHIEMEZUGO AMAECHI-UBAH



GRADE 2



GRADE 2



TEHILLAH JUSTICE



SUANU GBARANMI



PRAISE CHIMKA



OLUWASEUN ALABI



OGHENEFEGOR EGBI



MICHAEL EDOJA



DAVID POPOOLA



DIVINE MATHEW-YISA



KOSISOCHUKWU ANIEMEKE

•
GRADE 2



DAVID MICHAEL



DANIEL DANIEL-BASSEY



ALIA DEKAWEI



CHIOMA UDECHUKWU



GRADE 3
Joy



MR. EBENEZER UGOH

GRADE 3
Joy



ANENE CHIBUDOM



EFETURI HEZEKIAH



KEME-OYEGWA JOEY



AKANBI BEST



AGBALA JEREMY



ADEWUMI ADEMILOLA



ABIODUN DAVID



ADEOYE HERITAGE



MATTHEW-YISA JOY



GRADE 4
Square



MR INNOCENT PADONU



OLUWADARASIMI THOMAS



OLUWATOSIN AKINBI



TENIOLA ODUMOSU



OLIVIA UBON-ABASI



OKE DAVID



OKE DANIEL



MOYINOLUWA LOT



MAXWELL DAVID



IFEOLUWA FAYEUN



EMMANUEL UDECHUKWU



DOMINION DEKAWEI



DESTINY ABHULIMEN



CHIZARAM AZUBOGU



CHIMDUMAGA AMAECHI-UBAH



NATHANIEL OLUYIDE



FELIX OBISIKE-DIKE



GRADE 5
Star



MRS BUNMI MATTHEW-OLUSOJI



AKINDURO SAMUEL



OREKYEHWADIUTO



SIFONITOABASI DANIEL-BASSEY



ERUAYEKOMEME DIAMOND



OMOWUMI OPEOLUWA



JOHNBULL PAULA



CHIMKA KINGSLEY



GRADE 6
Excel



MRS MARY IDIODEMISE



BERNATH ASHER



OBI SIKE-DIKE LAWRENCE



OLORUNTOBA OSMONDROY



OBI SIKE-DIKE LAWRENCE



NDINKORA DANIELLA



ANIEFIOK-BENJAMIN LINCOLN

MY FOOD



Rice is good for my body
Don't eat rice when it's muddy,
I eat rice when it's clean,
With my cucumber always green.

By Uchechukwu Okwonna

MY GRANDMA

My Grandma's name is Grandma Pauline. She is a very loving person. She cooks tasty food. Grandma prays with me. Grandma takes care of me. My grandma's pet name is Ginger. I love my grandma.

(Gospel Anthony)

WHAT I WILL BE WHEN I GROW UP

When I grow up,
I want to be a ballerina
A ballerina can dance
A ballerina can also sing and split.

By Christabel Ubonabasi

MY FAMILY

My family is a nuclear family. My father is the head of the family. My mother cooks for us. I have two brothers. We eat and pray together. I love my family.

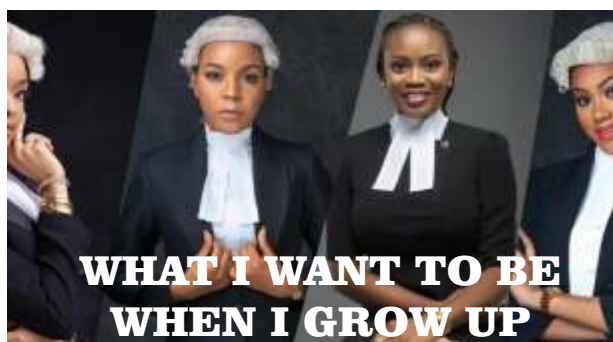
(Claire Agbala)



MY BABY BROTHER

The name of my baby brother is Danny. He is 7 months old. He is fair in complexion. He likes to drink milk. He likes to suck his thumb. He likes to cry. He likes to laugh a lot.

(Zinachi Uche-Emeh)



When I grow up I would like to be a lawyer.

A lawyer is a person who is qualified to advise people about the law and to represent them in court.

(Honey Adeoye)



I have a dog as my pet. My dog's name is Captain. My dog is a German Shepherd. It has black and brown stripes. My dog likes to eat noodles, rice and bone. I like to take a walk with my dog.

(Toluwanimi Olalere)

MY FAMILY

My family is a happy one. We are the Usman family – Daddy, Mummy, my brother and I. My daddy is Ibrahim Usman. Mummy is Amaka Usman. My brother's name is Isaac Usman and I, the big girl, am EUNICE USMAN!

(Eunice Usman)

MY HERO

My mum is my hero. My mum provides for me. She takes care of me. My mum cooks for me. I love my mum.

(Blossom Ifeanyi)

IT'S ALL ABOUT ME!

I am HEZRON! My friends call me Hezzy. Would you like to know more about me? Follow me into my world! I'm a boy. I'm 7 years and light in complexion. I like eating noodles because it has a nice taste. I love wearing shorts. I enjoy playing football and playing games on my mum's phone. I am always happy when mum takes me to the park or a swimming pool.

(Hezron Adeleye)



MY FAVOURITE ANIMAL

My favourite animal is a rabbit. A rabbit can eat vegetable. I call my pet Ruby. My rabbit likes to play with me. My rabbit can play gently. My rabbit likes to hop. My rabbit is so beautiful and lovely.

(Toluwalase Olalere)



Laughing Time

It was laughing time

The fish was laughing because the boy tickled it,
He he he he he ho ho ho ho ho

The bird was laughing because the bird tickled it,
Ho ho ho ho ho Ha ha ha ha ha

The lion was laughing because the boy tickled it
Ho ho ho ho ho He he he he he

The penguin was laughing because the boy tickled it,

Woo woo woo waa waa waa

Poet: Chiemezugo Amaechi-Ubah

SAD TODAY

I'm feeling very sad today,

My mum did not let me open my birthday gift

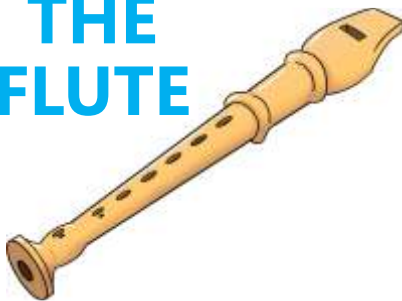
My daddy bought me a doll

My family loves me and I love my family

I will be happy when I get to see my doll.

Poet: Chioma Azubogu

THE FLUTE



The flute is the oldest wood wind instrument.

Flutes are aerophones. The first likely flute was called the "ch-ie" and emerged in China. It was discovered 9000 years ago. The person who plays a flute is a flutist.

(Alia Dekawei)



The Piano

Piano is a kind of instrument that has black and white keys. It makes different kinds of sound. It is beautiful. It is great. It makes me happy.

