



NEWSLETTER

October 2020



FROM THE PRINCIPAL'S DESK

by Duncan Gowen (Principal, Day Waterman College)

Creativity takes courage so said Henry Matisse and of course he is right; every child is an artist so said Picasso and once again he is right. It is wonderful to see in this edition of the DWC newsletter examples of the artwork that students are doing at the college. The times we are living in currently makes it important to find and reflect on things of beauty. There is also poetry for us to reflect on as well as a very mature interview given by our deputy head girl.

Personal wellbeing is so important as this turbulent year continues to unfold so it is very good to see in this edition guidance on 'Health is Wealth.' I rather like the section on riddles.

I challenge you all to not look at the answers after having read the riddle. The matrons corner provides an interesting insight into implementing covid protocols in a boarding school environment.

Once again, I congratulate the students and staff who have been involved in producing this e-newsletter. As I have indicated it shows a creative and collaborative spirit as well as a genuine concern for all members of the extended community during a very challenging time.

INTERVIEW

by Valerie Chiege, Michelle Fakrogha and Tomi Fabamigbe

An unfiltered interview with the Deputy Head-Girl, Abudu Aderinsola about her thoughts about resuming physically in school.

How does it feel being back in school?

To be honest, it feels exciting to be in school and seeing everyone's faces again. It's great to be around my friends. And although we cannot touch, it still feels good to be able to converse with them in person.

How has corona virus changed your tenure as a prefect and how are you adapting?

It has significantly changed our duties. It is ensuring everyone follows the Covid-19 protocols and everyone is comfortably settled into school as well as learning effectively. I would say we have a lot more responsibility now due to the current situation.

What would you say is the thing you cannot do currently as a prefect that you miss or really wish you could do?

Organizing social events. The sense of being in charge has

INTERVIEW (cont'd)

slightly disappeared and the feeling of leadership whilst setting up and coordinating these events is not there anymore.

Are there any significant changes that you think are making your job easier or harder or any less fulfilling?

Operating from a distance or virtually is less fulfilling. There are no more assemblies to organize or any social

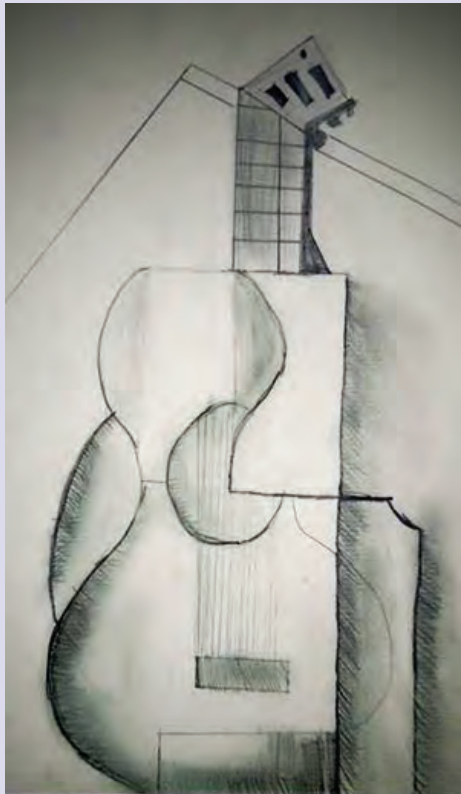
events to take care of. Most students rely on their house team for help and cannot really approach us because of the protocols put in place.

How do the prefects plan to help the school to return life back to normal or as normal as possible?

We plan on doing our part to the best of our ability. That is, ensuring the protocols put in place to keep us safe

are being followed strictly so no cases are recorded in our school. Hopefully, if everyone does their part, the numbers of Covid-19 cases can significantly reduce, and physical school and life could be adjusted to and made as normal as possible. It may take a long while and consistency to get it back to normal, but we hope that with everyone's cooperation, we will get there.

A COLLECTION OF STUDENTS ARTWORK



By Ogundare Kanyinsola

It was Pablo Picasso who once said and I quote "Every Child is an Artist; the problem is how to remain an artist once we grow up". Little wonder how Kanyinsola was able to reference and reproduce one of Pablo Picasso's pieces of art titled 'The Guitar' at this stage of her life. She is indeed working very hard to remain an artist. Impressive!



By Aadiyah Maikori

This is a still life drawing done by Aadiyah Moikori during our Online school. Aadiyah experimented with various shading techniques during her preparatory studies but settled for pointillism for her final piece as expressed in the drawing above. Her ability and courage to use dotted lines highlight the effect of light and shades in her representation which is very commendable.

