

THE LIGHT Vol. 5 No 4

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

Welcome to April. Easter is coming up in April. To some people Easter is all about the Easter bunny and chocolates. To others, Easter means a time signifying the end of second term and a time to be at home with members of their family. While to some it means remembering the death and resurrection of Jesus Christ, the son of God. What does Easter mean to you? Check reliable sources to know the origin of Easter. Don't just follow the crowd to believe or do something. As much as possible, understand why you believe certain things.

C-2-D 2019 – Private and Public Victories

Carbon-to-Diamond, better known as C-2-D is an intensive three day personal development training for teenagers between the ages of 13 and 16.

DATE: Monday 8 – Wednesday 10 April 2019

TIME: 10am – 2pm daily

VENUE: Alumni Conference Room, University of Ibadan, Ibadan

COST: ₦5,000 if paid by Friday 5th April. After that ₦6,000.

The cost includes the training materials, refreshment and certificate. Certificates will be awarded to those who attend all three days.

Call 08065579441 or send a message to 09086635578

REEF 2019 – THE COMMUNICATOR

RE Edufun comes again in May. It's an opportunity for children to interact with other children as they listen to and interact with a professional, are involved in indoor and outdoor activities and round the day off with activities in the pool. It's not compulsory for your child to know how to swim. For non-swimmers, they will go through basic water confidence activities before the games in the pool start. For swimmers they will improve a little on their strokes before the games in the pool start.

DATE: Saturday 11th May 2019

TIME: 10am – 2pm

VENUE: Premier Hotel Poolside, Mokola Hill, Ibadan

COST: ₦2,000

The cost includes the entrance fee, refreshment and training materials.

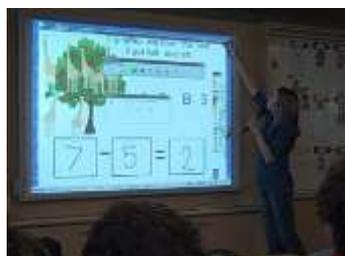
Call 08065579441 or send a message to 09086635578 to register or ask for more information.

CAREER – TEACHING I

We'll look briefly at the teaching profession in this edition. Although in one sense we can consider those who do trainings as teachers, we will not be considering them yet. We can also consider those who teach things such as catering, dressmaking, driving, how to play a particular sport, and computer studies outside the traditional school as teachers, but we won't consider them yet either.

A definition of a teacher is someone who imparts knowledge to or instructs someone as to how to do something. Another definition is someone who helps others to acquire knowledge. A third definition is someone who helps others to learn new things. So teaching is a dynamic and interesting profession.

We are looking at four tiers of teaching. Each of these tiers has distinctive features. You can become a teacher in a preschool. It you teach this age they will learn,



group, you will use a lot of repetition, a lot of play through which and a lot of physical and emotional connections.

The second tier is the primary school. For them it is less learning through play, but there's still need to teach through play at times. The knowledge you need as a class teacher will be greater than that of a teacher teaching in a preschool because you will be teaching most of the subjects in the class. Usually you will also be like a parent to the students.

The third tier is the secondary school. You have less personal contact with the students because you will be teaching your chosen subject e.g. Mathematics, French, Physical and Health Education, Computer Studies, Geography, Accounts, or Physics to the students. You will need to be more knowledgeable about your chosen subject than a primary school teacher, but you will have less subjects that you will have to be able to teach. Although you have less contact with the students generally, some students might want to take you as a second parent because they like you and believe that they can trust you. To become a teacher in the secondary school, it is ideal you become a graduate with a first degree in Education or you have your first degree in another course and then get a PgD in Education



The fourth tier institution are usually give information students to do a lot of generally don't have tertiary institution, if you have not already



is the tertiary institution. Teachers in the tertiary called lecturers and not teachers because they tend to without much explanation. They also encourage personal finding our about a particular topic. Lecturers much personal contact with the students. To teach in the ideally you should at least be working on your Masters gotten it.

HEALTH CORNER – EMOTIONS, SOCIAL INTERACTIONS AND WEIGHT

Welcome to the health corner. This month we are looking at the effect your emotions and social interactions can have on your weight. For some people, when they are not worried about anything, for example they have passed their promotional exams or they have gotten a good job after waiting for so long, they eat more and gain weight. Before that time they would have lost quite a bit of weight depending on when they started worrying about that particular thing. For some people it's the other way round; when they are stressed up that is when they eat. When the thing has been settled, they go back to their normal eating habits. Do you fit into either of these categories? If you do, you have to consciously try to maintain good eating habits at those times when you don't usually do so.

Some people associate going to the movies with popcorn, ice cream, pizza or other fast food and a drink. Sometimes the food is eaten before you start watching the film and sometimes during the film. This also happens at times when you watch films with members of your family or with friends at home or at their houses. There's nothing basically wrong with this, but if you do it often, it can affect your weight.