(Oluwaseun Alabi)

THE POLICE OFFICER

A police officer arrests bad people. A police officer enforces the law. A police officer investigates crimes. They are assigned to locations to patrol and watch for crime. They enforce traffic violation. They also investigate criminal complaints and respond to emergency situations.

(David Popoola)



The River

The river's a mirror
Through rainbows and mount
He dances and sings
He just cannot be quiet.

The river's an engineer
And digs down deep
Those little beetles
That he wants to fight.

The river's an adult
He poos and pees
And sounds like he's purging,
Sucking his toes.

By Praise Chimka



Air Planes

An airplane is as big as a giant. Airplanes come in different colours. They fly in the sky and help you go from place to place. The plane runs with energy and then takes off into the sky. When airplanes are about to land in the night, they put on their landing lights.

(Suanu Gbaranwi)



Trees are beautiful
Trees are green and alive.
Do you have a mango tree?
If you don't, then plant a one.
It can produce fruits and seeds.
Trees get nutrient from the soil.
(Michael Edoja)

VIOLIN

The violin is a string instrument which has four strings and is played with a bow. The strings are usually tuned to the notes G, D A and F.
(Kosisochukwu Aniemeke)



I will write

I will write with a pencil
I will write on a table
I will write in a classroom

I will write with a pen
I will write on a whiteboard
I will write in a bus
I love to write here and there
I will write anywhere
Poet: Oghenefegor Egbi



We are a family of five: Dad, mum, my elder sister, Joy, my younger sister- Daniella and I. We love spending time together playing games, reading books and going to church. My mum works as a teacher and my Dad as an Estate Consultant. We also have our aunt living with us. We are one big, happy family.
(Divine Matthew-Yisa)

The pilot works in the aviation industry and can control an aircraft to convey passengers or goods from one location to another. They work for commercial airlines, agencies or authorities. Pilots are independent or work for a district to bestow private conveyance in small aircraft or private jets.
(Chioma Udechukwu)



The richest person in the world is Bernard Arnault. He is from France and is the chairman and CEO of LVMH, the world's largest luxury goods company. LVMH brands include Louis Vuitton, Hennessey, Marc Jacobs, and Sephora. His net worth is \$215 billion.
(Daniel Daniel-Bassey)

**What I can
do with my
PET**

I can train my pet,
I can play with my pet,
I can feed my pet,
I can chain my pet.
By Michael David

The foolish lion and the tricky monkey



Once upon a time, there lived a monkey who tricked everybody. One day, a lion wanted to eat the monkey but the monkey was on a tree so the monkey said, "I will make it easy for you."

Then the monkey jumped to another tree pretending to land on the ground. So the lion also jumped, fell and hit his head on a sharp and hard rock and died.

Moral lesson: Do not be a copy cat.
Author: Chibudom Anene



A Recorder

A recorder has 8 holes. When you play it, it makes a pleasant sound. You can play when all the holes are covered, or some are covered. I love the recorder because of the pleasant sounds it make.

(Tehillah Justice)



There was a very mean lion who bullied the animals. One day, he wanted to eat a bunny. The bunny made the lion come to a well and he looked inside it, but he saw another lion and wanted to eat it. So, the bunny pushed the lion into the well and the lion died. All the animals were very happy.

Author: Best Akanbi

Everyone
has a
name

Some names are the same,
Some are different,
Some are long or short,
All are right,
None is wrong because they all belong to someone.

My name is Ademilola Oluwanifemi Adewumi

It is special to me and it is exactly who I want to be!

Author: Ademilola Adewumi



Nature

One day, a little boy named Tom was going into the forest but he didn't know it was a magical forest, for whoever wrecks anything gets punished. When Tom was in the middle of the forest, he started cutting the trees, tearing the bushes and wrecking nature. So mother nature punished him with a curse, the curse was that every time he lies, he would be ugly. When he got home, his father asked if he did anything bad. Tom lied and twenty pimples appeared on his face. When he looked in the mirror, he saw the pimples and shouted.

The next day, he went to school, a girl asked him if she was ugly but Tom lied and his face became worse. He had to go back to mother nature to apologize. She forgave him and they became best friends.

Author: Destiny Abhulimen

THE FOUR BEST FRIENDS

The four best friends were: Lily the photographer, Emily the spy, Nikki the author and Zoey the actor. They all went on an adventure to the scariest horror house.

"I can snap a picture and put it on my Instagram page!" exclaimed Lily.

"My followers would love it," said Zoey and Nikki.

"Well, do you know why I brought you here?" asked Emily. "It's because I'm on a mission to get a secret item that is hidden inside this building.

"Ok, I'm not filming anymore," said Emily. "I am not writing," said Nikki. "I am not snapping," said Lily.

"Okay, let's go now, hurry up, this is a very dangerous place," said Emily. They went down the stairs into the basement and couldn't get in because they had to crack a code.

"I can crack the code," said Nikki. "Here, 3684028, done!"

"That was easy" she yelled. They were able to get the item they went for and escaped successfully.

Author: Moyinoluwa Lot

DEEP SEA CREATURES

The deep sea consists of three levels. The first layer, you see fishes, sharks, fly fish, crabs and so on.

The second layer has eels, star fish e.t.c. which was later extinct but was found in the Coast of India.



The third layer is the darkest and has jelly fish, giant squid but all those are not sea animals.

The extinct animals

1. The largest and biggest snake is the **Titanoboa**. It is the biggest snake in history.
2. The Big Foot was a large snow man. Some scientists tried to prove that the Big Foot was real.
3. The Megalodon was a great hunter. It was a very skilled and brutal shark. It was 4x times bigger than the Great White Shark.
4. The T-rex hunts in the night. It can't run fast but it's skilled. None of its prey can hide or escape.

Author: Daniel Oke



The sea is a very big part of the earth, the sea is where you see animals like octopuses, fishes and sea horses.

Do you know that sea horses give birth to many children at once?

People like to go to the beaches, going on fast boats and ships. People like to swim too. People like to drink water but do not drink sea water because it is not safe.

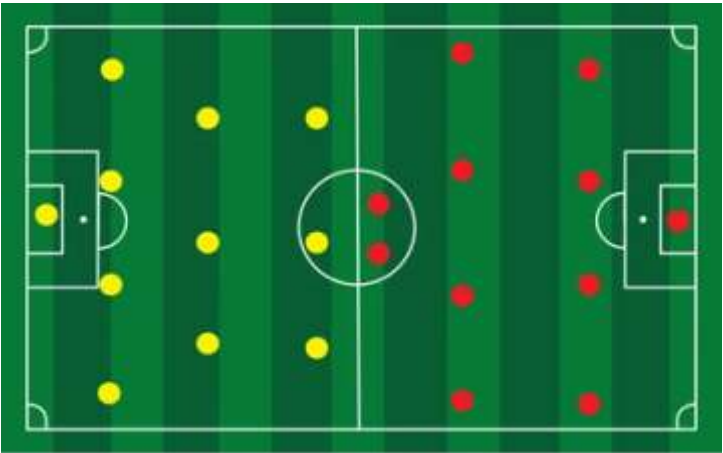
There are three categories of animals that God made: the sea animals, the land animals and air animals. I love nature, it is very beautiful.

