

# DAY WATERMAN COLLEGE



# NEWSLETTER

September 2020



## FROM THE PRINCIPAL'S DESK

by Duncan Gowen (Principal, Day Waterman College)

Dear Parents, Students and Colleagues,

It is my great pleasure to introduce the first edition of the new Day Waterman Newsletter. The intention is for the staff and students working collaboratively and creatively to publish a regular newsletter that will showcase the endeavors and achievements of staff and students. We hope that this will enable everyone to learn more about life at Day Waterman College. Over the weeks and months ahead the newsletter will feature examples of student work, interviews with staff, features about academic subjects and wellbeing and much much more. I would like to thank all the colleagues and students who have contributed to this first edition. I look forward to seeing this initiative thrive through the guidance and inspiration of staff and the creativity and enterprise of students.

Best wishes.

## INTERVIEW

by Valerie Chiege, Michelle Fakrogha and Tomi Fabamigbe

***An unfiltered interview with the Vice-Principal Pastoral about his thoughts on the COVID-19 pandemic.***

***Do you think that the coronavirus situation has had any positive impact on you as a person?***

Generally, I try to keep a positive mindset about the situation. It was good to spend time at home. But frankly, I do not really think there are a significant number of positive things to mention that I enjoyed about this experience. I did not like being isolated or not being able to see people. I wouldn't want to experience this again.

***How do you think the coronavirus will affect the way school runs upon resumption?***

A lot of things will be quite different. We will have to learn to adapt to the new lifestyle, for the safety of ourselves and everybody around us. Change is part of life, and so the only thing we can do is adapt to new

## INTERVIEW (cont'd)

situations, like this one. We will have to be very cautious in our rules. And as people, we will have to learn how to be vigilant, and adhere to these rules, for the good of everyone. COVID will present real challenges with the fun aspects of school, however we must try and be innovative in overcoming this challenge.

### **What's one thing you miss doing because of Covid-19 protocols?**

I miss spontaneity. I think we all took the spontaneity of life for granted a little until now. I think the repetitiveness of the lockdown has taken a bit of a toll on everyone's minds. Not being able to have

that freedom to move around; it's stressful. It can make you feel unmotivated.

The confinement and the restraint – something I never want to experience again. I miss being able to go outside, wherever, and whenever.

### **What advice would you give to people in relation to their mental health during these challenging times?**

Find things you can do that give you control in an otherwise difficult situation. Like I said, the entire lockdown situation can make you pretty unmotivated, but doing something that makes you feel in

command of your own life again is very therapeutic. Also make sure you get enough physical activity, sleep, and fresh air. Structure your day – it helps a lot.

### **What is the first thing you plan on doing once COVID-19 protocols are fully lifted?**

Hug my friends. You truly don't value what you have until you can't have it. That privilege to freely see our loved ones and give them hugs was one thing we did not appreciate as much as we should have. Once the protocols are lifted, that is the first thing I am going to do.

## THIS WEEK IN HISTORY

by Chantel Esiri and Chizara Enelama

### **21st September**

- International day of Peace (United Nations).
- 1938 – Winston Churchill condemns Hitler's annexation of Czechoslovakia.
- 1982 – NFL players begin a 57 day strike.
- 1988 – Suriname swimmer, Anthony Nesty, wins 100m butterfly at the Seoul Olympics; Suriname's first gold; first black to win individual Olympic swim gold medal; Thwarts Matt Biondi's attempt at 7 gold medals

### **22nd September**

- 1602 – Last people hanged for witchcraft (8) in the us, 19 hanged overall, with six other deaths during Salem witch trials.
- 1965 – India and Pakistan cease-fire goes into effect, ending the Indo-Pakistani war.
- 1792 – French first republic formed by the national convention, stripping the French king of his powers.
- 1862 – US President, Abraham Lincoln says he will free slaves in all states on Jan 1.

### **23rd September**

- International Day of Sign Languages.
- 1957 – President Dwight D. Eisenhower orders us troops to support integration of nine black students at Little Rock Central High School in Arkansas.
- 2018 – Indian Prime Minister Narendra

Modi launches "Modicare", free health care for 500 million (world's biggest healthcare program).

