



# Blossoms

No 03 – 2019/2020

Abuja Preparatory School

18th September 2019

## FORGET ME NOT

- Mon 30<sup>th</sup> Sept - Independence Day Celebration
- Mon 14<sup>th</sup> Oct - Prep Talk
- Fri 18<sup>th</sup> Oct - Cultural & International Day

### House Point Totals of the Week



Dear parents,

It's week 3 already! It has been a humbling experience for me. Having the opportunity of moving from class to class, looking at how children learn and just talking to them.

Some children are still trying to accept me in my new role as the Acting Head of School. 2 weeks ago, a child saw me at the patio in the morning and asked " Why are you here?" One asked, "Will you be in your class later?" Another said, "I came to your class to look for you, but you were not there!"

It's been a full orientation period for every one of us: trying to get most of the children to understand that I am now a teacher for the whole school and as such I cannot be in a class for now. They know I now have an office and I have encouraged them to come say hello once in a while.

The other half still see me as the goofy, ever-smiling and always dancing Ms. Juliet who can also be called Ms. Goje when it's time for an adult conversation **(that's when they are out of order)**.

For children in the Early Years, I have used the power of positive motivation to get them to talk to me and say hello in the morning. My stickers have worked wonders already.

This is a learning experience that I am taking very seriously with great enthusiasm. I have a great support system; our Proprietress, the School's Board of Directors, our competent Senior Management Team, teachers and Parents.

Please be assured that I am here to serve. My office is also open to all parents/guardians. Be rest assured that you would get a listening ear and your concerns attended to.

Have a lovely week.

Juliet Goje



# EMOTIONAL NEEDS OF CHILDREN AT EACH STAGE

Last week, we looked at what emotional development is and the general facts about a child's emotions. This week, we would be breaking down these needs to each stage in a child's life. I would be using my children because I have noticed these areas in their development and it has given me a better understanding of how to manage them better -Mrs Goje

## TODDLERS (1 - 3 years) Ndrehyela Goje

My 18 months baby falls into this category. He is very active and curious about his environment. He joined the Pre - Playgroup Class this term and has already earned a nickname for himself (**OGA**). He enjoys watching his favourite show (Hey Duggie) and playing football (with both legs). The emotional needs for children this age Include:



### **The need to be understood**

Ndrehyela is still making baby sounds so communicating with him is a bit of a challenge for me. He gets easily frustrated when he is not getting his way or when he is trying to express his needs. He has resorted to hitting and biting. At first, I thought he was trying to be naughty, but having done this course, it has taught me that he is just trying to find a way of communicating with me. I have had to learn how to listen attentively to his baby babbles and read his body language to have a better understanding of what he needs.



### **The need for a good example**

Toddlers watch and listen to everything you do. They are little scientists, watching and taking in, ready to copy. In the morning, he watches me brush my teeth, so every morning I have to give him his toothbrush to do the same. When it's time to go out, he watches his brother and sister wear their shoes. Now he does the same thing. Parents with children in this stage have to be very careful with what they say and how they react to everything around them.





### Freedom to make mistakes

My son feels that everything he does is play because they are at a stage where it's hard to understand right from wrong. Most times, he comes into the kitchen when I am there, sits down on the floor and begins to take out all the spoons and plastics bowl. One day, he took out an irregular shaped bowl and he found it difficult to fit it back into the drawer. I watched him try over and over again until he finally got it. As parents, we tend to jump in too soon when our children are unable to fix their problems. Sometimes, getting them to learn through their mistakes makes life more meaningful to them. Giving the child some level of independence helps them understand the world better.

### Encouragement and Praise

Lots of praise is needed! "Good job Dre..." "What a good boy". These are some of the phrases I use when am pleased with him. Giving him a warm hug also tells him that mama is happy.

Praising good behavior is important across all ages. Praising creativity and decision making is a great way of fostering solid thinking skills in toddlers and even young children.



To be continued next week



## REDUCE, REUSE, RECYCLE!

At Abuja Prep, we teach the children the importance of taking care of our environment and how to make the world a better place.

We had a collection drive for old tires sometime this year and we would like to do that again.

Please send in old tires that are not in use at your homes, offices or even from a neighbor. You would be amazed to see how we use them at school.