Author: Chimdumaga Amaech-Ubah

ABOUT FOOTBALL

Football is a game played between two teams and it includes two goal posts, played on a long field with a goal keeper in position. The three positions are: Defender, Midfielder and Striker.

Football first originated from Britain and the first stadium where a match was played was Greece stadium. The first footballer to play was William Walter "Pudge" Heffelfinger (December 20, 1867- April 2, 1954).



What is the World Cup? It is a professional event in which countries come together and play. They select people to play and that can happen if you are from the selected country. The first world cup was on July 13, 1930 and it was Uruguay that won it. The most recent world cup winner is Argentina.

What is champions league? Champions league is a football competition held each year between the best teams from each country in Europe. The first club to win champions league was Real Madrid in 1955.

Author: David Oke



Astronauts

Astronauts are fun,
They go to space to explore,
And they say no one can go to the Sun,
Because it's too hot,
Before they go to space,
They wear a spacesuit that is soft,
They sit on a chair in space,
And look at earth in awe,
We can't see them,
Because they're far away like stars,
I want to be an astronaut when I grow up,
I love Astronauts.

Author: Nathaniel Oluyide

A DOG



Cat chaser
Rag destroyer
Cat hater
Bone crusher
Long claws
Long jaws
Night howler
Fast racer
Best friend
Amazing mammal

Poet: Maxwell David

THE SPARROW



There was a sparrow who wanted food
It was in a bad mood
The sparrow thought that it was the strongest
Until it was surprised when the Ice trapped its leg
He knew that then he wasn't the strongest
He knew if the sun came out
It'll melt the Ice
So he knew the Sun was the strongest source of
power.

Poet: Felix Obisike-Dike



The Loyal Little Lion

I saw a brown brave bear
I saw a grill on the green grass
I saw my book in a big bag
I found a fan in the farm
I saw a brown boot on my bed
I have five funny fingers.

Poet: Chizaram Azubogu

The Loyal Little Lion



Perfect Peter went to fetch a pail
of water
He broke his small shoulder
He went to a horrid hospital
Though he had a big bone
He had a sudden surgery
He cried liked a big baby
He later met moody Margaret
Because of her terrible mood
He ran from her like an angry ant
He finally decided to go to his
friend Brave Ben.

Poet: Darasimi Thomas

The Movie



I went to the movies to get a ticket
I saw Mrs. Wicket, she was with a bucket
I was with a rocket
I saw a cat
Chasing a rat
On a mat
When I looked further, I saw a map
Made with art
Then I went to watch my movie, it was
titled the ark.

Poet: Dominion Dekawei

KENNING ABOUT MUM



A happy baker
An excellent cleaner
A smart chopper
A rule maker
A great disciplinarian
A loving wife and mother.

SIFONITO DANIEL-BASSEY Grade 5



BIRDS

Birds are amazing
Birds can sing so good
Birds fly in the sky.



FLOWERS

Flowers smell so good
Perfumes can't beat its fragrance
Flowers make the world a better place.

NWADIUTO OREKYEH

SIMILE



As wise as Solomon
As white as a snow
As black as charcoal
As simple as ABC
As green as emerald
As fierce as a Lion
As light as a feather
As fast as a cheater
As sweet as sugar.

OMOWUNMI OPEYEMI

KENNING ABOUT MY MUM (*Warri mama*).



Great protector
Desirable helpmate
Perfect cook
Movie watcher
Idea sharer
Joy giver
Lie detector
Chores giver
Fashion police
Home work supervisor
Family doctor.

DIAMOND ERUAYEKOMEME

CLEAN JOKES!

1. Did you hear about the first restaurant to open on the moon?
It had great food but no atmosphere.

2. Why is it that scientists do not trust atoms?
Because they make up everything.

3. What did one ocean say to the other ocean?
Nothing it just waved.

4. What does a nosy pepper do?
It gets Jalapeno business.

PAULA JOHNBULL.

THINGS THAT YOU NEVER KNEW!

1. Reading out loud to kids accelerates their brain development.
2. The brain operates on the same amount of power as 10-watt light bulb.
3. 80% of the brain is water
4. Fingernails grow 4 times faster than toenails.
5. Humans are the only mammals that produce emotional tears.
6. The human heart beats approximately 100,000 times a day.
7. The human brain can store 2.5million gigabytes of data and process information much faster than the fastest super computer.
8. Your brain does not feel pain, it has no pain receptors.
9. Scientist have dated the earth between 4 and 5 billion years old.
10. In full sprint, human body can generate up to 2,000 watts or 2.5 horse power energy.

KINGSLEY CHIMKA.

AT THE END OF A SCHOOL DAY

At the end of a school day
Boys are screaming
Parents coming in
Babies are running
Girls are chitchatting
Everyone's feeling relaxed and free
No more school work
But ready for homework
Always a better feeling
At the end of a school day.

SAMUEL AKINDURO.

MY TLS JOURNEY

My journey through the Livingsprings Schools started in the year 2015. I was welcomed into the Foundation Trinity in Preschool. It has been a smooth journey with awesome educators and great learning process. I struggled a bit in Grade 3 with copying of notes. However, I was able to adjust with the help of God and my God-fearing educators.

One of the greatest skills I learnt is playing the musical instrument, especially the recorder. I always enjoy playing the drum set and the recorder during the morning assembly.

To the glory of God, I am leaving the grade school as the Head Boy. I am grateful for the opportunity, the effective teaching and the wonderful biblical integration (one of the reasons I will really miss this great school).

The mission, vision and core values of the school have all shaped my life and given me the ability to stand out wherever I go in life.

I am forever grateful to The Livingsprings Schools!

ASHER BERNATH

MY VOYAGE THROUGH TLS

My voyage through TLS has been a blast
Now in Grade 6 at last!
Always aiming for the stars
With the help of great teachers.

Ever attended TLS events?
International day and the Christmas concerts,
All these memories, I will never forget
The one school I attended without regret.

LAWRENCE OBISIKE-DIKE

MY EXPERIENCE IN TLS

I joined the Livingsprings schools at the beginning of 2023/2024 academic session. I started in Grade Six so, I thought I was not going to cope with the struggle to fit in. With the help of my wonderful teachers, who were new to me and the welcoming pupils, I was able to adjust in no time.

I learnt a lot of new things, I witnessed the Christmas concert and the International Day celebration. These are experiences I wouldn't forget in a hurry.

In a short while, a lot has been instilled in me and I will forever be grateful to my parents for giving me the opportunity to attend this great school.

Thank you TLS!

LINCOLN BENJAMIN-ANIEFIOK.

