



The
Fountain

2012 / 2013

Yearbook of
The Livingsprings Schools



Vision


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



Mission Statement

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

Philosophy of Education



As a member of
ASSOCIATION OF CHRISTIAN SCHOOLS
INTERNATIONAL (ACSI), we believe:

That all truth is found in God and is revealed to us in His word, The Bible.

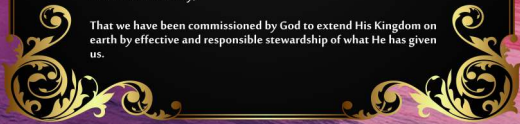
That there should not be a separation between intellectual and character education:

- in the value of children and that we need to love them unconditionally
- in maintaining a deliberate integration of Biblical world view and learning in all academic disciplines

That our teachers are the living curriculum and must strive to consistently be a dynamic and authentic expression of Biblical principles.

In the value of family,

That we have been commissioned by God to extend His Kingdom on earth by effective and responsible stewardship of what He has given us.



School Song

Walking in God's light alone,
we are set to make a mark in history,
with a touch of excellence,
shining for all to see.

We will 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.

WE ARE MARCHING ON

I give God all the glory, honour and adoration for His mercies and faithfulness to us at The Livingsprings Schools. We resumed this session in trying circumstances but with the One who alone can turn tests to testimonies on our side, our strength was renewed all the way to the glorious end of this session. May His holy name be praised forever (Amen).

“Train up a child in the way he should go and when he is old he will not depart from it” (Proverbs 22:6). I am full of joy as I see our world changers grow up from day-to-day in The Livingsprings Schools to fulfil their destiny in the years to come. As God is rejoicing over every one of us, so I rejoice as a mother to all my children in this school. Everyday, our children are living and growing in the strength and in the knowledge of God and we are seeing their brightness illuminate the darkest of all places. Truly, these ones will change the world for the better in their generation by the grace of God Almighty.

This session, we had the privilege of having our first set of prefects, namely: OBAYOMI Emmanuel Ayomikun (Head Boy), AKPAN Asimma (Head Girl), SOGUNRO Ayomide (Prefect), UZOSIKE Chidera (Prefect). We thank God for the leadership skills they demonstrated in carrying out their duties during the session which, with the help of God, they will develop as they advance their education.

This year, we had a few educative events which were very impactful to our spiritual and physical growth. Our International Day was remarkable and the best of its kind in this school. Some of the photographs of this and other events have been arrayed in this book for your viewing pleasure. A big 'thank you' goes to our strong team of academic and non-academic staff who are our partners in progress, running with the TLS vision of aspiring to be best in class by global standards.

Parents, we love you! Thank you very much for believing in us and standing by us in our trying times. Together, we shall reach our goal. TLS is marching on relentlessly and the gates of hell shall not prevail against us. This is the confession of our faith as we draw the curtain on the 2012/13 academic session and look forward to flagging off the 2013/14 session in September 2013. I look forward to seeing you all then, if Jesus carries. God bless you.



**Mrs. Abosede
Obayomi**
(Executive Director)

FROM THE EDITOR



It's amazing how time flies so quickly when you are having fun and enjoying all the activities the school year has to offer. We appreciate God for the opportunity to be alive and for the ability to capture and recap another wonderful and eventful year. May His name alone be glorified!

Again, our fantastic team has gone down this year's memory lane to put together write-ups that express the thoughts of the children and pictures that re-live the different events and visits that took place this school year.

As you go through the pages, bear in mind that the contents display the spirit of love and togetherness that binds us together as a family in TLS - the different array of Nigeria's culture, the display of colorful flags and costumes representing great nations of the world, happy faces that light up with delight as they win a sport event and the curiosity that fills the eyes of the children as they navigate through the seemingly endless trail at the Lekki Conservation Centre. These and many more are some of the timeless memories we want to relive.

As we continue to wait on the Lord, we know that with time we will soar higher than we did this year. God bless you.

PETER S. ADEWALE



FROM THE ADMINISTRATOR

We have come to the end of the 2012/2013 academic year. As we express collective gratitude to God for His divine help, to parents/guardians for their patronage, selected companies for the support of our co-curricular activities in the session, I see the need to take stock and reiterate our commitment to the delivery of best in class education as promised.