A third aspect we'll look at is eating during celebrations such as weddings, birthdays, and Christmas. Due to the fact that it is a celebration, some people feel that they should eat more than they normally should. This is not right. There is nothing wrong with eating delicious food; just don't eat so much that for you to stand up from the table after the meal becomes a problem. This can also happen when you go to your aunts' and uncles' place. Sometimes because you don't go often, they want you to eat more than what you normally would eat. If this is this case, politely tell them that the food is much and you don't want to waste it.

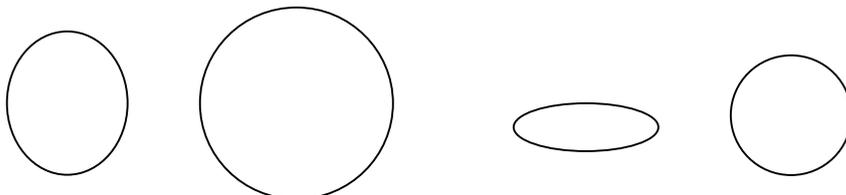


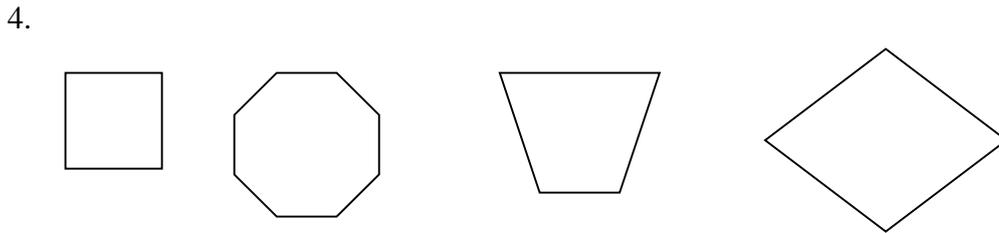
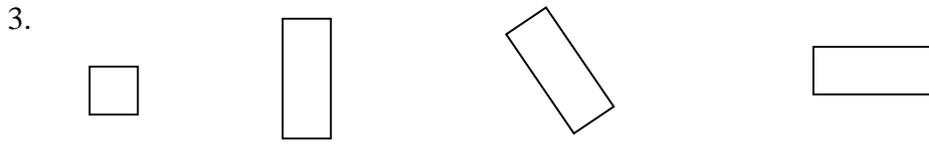
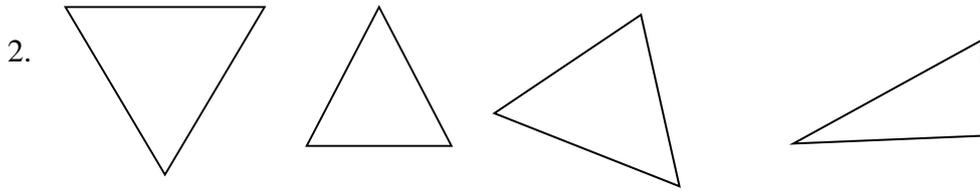
Eat right. Eat healthily. Your body will thank you for it.

ODD MAN: SHAPES

One of the following shapes doesn't belong. Which is the odd man (the shape that is different)? Colour it.

1.





MATCH THE PAIRS: COMPOUND WORDS

Write the letter of the word on the right that goes with the word on the left, to form a compound word. Then write the compound word on the next line. The first one has been done for you.

- | | | | |
|-----------|---------------|--------------------|----------|
| 1. Rain | <u> d </u> | <u> rainbow </u> | a. fly |
| 2. Cow | <u> </u> | <u> </u> | b. man |
| 3. Cup | <u> </u> | <u> </u> | c. house |
| 4. Fire | <u> </u> | <u> </u> | d. bow |
| 5. Light | <u> </u> | <u> </u> | e. ball |
| 6. Snow | <u> </u> | <u> </u> | f. boy |
| 7. Table | <u> </u> | <u> </u> | g. groom |
| 8. Bride | <u> </u> | <u> </u> | h. board |
| 9. Gentle | <u> </u> | <u> </u> | i. cake |
| 10. Black | <u> </u> | <u> </u> | j. cloth |

Watch out for:

DATE & TIME	PROGRAMME	VENUE	AGE	DESCRIPTION
Saturday 11 May 2019	REEF – RE EduFun	Premier Hotel Poolside	10-16 years old	Children will be spoken to by a professional, they will be involved in indoor and outdoor activities and there will be swimming to round off the day.
July	Holiday Swimming Lessons+	Premier Hotel Poolside	5 – 16 years old	Swimming lessons and a brief interactive discussion each day. (Monday to Friday) – Register for one or two weeks.
August	REVS – RE Vacation School	Premier Hotel Poolside	5 – 16 years old	Swimming lessons with indoor and outdoor activities each day. (Monday to Friday) Register for one to three weeks.
Saturdays 1pm-4pm	RESS → RE Swimming School	Kokodome	2 years and above	Children and adults can learn how to swim or improve on their swimming skills.

CONTACT US

Let's hear from you.

GSM: 08065579441 or WhatsApp 09086635578