



No 23 – 2018/2019

Abuja Preparatory School

13th Mar 2019

FORGET ME NOT

Fri 15th March	Year 4 Hippo Class Assembly
Mon 18th March	Termly Assessments/Controlled Test
Tue 19th March	Workshop for parents, family members & friends
Fri 22nd March	Year 2 Orca Class Assembly
Sat 23rd March	Art Performance at The French Institute
Sat 23rd March	Chess Competition (TBC)
Sat 23rd March	The Regent Secondary School Fun Fair

House Point Totals for the Week

 Eagles – 259
Falcons – 303 
 Hawks - 314
Ravens - 287 

Dear parents & carers,

We had a fun-filled last week as usual. As we continue soaring in Term 2 the Proprietress and I would like to take this opportunity to congratulate the staff and pupils for all the hard work they are putting in.

Academically, everyone has made some good progress and the quality of work is forever improving. The activities provided for the children are first class and often, I think, we take for granted just how much effort our teachers put in. So, Well done everyone!

As a part of the British Council's Partner Schools Global Network, last week, some of our staff members attended an online conference **Pathways to Resilience**: strategic leadership in a changing environment.

They got the chance to participate in discussion forums with the UK awarding body representatives, IELTS, APTIS and School Counsellors where they:

- Got to know the latest updates and available resources
- Asked questions and receive an instant response

Have a lovely rest of the week.

Mr Akif Naqvi,
Headmaster.





YEAR 1 SQUIRELL

Kayla Gbamis

YEAR 5 BEAR

Agabi-Oshen Agabi

YEAR 1 SQUIRELL

Anna Fiorinna

YEAR 5 WOLF

Hafsa Bello Mohammed

YEAR 1 RABBIT

Oladisun Fasusi

YEAR 5 WOLF

Oz Gispan

YEAR 1 RABBIT

Maryam Gumi

YEAR 5 WOLF

Tobenna Iwuchukwu

YEAR 2 ORCA

Timileyin Eyitayo

YEAR 6 JAGUAR

Xavier Cole

YEAR 3 GIRRAFE

Tobechukwu Nwokoro

YEAR 6 JAGUAR

Jordan Ogbetuo

YEAR 3 GIRRAFE

Muoyowa Ikomi

YEAR 6 JAGUAR

Khadijah Deribe

YEAR 3 GAZELLE

Enhle Simelane

YEAR 3 GAZELLE

Omowonuola Oluwatuyi

YEAR 4 ELEPHANT

Halima Gebi

YEAR 4 ELEPHANT

David Ameh

YEAR 4 HIPPO

Desmond Bassey

YEAR 4 HIPPO

Eva Okafor

YEAR 4 HIPPO

Christine Ogbetuo



Feeling hungry?
10 MOST FILLING CALORIE-LIGHT FOODS

100pounds100days.tvumblr.com



Fish
100 calories/3 oz



Soup
50-100 calories/
cup



Air Popped
Popcorn
(no butter)
93 calories/3 cups



Lean beef
160 calories/3 oz



Apple
50-100 calories



Grapes (and pretty
much any fruit)
50-100 calories/cup



Anything
wholegrain/
whole wheat
Calories vary



All vegetables
5-80 calories/cup



Skinless chicken
100 calories/
half cup



Oatmeal
150 calories/
half cup

First Aid for children



Aunty Nurse says...

We would like to give you an update on the **skills-based learning opportunities** we have initiated for our children. The basic **First Aid training in KS1** is now completed for this academic year.



The children have had opportunity of learning about the following lifesaver areas:

- Bleeding, Soft tissue injuries (sprains and strains)
- Severe allergic reactions, Head injuries, Choking,
- CPR Recovery position, to mention a few.

The KS2 lessons are ongoing. We request our parents to discuss this at home what they learnt at school in order to reinforce the learning. Your feedback would also be much appreciated.



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PREPARATORY SCHOOL
DISCOVER • DEVELOP • DELIVER

Pupil Council

Speak Out Be heard Make change

Pupil Council and Year 6 - "**With great power comes great responsibility**"

During their weekly meeting, the Pupil Council members decided to take on more responsibilities in order to support the school. They will now be helping teachers to line up the classes and make sure children walk quietly and in an organised way in the corridors.

They will also extend more help during the Assemblies. The Year 6 members of the Pupil Council have taken on the responsibility of ringing the school bell for home time. Thank you to the Pupil Council members and Miss Vivian.

WHEN I GROW UP, I Want To Be...



When I grow up I want to be an actress, a dancer and a model. I have always loved acting out movie scenes and dancing to songs. I also love fashion.

Qaddriyah Bako—Year 6



When I grow up I want to be an Engineer and a Photographer. I love putting together pieces of materials to create stunning items. I would love to photograph my masterpieces in future.

Maryam Adamu—Year 6

REDUCE, REUSE & RECYCLE!



The importance of recycling cannot be over emphasised. All sorts of materials can be recycled. Letizia in Year 6 Lion has made a Vegetable planter using used water bottle. We can all try recycling simple items in order to conserve our environment. Well done, Letizia.



Benjamin O. Davis, Jr. was commander of the Tuskegee Airmen during World War 2. He continued to serve in the army after the war and became the first African-American general. He earned several awards including the Air Force Distinguished Service Medal and the Distinguished Flying Cross Air Medal.