THE SCHOOL I WILL NEVER FORGET

I have always wanted to join this great school. Each time I pass by the school, I admire it from afar and I always pray to be a pupil of this school. My mum promised I would join the high school, we did as planned but I didn't meet up with the expectations. I am thankful that I was given the opportunity to begin from grade school.

I struggled at first but the great teachers did not relent or give up on me and my twin brother. I have learnt a lot academically, morally, socially and spiritually.

I will never forget this great school and I will carry the impact with me wherever I go.

DANIELLA NDINKORA.

THE JOURNEY OF 6 YEARS

I have been here for 6 years
I still remember the tears
It was a very long journey
I must tell you it wasn't funny.

I will really miss the grade school
Just because everybody is cool
My grades have gone so high
Feeling sad to say goodbye!

OSMONDROY OLORUNTOBA

OH! GREAT TLS

Oh! TLS is a great school.
Oh! My love for you,
It has grown so deep
I will choose you even in my sleep.

I thought I wouldn't make it
The teachers never allowed it
They taught me never to give up,
Ever ready to support and cheer
me up.

DANIEL NDINKORA.

A vibrant collage of school and science supplies is arranged around a central text area on a dark green, chalkboard-like background. The items include a wooden artist's palette with various colored paints, a white and blue paint tube, a yellow protractor, a red paperclip, a wooden pencil, a red binder ring, a glass beaker with pink liquid, a paintbrush, a wooden ruler, a compass, a globe showing Africa and Europe, a red pushpin, a blue backpack, a red book, a wooden book, a blue test tube, a green paper, a red ribbon, and a blue paper. Mathematical and scientific notations are scattered throughout: H_2O at the top, 90° on the left, $\pi = 3.14$ at the bottom left, and $S = a \cdot b$ at the bottom right.

Welcome to
The Livingsprings
High School



YEAR 7



MRS OKAFOR RITA



MR OYEKANMI OLAYINKA

YEAR 7



BERNATH ASHER



BERNATH ASHER



BERNATH ASHER



BERNATH ASHER



BERNATH ASHER



BERNATH ASHER



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BERNATH ASHER



YEAR 8



MR AKHIMIEN GODSPOWER



MRS MATTHEW-YISA TOLULOPE

YEAR 8



ADEBAYO OGEOLUWANI ADEMI



OLAJIDE-ADETOLU ADEDOYIN



OLORUNTOBA JEFFERY



IBIWOYE-OBA MOTUNRAYO



DANIEL-BASSEY INEM-ABASI.



CHIDI THANKGOD

YEAR 8



OKONTA JAYDEN



CHIMKA VICTOR



BELLO FAYOKEMI



APERE MERCY



AYANWALE OREOLUWA



AYANWALE OLUWAFERANMI



YEAR 9



MR AJAYI AKINOLA



MRS OYELAMI ROSEMARY

YEAR 9



OSIYEMI RACHAEL OLAMIPOSI



OLUYIDE ENIOLA



OLORUNTOBA OLUWADEMILADE



OKONTA JACQUELIN



OBISIKE-DIKE TREASURE



LOT IBUKUNOLUWA

YEAR 9



FAJORIN AYOMIDE



ERUAYEKOMEME PRAISE



EBARE DOMINION



DANIEL-BASSEY IMA-ABASI



ABIDAKUN SHINE



•
YEAR 10



OKEKE MODESTA

YEAR 10



EPAPALA EMMANUEL



OMUEDERIAYE IVANA



OMOTOSHO KINFEOSIOLUWA



GABRIEL KOLADE



LOT MOFEOLUWA



OLALERE OLUWADEMILADEAYO



ABORISADE JOY



YEAR 11



MR AYODELE JOHN



MR LATEEF ADEOLA

•
YEAR 11



ADELEYE OLUWANIFISE



OSIYEMI OPEMIPOSI DANIEL



ONWODI-BROWN JOSEPHINE



OLORUNTOBA EMMANUELLA



OKONTA JASMINE



OKE GRACE TOMILOLA



OBISIKE-DIKE HORACE



YEAR 12



MR ADEDOJA ADEBOWALE

YEAR 12



OLAJIDE-ADETOLU ADEBOLA



FAJORIN DAMILOLA



ERUAYEKOMEME OBARO

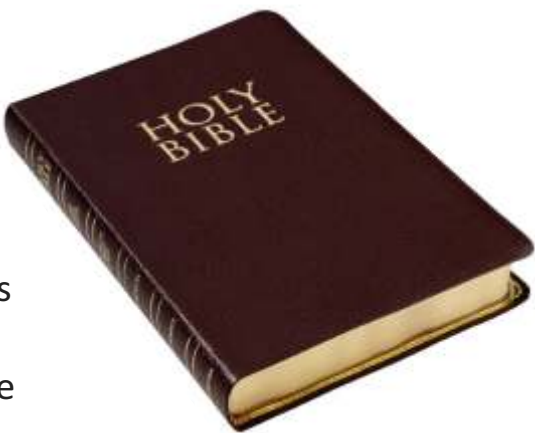


ABORISADE OLUWAKEMISOLA



ARIYO ADENIKE

HIDDEN FACTS OF THE BIBLE



1. The shortest chapter in the new testament is 1 John 1 and the longest chapter is Luke 1.(Luke 1 and I John 1)
2. Peter was married, we know that because Jesus healed his mother-in-law. (Matthew 8:14-15)
3. The Bible doesn't say the exact numbers of wise men.(Matthew 2:1)
4. The Bible has 3.573 promises.
5. Over 100 million copies of the Bible are sold each year.
6. The word Lucifer is from the Latin word lux "light" + ferre "carry" or literally, "light bringing".
7. The Bible talks about a beauty contest.(Esther 2:3-4)
8. The Bible talks about eating a human being.(2 Kings 6:28-29)
9. Luke was not a disciple of Jesus but Paul's disciple and also he was not Jewish he was Roman.
10. The shortest reign in the Bible was King Zimri's. It lasted 7 days.(1 Kings 16:15)

By Hosanna Olusoji YEAR 7

INSPIRATIONAL QUOTES FOR EVERYDAY LIVING

The only way to get started is to quit talking and begin doing.
The future belongs to those who believe in the beauty of their dreams.
Hate cannot drive out hate, only love can do that.
The only thing we have to fear is fear itself.
Never let the fear of striking out keep you from playing the game.
Well-done is better than well said.
To make a difference you must be different.
Do not look for *very good* when *excellent* is possible.
You must be the change you wish to see.
Yesterday is the past, tomorrow is the future and today is a gift, that is why it is called the present.

By Diekoloreoluwa Adebayo, YEAR 7 GRACE.

THE 8 IVY LEAGUE SCHOOLS OF THE WORLD



Ivy League schools are among the most prestigious universities globally. They consistently rank high in various national and international university rankings. All eight Ivy League universities place in the top 18 of the 2024 U.S. News & World Report National Universities ranking. Additionally, five Ivies rank in the top 20 of the 2022–2023 U.S. News & World Report Best Global University Ranking based on academic research, performance and global reputation.