By Fakunle Esther

Esther Fakunle is a potential artist. It is interesting to see a Year 8 student with such a high level of observational skills and an eye for detail. Her ability to explore different drawing media such as Graphite pencil, Charcoal and ball pen is amazing. The drawing above is a study of the eye, using a ball pen during our online classes.



Soap Carving
by Bello Fatima

Fatima Bello, while in Year 8 carved this beautiful tortoise out of soap. This was done during the COVID-19 lock-down when DWC had a comprehensive online lesson on TEAMS with all the students.

Cubism Drawing

by Aka-Bashorun Aanuoluwani

Anuoluwani Aka-Basorun, a Year 9 student adopted the style of the co-founder of Cubism art movement by Pablo Picasso to produce this beautiful Cubism drawing. Anu has an eye for detail, geometrical shapes and the application of balance, proportion and variety while drawing.



These pieces of art was produced while the students were working from home on MICROSOFT TEAMS App during the COVID-19 lockdown.

PURPOSEFUL LIVING

/ˈpɑːpəsfoʊl/ /ˈlɪvɪŋ/

by Ezinne Odigbo and Abenemi Zara Rachael

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.

Physical Health

During the quarantine period, staying physically healthy is extremely important. Maintaining a healthy and fit body is something everyone who is observing quarantine and those who are resuming their daily activities should practice. Here are some ways to keep physically fit during quarantine:

- Walk. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down.
- Stand up. Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes.
- Eating Healthy: For optimal health, it is also important to remember to eat healthily and stay hydrated. WHO recommends drinking water instead of sugar-sweetened beverages.
- Keep Track of Calories and Food Intake per Day: Keeping track of how many calories you eat in a day will be helpful in planning out your physical exercising.
- Be Sure to Sleep: Even though most people have eight-hour activities

during the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day

Rest

As much as being active really contributes to your health, rest is also a key factor in being physically and mentally fit. Recent research has revealed that people perform better at work and in life if we practice strategic renewal. If you wear yourself out, you are more susceptible to getting sick and miss days from work or school. Humans are not designed to run on high level without having a period of rest and relaxation. You need a time for renewal. It allows you to relax and rejuvenate your mind and body before being active again.

That is why in the school setting, there are rest periods which allow the students to rest their minds after a hard day of thinking. Also, as an adult, it might be very difficult to find periods to rest. However, it is of utmost importance that you give your brain a chance to lay low. An hour (or two) of sleep a day does no harm. It is beneficial in the long run and it makes you ready for more productivity.

To conclude, this quote known quite well by most people should serve as a reminder to everyone about the importance of being fit both physically and mentally. "Health is wealth". That means that when you are fit and healthy, you achieve more and live a purposeful life.

HALL OF FAME

Daily Routine Outburst of Thought by Gbemiga Salu

*Red, red like the river of crowns
and roses that spreads
open for Moses
Sitting with my universe*

*And yet it's difficult to craft a verse
Stop rhyming it is generic
for me to use words that sound
the same*

*I'm a mosquito
Life feels like a household
my mates and I swarm around*

*Aimlessly
Homework
Past Due*

*White rice
And red stew
To the back*

*Calm down
After prep my eyes close and I
sleep tight
Wake up in the morning and get
ready
Do it all over and over; again?*

EVENTS AROUND US

by Oluwatamilore Edun and Simisola Olawoyin

- Term 1B commences on October 5th (World Teachers Day) students appreciate all their beloved teachers virtually.
- Physical resumption begins on Sunday, October 11th after 7 months of quarantine outside of school.
- The payment of stipends to Bachelor of Education students grants graduates to an automatic employment which is now a federal government policy.
– Abuja, October 5
- President Buhari approves special salary scale for teachers and increased the number of years of service from 35 to 40.
- Donald Trump and his staff have caught coronavirus. He left Walter Reed Hospital three days after being admitted to continue preparing for the Presidential Elections.
- Supporters of APC and PDP clash in pursuit of the October 10 Ondo governorship election causing a death and several injuries.
- The incumbent Governor of Ondo State, Rotimi Akeredolu won the governorship polls.
- Nigeria celebrated its 60th independence anniversary after decades of British colonial control since 1 October 1960. Burj Khalifa (UAE) illuminate Nigeria's flag to celebrate.

WORD OF THE WEEK

by Mrs Christiana Emmanuel

Intrepid (adjective) */in-ˈtre-pəd/*



Characterized by resolute fearlessness, fortitude, and endurance.

Sentence:

He is such an intrepid mountaineer to have climbed to the top of such steep mountain!