- 1889 – Nintendo Koppai (later Nintendo Company Limited) founded by Fusajiro Yamauchi to produce and market the playing card game, Hanafuda.

### **24th September**

- 1950 – Operation Magic Carpet concludes after having transported 45,000 Yemenite Jews to Israel: there were a number of other reasons for the exodus, including hostility in Yemen. Economic crisis, famine and persecution, as well as a sense of religious duty in going to Israel. As rumors spread among the Jewish population that Israel would be airlifting Jews out of the country. Many thousands journeyed to the Port City of Aden, some walking for weeks on foot through the desert.
- 1877 – Battle of Shiroyama, decisive victory of the imperial Japanese army over the Satsuma rebellion.

### **25th September**

- 1789 – US congress proposes the bill of rights (the first ten amendments to the constitution of the United States).
- 1906 – Leonardo Torres Quevedo successfully demonstrates the Telekino at Bilbao before a great crowd, guiding a boat from the shore, considered the birth of the remote control.

- 1975 – Pink Floyd's concept album "wish you were here" reaches no. 1 in the US goes on to sell 13 million copies.
- 1939 – Andorra and Germany sign a treaty ending WWI, as Versailles peace treaty forgot to include Andorra

### **26th September**

- 1969 – The Beatles release "Abbey Road" album.
- 1968 – "Oliver!" directed by Carol Reed and starring Mark Lester and Ron Moody premieres in London (best picture 1969).
- 1983 – Australia II wins America's cup Yacht race (1st non-US Winner).
- 1815 – Russia, Prussia and Austria sign the holy alliance.
- 1901 – Great Britain annexes the Ashanti kingdom and places it under the governor of the gold coast (Ghana).

### **BIRTHDAYS**

- 21st – Abby Lee Miller, Jason Derulo, Stephen King, Alfonso Ribeiro, Ryan Guzman.
- 22nd – Tom Felton, Thiago Silva, Scott Baio.
- 23rd – Anthony Mackie, Ray Charles, Kalani Hilliker, Skylar Astin, Brandon Jennings
- 24th – Scott Fitzgerald, Nia Vardalos
- 25th – Will Smith, Donald Glover
- 26th – Serena Williams, Lilly Singh, Olivia Newton-John, Ivan Pavlov

# PURPOSEFUL LIVING /'pə.pəs.fəl/ /'lɪvɪŋ/

by Ezinne Odigbo & Rachel Zara Abenemi

The stark difference between living and being alive is purpose. Living has a direction, an aim, a goal, whereas being alive is simply the state of not being dead. At this point in our lives, it is hard to decipher what our purpose is, however, there are many pathways to ensure that you are living purposefully.

## Mental Health

To live purposefully, you must keep an eye on your mental health. It has been over six months since the beginning of quarantine and some people's mental health have blossomed and have found peace in their newfound solitude. In contrast, some people's mental health has plummeted. With all the time on our hands, it has become increasingly easy to dwell on our tiniest insecurities. As the days turn into weeks and the weeks into months, we have time to think ourselves into negative states. Pandemics can be stressful, and fear and anxiety about a new disease can be overwhelming to many. Luckily, if you happen to find yourself on the negative side of the spectrum there are many ways to help.

## Stress

Many factors may contribute to stress, including the struggle of online school, the seemingly never-ending amount of assignments as well as literally living through a pandemic. Therefore, an assignment schedule has been made, and should be adhered to by teachers. There are many ways to destress and a way to reduce stress caused by your workload, as simple as it sounds, is to do it. Completing your homework soon after it is assigned is the best way to reduce stress in the long run. At a time like this, procrastination is your enemy. As you ignore the homework that are piling up, you may feel good for a little while, but as time goes and the due dates approach, you become overwhelmed with all your work, which may lead to withdrawal. Another way to destress is unplugging. Another super helpful tip is taking a break from social media thus taking the time to reconnect with yourself is always a good idea which has statistically been proven to reduce stress levels. Additionally, talking to someone is also a helpful way to reduce stress levels. Alas, we are in quarantine and not everyone has someone they are comfortable talking about such issues with, but even just journaling or any medium of expressing yourself is equally as advantageous. Your mental health is like a pet, to keep it healthy and happy you must feed it alongside pay attention to it. Feeding it in the sense of nourishing it with positive things, thinking positive thoughts and paying attention to what you say to your mind.



