



# Blossoms

No 5– 2018/2019

Abuja Preparatory School

2nd October 2019

## FORGET ME NOT

Mon 14 <sup>th</sup> Oct	-	Prep Talk
Fri 18 <sup>th</sup> Oct	-	Cultural & International Day
Mon 21 <sup>st</sup> - Fri 26 <sup>th</sup> Oct	-	Mid –Term Holiday

### House Point Totals of the Week

	<b>Eagles – 87</b>
<b>Falcons – 99</b>	
	<b>Hawks - 130</b>
<b>Ravens - 75</b>	

Dear Parents,

### Happy 59<sup>th</sup> Independence Day!!

Nigeria is 59 years old! Our great nation has celebrated Independence 59 times! If we were to take into account where we started from and where we are now, I am sure I would get both positive and negative responses about what we have and have not achieved. As I was writing this piece, I asked myself this question; “What does the number 59 mean?” Searching through the internet, I found different meanings to the number that I could relate to without identifying with any spiritual or religious affiliations.

The number 5 signifies;

- Changes
- Positive Choices
- Learning through experience
- Freedom
- Free – will
- Progress
- Adaptability

The number 9 symbolizes;

- Humanitarianism
- Being a good example to others
- Inner wisdom
- Good deeds
- Generosity

Looking at the meaning of both numbers, 59 is indeed very significant. Most especially at this point in time where people are feeling hopeless and thinking that things would never change for the better in Nigeria.

At our special assembly, handled by the teachers, we showcased the lives of some of the Heroes who fought for Nigeria’s independence from colonial rule. We spoke to the children about their achievements and the need to stand up for what they believed in. It was a fun assembly but the positive message was understood by all of us.

On behalf of the Proprietress, staff and children, we wish you all a happy 59<sup>th</sup> Independence Celebration. Nigeria is a great Country! Let’s continue to be proud of this nation and make it a better place for our children.

Mrs Goje





# WOW



**YEAR 2 DOLPHIN**

**Romano Junior Thomas**

**YEAR 2 DOLPHIN**

**Chizirim Nwoke**

**YEAR 2 DOLPHIN**

**Ayla Mbursa Durnin**

**YEAR 3 GIRRAFE**

**Ammuna Ahmed**

**YEAR 3 GAZELLE**

**Ununuma Nwuche**

**YEAR 3 GAZELLE**

**Jadesola Thomas**

**YEAR 4 HIPPO**

**Ofure Henshaw-Ativie**

**YEAR 4 ELEPHANT**

**Nusaiba Ahmed**

**YEAR 4 ELEPHANT**

**Kenechukwu Joshua Ugwu**

**YEAR 5 WOLF**

**Kingsley Adimoha**

**YEAR 5 WOLF**

**Lara Imad**

**YEAR 5 WOLF**

**Ava Okafor**

**YEAR 5 BEAR**

**Asake Amosu**

**YEAR 6 JAGUAR**

**Nancy Zein**



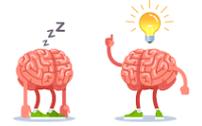


# GROWTH MINDSET

This week, we came across an article by Carol Dweck who is a professor of Psychology at Stanford University. She is known for her work on the mindset psychological trait. It is an interesting article which relates with what we believe is important in making a holistic child. How many of us use positive reinforcement statements to our children every morning before they come to school? Examples of such statements include; 'You are great today', 'You can do it', 'You are a star', 'Don't give up', "I can tell you are really working hard" and so many more. All these statements encourage a child to have a growth mindset.

## What is growth mindset?

According to Dweck, 2014; "A growth mindset is when students understand that their abilities can be developed"



## *But are some children not naturally smarter than others?*

**Yes and No.** People are born with unique genetic structures, meaning they are initially better than others at different things. However, those with a growth mindset believe that one can always improve, catch up, or even surpass other's natural talents. As teachers, we play a crucial role in shaping a child's confidence and outlook on school through productive, continuous feedback.

## *Do all children share a growth mindset?*

**Yes.** As Humans, we operate both a fixed and growth mindset.



## *How is it possible to operate in both a fixed and growth mindset you might ask?*

For example, most mothers have a fixed mindset about giving birth. No amount of belief in her ability to withstand the pain; no amount of "breathing exercises" will prepare a mother for the pain that comes with child birth. Knowing that the pain will always come during child birth is a fixed mind set.