The Ivy League consists of the following eight schools:

- Brown University
- Columbia University
- Cornell University
- Dartmouth College
- Harvard University
- University of Pennsylvania (Penn)
- Princeton University
- Yale University

1. Brown University: Brown University is a leading research university with a flexible and rigorous curriculum. Brown University, founded in 1764, is the seventh-oldest institution of higher education in the United States. Originally located in Warren, Rhode Island, it moved to its current spot on College Hill overlooking Providence in 1770. It was renamed in 1804 in recognition of a gift from Nicholas Brown, a prominent Providence businessman and alumnus.

2 Columbia University: Columbia University, founded in 1754 as King’s College, is the oldest institution of higher education in New York. It was originally established as a

colonial college by royal charter under George II of Great Britain. The college was renamed Columbia College in 1784 after the American Revolution and became Columbia University in 1912.

3. Cornell University: Cornell University is a private Ivy League land-grant research university. It was founded in 1865 by Ezra Cornell and Andrew Dickson White. Cornell is a co-educational, non-sectarian institution. It offers undergraduate and graduate programs. The university has multiple locations, including Ithaca, New York, New York City, and Doha, Qatar.

4. Dartmouth University: Established in 1769 by Eleazar Wheelock, Dartmouth is one of the nine colonial colleges chartered before the American Revolution. Emerging into national prominence at the turn of the 20th century, Dartmouth has since been considered among the most prestigious undergraduate colleges in the United States.

5. Harvard University: It was founded in 1636 as Harvard College and named for its first benefactor, the Puritan clergyman John Harvard. It is the oldest institution of higher learning in the United States. It is one of the most prestigious universities in the world.

6. University of Pennsylvania: The University of Pennsylvania was founded in 1740 as a charity school, and later became an academy in 1751. It was chartered as the College and Academy of Philadelphia in 1755. Benjamin Franklin played a key role in its establishment. It is one of the colonial colleges and has a rich history dating back to the birth of the nation.

7. Princeton University: Princeton University is a private, coeducational research university in New Jersey. It was chartered in 1746 as the College of New Jersey, making it the fourth-oldest institution of higher education in the United States and one of the nine colonial colleges before the American Revolution. It was involved in the American Revolution, as General George Washington received the thanks of the Continental Congress in its Nassau Hall in 1783, and is one of the highest-ranked universities in the world.

8. Yale University: Yale University, founded in 1701, is the third-oldest institution of higher education in the United States. It was originally chartered as the Collegiate School by the Congregationalist clergy of the Connecticut Colony. The university has evolved over 300-plus years, tracing its roots to the 1640s when colonial clergymen sought to establish a local college in the tradition of European liberal education.

IMA -BASSEY DANIEL BASSEY (YEAR 9)

Small is Beautiful

“Everything has beauty, but not everyone sees it.” This lovely quote said by Confucius, allows me to see things in a different light.

A small substance that is taken by people, smooth and neat, at times has a bitter taste. What some can call 'small but mighty.' The small substance has the power to do wonders.

A drug tablet. It is amazing how that small tablet is able to cure damaged cells in our body, designed for that purpose.

But it is being abused by over 55.4% of people in the world. People lack the ability to appreciate one of the smallest things life gives us. They do not respect its value, its worth, its power, the ability it has to cure our bodies.

People fail to see that this small tablet does not just cure us, it is one of the most beautiful things life has given us.

The tablet is the true definition that small is beautiful, because as a wise man once said, 'if you cannot learn to appreciate the small things life gives, you will never be able to appreciate the bigger things.'

By: IBUKUNOLUWA LOT (YEAR 9)

EASY RIDDLES

1. Riddle: What has to be broken before you can use it?

Answer: An egg

2. Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?

Answer: A candle

3. Riddle: What month of the year has 28 days?

Answer: All of them

4. Riddle: What is full of holes but still

holds water?

Answer: A sponge

5. Riddle: What question can you never answer yes to?

Answer: Are you asleep yet?

6. Riddle: What is always in front of you but can't be seen?

Answer: The future

7. Riddle: There's a one-storey house in which everything is yellow. Yellow walls,

yellow doors, yellow furniture. What color are the stairs?

Answer: There aren't any—it's a one-storey house.

8. Riddle: What can you break, even if you never pick it up or touch it?

Answer: A promise

9. Riddle: What goes up but never comes down?

Answer: Your age

10. Riddle: A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

Answer: He was bald.

11. Riddle: What gets wet while drying?

Answer: A towel

12. Riddle: What can you keep after giving to someone?

Answer: Your word

13. Riddle: I shave every day, but my beard stays the same. What am I?

Answer: A barber

14. Riddle: You see a boat filled with people, yet there isn't a single person on board. How is that possible?

Answer: All the people on the boat are married.

15. Riddle: You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?

Answer: The match

By: Oluwadamilolaayo Olalere (Year 7)

BULLYING

Bullying is a serious problem that affects many people, especially children and teenagers. It involves repeated acts of aggression towards someone. These acts can be physical, verbal, or social, and they often cause harm and distress to the victim.

One of the most damaging effects of bullying on teenagers is the emotional hurt it takes on the victim. Being targeted and harassed repeatedly can lead to fear, and low self-esteem. This can make the victim's academic performance and social relationships suffer.

However, there are some solutions that can be taken to address bullying and create a more positive surrounding. This includes educating people about the effects of bullying, promoting kindness, and carrying out clear rules and consequences for bullying. By doing this, we can combat bullying and create a surrounding where everyone feels loved and respected.

PRAISE ERUAYEKOMEME (YEAR 9)

Importance of Time Management among Students



When I was 6 years old, my biggest fear and concern was getting bored. I made to-do list for myself everyday. One day, as I was watching documentary about turtles, I was mind blown as I discovered that turtles could live up to an age limit of 180-200 years. With this information, I ran to my mum, curious about a certain question that flew through my head. "Could human beings live up to the age limit of a turtle?" I got the most shocking answer "No!" That means that we are all going to die; I, my mum, my dad, friends and everyone. Unfortunately for me, I burst into tears, started weeping and gnashing my teeth. It was so painful to think of the fact that we are all going to die and nothing could be done about it. So, this story leads me to this question: How well can we manage our time with this short life span of humans and can time really be managed in different perspective? Well yes and I'll be pleased to tell you more. Time management is the ability to use one's time effectively or productively especially at work. It is essential for students to understand the value of time.

Time lost is forever gone. Many people believe that money is the greatest asset on earth, but this is not the case. Time is worth more than money. Money lost can be earned and repaid, but time lost cannot be, and there is nothing that will stop the flow of the time that we live in. The value of time is so high that it is essential that we utilize it in a wise manner. The next puzzle is how we can use our time effectively. There is a term for it, and that is called 'Discipline.' Everyone should practice discipline throughout their lives. If we are disciplined in our everyday life, nobody will make a fuss about anything. The importance of discipline is germane in the lives of students. When a student is disciplined and punctual, this shows maturity, and the student will be admired by their instructors.