## Social Media and Mental Health

In efforts to reduce the stigma around mental health, many people have become more public about their mental health issues which has encouraged others to talk about theirs as well. As good as this is, the reality of mental illness has been obscured as many people have started self-diagnosing themselves with mental illnesses that they do not have. Mental illness is not an aesthetic, neither is it a personality trait. Pretending to have a mental illness online may be found triggering to those who actually suffer from a mental illness. If you fear you have a mental illness, instead of consulting the internet, consult a trusted and licensed adult such as a school counselor or a psychologist.

## How To Maintain Good Mental Health and Well-Being

by Mrs. Abolade (our Guidance Counsellor)

- Keep active and eat well
- Spend time with friends, loved ones and people you can trust
- Get some exercise
- Talk about or express your feelings regularly
- Develop new skills and challenge your capabilities
- Set realistic goals
- Reduce your caffeine and sugar intake
- Take hot drink
- Take time to relax and enjoy your hobbies
- Listen to relaxing music
- Take time out
- Take a warm bath
- Stay off electronics at least 30mins before you go to sleep

## IN A NUTSHELL

In order to live purposefully, we must learn to take care of ourselves, finding a good work/play balance is easier said than done but it is important to try our best. As hectic and unexpected as this pandemic was, we need to use this time to our advantage: to work on ourselves, to grow as a person, so when we do come out of this, we come out stronger and better.

# EVENTS AROUND US

by Oluwatamilore Edun and Simisola Olawoyin

## Corona Virus Updates

- 195 new cases have been reported from 11 states in Nigeria to give 57,437.
- confirmed cases and 48,674 cases have been discharged.
- Schools have resumed in some states in Nigeria including Lagos and Ogun after 6 months of closure due to COVID-19 pandemic lockdown.

## Visa Ban: US Government Speaks on Bello's Protest Letter

The United Government has reacted to the recent letter written by Governor Yahaya Bello of Kogi State over the visa ban slammed on some politicians in the country over electoral malpractices. The spokesperson for the US embassy, Jeanne Clark, on Monday noted that the United States is yet to receive any letter from the Kogi State Governor.

## DWC News

- Day Waterman College is planning on physically opening school in October, hence students have started preparing for physical resumption.
- Year 11 students are now preparing for their mock exams as they have IGCSE in a few months.
- DWC is also approaching its first half term break of the 2020/2021 academic session.

## Elections

- Elections of the President of the United States of America between Joe Biden and, current president, Donald Trump plan to take place on November 3. Joe Biden surpasses 50% in polls.
- Elections of the Governor of Edo was held on September 19 with the result: PDP (Godwin Obaseki) – 307,955 and APC (Osagie Ize-Iyamu) – 223,619.

# WORD OF THE WEEK

by Mrs Christiana Emmanuel

**Bibliophile** (noun) /'bɪb.li.ə.faɪl/



A person who collects or has a great love of books.

## WORD OF THE WEEK (cont'd)

### Sentence:

My grandfather, a solicitor, was an anthropologist and a bibliophile who passed on his passion for books and reading to my father.

### Synonyms:

book lover · bookworm · bibliomaniac · bibliomane · bibliolater

## RIDDLES

by Ikenna Nwafor

(copied from <https://short-funny.com/>)

**Q:** I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I? *Breath.*

**Q:** Can you name three consecutive days without using the words Wednesday, Friday, and Sunday? *Yesterday, today, and tomorrow.*

**Q:** What runs, but never walks, often murmurs – never talks, has a bed but never sleeps, has a mouth but never eats? *A river.*

**Q:** What word is spelled wrong in every dictionary? *The word "wrong!"*

**Q:** What building has thousands of stories? *The library!*

**Q:** What has a neck but no head? *A bottle!*

**Q:** A bat and a ball cost \$1.10. The bat costs \$1.00 more than the ball. How much does the ball cost? *5 cents*

## SCREAMS

by Mrs Bukonla Paseda

*Silent cries, silent screams,  
broken hearts, battered souls,  
fading smiles on blistered lips,  
a river of tears: meet few of my allies.*