Nationally, and indeed globally, a critical educational gap that is often noticed and acknowledged by many concerned stakeholders is not the absence of technology or its many innovations, but the dearth of a practical curriculum that combines diligent preparation in academics with virtuous character training for its recipients. The adverse consequences of such a gap are felt daily through diminishing values in the larger society. That is the disturbing *lacuna* that we at The LivingSprings Schools seek to fill. As a team, we are driven by our corporate vision and individual passion to restore the glory of Christian education that is built on godly and sane worldviews. Ours is a balanced curriculum that is designed and progressively targeted at moulding the lives of its recipients for duty and for God.

Thus, in the concluding session, both classroom academic works and out-of-classroom activities were, as usual, deliberately planned and executed with present and future impact in mind. Among others, we ensure that our young learners excelled in the following:

- Sustained classroom teachings and academic exercises laced with individual and group homework and practical projects.
- Regular academic, memory verse drills and writing competitions among grade level pupils, with the objective of



developing their writing and critical thinking capacities.

- Standard training in appropriate diction and elocution for learners with resultant public acknowledgment by parents and visitors.
- Weekly individual and group presentations aimed at developing confidence and public speaking skills in learners.
- Periodic excursions to renowned industries and strategic sites for on-site learning, practical exposure and education.
- Innovative annual International Day celebration that has become a learning and tourist attraction to other schools as well as parents and visitors alike.
- Weekly sport activities and annual outdoor competitions aimed at promoting psychomotor development and healthy rivalry among our learners and other schools.
- Innovative classroom and out-of-classroom teaching and learning exercises in fine and creative arts.
- Sustained training in music rudiments and basic handling of instruments for grade pupils.
- Deliberate emphasis on the practice of greetings and reciprocity of courtesy among all learners as they relate with one another and adult members of the society.

As we get set for the 2013/14 academic session (in September 2013) with renewed vigor of pursuing our best-in-class vision, I encourage our incumbent parents to keep faith with us while we invite others to come aboard.

God bless you.

Samuel Abogunloko



FROM THE HEADTEACHER

I'd like to say that the 2012/2013 session has been a very interesting, rewarding and successful year. Without doubt, the major highlights of the year have been the celebration of the National Day, the 5th Annual Sports Athletics Competition and the International Day.

After months of preparation, research and planning, the classes came out with outstanding performances as well as rewarding and revealing experiences. The school is a very special place and sometimes we need to step back and reflect on just how far we have come as a growing school in the recent months and years. The quality of teaching, learning and the special care our pupils receive are outstanding and exemplary.

The achievements of our pupils and staff in internal and external assessments are excellent by all standards. However, we will not be complacent; rather we will build upon our strengths, improve on our shortcomings and offer more opportunities for future success. You can be assured that as the Headteacher of this worthy school, I will strive for even greater achievements in the years to come.

I am delighted by the wonderful attitudes and behaviours exhibited by our pupils and staff during programmes this year. This is a credit both to the school and the parents. Invariably, in and out of school, visitors and members of the public commended them for their excellent presentations and for being worthy ambassadors of our school. They have excelled not only academically, but in pursuit of their other interests (as noted in our Comments Book).

In conclusion, I would like to thank all our members of staff, pupils and parents for their great support during this session. God bless you all.

MR. OLALEKAN OSUNDAIRO

MY EXPERIENCE AT THE LIVINGSPRINGS SCHOOLS

Ayomikun Obayomi (Head Boy)



I can still remember my first day at The Livingsprings Schools. It was the 8th of September, 2008. I was only a little boy in Grade Two and I had a wonderful class teacher called Mr. Willams. I also had other great teachers like Mr. Shobande, Mrs. Ola-Daniel, Mrs. Uzosike, Mr. Albert and Mr. Adewale. Mr. Adewale happened to be my class teacher twice. He was my class teacher first in Grade 5 and then again in Grade 6. He taught me how to be a good pupil as well as how to do my work diligently. Mr. Osundairo has been the Headteacher and Mr. Abogunloko, the Administrator, since I joined TLS. Mrs. Obayomi, the Executive Director, who is my beloved mother, taught me and all the pupils of TLS about God's word and how to be obedient children of God. God has used all of these people to help me in my studies and to make me a better and stronger person.

There are many things I like about The Livingsprings Schools. Some of these include the school's teachers, the playground, the class rooms, and special rooms like the Information and Communication Technology suite, the Creative and Art studio and the Music room. I enjoyed Information and Communication Technology (ICT) classes so much. In ICT, we learnt about computers, surfing the internet and lots of computer applications. I also enjoyed my Music classes greatly.

During my stay, I visited some places like 7Up Bottling Company, Lekki Conservation Centre, Ecobank, Lekki Palms Mall and The Bible Society of Nigeria. I also had an exciting time here in all of the great intellectual and cultural events organized in the school. Some of these include the International Day, Spelling Bee Competition, Memory Verse Competition, Handwriting Competition, National Day Celebration and Children's Day Celebration. All the wonderful memories of these events will remain with me and remind me always of TLS.

