



Blossoms



No 25 – 2018/2019

Abuja Preparatory School

27th March 2019

FORGET ME NOT

- Wed 27th March - Term 2 Reports
- Fri 29th March - Year 1 Rabbit Class Assembly
- Tuesday 2nd April - Parent/Teachers Interviews (please book an appointment with your child's teacher)
- Wed 3rd April - Parent/Teachers Interviews (please book an appointment with your child's teacher)

House Point Totals of the Week

	Eagles – 106
Falcons – 86	
	Hawks - 87
Ravens - 144	

Dear parents & carers,

Welcome to this week's Blossoms.

This article is a continuation of last week's article on NLP.

Neuro means everything that goes in our head.

Linguistic is everything that comes out of our mouth, the things we say.

Programming is what we do, our pattern of behaviour.

According to Virginia Satir, a renowned family therapist, goes on to explain that communication is learned and babies learn all aspects about communication from those people who are in charge of them from birth.

When you interact with your children, be aware that your communication is not only verbal. Actually what you say has a very small impact compared to the tone you use and how you hold your body. The influences in percentage terms are as follows:

Verbal 7%

Tonality 38%

Physiology 55%

Satir also adds that the above three elements are also influenced by our values, our expectations, our knowledge and our past experiences.



So when you communicate with your children be fully present in the moment so that you make sure that you are not sending confusing messages to your child through a mismatch between your words, your tone and your body language.

The words “of course I love you!” through clenched teeth do not convey a loving message. Make sure that you are responding to the present situation and not to something or someone from your past that your child’s actions or words happen to remind you of.

Be aware of how your voice sounds and how loud or soft you are speaking. I am often surprised when my husband and children point out to me that I have been shouting. To me it sounds normal but on hearing a recording of my voice once I perfectly understood what they meant.



Another underestimated aspect of communication is that of touching. *“Touching is the most telling means of conveying emotional information between two people”*, says Virginia Satir. **Be aware of how you use your hands to handle your children and that every single touch has a feeling connected with it whether it is a loving caress or an angry slap.**

What is your touch conveying to your children? Is it love, uncertainty, fear, weakness, excitement or anger?

In the next week’s Blossoms, I will discuss some strategies dealing with using NLP with children.

Have a lovely rest of the week.

Mr Akif Naqvi,

The Importance of Drama and Performing Arts in Education

Whether children have the opportunity to perform in theatre productions or help out behind the scenes, studying Drama and Performing Arts not only engages with the creative side of the brain, it also provides an ideal balance in students’ patterns of study.

It’s easy for children to become swamped in a sea of theory, which is why subjects that offer practical learning are essential.

Achieving a balanced education is just one of the benefits of studying the Arts. Key Stage 2 Children of Abuja Preparatory School have put up Fantastic shows in the past; **The Oba and I**, **Joseph and his Technicolour Dream Coat**, **The wizard of Oz** and **Oliver Twist**. This academic school year, our children are excited about doing a stage performance of the 2017 movie **“The Greatest Showman”**. Auditions have been held and practice has started. More information about the production will be provided in subsequent editions of our Blossoms.

For more information on the importance of Drama and Performing Arts, please click on the following link:

<http://www.btac.nsw.edu.au/2016/10/importance-drama-performing-arts-education/>





- YEAR 1 SQUIRELL Ayla Mbursa Durnin
- YEAR 1 SQUIRELL Perez Sesere
- YEAR 1 SQUIRELL Kharlije .B. Mohammed
- YEAR 1 RABBIT Kosisochukwu Obi
- YEAR 1 RABBIT Adam Mohammed
- YEAR 2 DOLPHINS Jordan Perebi Isari
- YEAR 2 ORCAS Ali Sallam
- YEAR 3 GIRRAFE Ifolochukwu Lord-Micheal
- YEAR 3 GIRRAFE Sreen Abou Hassan
- YEAR 3 GAZELLE Zaid Lawal Ibrahim
- YEAR 4 HIPPO Mitchell Somlari Duncan
- YEAR 4 HIPPO Moses .k. Deter
- YEAR 4 ELEPHANT Abdallah Hussaini
- YEAR 4 ELEPHANT Almaza Awolo
- YEAR 5 WOLF Umaymah Gumbel
- YEAR 5 WOLF Munachimso Okereke
- YEAR 6 JAGUAR Ijeoma Nwokoro
- YEAR 6 JAGUAR Maryam Adamu



