

The Light

Vol 5 No 5

RECATI

Helping people to locate their place in life so that they can achieve their maximum potential



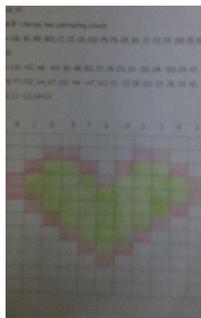
Welcome to June. June is the last month of the first half of the year. This month is a good time to reflect on what you have done since the beginning of the year and to make the necessary changes to be able to achieve your goals. If you are on track, well done. This time is also a good time to think of new things that you want to achieve in the second half of this year. This period is also a good time to start preparing for your promotional exams. Some students have taken or are taking exams that will move them into a new phase in their academic life. Children in their final year in primary schools have started taking exams to enable them go to a good secondary school. Students in JSS3 are getting ready for Senior Secondary School while students in SS3 are preparing for the next level – gaining admission to a polytechnic or a university or for a vocational course.

C-2-D 2019 – Private and Public Victories

Carbon-to-Diamond took place 8th to 10th April 2019. The participants had a nice time with the various facilitators and learnt a lot. They were also able to improve on their public speaking. Below are a few pictures.



Writing in the training manual



Discovering the hidden picture



Teamwork in a Game

REVS 2019 – THE COLOURFUL CREATOR

REVS, Rehoboth Ephraim Vacation School, is taking a new turn this year. There will be two phases this time. The first phase is from Monday July 22 to Friday August 2. It will be a time for a motivational charge and swimming.

DATE: Monday 8 July – Friday 2 August 2019

TIME: 12noon – 2pm daily

VENUE: Premier Hotel poolside, Mokola, Ibadan

There will be a discount for those who pay early.

The second phase is for three weeks. There will be swimming every day. The three weeks include a trip to Agodi Gardens, a party and a visit by a guest.

DATE: Monday 5 – Friday 23 August 2019

TIME: 12noon – 4pm daily

VENUE: Premier Hotel poolside, Mokola, Ibadan

COST: ₦6,000 per week The cost includes the entrance fee to the pool.

Both phases are for children and teenagers 5 to 16 years of age.

Call 08065579441 or send a message to 09086635578. Register your children today. You'll be glad you did.



HEALTH CORNER – RESPIRATORY SYSTEM

Welcome to the health corner. Breathe in. Breathe out. Take a deep breath. Hmm. All this is very important. Sometimes we are conscious of our breathing, especially after we have run a race or run up a flight of stairs. However, most of the time we are not conscious of it. In this edition we'll be looking briefly at the respiratory system.

You have two lungs. These lungs are very important organs in your body. Your lungs are in your chest and they take up a greater part of the space there. Your lungs are protected by your ribcage. Beneath your lungs is a dome-shaped muscle called the diaphragm. The diaphragm works with your lungs to allow you to breathe in air (inhale) and to breathe out air (exhale). When you breathe in, oxygen comes in with the air and your chest expands. Air comes in through your nostrils (and sometimes through your mouth) through the windpipe (the trachea) and then enters your lungs through the bronchi. When you breathe out, carbon dioxide goes out with the air and your chest goes back to the original position. Watch a friend's chest as he takes a deep breath to breathe in and breathe out. Or you can stand in front of a mirror and watch the action of your chest as you take deep breaths.

It's important to keep your lungs clean. Normally your lungs are pink. The lungs of those who smoke or those who regularly stay where people smoke are black. This is not good. It's also not good to breathe in chemicals such as glue or paint. That's why a newly painted place should be well aired to allow the paint smell to go as soon as possible. One thing you can do to improve the condition of your heart is to do aerobic exercises regularly.

You have such a wonderful body. Take good care of it.



gg60408451 GeoGraph ©

CAREER – TEACHING II

We'll be considering the teaching profession in this edition again, but from a different angle. As was said in the last edition, a definition of a teacher is someone who impacts 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. This time we will be considering those who do trainings, those who teach vocational studies such as catering, dressmaking, driving, how to play a particular sport, and computer studies outside the traditional school.

To be a teacher of sports, usually called a coach, is not a day's job. A coach needs to be knowledgeable about his sport as well as to be able to place each athlete in the position or event that the athlete will perform at optimum level. To teach any of the vocational studies, it is ideal you get yourself certified first. It's good to have an overall knowledge of what you want to teach, for example different types of food, but then you can decide to specialize in teaching food such as small chops, cakes, Nigerian dishes, etc. You don't need to have a degree to teach vocational studies, but a degree could be an added advantage. Your students won't be theoretical students. Your students will be apprentices, first watching as you doing, then doing it little by little until they can do it by themselves. As with teachers in the classroom, you need to be patient with your apprentices.

Your passion will take you far. Don't go in a particular direction just because you believe a lot of money will come out of it. Go in that direction because you want to see other people being able to do and to enjoy doing what you enjoy doing.

. So if you feel you are called to be a teacher, go for it. It's a rewarding profession.