I want to advise Grades One to Five pupils to continue to be serious with their work, follow rules and regulations of the school and obey their parents and teachers.

I cannot forget to appreciate all the teachers who taught me: Mr. Ajele, Mr. Ezekiel, Mrs. Uzosike, Mr. Nnadi, Mrs. Ola-Daniel, Miss Ondiok, Mr. Osundairo and Mr. Adewale. I pray that God will bless them and I hope that they continue to train and help other children the same way they have helped me.

I want The Livingsprings Schools to continue with Christian education so as to help children obey their parents, know the word of God and speak the truth always. The Livingsprings Schools is a great school. I wish there is a secondary school at this time for me to continue my education here. I thank God for bringing me to The Livingsprings Schools.

MY EXPERIENCE AT THE LIVINGSPRINGS SCHOOLS

Asimma Akpan (Head Girl)



TLS is a great school with a godly foundation. I joined TLS in 2009. I was in Grade 3 at the time and my first teacher was Mr. Shobande. Since I joined TLS, I have learnt how to do so many things that I could not do before. I have also learnt a lot about Jesus and all the things He did for us on the cross.

There are different subjects on the time table in The Livingsprings Schools, some of which are not in other schools. My favourite subject is Mathematics. I like Mathematics because it involves shapes and calculations. It helps my reasoning skills. My Mathematics teacher is Mr. Adewale. Learning Mathematics in The Livingsprings Schools is fun. I cannot forget some of the nice experiences I had in my Mathematics classes: the maths games, quizzes, the computer games, Tux of Maths and the likes. I wish and hope that all these things will continue in high school. The Livingsprings Schools has also exposed me greatly to Information and Communication Technology (ICT). I can use the internet. I can work on Microsoft PowerPoint, Microsoft Word, Microsoft Excel and CorelDraw.

I have been privileged to visit lots of places through this school. They include Ecobank, 7UP, Lekki Palms Mall, a Zoo, Lekki Conservation Centre and Sogunro's Farm. I cannot forget my experience at Ecobank (Akin Adesola Branch, Victoria Island) where we played different roles in the bank. I was a bank cashier during our visit. I assisted in attending to customers. It was a big day for me.

In The Livingsprings Schools, there have been International Day celebrations, but the last International Day celebration was the most fun. Different countries were represented; like Argentina, Australia, Japan, India, Jamaica, Togo, Malaysia and many more. Every country had different types of food. I learnt so many things on that day and it was a wonderful experience. My class represented India.

I will not forget that The Livingsprings Schools has great values. I will also not forget all the memory verses from the Bible that I have learnt. I will not forget all that I have been taught. To the junior pupils in The Livingsprings Schools, I counsel you to be obedient and follow the school rules always.

I would like to say a very big "thank you" to all the teachers in The Livingsprings Schools for all that they did for me and also to the Executive Director, Mrs. Obayomi, for all that she taught me. To the Headteacher, I thank you for teaching me all that I know in Yoruba language ("E se pupo Ogbeni Osundairo"). To my English teacher, Mrs. Uzosike, Mrs. Ola-Daniel and Miss Ondiok, I say a big "thank you". I thank Mr. Adewale, Mr. Ajele and Mr. Albert who taught me Mathematics, Science and Geography respectively. Thank you Mr. Julius for teaching me Phonics. I am grateful to Mr. Abogs for his good work. I would like to thank Mr. Osundairo in a very special way because he has been with me from cradle to Grade school. I want to appreciate my parents, Prince and Princess Raymond Akpan, for providing money to pay my school fees and bringing me into such a wonderful school as well as praying for me. May God bless you and may God continue to bless The Livingsprings Schools.

From Grade 1

On The International Day



Kangai means welcome in Japan. Japan is nicknamed land of the rising sun.



The Japanese flag is white with a big red circle in the middle. The circle stands for the sun.



Japan is in East Asia. It can be seen on a map of the world.

I am Empress Michoko, the wife of His Imperial Majesty.



I am the current reigning Emperor of Japan. My name is Akihito.



Sushi is one of Japan's most popular foods.

My name is Shinto Abe, the Prime Minister of Japan.



In Japan, certain clothes are worn in day-to-day life. They are called Yofuku.



I am a Sumo wrestler. We are called Rishiki in Japanese.