## FIXED MINDSET

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success - without effort. In a fixed mindset, everything is about the outcome. If you fail – or if you're not the best – it's all wasted.

## GROWTH MINDSET

In growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. The growth mindset allows children to value what they're doing regardless of the outcome. They're tackling problems, charting new courses and working towards a goal.

In our school, our teachers focus on the growth mindset. We believe our children can achieve all they set they minds to through hard work. We believe there is always room for improvement and we encourage the children to learn from their mistakes and not dwell on them. We encourage them to be resilient which is knowing how to cope in spite of setbacks. Being resilient is a measure of how much you are willing, and able, to overcome obstacles to achieve set goals.

Whether a child holds a fixed mindset or growth mindset significantly impacts their learning experience – from elementary school to high school. Children that hold a fixed mindset give up easily when they can't solve a problem and admit defeat. This can be detrimental to a child's future efforts and lead to limited student growth. With a growth mindset, children continually work to improve their skills, leading to greater growth and ultimately, success. The key is to get children to tune into that growth mindset.

If you would like to know more about the Growth mindset, please click on the link below;

[www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](http://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)



MISTAKES ARE  
**PROOF**  
YOU ARE  
**TRYING**

CORRECTING  
MISTAKES ARE  
**PROOF**  
THAT YOU'RE  
**GROWING!**

# Q & A CORNER



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

## 1. HOW ARE CHILDREN DISCIPLINED AT ABUJA PREPARATORY SCHOOL?

Each section of the school has a different way of correcting negative behaviour. This behaviour could be towards other students in the class, the teacher and school work.

In the **Early Years Department**: The use of facial expressions, eye contact, threat of consequences and verbal warnings. These are then followed through with further sanctions if appropriate pupil response is not achieved. Removal of pupil to an isolated space within the classroom or another classroom within Year Group or the Head of Department's classroom (time out). Loss of favourite activities may follow. All inappropriate behaviors are recorded in the Incident Book for reference purposes. As a final measure, a letter is sent to parents detailing difficulty with pupil behaviour and a meeting is scheduled to discuss how to help the child concerned.



In **KS1 and KS2**: Verbal warnings are issued several times. These are followed with further sanctions if appropriate pupil response is not achieved. Removal of pupil to an isolated space within the classroom or another classroom within Year Group or Head of Department's classroom. Loss of some of his / her play time, loss of house points and money earned in the school money reward system. All inappropriate behaviors and unacceptable academic achievement are recorded in the Incident Book for reference purposes. Sometimes a student is asked to write a letter of apology in response to inappropriate behaviour towards another student or an staff. A letter is sent to parents detailing difficulty with pupil behaviour or unacceptable academic achievement linked to the pupil's overall effort or attitude towards learning. As a final measure, a meeting is scheduled with parents to discuss how to help the child concerned.



The House reward system has so far been very effective in curtailing negative attitudes to learning.

Loosing House Points is frowned upon and the children avoid this most of the time.

Little reminders about Classroom behaviours help remind the children to remain focused. Above all of this, our staff are warm and friendly towards the children.



More answers next week...



Hawks are House Point winners for the week. Captain Cuddles is seen here with Dominic, Zoe, Ifeoma and Babagana.

Keep sourcing Hawks!





# UNIFORMS REMINDER!

This is the 4th week since school resumed and some students are still arriving to school wearing the wrong clothing items. We kindly ask that parents purchase all school uniform items from the school shop as they are readily available. Starting next week, students who are not dressed in their proper school uniforms and shoes will lose valuable House Points.



HAIR EXTENTIONS ARE NOT ALLOWED IN ABUJA PREPARATORY SCHOOL!!!!

