

● DECEMBER, 2023 ●

THE INCOMING STUDENTS

REPRESENTATIVE COUNCIL MEMBERS

It has been a busy first term for us all. Certainly and obviously, we have enjoyed an extremely positive and productive term.

Indeed, there has been a happier atmosphere for the learners, their parents and GAA staff. We would like to appreciate our esteemed parents for their continual support and cooperation. On our part, we will continue to give your child/ren our very best and listen to your concerns and suggestions.

The 21st of November, 2022 was an unforgettable one for the students of GAA secondary. Scholars who were keen on sitting on the GAA SRC, after following due procedure, declared their aims and policies for the proposed offices. The rest of the secondary scholars did not hesitate to ask questions on how the candidates for the SRC would impact the school while in office. Eventually, after votes were cast electronically, the winners were declared.

The incoming council members were sworn in and decorated with their badges of office by Barrister Okponta Ofon. We are proud to inform you that we now have a capable student body that will serve as a bridge between the students and the school management in the 2022/2203 academic session.



THE INCOMING SRC MEMBERS



INSTILLING VALUES; GAA MENTORSHIP PROGRAMME

Our teachers/learning facilitators, through the course of the term have continued the work of establishing lifelong values and positive characteristics. One of the mechanism introduced this term is the mentorship programme whereby a maximum of four learners (mentees) were attached.

The mentors met frequently with their mentees during which time the mentors coached their learners on various aspects of life including moral values, emotional intelligence, self-development, how to shoulder responsibilities, career pathways and advice on other matters that would keep them in good stead towards a glorious future.



We are happy to report that our secondary learners have been responding positively to these mentorship sessions and are able to reflect and meditate on the words of wisdom given to them by their teachers.

FRENCH PRESENTATION AT RADIO MARIA AVE

On the 19th of November, 2022, 5 scholars represented GAA at Radio Maria Ave. During the radio show, they interacted with the presenter by introducing themselves, the name of their school, their home address and even participated in some riddles and quizzes using the French Language. Bravo les eleves!



UNITED NATIONS AND NHRC QUIZ COMPETITION

At GAA we strive to build in our learners lifelong oratory and public speaking skills. We expose them to various debate and quiz competitions both at home and at international levels. An opportunity presented itself on the 5th of December, 2022 when a couple of our secondary scholars participated in the National Human Rights Commission competition at the United Nations Secretariat in commemoration of the International Human Rights Day. Our learners were also sensitized about UN through UNICEF and how they fund the welfare of children across the globe.



NURSES CORNER

ADOLESCENCE HYGIENE

When your children were younger, you taught them rudiments of good hygiene – washing hands, covering their mouth when they cough, and having regular baths or showers. You helped them with things like cleaning and flossing their teeth, at least to start with. Now that adolescence is setting in, it is time to build on those basic lessons. Young adults will need to know about how their body and hygiene needs are going to change and how to manage the changes. They are likely to need extra support with their personal hygiene.

Keeping clean is an important part of staying healthy. The simple act of washing hands before eating and after using the toilet is a proven and effective way of fighting off germs and avoiding sickness. Good hygiene practice is also an important part of confidence building for teenagers. Being on top of their basic personal hygiene, taking regular baths, ensuring teeth is cleaned twice daily and using a deodorant can help teenagers feel comfortable with other people.

- The following is a list of hygienic habits your teen should be engaging in:
- Washing the body and mouth, changing their clothes regularly, especially after physical activity and using personal hygiene products correctly – facial acne cleansers, deodorant, feminine hygiene products (for girls) etc. will help to reduce the build-up of bacteria and avoid body and mouth odour, gum problems and tooth decay.
- Washing of hands with soap and water often and avoiding habits that involve putting hands into the mouth (e.g. fingernail biting).
- Washing hair regularly and getting haircuts when needed.
- Shaving private regions regularly (for boys and girls).
- Taking care of injuries until they are healed.
- Taking care of feet, grooming toenails and avoiding smelly feet by giving their feet extra attention in the shower, and making sure they're completely dry before putting shoes on. Alternating shoes and wearing cotton socks should be encouraged.
- If your teen has a retainer or wears braces, you should address the specific recommendations they should follow.
- Similarly, if your teen wears contact lenses, make sure they understand how to take care of their lenses and their eyes.

Have a happy, healthy and hygienic holiday.

READ, READ AGAIN... AND READ SOME MORE

We encourage our secondary learners to cultivate a reading culture even while they are out of school. According to Richard Steele, “Reading is to the mind what exercise is to the body”.

Reading can help to improve memory. Tell me if you haven’t heard this already: “The more you read, the more you know,”. Learning about unique characters, situations, and narrations exposes one to unprecedented information that will help improve ones memory.

It is not uncommon to find unfamiliar words and narration every time one reads a different genre. This will inevitably help to broaden the reader’s vocabulary as well as improve their writing skills.

One can gain inspiration from books because books are packed with different types of information from different people about different things from all around the world.

“I’ve always thought that a good book should be either the entry point inward, to learn about yourself, or a door outward, to open you up to new worlds.” –Taylor Jenkins Reid

Reading is the only way to gain knowledge and discover a wide array of possibilities. “Show me a family of readers, and I will show you the people who move the world.” –Napoléon Bonaparte

So dear secondary learners, challenge yourself, pick up a book and read. Be armed with information enough to be a difference and make a positive change in the world. Read a book, or two this holiday.



HAPPY HOLIDAYS AND COMPLIMENTS OF THE SEASON.

With 2022 winding down and 2023 right around the corner, here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold.

We say thank you, our dear Parents for supporting our cause, and we applaud your continued backing in the future. Happy Holidays and Compliments of the season.



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