2nd Annual International Day

Comments by Parents & Guests

- (1). I had a very wonderful time touring all the countries. I know more about the countries now without being in them physically. *** Mr. Onakomaiya Gbenga
- (2). Very interesting programme. I really enjoyed myself. I learnt a lot. Please the school should keep on doing this. It is very educating. *** Mrs. Amos Habila.
- (3). Very interesting event and I totally learnt so many new things. I loved the meals. Keep it up. Looking forward to it again. *** Emma Louise.
- (4). This is a very good initiative and has educated me on many countries of the world, including those I have visited but didn't know as much about. Keep it up! *** Mr. Akindeko.
- (5). What a rare exposition to the world at large! Thank you all for the sacrifices. Very refreshing and inspiring! Quite interesting and educative! Largely spiced with varieties too. Keep it up! *** Mrs. Stella Nwabueze.
- (6). Excellent! *** Mr. Sam Adekanmbi
- (7). All the presentations about the different countries were excellent. As a parent, I am proud of the school. Well done! *** Mr. Izinegbe Aibangbee.
- (8). The countries were excellently portrayed and I enjoyed the spiritual involvement. Thank you. *** Mr. Kehinde Kayode.
- (9). An entertaining event. Thank you for hosting and educating us. *** Mr. Godwin.
- (10). Very good presentations! *** Mr. Omoh Ojobo
- (11). All the presentations were fun and excellent! I am so impressed with the school. *** Mrs. Adebola Olanike.
- (12). Very satisfactory. It's not easy to put up all these. We appreciate the school. *** Mrs. Victoria Sogunro.
- (13). Very exciting and impressive! The cultural diversity is amazing and it is good for the kids because it sharpens their knowledge of the world. *** Ifeachi Anigbogu.
- (14). This is one of the most lovely and most educative programmes in The Livingsprings Schools. I really love it. Keep it up! *** Mrs. Kome Oyegwa.
- (15). This is a wonderful exposition from the school. The school authority is doing a great job. Keep it up! *** Mr. Erin Olayinka.
- (16). A once-in-a-lifetime experience! I really had a nice time. *** Dorath Uko.
- (17). Educative and revealing! *** Nnande Nwafor { from Ecobank}.
- (18). Your programme was fantastic! *** Mr. Oladapo Tola { from Etisalat }.
- (19). This is an eye-opener and the Lord will open your eyes to many more great things! *** Ekanbi
- (20). Great Job. May God Almighty bless and reward you all in Jesus' name. *** Mr. Goddy Oki
- (21). Well organized International Day. A beautiful collection of countries' detailed information. Well done! 10 times better than last year. Keep it up! *** Mrs. Onakomaiya



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TIPS FOR A GERM-FREE SCHOOL YEAR

curled by Miss
G. M. Oyinloye from
havefunteaching.com



The school year always brings new friends, new teachers, new assignments, and unfortunately some new germs. Follow these tips and you might score a perfect attendance record this year!

1. Wash your hands with soap and water after you sneeze, cough, or use the bathroom. Count to 20 or sing a couple of rounds of "Row, Row, Row Your Boat" while you scrub. Use a hand sanitizer if soap and water aren't available.
2. Use some tissue when you need to sneeze or cough. Throw your tissues into the trash and don't attempt a Guinness World Record for the biggest pile of dirty tissues! If you can't find a tissue, be sure to cough or sneeze into the inside of your elbow.
3. Take a multi-vitamin supplement every day.
4. Don't share water bottles or drinks. Your friend might not know he or she is sick and could spread germs to you.
5. Don't share your hair brush or hat. Little creatures like head lice could be hiding there and can be passed on from one person to another.
6. Stay home from school, sports practice and parties if you feel sick or have a fever.
7. Eat lots of fruits and vegetables. A healthy diet can help boost your immune system as well as help you fight off illnesses before they make you sick.
8. Sleep eight or more hours every night. A strong body will help you get rid of infections.
9. Get some fresh air and exercise every day. Outside air often carries fewer germs than regular inside air.
10. Don't touch your eyes, nose or mouth. These areas are germ spreaders.

Maths Matters: My Counsel To Parents

Peter Adewale



Mathematics is important in so many areas of our lives. It provides the foundation for pure and applied sciences, finance, engineering, economics and many other professional fields. Without it, there wouldn't be cars, computers, radio and television. Let's put it straight: Mathematics makes the world go round! Imagine a world without telephone, television, cars and the aeroplane. How would life be? Of course, you are right: very difficult!