Timely completion of task simply has to do with discipline which leads to immense success in life. It is essential for students to learn the art of managing their time as soon as they can. When preparing for exams, the ability to manage time plays an essential role. Students who manage their time well and focus on specific subjects within a certain time frame, complete their courses within the time they need and perform excellently academically.

There are times when it is impossible to complete everything on time. It is important to plan for each assigned task and set aside time to follow every step correctly, as sometimes, there may be a need to complete several tasks at the same time. Therefore, the only option is to work on the things that require focus. Make a list of things to prioritize. ***Utilize your time wisely and prioritize what is most important to you. Make your plan based on the urgency of the tasks at hand and set your schedule according to your priorities.*** Be sure to complete your work on time, then move on to the next task. This is the only way to go about things. This way, you can complete all your tasks on time. Thank you.

Oluwanifise Adeleye and Josephine Onwodi (Year 11 Rapha)

THE BENEFITS OF READING CULTURE IN SCHOOLS



'Education is the one thing no one can take away from you'. This simple quote by Elin Nordegran has a very deep meaning. In order for students to succeed in school, they need to work hard and develop a good reading culture. Reading culture is the knowledge gained through books to improve the thinking and understanding of a student.

When students set schedules and make out time to study, they improve their vocabulary, logical thinking and problem-solving skills. Reading culture also develops the brain and when students read daily, they nurture a love for reading.

According to UNESCO, students who nurture an excellent reading culture are 25% more likely to pass than the average student. The rate of academic excellence in schools have gone down due to an estimation of about 65% of students in schools who lack reading skills and culture.

Another major advantage of developing reading culture is group understanding. Pupils who form study groups will be able to understand the topics easier. Moreover, those who do not understand the concept of the topic can ask for help from their classmates. This way, nobody gets left behind in any subject.

Many people may say that reading takes too much time and students will not get time to have fun and relax. 'All work and no play makes Jack a dull boy'. This proverb means that without time off from work, a person becomes both bored and boring. Of course, students will have time to enjoy themselves. Students are meant to set a particular time to read everyday and not read for 24 hours everyday. If students read like there is no tomorrow it causes stress, frustration and makes them boring. Thus, by setting out time to read, they do not only manage their time properly but also learn to be organized and have time for leisure.

Selection of candidates for competitions especially, STEM competitions, depends on their academic performance and level of thinking. This is why students with solid academic performance participate in such events the most. Furthermore, pupils who sit for examinations both international and internal are more likely to come out in flying colours because of their daily studying and hard work.

In conclusion, developing a good reading culture in school is very important and it comes with many advantages. It improves memory, vocabulary and logical thinking. My advice is that students should set aside a time to study everyday because this single act does wonders. Studying is a key to unlocking your potentials and achieving your dreams. With hard work and determination, you can do anything.

By Treasure Obisike-Dike (YEAR 9)

THE BULLYING CYCLE

Have you ever sat down and wondered, what truly is the reason why people bully?

What do they gain or derive from bullying others? Join in as we take a deep dive into the world of BULLYING. Bullying in simple terms can be defined as the behaviour of a person who hurts or frightens someone smaller in stature, younger in age or less powerful, often forcing that person to do something they do not want to do. You do not necessarily have to be a big or small person; the point is to intimidate or coerce someone into doing things they do not want to do.

To start and shed better light on the topic, bullies tend to what fits into the following categories: they have or find satisfaction in inflicting pain on others; they just want to appear big and cover up how they truly feel about hurting others. To know a bully is to answer these questions:

Are you easily swayed by societal norms and pressure?

Do you lack empathy and understanding?

Did you grow up in an aggressive environment?

These questions answered positively do not necessarily mean that you are one, there are just hidden tendencies of one swaying that way. It is not just about the bully but the bullied, people with shy, timid, soft, and easy on the eye's features tend to be the one bullied, or those with a difficulty in one thing or the other e.g. financial or physical issues.

Bullying is a cycle that needs to be broken. It stems from the home, environment, social status, and how children are treated from home. If a child is not heard at home, the only place he or she can seek dominance is when they see people who can easily be preyed on, hence the cycle continues. Bullying can go both ways; you can either be the bully or be bullied by others. Some of the effects of bullying include:

- low self-esteem with negative self-image
- physical problems- which can be shown through sleep disturbances
- social difficulties- which can be found in difficulty in maintaining friendship
- social isolation
- finding it hard to trust others.

- The gravest effects are social distress and mental health problems because they run a high risk of developing mental conditions like anxiety, disorders, depression, PTSD (Post Traumatic Stress Disorder), and even suicidal thoughts.

According to national centre for educational statistics 2019, bullied students reported that bullying occurred in the following places: Hallway 43%, inside the classroom 42%, in the cafeteria 27%, outside on school ground 22%, online or by text 15%, in the bathroom or locker room 12%, and on the school bus 8%.

With all that has been stated, bullying is a big issue, if not tackled in collectively. Though the cycle didn't start from you, it can end with you. It is safe to say the quote “Hurt people hurt people”: which means individuals who have experienced pain, trauma or harm are likely to inflict hurt on others. Pain patterns get passed on generation after generation and from person to person. On the contrary, one can meet anger with sympathy, contempt with compassion, and cruelty with kindness.

Bullying can take many forms including verbal, physical, and cyber bullying. Acknowledging bullying as a problem is a start to stop this cruel act. We need to acknowledge the signs and take them seriously, we need to teach empathy and kindness, we need to create a safe environment, and hold bullies accountable for their actions by teaching and promoting kindness and inclusivity.

This is a very serious issue that not only affects children but also adults; and this generation, being a fast- growing, technology-based generation, awareness needs to be put out because bullying grows in silence and so as not to create a generation that thrives and normalizes bullying, especially cyber bullying, parents need to create a safe and loving environment for their children.

So, let's break the cycle of bullying not by fighting fire, but by extinguishing the flames with empathy and compassion. Let us build a world where our unique qualities are cherished, our vulnerabilities are supported, and our words uplift one another. Let us prove that we are capable of overcoming our fears, doubts, and harsh words to create a more compassionate, and loving society. Together we can create a brighter future where everyone can feel safe and valued.

By: Oluwademiladeayo Olalere Year 10



THE IMPORTANCE OF A BALANCED DIET

WHAT IS A BALANCED DIET?

A balanced diet is a diet that consists of all the classes of food and provides adequate amounts of nutrients necessary for good health. It consists of all the essential elements that the human body needs. Proteins, carbohydrates, vitamins, lipids [fats and oils], and water are all essential components in a well-balanced diet.

FOODS IN A BALANCED DIET

Some examples of carbohydrates are: oats, rice, potatoes, bread, cereal. etc

Proteins include: eggs, milk, fish, beans, chicken and more.

Some vitamins are: oranges, carrots, lemon, kale etc.