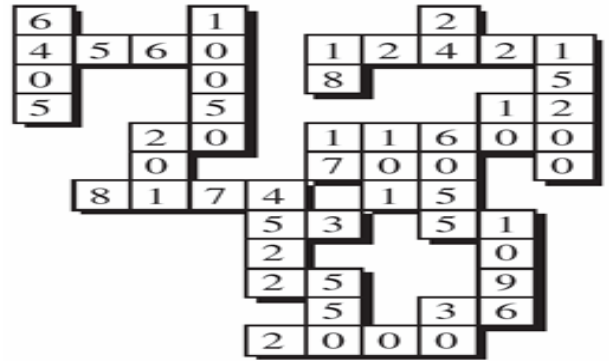


WOMENS DAY AT ABUJA PREP

International Women's Day is celebrated every year on 8th of March. We would like to appreciate our female (and male) staff members who always put in their best efforts on the job. We thank our A-Team for their awesome, collaborative, professional, fun and supportive contribution to our pupils' growth in all areas of learning. These are awesome women, doing an awesome job with an awesome smile!



Answers for previous week



Sudoku- Practice Puzzle

	1	9		3	5	4	2	7	6
	7	2	6	9	1	8	3	4	5
	5	4	3	7	2	6	1	9	8
	9	5	1	4	7	3	8	6	2
	6	3	7	8	9	2	5	1	4
		8	2	5	6	1	9	3	7
	2	7	4	1	8	9	6	5	3
	8	1	5	6	3	7	4		9
	3	6	9	2	4	5	7	8	1

Columns 3x3
Blocks

No Smoking Day

If you or someone you know smoke cigarettes, you know that it is a very difficult thing to deal with. Cigarettes are highly addictive and harmful to the person who smokes then as well as the people around them. No Smoking Day aims to bring awareness to the dangers of this addiction. The day also tries to spotlight resources available to help people decide to try and quit. We would also like to inform our parents that Abuja Preparatory School strictly adheres to the No Smoking policy and we don't allow anyone to smoke within our premises.

Sudoku Puzzle Instructions

Every Sudoku puzzle is made up of rows, columns, and 3x3 blocks. To solve a Sudoku puzzle you must fill in the unknown squares so that every row, column, and 3x3 block contains the numbers one through nine only once.

Row
There are 9 rows in a Sudoku puzzle. Rows run from the left to right. Every row must contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There may not be any duplicate numbers in any row. In the sample Sudoku puzzle here, the numbers in the top row are 1, 9, 3, 5, 4, 2, 7, and 6. By using the rule that no number can repeat within a row, the only possible solution to the empty square in the top row is 8. Enter an 8 into this empty square.

Column
There are 9 columns in a Sudoku puzzle. Columns run from top to bottom. Like the Sudoku rule for rows, every column must also contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There may not be any duplicate numbers in any column. In the sample Sudoku puzzle to the right, the numbers in the far left column are 1, 7, 5, 9, 6, 2, 8, and 3. By using the rule that no number can repeat within a column, the only possible solution to the empty square in this column is 4. Enter a 4 into this empty square.

3x3 Block
There are nine 3x3 blocks in a Sudoku puzzle. Like the Sudoku rule for rows and columns, each 3x3 block must contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There cannot be any duplicate numbers in a 3x3 block. In the sample Sudoku puzzle to the right, the shaded square in the upper left-hand region shows the numbers 6, 5, 3, 4, 9, 7, 8, and 1. By using the rule that no number can repeat within a 3x3 block, the only possible solution to the empty square is 2. Enter a 2 into this empty square. You did it! You solved a sudoku puzzle.

DID YOU KNOW???



The name Wendy was made up for the book Peter Pan. There was never a recorded Wendy before.

QUOTE OF THE WEEK

"It's not our job to toughen our children up to face a cruel and heartless world. It's our job to raise children who will make the world a little less cruel and heartless."





BOYS SHOES & ACCESSORIES

GIRLS SHOES & ACCESSORIES



NEED A FOOTWEAR CHANGE FOR YOUR KIDS? Don't worry, we got shoes.

D39 Aco Estate lifecamp
+234 (0) 8038386387
@pinkiesnbluesng
pinkiesnbluesng



This business belongs to Mrs KatsinAlu parent to Leah and Sarah.



THE REGENT SECONDARY SCHOOL, ABUJA

FunFair

- Zip Liner • Arcade • Bungee • Kids Corner • Game Room • Rock Climbing • Electric Train • Water Football
- Trampoline • Water Paddled Boat • Giant Double Slide • Snake Tunnel • Obstacle Course • Pool with Canopy
- Bull Ride • Combat Ring • Octopus Swimming Pool and Slide • Giant Water Slide and lots more

MARCH 23 2019

10am - 5pm



Reekado



Zlatan

**Music Concert
7pm**

**CONCERT
TICKET**

NS5000 ONLY

FOR MORE INFORMATION:

t: 08072293289, 08072293293, 08078487966

e: registrarsec@regentschoolabuja.com

w: www.regentschoolabuja.com

**VIP
TABLE OF 8**

NI00,000 ONLY



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You, your family members and friends are cordially invited to attend a workshop on the following topics:



EFFECTIVE TEACHING AND LEARNING FOR GIRLS

by Elizabeth Hewer - St George's School, Ascot UK <http://www.stgeorges-ascot.org.uk/>

THE HIDDEN BENEFITS OF BRITISH STYLE EDUCATION

by Gilmour Coad – Ashville College UK <https://www.ashville.co.uk/>



THE EXPERIENCE OF PUPILS BEING TAUGHT OUT OF THEIR CHRONOLOGICAL SCHOOL YEAR

by Alison Davies – Bournemouth Collegiate School UK <https://www.bournemouthcollegiateschool.co.uk/>

RAISING ACADEMIC ACHIEVEMENT

by Gareth Collier – Cardiff Sixth Form College UK <https://www.ccoex.com/>



Venue – Abuja Preparatory School (hall)

Date and time – Tuesday 19th March 8am

Please RSVP by **Friday 15th March**: Mrs Ajayi – 08097557498 or relationsmanager@abujaprep.com

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