As teachers in TLS, we are always willing to help your children improve their Mathematics skills. However, we cannot do it alone; we need to put you into the "equation". We need you to partner with us so that together, we can help the pupils make substantial progress in their work. It is therefore imperative that as parents, you help your children early enough (at home) to appreciate the beauty and power of Mathematics and to begin understanding how it plays out in so many areas. "What can I do?", you might ask. Of course, you play a crucial role in what your child becomes later in life.

First of all, let us see what makes Mathematics seem difficult to some children.

A. Why Mathematics seems difficult

Mathematics takes patience and persistence. It has little to do with brain power; it is mostly a matter of staying power. It requires time and energy. For many pupils, it is not something that comes naturally (i.e., with little effort). It is a subject that sometimes requires pupils to devote lots and lots of time and energy to it. In this present age, when everyone is in a rush to get ahead, the internet is there to provide solutions to seemingly difficult problems within seconds. However, Mathematics problems cannot be solved that way. As an individual, it requires you to sit down, think through and find solutions to problems by following laid down precepts.

B. Bringing Dad and Mum into the Equation

Mathematics can be fun at home for the children if dad and mum get involved. As parents, you need to do the following in order to assist your children succeed in their Mathematics work.

1) **Acknowledge:** Acknowledge where you or your child have missed it. Look out for the areas in this subject in which your child is weak. Find out if the child has a good knowledge of basic Mathematics skills (addition, subtraction, multiplication and division). If you find out that the child does not understand the basic skills, you need to help him solve this problem first.

- 2) **Backtrack and fill in the holes:** No matter where a child is in Mathematics, he can excel if he backtracks far enough to reinforce the weak foundation. Get him previous years' Mathematics textbooks. Let him practise the basic concepts in them again. No matter where he starts and where he struggles, you must make sure you help him acknowledge any weak spots in his foundation and fill the holes with practice and understanding.
- 3) As parents, if Mathematics is not your forte, don't say so! Children learn by copying an adult. What you say before them matters a lot. If we tell them that Mathematics is difficult, they will believe it and grow up with that mentality. Don't use such words before them. Instead, have fun finding out together.
- 4) **Be enthusiastic!** Children do better with their school work when mum or dad are involved. From early years, children learn by copying an adult – not just in words but also in actions. If dad is enthusiastic about what happened in a lesson, the child is much more likely to aim to complete his homework to a high standard.
- 5) **Change the words:** Where you have "boring" word problems, change the words. For example, "Tom needs 2kg of cement to make 100 bricks" could be better rendered as "Ade needs 2kg of sugar to make 100 slices of cake".
- 6) **Don't underestimate the power of estimation.** As Mathematics skills improve, there is a very real benefit in asking "what do you think the answer will be?" This will encourage the children to think through the problem, discard inappropriate answers and become more confident.
- 7) **Use online Math practice, games and software.** Games are good for indeed any topic.
- 8) While doing domestic work, ask a question that makes them think.
- 9) **Make Mathematics part of life:** Children develop love for books if parents read to them regularly. The same principle applies to Mathematics. Play Math games with them. Assist them in their homework.

I hope to see your child(ren) on top in Mathematics class next academic session. God bless.



POEM

Today, I made an apple pie.
It was pleasing to the nostrils and eye.
My grandma and I each did our part.
Pies taste better,
When they are made from the heart.

FAITH OLA-DANIEL (Grade 2)

The Best Dad In The World



The best dad in the world is my dad. He pays my school fees, pays for my electives, buys me clothes and gives me everything I need. He does many things for me in spite of his busy schedule. Whenever it is my mum's birthday, my sisters' birthday or mine, he buys cakes for us. When it is his birthday, we buy a cake for him.

My dad always goes to work early but he prays for my sisters and I before he does. When he comes home, he goes to church and I sometimes go with him.

My dad is the best dad and I love him.

Femi Dayo-Thomas { Grade 3 }



My Great School

I love The Livingsprings Schools. My school is a Christian school and we are taught lots of interesting subjects. I love my school partly because of my friends. We always have fun together. We play games in the I.C.T Suite. Some of the games (like Mavis Beacon) teach me new words and lots of exciting things.

I love my class, Grade Three Trinity. I consider my class to be the best and my teachers are very nice. They teach me good things as well as how to love God.

I love the Head Teacher. He is very nice to us. I also love my school because of the Executive Director, Mrs Obayomi. She is a pastor and she teaches us about the Bible. My school is great. God has blessed it!



THE BRIGHT STAR

Look at the star,
It is bright,
Bright and far,
High up in the sky.

The star is small,
It looks like gold.
The star won't fall,
Because it is bold.