Year 2 Orcas – The lady with the lamp



A fun and enjoyable assembly presented by the children in Year 2 Orca about the work of Florence Nightingale. Florence Nightingale, OM (12 May 1820 – 13 August 1910), was an English nurse. She helped create the modern techniques of nursing. She became a leader of the team of nurses who helped **wounded** soldiers during the Crimean War.

Thank you to mums, dads and other family members for taking time out from their busy schedules to support their children. Well done, teachers and all the happy and caring children in Year 4 Hippo



TEAKWONDO GRADING





PREP Talk

Inspire the future generation

The final edition of Prep Talk of this term was held on Monday 25th March, 2019 with ace newscaster and media mogul Mrs. Eugenia Abu inspiring our pupils.

Mrs. Eugenia had a very successful career at the Nigeria Television Authority. She is a writer and has written many books. Her dreams of being a writer started when she was 10 years old. She started writing in newspapers at the age of 22. She still writes in different newspapers including Sunday Trust.

Mrs. Eugenia Abu studied English at Ahmadu Bello University, Zaria and has bagged lots of other degrees from within and outside the shores of Nigeria. Mrs. Eugenia left service at the NTA 2 years ago after 35 years of service. Currently, she is the MD/CEO of The Eugenia Abu Media Centre, Maitama Amusement Park. She is married with 2 children.

She spoke to the Year 6 pupils about her career as a newscaster and what it takes to be a successful one. She mentioned that any child who is interested in being a newscaster must find a mentor and look for a place to volunteer. Some of the characteristics of an anchor person is being confident, ability to speak well, being focused and always keeping eye contact. In addition, one must be disciplined because discipline is the key to being a leader.



Art performances at the French Institute

Well done to our pupils for coming first in the Art Performance organised by the French Institute. We are so proud of you. We are also thankful for the teachers who worked hard to prepare our pupils. A big thank you to the French Institute for organising this event. **Bon travail**



Captain Cuddles supporting Ravens House. He is seen here with Xavier.
Keep soaring, Ravens!



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



I want to be a footballer. I just love the game. When I was four years old I started to play football. I have always wanted to be someone famous.

Mego Momah—Year 6



I want to be famous like an Actor, Footballer, Writer or a business man. Why I want to be one of this is because I like being on stage, playing sports, and writing stories

Meto Momah—Year 6



Answers for previous week

Sudoku- Puzzle 2

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

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

Spanish Paella Day



Paella is a traditional Spanish dish, made with rice, meat or fish, and a delicious sauce. Whilst many countries and regions have their own recipes and variations, the best paellas are made in Spain, on the beach, with fresh seafood.

Still, that's no excuse not to make your own, and to join in the celebration. Enjoy **Spanish Paella Day** from the comfort of your own kitchen by getting adventurous with your cooking!

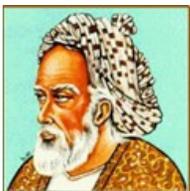
DID YOU KNOW???

The first nonhuman to win an Oscar award was **Mickey Mouse**



QUOTE OF THE WEEK

Daring ideas are like chessmen moved forward; they may be beaten, but they may start a winning game." — Goethe



Omar Khayyam (1048 – 1131)

Persian mathematician, astronomer, and poet, known for his scientific achievements and Rubaiyat ("quatrains"). Quatrains is a stanza of four lines, especially one having alternate rhymes.

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