



No 7– 2018/2019

Abuja Preparatory School

16th October 2019

FORGET ME NOT

- Fri 18th Oct - Cultural & International Day
- Mon 21st - Fri 25th Oct - Mid –Term Holiday
- Mon 28th Oct - School Resumes
- Fri 15th Nov - French Cafe

House Point Totals of the Week

	Eagles – 35
	Falcons – 62
	Hawks - 75
	Ravens - 102

Dear Parents,

It’s half term already! Where has all the time gone? I remember the first day and now we are half way into the term already. As we get ready for our midterm break, it would be nice if you could assess and celebrate the achievements of your child.



There is always a sense of panic when it comes to having the children at home during such breaks. A lot of parents are looking for ways of engaging the children productively. Here are some ideas;

- Build a reading culture: Encourage your child to read a book for at least 20 minutes a day. There are also reading app that are child friendly and appropriate for the age level of your child. Apps such as RIVET is great!
- For the older ones, have a timetable to minimize the usage of the tablets
- Get your child to come up with a timetable of indoor activities they would like to do for the midterm. These activities should be limited to things they can do at home when you are at work. During the weekend, please reward them if they have kept to their time table.
- Spend as much time with them as you possibly can.

Remember that your children have worked hard this half term. Encourage them with the power of YET!

Enjoy your Mid-Term break.

Sincerely

Mrs Goje



MID TERM BREAK



YEAR 1 SQUIRREL

Obiora Ugwu

YEAR 2 ORCA

Zinachimdi Aruogu

YEAR 2 ORCA

Orobosa Oyamwense

YEAR 2 ORCA

Eluanataziba Kemedi

YEAR 2 DOLPHIN

Oladisun Fasusi

YEAR 2 DOLPHIN

Ali Rachid

YEAR 3 GIRRAFE

Muhammad Aliyu

YEAR 3 GIRRAFE

Jordan Perebo Isari

YEAR 3 GAZELLE

Aisha Ismail

YEAR 4 HIPPO

Samantha Akinwolere

YEAR 4 HIPPO

Dauda Bello

YEAR 4 HIPPO

Hilary Brou

YEAR 4 ELEPHANT

Limie Goje

YEAR 4 ELEPHANT

Omowonuola Oluwatuyi

YEAR 4 ELEPHANT

Akachi Umeh

YEAR 5 WOLF

Muguel Agbogo

YEAR 5 WOLF

Lara Imad

YEAR 5 BEAR

Erhun Oyemwense

YEAR 5 BEAR

Alexander Akinwolere

YEAR 5 BEAR

Halima Gebi

YEAR 6 LION

Umaymah Gumbel

YEAR 6 LION

Hafsah Bello

YEAR 6 LION

Christien Iweze

YEAR 6 JAGUAR

Nancy Zein

YEAR 6 JAGUAR

Moses Goje

YEAR 6 JAGUAR

Hani Sa'ad

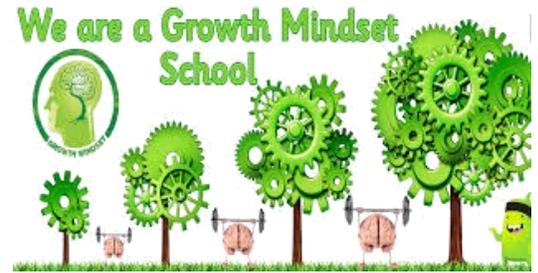
YEAR 6 JAGUAR

Khadijah Y. Kassim





GROWTH MINDSET



This is the conclusion to the Growth Mindset article from last week.

Ways to teach growth mindset to children

Praise effort over outcome: The key to instilling a growth mindset is teaching kids that their brains are like muscles that can be strengthened through hard work and persistence. To reinforce that as parents, it's important to praise effort over outcome. Here's an example:

Instead of praising your child for a seemingly permanent characteristic ("You are so smart"), praise the effort they put into it ("You worked really hard to solve that problem.") The first is known as people praise; the second is process praise. Process praise promotes an internal sense of self-efficacy because it reinforces that successes are due to effort (which the child can control) rather than some fixed level of talent or skill.