It is almost day,
As you can see,
The star is going away,
Just like me.

ADAOPE AKINDEKO { GRADE 4 }



THE NIGERIA OF MY DREAMS



The Nigeria of my dreams is a country where there are good roads, good hospitals, pipe borne water and good schools. It is a country with efficient and selfless leaders. It should have citizens who are God-fearing, united and hospitable. It would be a country where people obey the law.

The Nigeria of my dreams is a country devoid of terrorism (such as the Boko Haram sect), civil unrest, bribery and corruption. Moreover, the citizens would be hardworking and well educated so that they can be gainfully employed.

My dream country should have recreational facilities like relaxation gardens, malls and amusement parks sufficient to accommodate all its citizens, a place where all children can have fun.

I dream of a great Nigeria!

OGHENEKENO OKI { Grade 3 }

THE BEST JUDGE IN THE WORLD



My name is Great Okundalaye. When I grow up, I want to be a presiding judge in a court of Law.

Before I become a judge, I have to be a lawyer. Before I become a lawyer, I have to study hard. I have to work hard in primary school, secondary school, university and then, Law school. I must train my voice to speak clear and loud. I have to be fast in doing things.

Then - and only then - can I become the best judge in the whole world!

GREAT OKUNDALAYE { Grade 4 }



THE IMPORTANCE OF MUSIC IN OUR WORLD

Olajide Ajele





Music is the art of combining sounds in a manner that is pleasing to the ears. It is a creative and performing art which is universally accepted across ethnicity, culture, tribe, race and language. Music that is beautifully written or performed can light the very dark-hearted and bring joy and gladness to every home as well as the society at large. Music to the African is a natural thing which a child exhibits right from childhood (such as dancing, clapping and singing) and which must be developed properly for good mental reasoning.

Music plays a vital role in the teaching and learning process. Music's interconnection with society can be seen throughout history. Every known culture on earth has music and it is reputed to be one of the basic actions of humans. The influence of music on society can be clearly seen from modern history. Music helped **Thomas Jefferson** write the Declaration of Independence. When he could not figure out what to say, he played his violin to help him. The music helped him get the words into his brain and onto paper. **Albert Einstein** is recognized as one of the smartest men who ever lived. However, he had a learning disability in his childhood. He could not talk till he was three and could not even read till he was eight. He was extremely poor. His Grade school teacher told his parents to take him out of school because he was "too stupid to learn" and that it would be a waste of resources for the school to invest time and energy in his education. Indeed, the school suggested that his parents get Albert an easy, manual labour job as soon as they could. His mother did not think that Albert was stupid. Instead of following the school's advice, Albert's parents bought him a violin. Albert became very good at the violin. Music was the key that helped Albert Einstein become one of the smartest men who has ever lived. Einstein himself said that the reason he was so smart is because he played the violin. Later in life, Albert Einstein became a Noble Prize Winner for his contribution to Physics. The importance of music in our contemporary world cannot be overemphasized.

Music is the electrical soil in which the spirit lives, thinks and invents. We all know how greatly music affects our feelings and energy level. Without even thinking about it, we use music to create our desired moods, make us happy and bring back powerful memories. Music is a powerful tool for our personal expression within our daily lives. Exposing children *poco-a-poco* to the theory of music and musical performance projects a sense of purpose, direction, focus and dynamism. Our purpose in embracing music in a holistic manner as part of The Livingsprings Schools curriculum is to enable our pupils learn and discuss the theory of music intelligently as well as exhibit their practical skills when and where necessary.

It is our belief that pupils who have undergone music training in this School would be able to appreciate music and showcase their skills, as a pride to The Livingsprings School, for the benefit of the community and finally, in the service of our Lord Jesus Christ.



Rest and Sleep: A Necessity for Child Growth and Development

Good rest and sleep is no less important than food, clothing and safety in the lives of children. Rest and sleep help the body to develop and function properly. They are vital to healthy living and very essential to the overall welfare of a child. Today, as a result of the long hours that parents put in at their jobs and other lifestyle activities that encroach on their time, school and lots of after-school activities for children (including their bedtime) are pushed to the background. Consequently, mornings for children now begin much earlier than they used to.

Research has shown that rest and sleep play a very significant role in a child's ability to learn, his or her temperament and even social behaviour. Rest and sleep afford the body the opportunity to regain strength and be refreshed. Brain tissues are recharged, muscles relax completely, new information and memories are stored and nerves are rejuvenated. A child becomes optimally alert, calm and attentive when the body is well rested. He is also more receptive to absorbing information. On the other hand, when a child is deprived of these two vital health keys, the body begins to suffer fatigue, daytime sleepiness and decreased concentration. Little things would then seem to require more effort. Studies have shown that an adult requires at least six to eight hours of sleep every night. For children, the need for sleep is greater, not just for the purpose of regaining strength for tomorrow, but also for their proper growth and development.

