

## THE LIGHT Vol. 4 No 6

*Mission Statement – To help people to locate their place in life so that they can achieve their maximum potential*

It has been said that the only constant thing in life is change. When you hear the word change, do you first think of something negative or something positive? If you want to grow, then you have to be ready for change. There are some changes in your life that you have very little control over. This includes change in height and the changes that take place inside your body. However, there are other changes that you do have control over. Some areas of your life that you might have to make some changes are i) Your eating habits – Are you eating balanced diets? Are you sitting down to eat? ii) Punctuality – Do you get to places on time? Do you submit your assignments on time? iii) Work – Do you do quality work in your class work and when you are helping out at home? Or do you just manage to do it so that you don't get in trouble. Hmm. Take time to review your life and make the changes that you need to make.

### REVS 2018 THE COMMUNICATOR

The RE Vacation School where learning and fun go hand in hand has started. However, you can still sign up and join us for one week, two weeks or three weeks. The choice is yours. We're having special guests who will come to interact with you. There will be various types of activities including sports, Math, English, games, Art and Craft, puzzles, and mini competitions. We will round off each day with time in the swimming pool. You don't want to miss this.

**DATE:** Monday 6<sup>th</sup> August to Friday 31<sup>st</sup> August 2018

**TIME:** 9am – 2 pm

**VENUE:** Premier Hotel Poolside

**AGE:** For 4 – 12 year olds and teenagers

**COST:** ₦5,000 per week

For inquiries call 08065579441 or send a message through SMS or WhatsApp 09086635578

### CAREER – CLINICAL PSYCHOLOGIST

A clinical psychologist is a mental health professional who is trained to diagnose and treat mental, behavioural and emotional illnesses. Unlike doctors, clinical psychologists don't give people medicine for them to get well. Instead they use therapy to help their patients get well. Some of the things that clinical psychologists do is help people overcome their fears, for example fear of flying, fear of closed places, fear of heights. They also help people who are not doing well in school, because of psychological problems, improve on their performances.

To become a clinical psychologist you need to study psychology for your first degree and get a minimum of a second class lower and then proceed for your Masters. If you have a different first degree, then you can enter for a PgD in Psychology before doing a Masters in Clinical Psychology. The requirements to enter for psychology differ, but generally, you need to have a minimum of five credits including credits in English, Math, and Biology.

Some skills that psychologists need are:

- 1) Communication Skills – You need to be able to speak in a way that the person you're treating feels comfortable with you.
- 2) Research Skills – You need to continue improve on your knowledge as well as learn from the past and make connections.
- 3) Problem-Solving skills – You need to be able to look at a problem from different angles and come up with various solutions out of which you will choose the best one.

Take note that there's a difference between a psychologist and a psychiatrist. A psychiatrist is a medical doctor who prescribes drugs to a mentally ill patient and his focus is on the biological factors behind the mental problems. The psychologist uses therapy to treat his patients and his focus is on the behavioral factors.

Psychologists are helping a lot of people to live fuller, healthier, and happier lives. Maybe you can become a psychologist when you become an adult.

## HEALTH CORNER – AEROBICS

Welcome to the health corner. We are taking a brief break from looking at the various systems in our body to look at a particular type of exercise that is fun and quite effective, Aerobics. Aerobics is a type of exercise that combines rhythmic aerobic exercises with stretching and strength routines in order to improve all elements of fitness (flexibility, muscular strength, and cardio-vascular). It is a type of exercise that strengthens your heart and lungs and helps your respiratory system. Something to note about aerobics, is the presence of music, making it more interesting. Included among the various types of aerobics are step aerobics, water aerobics, and sport aerobics. You usually have an instructor and everyone copies the instructor. Minimal equipment is required for this form of exercise and it can be done indoors or out of doors, but usually indoors.

### CROSSWORD PUZZLES

Use the pictures to fill in the squares. It's one letter per square.

1		2
		
3		

Across

1



3

10

Down

1



2



Use the clues to fill in the squares. It's one letter per square.

1					
2				3	
			4		
	5				

Across

- 1 The colour of night
- 2 A colour and a fruit
- 4 A primary colour
- 5 The colour of pigs

Down

- 1 The colour of soil
- 3 Blue + yellow

**BRAIN TEASER**

This edition’s brain teaser is for you to get the sport the following stories are about. Just write the number and the sport you think it is. The number in parenthesis is the number of letters in the answer.

- 1. It’s A Goal!!! (8)
- 2. Through the Hoop (10)
- 3. The Big Splash (8)
- 4. Bull’s Eye (5)
- 5. Club for Tee (4)

Send your answers by WhatsApp or text to 09086635578. Please include your first name, surname, age, and where you got the newsletter from. The winner gets the star prize. There will be consolation prizes.

The answer to the last brain teaser is ‘It depends on the number of people in the yard.’ Well done to all those who sent in their answers, but remember, it was a brain teaser and not a simple math question.

There were no winners this time. Remember, you need to challenge yourself. We’re looking forward to your responses. Remember, the earlier you submit your answer, the better your chances of becoming a winner of the brain teaser.

**UPCOMING EVENTS**

<b>DATE &amp; TIME</b>	<b>PROGRAMME</b>	<b>AGE</b>	<b>DESCRIPTION</b>
Saturdays 1pm-4pm	RESS → RE Swimming School	2 years and above	Children and adults can learn how to swim or improve on their strokes.
Saturday 13 October 2018	RELiC - O → RE Leadership Challenge	10 – 16 years old	The participants will participate in various activities that will help them with their personal development. The activities will be outdoors.

**CONTACT US**

This newsletter is produced by Rehoboth Ephraim Children and Teens Initiative. Let’s hear from you. GSM: 08065579441 or WhatsApp 09086635578 or email – r.ephraim13@gmail.com