	BOYS	GIRLS
Main Uniforms	<p><b><i>Nursery and Reception</i></b>                      Abuja Prep School grey shorts                      Abuja Prep polo shirt                      Abuja Prep maroon pullover                      Long grey socks                      Plain black sensible black shoes (no logo) <b>no canvas shoes, no trainer style shoes.</b></p> <p><b><i>Key Stage 1 and 2</i></b>                      Abuja Prep School grey shorts                      Abuja Prep white shirt                      Abuja Prep maroon pullover                      Long grey socks                      Plain black sensible black shoes (no logo) <b>no canvas shoes, no trainer style shoes.</b></p>	<p><b><i>Nursery and Reception</i></b>                      Abuja Prep Gingham dress                      White socks or tights                      Black shoes</p> <p><b><i>Key Stage 1 and 2</i></b>                      Abuja Prep School grey skirt                      Abuja Prep white blouse                      Abuja Prep Maroon cardigan                      White socks or tights                      Plain black sensible black shoes (no logo) <b>no canvas shoes, no trainer style shoes.</b>                      A white hijab may be worn by our Muslim pupils – This is optional</p>
PE Uniforms	<p>Abuja Prep maroon shorts and house T-shirts ( RED, YELLOW BLUE AND GREEN). Trainers are the ONLY shoes allowed at PE. FOOTBALL cleats are NOT allowed.</p>	<p>Abuja Prep maroon shorts and house T-shirts ( RED, YELLOW BLUE AND GREEN). Trainers are the ONLY shoes allowed at PE. FOOTBALL cleats are NOT allowed.</p>





# NIGERIA AT 59!!





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



I would like to become a comedian when I grow up. This is because I have a fantastic sense of humour and I want to explore the comedy world. It is also my passion to act movies because I am a good actress—  
Fikayo Amos. Year 6 Lion



I want to become an Architect when I grow up. This is because Architecture is Art and I love Art. Another reason I want to become an Architect is because a lot of people in my family are Architects. -  
Nancy Zein Year 6 Jaguar

## INTERNATIONAL DAY OF NON-VIOLENCE

The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi. In January 2004, Iranian Nobel laureate Shirin Ebadi had taken a proposal for an International Day of Non-Violence from a Hindi teacher in Paris teaching international students to the World Social Forum in Mumbai. This day encourages non-violent ways of resolving all issues.



### Mahatma Karamchand Gandhi

**Born:** 2 October 1869, Porbandar, India.

**Education:** UCL Faculty Of Laws in England.

**Best known for:** Gandhi was an Indian lawyer, anti-colonial nationalist, and political ethicist, who employed non-violent resistance to lead the successful campaign for India's independence from British Rule, and in turn inspire movements for civil rights and freedom across the world.



#### QUOTE OF THE WEEK

*"Happiness is when what you think, what you say, and what you do are in harmony.— Mahatma Gandhi*

## HAVE A LOVELY WEEK!

## African Goat Meat Pepper soup

### Ingredients

- 2 Tsp Uziza leaves
- 1 kilo Goat meat
- 2 Tsp Crayfish
- 1 Tbs Pepper soup spice
- 1 Tsp Red Chili flakes
- 1 Tsp Ginger powder
- Salt to taste
- 1 small Onion
- 1 Scotch bonnet de-seeded and minced
- 1 Seasoning cube
- 4 Cups Water

### Instructions

1. Cut the Goat meat into cutlets. Then rinse thoroughly, transfer the meat into the Pot, add salt, Seasoning cube, habanero peppers and half of the Onion and cook for 30 minutes.
2. Add the pepper soup spice, red chili flakes, Ginger powder, the remaining grated onion, and crayfish. Leave it to cook for another 10 minutes.
3. Stir in the uziza leaves and let it simmer for another five minutes. Serve hot with Yam, Rice, Bread and more.

### Notes

1. You can substitute dry ginger powder for fresh ginger if you choose.
2. The amount of peppers you add to the pepper soup depends on your heat tolerance so feel free to increase or reduce the quantity of peppers you use.
3. You can substitute Uziza leaves or bitter leaves with Parsley, mint leaves or scent leaves; Be sure to wash bitter leaves and drain them when used.
4. To avoid chunks of Onions in your pepper soup, it's a good idea to either mince the Onion or use the smaller hole on the grater to grate the Onion.



<https://cheflolaskitchen.com/african-pepper-soup/>

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THIS BUSINESS BELONGS TO MR ABU HASSAN-PARENT TO SERIN AND ALINE ABU HASSAN



# 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

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