Medical experts recommend that children between the ages of 5 and 12 should have an average of eight to ten hours of sleep every night. As a child grows, this need continues to decrease until it balances out at 6-8 hours per night. Parents should be sensitive to this core need in the lives of their children so that they can grow up healthy, independent and self-assured.

Miss Esther Ondiok (Home Economics Department)

Health Corner

Electromagnetic Fields & your Health

This is the best of times. This is also the worst of times. It is the best of times because we have all that makes life comfortable and enjoyable, such as microwave ovens, air conditioners, computers and televisions; just to mention a few. These, which are the products of science and technology, are killing us indirectly and we do not know it.

What is killing man in these products?

Electromagnetic fields (EMF) are generated by power lines, household appliances, computer video display terminals and other devices in which electricity flows through a wire or a motor. These fields can't be seen or felt and can pass through building materials and through your body without any visible effect. There are claims and counterclaims that exposure to EMF can be linked to cancer, birth defects, headaches, fatigue, reduced fertility later in life, leukemia, brain tumors and miscarriages.

Who might be at risk?

1. People who watch TV
2. People who work at a computer for many hours
3. People who live or stay for long periods under high-voltage power lines

What then do we do?

1. Avoid exposure to EMF
2. Don't live immediately under (or stay for long periods under) high-voltage power lines if you can help it.
3. Be careful about how you use electrical appliances.
4. People who watch TV or work at a computer for many hours each day should probably back up an arm's length away from the screen.
5. Children should be discouraged from sitting too close to the TV screen.
6. Avoid placing your laptop on your laps. If you can't do without it, place a flat plank or pillow on your lap before placing the laptop.

If we know these things and do them, happy and healthy we will be. God bless you.

Peter Adewale

My Visit To Lekki Conservation Centre



On a Wednesday morning at 6:00am, I was very happy to go to the Lekki Conservation Centre . It was my third time of going there. My brother came along with me. My mother had earlier told Mr. Collins Omoruyi to park her car at Energy Petrol Station (just by the Victoria Garden City gate) to wait for the buses. We began our journey and proceeded until we got to Chevron bus stop. We then made a turn and entered the Lekki Conservation Centre.

On our arrival, we saw a monkey running across the lawn. We got out of the car and I put on my sunglasses. We then entered a hall where a lady told us all we needed to know about the Lekki Conservation Centre. Then we began the adventure!

First, we went inside the conservation forest. The tour guide told us that crocodiles come out at night. We saw monkeys, crocodiles and a monitor lizard. We were told that monitor lizards eat small crocodiles. We saw a tree house on top of a very strong tree. I wanted to see snakes but the snakes were nowhere to be found. I fed the monkeys and the peacocks. When we were taking lunch, some monkeys came and tried to take away our food. Thankfully, our Headteacher chased them away.

I enjoyed myself very much at the Lekki Conservation Centre.

Ayomikun Obayomi (Grade 6 Excel)

Photo Gallery



**COLOURFUL
CULTURAL DISPLAYS
OF THE FIRST NATIONAL DAY**

Photo Gallery

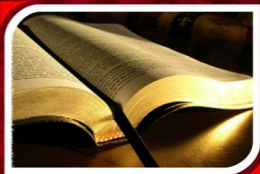
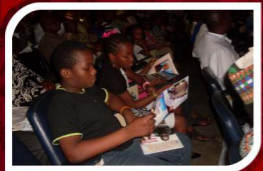