Synonyms:

bold · brave · courageous · dauntless · doughty · fearless · gallant ·

RIDDLES

by Ikenna Nwafor

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

Q: What gets sharper the more you use it?
Your brain.

Q: If I have it, I don't share it. If I share it, I don't have it. What is it?
A secret.

Q: What is full of holes but can still hold water?
A sponge.

Q: It follows you and copies your every move. But you can't touch it or catch it. What is it?
Your shadow.

Q: The more you take away, the bigger this becomes. What is it?
A hole!

Q: They come out at night without being called, and are lost in the day without being stolen. What are they?
Stars.

Q: A What can you catch but not throw?
5 cents

HIGH PERFORMANCE LEARNING

by HPL Leads, Mrs. Olusola Oni-Afolabi and Mr. Kelvin Moran

What does it entail?

Every child is a potential high performer.

High Performance Learning is the philosophy that every child-- given the opportunity; support and motivation-- can achieve high. It discourages categorising students by ability and instead expects high performance from everyone and systematically builds towards it.

Every soul that is involved in the handling and welfare of the students has one role or the other to play in order to achieve this success.

Benefits

HPL is advantageous to everyone involved in its execution: students, parents, teachers, house parents, matrons and support staff. It will:

- Develop the values and skills students need to be college, work and life ready.
- Ensure students are encouraged and motivated to succeed.
- Enable teachers to see the bigger picture and develop each student.
- Develop in all staff new ways of thinking about teaching, learning and wellbeing, among others.

HEALTH IS WEALTH

by Matron Fausat Ojo

COVID 19 PROTOCOL IN DWC

We should bear in mind that COVID protocols in boarding schools vary from one another because what is right or wrong is relative.

In DWC, we have been able to implement Covid-19 protocols in line with NCDC guidelines which has helped us to allay parents' fear and reassure them that their kids are in safe hands.

The protocol started before resumption as all categories of staff had been trained on the Covid-19 protocols which was effectively related to all students. On the day of resumption, parents were only allowed to drop their kids at designated car parks as a precautionary measure to reduce physical contact, hence, both parents and visitors were restricted from entering the boarding houses.

Successfully, the school has been able to implement these protocols due to the commitment, hard work, compliance by students and monitoring by adults in the community. Measures put in place to ensure the safety of all the members of DWC community are:

Checking students' temperatures: These are taken with infrared thermometers by the matrons twice daily and recorded (in the morning when going out of the boarding house and at night when going to bed), thus, helping them to track hike in the temperatures students.

Hand washing: This is very important to all including adults. Students are educated on the need of hand washing and are encouraged to do this regularly to reduce the risk of contamination. In addition, the use of hand sanitisers is encouraged especially when they are not close to a running tap. Hand sanitiser is used when leaving and coming back to the boarding

house. Moreover, hand sanitiser dispensers are placed at strategic places for use both in the boarding houses and in the school area.

Social distancing: This is ensured as students are paired in the rooms to reduce physical contact with other students. They queue in the dining hall keeping a two metre distance, and have their meals with their roommates (2 persons on a table) every meal time. This in a way has promoted interpersonal relationship among the students and bonding has been greatly enhanced. To really improve on this protocol, room visitation is totally discouraged.

Allocating students to different recreational and prep rooms: There are two common rooms in all the boarding houses where the students are allocated limited number at a time for indoor activities and prepping. Meal times are staggered throughout the day to reduce physical contact and matrons often ensure that each student is satisfied with his/her meal especially KS3 students who are still adjusting to the new environment and routine.

Staggered meal times: KS3 leave for meals earlier than KS4 to prevent overcrowding. In order to maintain social distancing, weekend enrichment programmes which includes dancing, swimming and fitness exercise are strictly monitored by adults; more indoor activities are rather encouraged.

Strict adherence to wearing face masks: Both in the classrooms and school area, wearing a mask has been strictly adhered to in the bid to minimise touching of mouth, nose and eyes after contact with contaminated surfaces.

In conclusion, these protocols have become necessary at this period for safety; DWC is really up to the challenge. Besides, our students as well as adults have adjusted to the protocols.

HIGH PERFORMANCE LEARNING (cont'd)

ACPS/VAAAS

The Advanced Cognitive Performance Characteristics (ACPS) intertwine with Values, Attitudes and Attributes (VAAs) in order to achieve the desired high performance.

ACPS at a glance:

Meta-thinking · Analyzing · Realizing · Creating · Linking

VAAs briefly:

Empathetic · Agile · Hard working

Each of the ACPS and VAAs would be discussed in the subsequent editions.

