

## THE LIGHT Vol. 4 No 4

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

It's April, a month that means different things to different people. Third term started in April. Some people's birthday is in April. Some people are doing exams into new schools, especially those who are moving from primary school to secondary school. What does April mean to you?

What does communication mean to you? Good communication is not just talking. It's not just telling other people what you want them to know, whether it is through talking, texts, WhatsApp, letters, etc. It also involves listening to other people. Listening is not just hearing what the other person has to say and replying, but really 'hearing' the message the other person is passing across. So let's work on the way we communicate with other people (including our family members) and we'll see how our relationships with them improve.

### RELiC – I

Participants at RELiC – I which took place Saturday 17<sup>th</sup> February, had a nice time and learnt a number of things. Below are a couple of pictures from that day.



Arranging the rolls according to instructions



A facilitator preparing students for their talk

### REEF 2018

#### THE BUDDING BUDDY

It will soon be time for RE EduFun where learning and fun go hand in hand. As usual a special guest will come to interact with you. There will be various types of activities, and we will round off the day with swimming lessons and play in the pool. You don't want to miss this.

**DATE:** Saturday 12<sup>th</sup> May 2018

**TIME:** 10am – 2 pm

**VENUE:** Premier Hotel Poolside

**AGE:** For 10 – 16 year olds

**COST:** ₦1,500 before the day ₦2,000 at the venue

Remember to come with your swimming suit.

### CAREER – BROADCASTER

A broadcaster is someone who passes information through radio or TV. Broadcasters can specialize in one or two of the following areas: news, entertainment, sports, everyday living, children, etc. However, in smaller stations, the broadcaster might have to cover three or four areas. In larger stations, some broadcasters have someone to do the research work for them. However, in smaller stations, the broadcaster has to do his own research and then present it.

Some skills that broadcasters need are:

- 1) Presentation Skills – Be able to speak clearly and confidently

- 2) Research Skills – Get information relevant to the program they are in charge of
- 3) Interview Skills – Be able to interview someone in their area of specialty
- 4) Versatility – Be able to make changes when necessary, even on the spur of the moment
- 5) Technical Skills – Have at least a minimum understanding of the workings of the various equipment in the studio

Courses that potential broadcasters can apply for are Mass Communication, Journalism, English Language, Yoruba Language, Igbo Language, Hausa Language, etc.

Some broadcasters are called OAPs. What are OAPs you make ask? OAPs are On Air Personalities. These are broadcasters who can carry people along so that people will always want to listen to their programs. They are creative and usually keep people entertained.

Take note that although you might have wonderful dreams of people hearing your voice all over the city or all over the country, maybe even seeing you wearing the latest fashions, the work of a broadcaster is work. You need to be current no matter which area you are working in: news, entertainment, sports, etc. Also even if you had a bad day before coming to work, your audience must not see that you had a bad day or hear it in your voice. Take note also that sometimes you might have to do shifts, depending on the station you end up working with. This notwithstanding, if you are passionate about becoming a broadcaster, then go for it.

## **HEALTH CORNER – THE NERVOUS SYSTEM**

Welcome to the health corner. We are moving on to the nervous system. The nervous system consists of the brain, spinal cord, sensory organs and the nerves that connect the organs with the rest of the body. The brain, and the spinal cord form the central nervous system. The central nervous system is where information is processed and responses originate.

The peripheral nervous system consists of the nerves and ganglia that are outside of the brain and spinal cord. These nerves serve as a communication relay between the brain and spinal cord, and the rest of the body.

Sensory nerves are nerves that receive sensory stimuli, such as how something feels (smooth, rough, sharp, etc.) and if it is painful (hot, sharp e.g. knife, very cold, etc.). They are made up of nerve fibers, called sensory fibers. One type of fibers senses body movement and pressure placed against the body, and another type senses tissue injury. Motor nerves lead to the muscles and stimulate movement.

Can you imagine not being able to feel the temperature of a pot? You might burn your hand without knowing it because you would not feel the pain. The pot could be very hot and even though you don't feel the heat, the effect of the heat on your hands will cause something to happen to the skin of your hands. This is what happens to lepers at times. Some of their nerve cells are damaged and they can't tell that something bad is happening to them. Food for thought.

## **COLOUR - PHONE**

It's nice having people we can talk with. Colour the phone below.



**DECODE**

Using the code breaker below, decode the message that follows.

A=N, B=O, C=P, N=A, O=B, etc.

V nz n tbbq pbzzhavpngbe. Abg bayl qb v gnyx, v nyfb yvfgra.

### BRAIN TEASER

This edition's brain teaser is "We kill, and we give life. We are either poison or fruit – you choose. What are we?" (*Hint* – It has to do with a 'c' word mentioned in this newsletter.)

Send your answers by WhatsApp 09086635578 or text to 08065579441. 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 1. Orange (It can also be peach) 2. Cricket 3. Mars.

The winners are Oluwanifemi Oni from Graceful Oaks Nursery and Primary School, Ashi and Abisola Sonibare from Cenflex Nursery and Primary School, Mokola. They won entrance to REEF 2018 taking place at Premier Hotel, Mokola. Ayodeji Agboola from Christ Chapel International Churches, and Abimbola Adesuyi from Soaring Heights Academy, New Bodija, won consolation prizes. Congratulations to our winners. Well done to all who submitted the correct answer. Remember, the earlier you submit your answer, the better your chances of becoming a winner of the brain teaser.

### UPCOMING EVENTS

DATE & TIME	PROGRAMME	AGE	DESCRIPTION
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 12 May 2018	REEF → RE EduFun	10 – 16 years old	The participants will learn more about choosing a career as they participate in various activities and interact with a professional. They will also have the opportunity to learn a little about swimming or to improve on their strokes.
4 weeks in August	REVS → RE Vacation School	4 – 12 years old Teenagers	This is a month long program exposing the children and teenagers to different aspects of life. Activities include Swimming, Math, English, Science, Sports, Puzzles, etc. Children and teenagers can choose to do weekly programs.

### CONTACT US

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