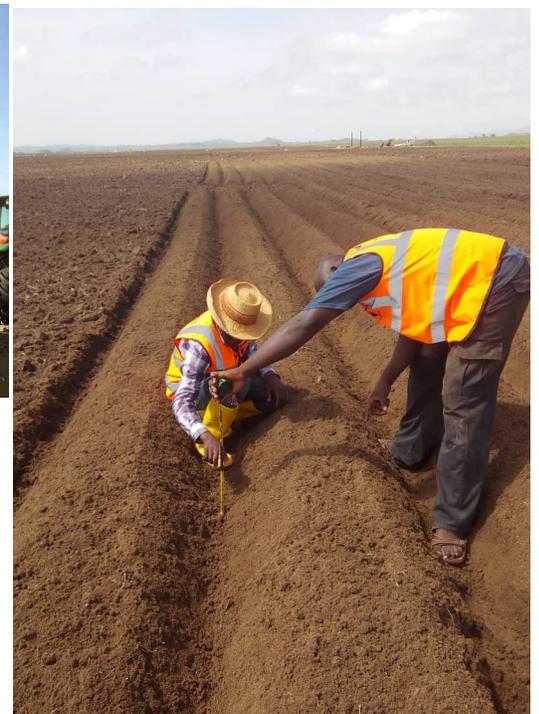
Looking forward to seeing LOADS of old tires in the coming weeks.

Thank you.



# PREP TALK...with Mr. Michael Agbogo

Our Prep Talk host for this week was Mr. Michael Agbogo. A Chemical Engineer whose quest to find a solution to the global problem of world hunger made him to become a farmer. He loves to connect with nature and what better way to do that than farming. He had previously worked on building and operating oil, gas and chemical processing plants around the world. He is a professional guitarist when he isn't working on his farms. He occasionally spends time riding his bike and taking pictures of nature. He is married and a father to Myles and Miguel who are students of Abuja Prep School. We thank Mr. Agbogo for inspiring some of our students into considering farming as a profession when they grow up. [#gratitude](#)



# PARENT/TEACHER CONFERENCE

Our Parent-Teacher meeting was a great success. Thank you to all the parents who came in to meet their child's teacher. There was a general feeling of satisfaction from the parents as regards to how learning takes place in the class, our curriculum and being able to have a taste of how their children are assessed from the various planned activities from the child's class. We got lots of positive feedback and areas to improve on as well.



## Preservation of the Ozone Layer Day

September 16 was designated by the United Nations General Assembly as the International Day for the Preservation of the Ozone Layer. This designation had been made on December 19, 2000, in commemoration of the date, in 1987, on which nations signed the Montreal Protocol on Substances that Deplete the Ozone Layer.



## Chief Obafemi Awolowo

**Born:** 6 March 1909 in Western Nigeria.

**Died:** 9th May 1987

**Education:** University of London (1944)

**Best known for:** He was a Nigerian nationalist who played a key role in Nigeria's independence movement. He also established WNTV, which is the first ever TV Station in Africa.



QUOTE OF THE WEEK

"Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson

**ENJOY YOUR WEEK!!**

## Okro Soup with Vegetables

### Ingredients

- 1 small onion
- 1 large bell pepper (tatashe)
- 2 hot pepper
- 1 cup palm oil
- ½ cup crayfish powder
- Cooked Assorted meat and fish – I used a combination of Goat, beef, red prawns and panla
- Maggi and salt – to taste
- 6 cups chopped okro
- 6 cups meat stock or water

4 cups chopped greens- ugu & spinach

### Direction

- Combine onion and peppers in a blender or food processor. Process until just coarse
- Place a large pot on medium heat. Add in palm oil. Stir in crayfish and combine with the oil.
- Add in minced peppers/onion (from step one).
- Add in meat stock and precooked meat. Stir. Taste and adjust for salt and maggi. Simmer covered for 10 minutes.
- Stir in chopped okro and cook for 2 mins. Stir in chopped green and cook for another 3 minutes. Remove from heat immediately.

Enjoy!!

<https://9jafoodie.com/okro-soup-vegetables/>





# PROMOTE YOUR BUSINESS

ALL Abuja Preparatory School parents are encouraged to advertise their businesses here.

IT IS A FREE SERVICE!!!!

Please contact Mrs Ajayi on 08097557498.

There is no such thing as a child who hates to read, there are only children who have not found the right book.

-frank serafini

For educational, fun and engaging books, puzzles, games and writing materials for your little gigglers

follow/reach us on:  @littlegigglesng

 09083759607



ENGAGING THE YOUNG MIND!

95, Aminu Kano Crescent, Wuse 2, Abuja Nigeria. Tel +234 (0) 929 177 43 / +234 (0) 809 755 7498  
Email : headmasterspa@abujaprep.com Web: www.abujaprep.com