Photo Gallery



**FUN & ADVENTURE AS BRILLIANT MINDS
SET OUT ON AN EXCURSION TO
THE LEKKI CONSERVATION CENTER**

Photo Gallery



BEAUTIFUL MEMORIES OF THE TRIP TO SOUTH AFRICA

Photo Gallery



VALEDICTORY & PRIZE-GIVING CEREMONY

Photo Gallery



**FUN-FILLED & ENERGETIC MEMORIES
OF THE INTER-HOUSE SPORTS DAY**

CRECHE



AMABEL KOME-OYEGWA



SHEVAUGHN AWESU



ERIOLUWA DAYO-THOMAS



MRS. G.A. OKUN-OMO



MICHAEL OKAFOR



DAVID
ERINI



KARIMA
ABDULLAHI



EDWARD
OLUWADAIRO

PLAYGROUP TRINITY



TODARA SHOPEJU



IMA-ABASI DANIEL-BASSEY



OLAEDO NWABUEZE



MISS E. AKINTADE



ASHER AWESU



ITORO AKPAN



IBUKUN SHORINOLA

PLAYGROUP TRINITY



EMMANUEL MOSAKU



DIANE AIBANGBEE



DAMILOLA SAMUEL



DARASIMI LADIPO

NURSERY OMEGA



OMOKHEPEN EDEKI



DIAMOND OLUWADAIRO



OMOZUANBO EDEKI



MISS G. UGWU



GAMPYAL GARBA



DEBORAH ERIN



TEMIDUN SAMAGBEYI

RECEPTION SHARON



CHIMEBELUM ANIGBOGU



IYANUOLUWA SHOSANYA



JESSE KOME-OYEGWA



MRS. J. OKUNDALAYE



OVIE KOJO



NATHANIEL AIBANGBEE



ENA KOJO

RECEPTION SHARON



CHOICE EHIOGIE



**DANIELLA
AMOS**



**NIFEMI
OLOWOJOLU**

GRADE 1 ALPHA



TEMITOPE SAMUEL



OLAMIDE DAYO-THOMAS



NANGWANG GARBA



MRS. B. UZOSIKE



MISS H. OBUMAESE



DEBORAH AMOJOR



**MMEYENE-ABASI
AKPAN**



**TOLUWALASE
OYEWUSI**



**WARIS
LANLENHIN**

GRADE 1 ALPHA



FAITH FASIMIRIN



ADEYI OLAJIDE



HADASSAH EKONG



MOTILAYO ADEYEMI



OLAMIDE PELEMO



**TOLUWALOPE
OYEWUSI**



**TREASURE
OKUNDALAIYE**

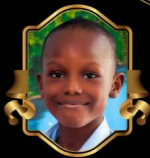
GRADE 2 LOVE



MOSIMI AKINSETE



TOLUWANIMI OLOWOJOLU



TEMISAN SAMAGBEYI



MISS G. OYINLOYE



MISS O. ADEDUGBE



**WILLIAM
RUNSEWE**



**OLUMIDE
AKINDEKO**



**SAMUEL
MOSAKU**

GRADE 2 LOVE



PROMISE EHIGIE



**OMOLOLA
ADELEKE**



**FAITH
OLA-DANIEL**

GRADE 3 TRINITY



OGHENEKENO OKI



CHIBUIKE UZOSIKE



ANULUWAPO LAWAL



MARK SOGUNRO



MRS. B. ADEWALE



MISS E. ONDIOK



**FEMI
DAYO-THOMAS**



**KEMI
DAYO-THOMAS**



**DAVID
OMONODE**

GRADE 4 SQUARE



BANJI AKINSETE



KOREDE ONAKOMAIYA



ADEOPE AKINDEKO



MRS. R. OLA-DANIEL



**EMEDIONG
AKPAN**



**GREAT
OKUNDALAYE**

GRADE 5 STAR



TEMILOLUWA SAMAGBEYI



MR A. ADEWALE



AYOMIDE SOGUNRO



CHINOYE UZOSIKE



CHIDERA UZOSIKE



**MOMOTIMI
ORUGBO**



**OGENEMARHO
MOMOH**



**RICHARD
JAMES-MADAKI**

GRADE 6 EXCEL



MR. P.S. ADEWALE



**ASIMMA
AKPAN**



**AYOMIKUN
OBAYOMI**

MANAGEMENT TEAM



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EXECUTIVE DIRECTOR



MR. SAMUEL ABOGUNLOKO
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MR. OLALEKAN OSUNDAIRO
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FACULTY



MR. O. OSUNDAIRO



MR. P.S. ADEWALE



MRS. B. UZOSIKE



MR. O. AJELE



MRS. J. OKUNDALAYE



**MISS G.
OYINLOYE**



**MR. J.
ENITAN**



**MISS G.
UGWU**

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MRS. G.A. OKUN-OMO



MISS E. ONDIOK



MR. E. NNADI



MR A. ADEWALE



MRS. B. ADEWALE



MRS. R. OLA-DANIEL



**MISS E.
AKINTADE**



MISS O. ADEDUGBE



**MISS H.
OBUMAESE**

SUPPORT STAFF



MR. I. DAVID



MR. G. ASIEGBU



MRS. E. OLIVIA



MISS I. IREDIA



MISS F. ADEDEJI



MRS. M. ISAH



MRS. JOHNSON

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