

## THE LIGHT Vol. 5 No 1

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

Welcome to the tenth month of the year. There are times if you sit down and think, some things will not seem to make sense. For example from your knowledge of mathematics, you know that oct- means eight. For example an octagon is a shape that has eight sides, and an octopus is an animal that has eight arms. Other words include octogenarian, octave, and octane. Why would the tenth month of the year be called October? Hmm. This is because the ancient Roman calendar started in March. At that time September was the seventh month, October the eighth month, November, the ninth month, and December the tenth month. When you notice things like this, try and find out why. History is full of wonderful stories that will help make your life more interesting and some things will make more sense to you.

Have a great month. Don't follow the crowd to do things. Do things because you know that those things are good to do. You are good. You are loved. You are blessed.

### RELiC- O 2018 – The Communicator

Rehoboth Ephraim Leadership Challenge – Outdoors

RELiC-O is a one day program for leadership training taking place in the outdoors. There will be interactive sessions. There will be physical activities. There will be activities in which you will need to think. As usual fun and learning go hand in hand.

**DATE:** Saturday 13<sup>th</sup> October 2018

**TIME:** 10:30 a.m. – 2:30 p.m.

**AGE:** 10 – 16 year olds

**COST:** ₦1,000 (You pay your entrance fee)

**VENUE:** Agodi Gardens, Ibadan

For inquiries call 08065579441 or WhatsApp 09086635578

### BIOGRAPHY

Today we are looking at someone in the nursing career. She came from being discouraged by her father concerning her choice of profession, to well in that chosen field, but someone who also chosen field.

Chief (Mrs.) Kofoworola Abeni Pratt was a Nigerian and she is regarded as the first National Health Service. Her father, because of her to become a nurse. (This is similar to what She didn't want to disobey him and so she from 1936 to 1940, she taught at a Church Nigeria.



someone who did not just perform made a number of firsts in her

Hon. FRCN was born in 1910. She black nurse to work in Britain's his position in society, did not want happened to Florence Nightingale.) became a teacher. For four years, Missionary Society girls' school in

She later got married to Dr. E. S. O. Pratt, a Briton. In 1946 she moved to England, and there she studied nursing at the Nightingale School at St Thomas' Hospital, in London. In 1950 she qualified as a State Resisted nurse. At that time it was unusual for a married woman to take up nursing. However, Chief Kofoworola Pratt decided to follow her passion.

Chief (Mrs.) Kofoworola Pratt returned to Nigeria in 1954, and ten years later she was appointed matron of the University College Hospital in Ibadan. She was the first Nigerian to hold that position. While on the job, she continued to improve herself going for various courses that would help her achieve her dreams. At a time, she became vice-president of the International Council of Nurses and the first black Chief Nursing Officer of Nigeria, working in the Federal Ministry of Health. In the 1970s, she was Commissioner of Health for Lagos. In 1973 she was awarded the Florence Nightingale Medal by the International Committee of the Red Cross. In 1979 she was made an honorary fellow of the Royal College of Nursing. These are just some of her achievements.

She died on 18 June 1992.

## HEALTH CORNER – CIRCUCLATORY SYSTEM

Welcome to the health corner. So far we have considered the muscular system, the digestive system, and the nervous system. This edition we will be looking at the circulatory system.

The circulatory system has to do with your heart and the blood vessels. The heart has four chambers and pumps blood through the various vessels through your body. Your blood vessels are the arteries, the veins, and the capillaries. The functions of each type of vessel differs. You will learn more about that later on. As the blood flows through your body, it transports oxygen and nutrients to where it is needed. It also transports carbon dioxide and other wastes to where it will be eliminated.

The adult body contains about 5 litres of blood. The heart beats 60 to 100 times in a minutes when an adult is at rest. The heart rate depends on the age and health condition of the adult. For children aged 6 to 15, the heart beats between 70 and 100.times per minute. Of course, when you are exercising or doing strenuous work, your heart beat will increase. To know your resting heartbeat, you can take your pulse when you just wake up or when you have been relaxed for at least five minutes.

### COMPLETE THE SIMILES

1. As bold as a \_\_\_\_\_
2. As cold as \_\_\_\_\_
3. As proud as a \_\_\_\_\_
4. As black as \_\_\_\_\_
5. As light as a \_\_\_\_\_

### UNSCRAMBLE

Unscramble the words to discover the message.

Sa a dgoo munnicaroto, kpsae evitisop dorsw ot ppeeol.

### DECODE

Use the following code to decode the message below: a=n, b=o, c=p, n=a, etc.

Vg vf tbbq gb yvfrz gb kung gur crefba vf fnlvat va kbeqf naq kvgu obql ynathntr.

### BRAIN TEASER

This month's brain teaser is not a brain teaser. Go to our website [www.recati.org.ng](http://www.recati.org.ng) and tell us the title of the children story which in the Downloads Section.

We had only one winner for the last brain teaser. The winner is Kayinsola Fadele from Christ Chapel International Churches

Watch out for:

DATE & TIME	PROGRAMME	VENUE	AGE	DESCRIPTION
13 <sup>th</sup> October	RELIC – O→RE Leadership Challenge - Outdoors	Agodi Gardens	10-16 year olds	The participants increase their general knowledge and they develop skills that will help them to stand out in the future.
November	REAL T → RE Annual Leadership Training	-	13-18 year olds	Strictly by invitation
Saturdays 1pm-4pm	RESS → RE Swimming School	Kokodome	2 years and above	Children and adults can learn how to swim or improve on their strokes.

### CONTACT US

This newsletter is produced by Rehoboth Ephraim Children and Teens Initiative. Let's hear from you.  
GSM: 08065579441 or WhatsApp 09086635578

COLOUR - PURPLE