The research into this is amazing. Carol Dweck, a Stanford University professor who first defined fixed and growth mindsets, wanted to know if what type of praise parents used had an effect on their kids as they grew up. In collaboration with researchers from the University of Chicago, Dweck looked at [how mothers praised their babies](#) at one, two, and three years old. Then they checked back with them five years later. "We found that process praise predicted the child's success in school and desire for challenge five years later," she told Quartz. "The more they had a growth mindset in 2nd grade the better they did in 4th grade and the relationship was significant. It's powerful."

Praise effort over outcome.

Avoid labeling your child and others: Whether it's a positive label (You are so smart!) or a negative one (He's not very good at math), they both communicate a fixed mindset.

Instead of motivating kids, labels like these can lead to limiting beliefs about themselves and others.

Sometimes a small shift in the language we use – like adding yet – can drastically change a phrase's meaning and a kid's worldview.

Replace negative self-talk with these phrases: Talk to your kids about their "inner voice" and the concept of self-talk, both positive and negative. Teach them to recognize unhelpful self-talk and replace it with positive alternatives. Here is a short list of examples:

Read these books for your kids: Stories are an amazing way to learn about a growth mindset and see it in action. Here's a list of amazing books related to growth mindsets, broken down by age:

Bubble Gum Brain by Julia Cook

Thanks for the Feedback, I Think by Julia Cook

I Knew You Could: A Book for All Stops in Your Life by Craig Dorfman

Making a Splash – Growth Mindset for Kids by Carol Reiley

Your Fantastic Elastic Brain: Stretch It, Shape It By JoAnn Deak

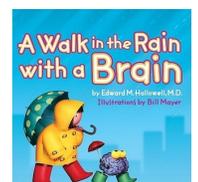
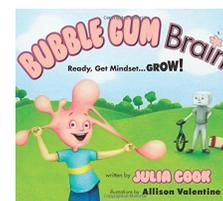
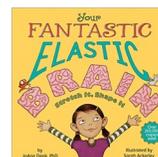
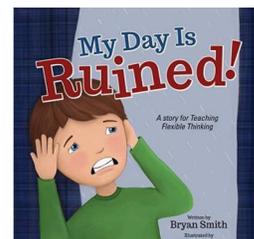
A Walk in the Rain with a Brain by Edward Hallowell

My Day Is Ruined! A Story Teaching Flexible Thinking by Bryan Smith

Sometimes You Win, Sometimes You Learn for Kids by John C. Maxwell

When Pigs Fly by Valerie Coulman

Rosie Revere, Engineer by Andrea Beaty



Q & A CORNER

In this segment, we will be answering a few questions asked at our recently concluded Parent-Teacher Meetings.



GUIDED READING

Guided reading is an instructional approach that involves a teacher working with a small group of students who demonstrate similar reading behaviors and can read similar levels of texts. The text is easy enough for students to read with the teacher's skillful support. It offers challenges and opportunities for problem solving, but is easy enough for students to read with some fluency.

What Is the Purpose of Guided Reading?

Teachers select books that children can read with about 90 to 94 percent accuracy.

They focus on meaning but also use problem-solving strategies to figure out words they don't know, deal with difficult sentence structure, and understand concepts or ideas they have never before encountered in print.

Why Is Guided Reading Important?

Guided reading gives students the chance to apply the strategies they already know to new text. The teacher provides support, but the ultimate goal is building your child to become an independent reader.



More questions will be answered next week...



Ravens are House Point winners for the week. Captain Cuddles is seen here with Mrs Fasusi and some proud Ravens House members from Year 2 Orca.

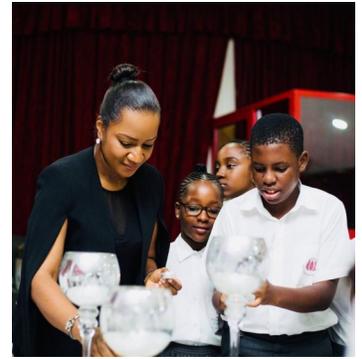
Go Ravens Go Ravens Go!!