Some minerals are: calcium, phosphorus, magnesium, zinc and iodine

Fats and oils include: coconut oil, palm oil, butter, ghee and lard.

WHY IS IT IMPORTANT TO HAVE A BALANCED DIET?

- 1] It prevents diseases and infections: Eating a full range of vitamins, minerals and other nutrients, improves the immune system and prevents the risks of cancer, diabetes, heart disease, stroke etc.
- 2] It enables growth: Balanced diet is crucial for students, as the body grows, it needs to receive the right nutrients so that the body develops.
- 3] Strong teeth and bones: Calcium is a mineral which builds and maintains bones and teeth. Fruits, vegetables, whole grains, and more can also help build teeth and bones.

DEFICIENCIES OF A BALANCED DIET

- 1] Some deficiencies are: anaemia, scurvy, beriberi, night blindness rickets etc.
- 2] It can increase the risks of non-communicable diseases such as cancer.
- 3] It may weaken the immune system.

It is very important to eat a healthy balanced diet so as to live an overall healthy life.

By Inem-Abasi Daniel-Bassey Year 8



POLLUTION

What is pollution?

Pollution is the contamination of the environment. Pollution can also be defined as the introduction of harmful substances to the environment. These harmful substances are called pollutants. Pollutants are substances that contaminate the environment.

EXAMPLES OF POLLUTANTS;

Biodegradable waste, smoke, litter, noise etc.

Types of pollution;

Air pollution-Air pollution is the release of harmful substances such as smoke and gas from factories into the air.

Water pollution-Water pollution is the introduction of toxic waste like oil spillage or sewage into water.

Land pollution - Land pollution is dumping of waste on earth surfaces, causing the land to be contaminated example biodegradable waste (faeces), trash and compost.

EFFECTS OF POLLUTION

- Coughing
- Tiredness
- Headache
- Dizziness

SOLUTION

Recycle and reuse energy conservation, plastic waste reduction etc.



The Impact of the Internet on Students

As a student, when you first pick up your phone, what do you do? Do you go through social media, looking for the next trend or do you try doing something more profitable for your life? The internet is like two sides of a coin, a raging monster destroying students' lives every day and a help that can change your life for the better.

According to American community survey, (ACS), 97% of 3-18year olds have home internet access and that was in the year 2021. My 2- year- old sister, Jacey, of recent, was given a new tablet. She spends an average of 2-4 hours a day on this tablet watching cartoons. This is a 2 -year- old child who has home internet access. This is only proof that the internet isn't going away and we are stuck with it.

Just like every other thing in this world, the internet has its bad and good side. On the positive side, internet has increased research abilities, enhanced collaboration and it has transformed the education system tremendously in various aspects. About 95% of teens have access to a smart phone and 88% have access to a computer at home. This makes it easier for students to take advantage of online resources.

Unfortunately, studies have shown that there are more negative than positive effects. As students we spend an average of 4-6 hours a day using the Internet. This could lead to many consequences such as addiction to the internet and less face to-face interactions.

The last and probably the most dangerous is cyberbullying. This is a cruel, malicious and wrong act which is prevalent among many students. A study by UNICEF found that 1 in 3 internet users worldwide is a child. As many students experience cyberbullying, they start to feel depressed, empty and insecure and even start having suicidal thoughts. An example is a true crime story where a young girl between 14-16 years old was killed by an old man who catfished her as a very young boy on the internet. The girl was naive and told the man her personal information which he used to track her home.

We have the choice to use the internet for good and not to harm ourselves and those around us. We can use it responsibly and maximize its benefits or we can choose to use the monstrous side of the internet and let it destroy us.

Remember as someone once said, "The internet has been a blessing and a curse for teenagers." Choose the impact you want it to have on you.

Jamine Okaonta and Tomilola Oke Year 11

The Power of Breakfast

“Breakfast is an opportunity to nourish not just the body but the soul”. Prioritize breakfast every morning! It's not just a meal, but the beginning of a great day.

Breakfast often acclaimed as the most important meal of the day isn't just a cliché but the most nutritious meal eaten in 24 hours. Did you know about 25% of nutrients are lost in a day due to skipping breakfast?



First of all, breakfast kick-starts your metabolism after a night of fasting, provides essential nutrients, and enhances cognitive functions. I had a neighbour named Henry who used to rush out of his house every morning without having breakfast. He thought skipping breakfast would give him a few extra minutes of sleep and save time before heading to school. Eventually, he noticed as the day progressed, he would get tired easily and lose focus in class. A day came, his teacher shared the benefits of eating breakfast. Surprised, he decided to try it out. The following day, he ate a balanced breakfast and to his astonishment, felt more alert and energetic. As weeks went by and Henry made breakfast his priority, he noticed a spectacular improvement in his academic performance and overall being. Do you want your children to keep having academic drawbacks? Make them prioritize their breakfast. Do you want to be more productive? Then, prioritize breakfast.

Moreover, eating breakfast has been linked to better weight management. Contrary to the misconception that skipping breakfast can lead to weight loss, studies have shown that skipping breakfast is associated with an increased risk of obesity, type 2 diabetes, heart diseases and metabolic syndrome with 20-30% of adults skipping breakfast every morning.

In my opinion, a day without breakfast is a day without a target. Breakfast is highly significant; it's a highly significant part of our everyday lives. It provides us with the nutrients to thrive physically, mentally and emotionally. Breakfast is healthy, vital and metabolic. Let's embrace the importance of breakfast and make it a YES! every morning.

A quote by David Martin an American nutritionists says, “A good day starts with a good breakfast!”

By Horace Obiske-Dike Year 11

From London to Lagos: The Remarkable Journey of Pelumi Nubi

At 29, the courageous British-Nigerian Pelumi Nubi undertook an extraordinary journey, driving for 68 days from London to Lagos. How brave was she? Did she face challenges? Was it all smooth sailing? How did she accomplish it? Let's delve into the remarkable story of Pelumi Nubi and her inspiring expedition.



Pelumi began planning this once-in-a-lifetime road trip over a year ago, determined to make her mark in history. She left London on January 30th, crossing into France before traveling through Spain, Morocco, and the Sahara Desert. Her journey took her through Mauritania, Senegal, The Gambia, Guinea-Bissau, Guinea, Sierra Leone, Liberia, Mali, Burkina Faso, Côte d'Ivoire, Ghana, Togo, and Benin, finally arriving in Lagos. Throughout the trip, she had a mix of experiences, some positive and some challenging, and she documented everything on social media.

Pelumi encountered numerous difficulties with immigration officers across Africa. She was denied entry into Sierra Leone at the border, and her car was involved in an accident in Ivory Coast. She admitted to feeling lonely during the four-month car ride, with the accident being a particularly tough moment. Driving a Peugeot 107, she faced many challenges but never considered giving up. She expressed deep gratitude to her support team in a heartfelt message when she arrived in Lagos on Sunday, April 7, 2024, at the University of Lagos.