*They envelope me and lull me to bed every  
time the raging demon attacks!*

*How do I flee from these undying aches?*

*Had I known!*

*Had I known I wouldn't have dined with the  
serpent.*

*Eternal friendship, succour and river of joy, he  
promised.*

*An angel of pain and regret, he turned out to  
be.*

*A sheep in wolf clothing he turned truly is.*

*Hmnnnn!*

*He kicked! He bit! He slapped! Just to rent my  
treasured rose.*

*Now, all I do yet can do is to 'cry me a river' and  
in wallow in silent screams.*

## WISHES

by Chinenyezu Ihetu

*I wish, I wish, I wish upon a star  
That one day someone will say to me  
'This is who you are'  
And the words that they tell me  
They will be true  
They will look right inside me and say  
'Yes, this is you'*

*I pray to all the stars above  
That someone will send me light and love  
And see me for who I really am  
I look at my magic wand  
Wave it, hopeful and fond  
For something to ignite inside of me  
And tell me who I'm supposed to be*

*I can make all the wishes in the world  
Until my genie is dead  
But who knows who will hold my cold hands?  
Who will finally be a friend?  
I can weep on their shoulders and share my  
woes  
Knowing they will never judge  
You and me, friend, against the world  
Sharing a love that'll never budge*

*It's terrifying, not knowing who I truly I am  
To think no one cares  
To feel as though I am stuck in a box  
A closet under the stairs  
But I pray, someone holds the key  
I wish, for something to set me free  
And kill any demons who tell me  
'This is not who you're supposed to be'*

*What power do they have to say this?  
Who gave them the right?  
Are they the ones who pieced me in the  
heavens?  
Who watch over me at night?  
They say 'be yourself'  
But I'm not sure who myself is*

*All I know is that I want to sit inside playing  
video games  
In the New York penthouse I don't own  
To not need anyone but my console  
All alone  
But if you were to look closely at my busy arms  
You'd notice a myriad of scars*

*But those are the scars from the world  
Those who tell me all the things  
Those who say 'put on this dress'  
Those who say 'you'll never amount to  
anything'  
The people who shout 'You're confused. Just a  
disgrace.'  
Those who make me feel homeless  
Like I don't have any place*

*But truly  
Everyone says I should be the person I was  
meant to be  
Even though I'm not sure who that person is  
I just want to sit inside my penthouse with my  
video games  
And lament on my ungranted wishes*

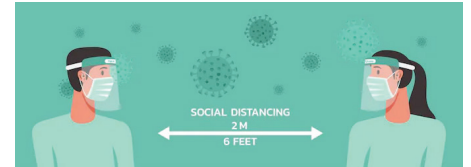
## HEALTH IS WEALTH

by Matron Adebisi Oyewole

As we prepare to open the school, we should reinforce the everyday COVID 19 precautions and the students need to keep it in mind so that it can be effective. The guidelines for keeping safe in school are listed as:

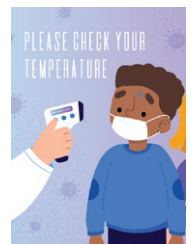
### 1. Social Distancing

Reduce close contact between people at least 2 feet apart. Students should not share food, drinks or anything with their friends.



### 2. Temperature Check

This would be done when the students are leaving the boarding house to school in the morning, after school and after evening prep to ascertain that none is ill.



### 3. Washing of Hands/ Use of Hand Sanitizer

Students should be encouraged to practice good hand hygiene. They should wash their hands frequently as it limits the risk of getting sick after touching contaminated surfaces and then spreading the virus to their eyes, nose or mouth. They should also use hand sanitizer after every class.



### 4. Wearing A Face Mask

This helps to contain any potentially infectious respiratory droplets that may be released while breathing, talking or coughing especially when social distancing is more challenging and if the person oblivious that they are sick.



### 5. Balanced Diet

This is needed to build the immune system. Students should be encouraged to eat their meals, take fruits and vegetables served. This would help with healthy living while in school.