PREP TALK...with Mrs Hyeladzira Goje

Prep Talk guest for this week was Mrs Hyeladzira Goje. She is the owner of the very popular Blue Velvet Marquee in Abuja. She studied Business Management in the University and developed an interest for event décor and management. She established her company in 2009 on a dream and it has become such a huge success over the years. Mrs Goje is a married mother and is blessed with triplets.

Our Year 6 children were very excited to put together beautiful table arrangements with all the trimmings of a professional finish. They were very excited to see all the hard work involved in putting together all the glamorous and vibrant décor they always see at events they attend. It was a very practical session and all the children got to take part in all activities. We all appreciate Mrs Goje for taking out time from her very busy schedule to engage our students.



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



In future, I would like to become an engineer. Lots of people get hurt or even killed everyday because they cannot protect themselves. I want to invent technology that can help people protect themselves.

Myles Agbogo. Year 6 Lion



When I grow up, I would love to become a Doctor. I will specialize in Pediatrics so I can help children and small babies. It is very difficult to understand what is wrong with babies so I want to be able to offer that help.

Umaymah Gumbel. Year 6 Jaguar

WORLD FOOD DAY

The Food and Agriculture Organization (FAO) of the United Nations was founded in 1945. To mark this momentous event the 16th of October each year is celebrated as World Food Day. The day is also famously known as the Food Engineer day. The theme for 2019 is "key to feeding the world".



Oprah Gail Winfrey

Born: 29 January 1954, Mississippi USA

Education: Tennessee State University, USA

She is best known for her talk show *The Oprah Winfrey Show*, broadcast from Chicago, which was the highest-rated television program of its kind in history and ran in national syndication for 25 years from 1986 to 2011. She is also a very generous philanthropist who serves several charities. She also established a school in South Africa to empower black girls.



QUOTE OF THE WEEK

"Change is the end result of all true learning"

– Leo Buscaglia

HAVE A LOVELY WEEK!

Stewed Beef Potatoes

Ingredients

- 1 1/2 lb Beef cubed
- 4 Tbsp olive oil
- 1 Tsp garlic powder
- 1 onion diced
- 2 Tsp paprika
- 2 cups Chicken stock or vegetable stock
- 3 Tomatoes Diced
- 2 Bay leaves
- 2 lb potatoes peeled and cubed
- 1 1/2 lb Carrots
- 3 Tsp parsley Chopped
- 3 Red Chili Pepper or to taste
- Salt and pepper to taste

Instructions

Season the beef with salt, black pepper, and paprika.

Preheat the olive oil in a large pan. Once the oil is hot, add the beef then brown the meat all over.

Throw in the diced Onions, bay leaves, and chili peppers; cook until the onion is tender and translucent.

Stir in the Tomatoes and Tomato paste and leave to simmer for about 3 minutes, so that the Tomatoes can release some of its juice.

Add stock and water and let the beef cook in the juice for about 15 minutes.

Add the Potatoes and Carrots. Cover and cook for about 20 minutes or until the potatoes are fork tender.

Meanwhile, combine your corn starch and water and mix until smooth once the potatoes are done and stir in the slurry. Let it simmer for about two more minutes until it thickens and stir in the Parsley.

Serve hot!

<https://cheflolaskitchen.com/stewed-beef-potatoes/>



DON'T FORGET!



Abuja Preparatory School International Food and Cultural Day



Friday 18th October 2019

10am to 1.30pm

Venue: School Playground



Come and experience cuisines from around the World!

**PROMOTE
YOUR
BUSINESS**

FUSION
Big 10

8th
December
2019



fusion Kids

Got Talent

**WE ARE LOOKING
FOR OUR MOST
TALENTED
FUSION KID!**



TO ENTER:

SEND A SHORT VIDEO OF YOUR TALENTED
KID BETWEEN THE **AGES OF 5-12**
DISPLAYING THEIR TALENT TO US VIA DM.

**10 KIDS WILL BE PICKED TO PERFORM
LIVE AT FUSIONBIGIO TO WIN
CASH AND OTHER AMAZING PRIZES**

fusion
LIFESTYLE



THIS BUSINESS BELONGS TO MRS SAMIAH AHMED– PARENT TO AISHA AND JAMAL AHMED

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