She also thanked her car, which she nicknamed Lumi, and was warmly welcomed by the Lagos state government, including Governor Babajide Sanwo-Olu. In recognition of her bravery, the Lagos state government gifted her a customized plate number bearing her car's name, a Lagride car, and appointed her as a Lagos Tourism Ambassador.

Pelumi's story reminds us that no dream is too big. If you can, do it.

By Kinfesioluwa Omotosho Year 10

JOKES

1. Q: Why can't you give Elsa a balloon? Because she will let it go!
2. Q: Why did the math book look so sad? Because it had so many problems!
3. Q: How did Benjamin Franklin feel when he discovered electricity? Shocked!
4. How do football players keep cool? They always stay near their fans!
5. What book will your teachers not let you read? Facebook!
6. Why don't fish play FIFA ? Because they are scared of nets!
7. Who is a horse's favorite footballer? Neigh-mar!
8. What do you call an empty man city stadium? The Emptyhad
9. Why couldn't the duck pay for dinner? His bill was too big.
10. What Galaxy is made by cows? The Milky Way!

By Victor Chimka Year 8

Exercise Your BRAIN

TIME TO BLOW YOUR MINDS WITH
THESE AMAZING TRICKS

TRICK 1

1. Think of any number.
2. Double the number.
3. Add 9 with the result.
3. Subtract 3 with the result.
5. Divide the result by 2.
6. Subtract the number with the first number started with.

7. The answer is 3.

TRICK 2:

Think of a number between 20 and 100

1. Pick a number between 20 and 100.
2. Then add your digits together
3. Now subtract the total from your original number.
4. Finally, add the digits of the new number together.
5. Your answer will always be 9

By Emmanuel Epapala Year 10

INNER THOUGHTS

The pain we face
We've got to embrace
Because every time
People come by
To make you cry
You fake a smile
But it is just for a while
You don't know yourself
Because your inner self
Is crying for help
Remember you're trying
In the midst of your crying
Because God
Is your mighty Lord

**Poem by Joy Aborisade Year
10**

School Facilities



RECEPTION



HALLWAY



SPORTS COMPLEX

INTER HOUSE SPORTS COMPETITION



2024 INTERNATIONAL DAY



2024 INTERNATIONAL DAY



2024 VALIDATORY CEREMONY



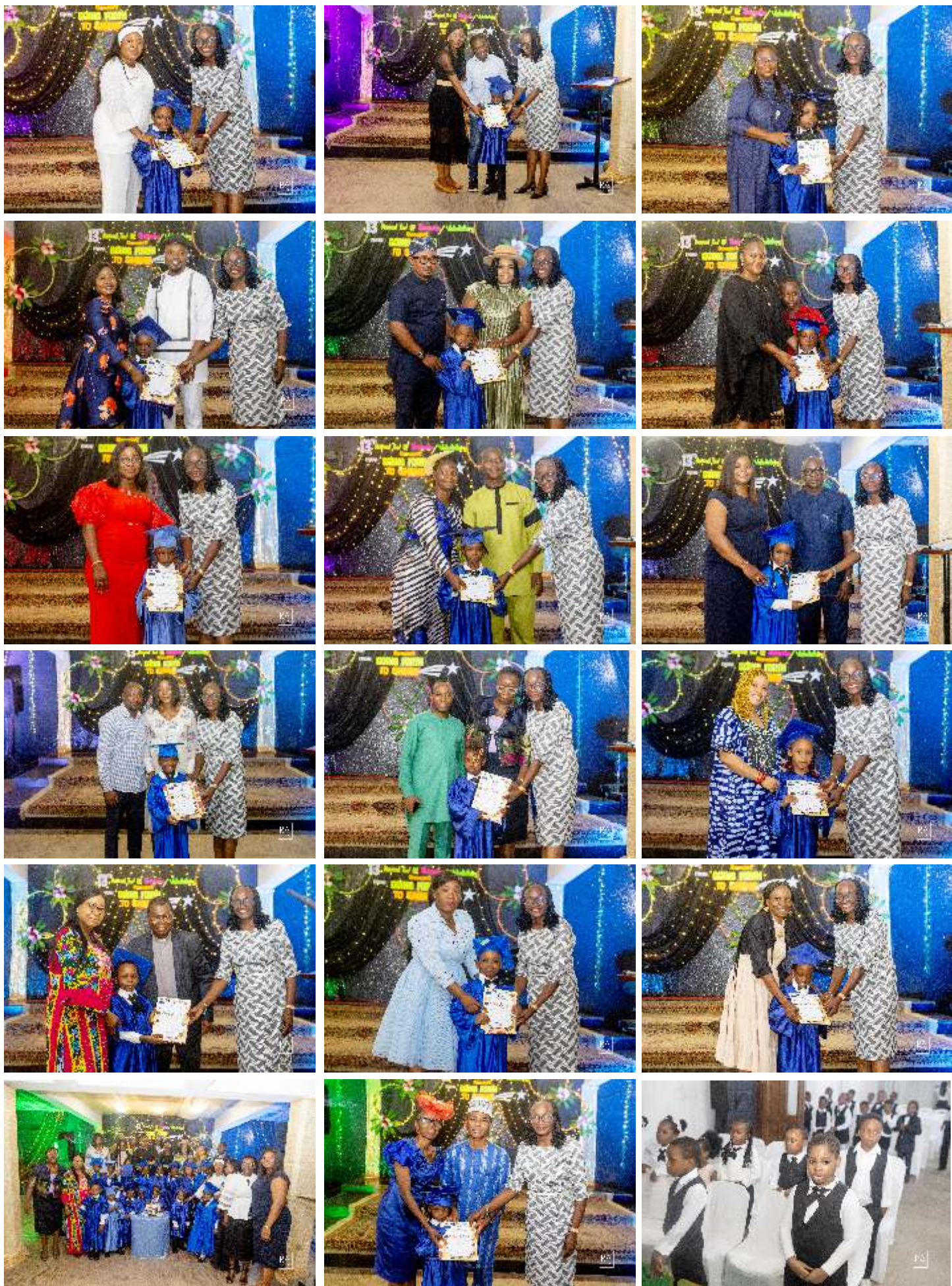
2024 VALIDATORY CEREMONY



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Our Vision:

To be best in class by global academic standards and produce leaders of influence destined to change their world.

Our Mission:

To provide rounded Christian education through internationally recognised curricula designed to enable learners excel and develop their God-given talents in a stimulating learning environment

Our Value Proposition:

- Purpose-built school with first class finishing to stimulate and inspire young learners
- Fully equipped ICT laboratory with internet access
- Integrated curriculum combining American Christian education, British & Nigerian curricula
- Excellent faculty with over 100 years cumulative teaching experience
- Rounded education based on Christian values
- Discovering, nurturing and unleashing talents

☐ Divinely inspired

☐ Visionary

☐ Futuristic

...destined to change our world

