

DAY WATERMAN COLLEGE



NEWSLETTER

October 2021



NIGERIA @ 61

CELEBRATING OUR RICH CULTURAL HERITAGE



INDEPENDENCE DAY POEM: NIGERIA. FOREVER OURS

By Jadesola Okunubi (Year 10)

The labour of our heroes past
shall never be in vain,
If only we knew the said heroes
are now consumed with aversion and pain.
With anguish and suffering begotten,
Their excruciating battles forgotten.
Do they look down and reminisce
On a Nigeria, forever ours?

We laugh at our nation's dilemmas,
Contribute to its gradual degradation.
But wait, shouldn't we preserve it,
For the future, innocent generation?
With their hopes at success demolished,
Their dreams never to be accomplished.
Do they weep as they glance around,
At a Nigeria, forever ours?

In love and honesty to grow
And living just and true.
If only we dared to listen,
Instead, we watched as corruption grew.
With their pockets their only priority
Wealth only for the lucky minority.
Do they feel a hint of guilt,
For A Nigeria, forever ours?

A bountiful and gracious forest,
We carelessly set ablaze,
But in the midst of all this chaos,
A single vine remains.
Who would nurture this dying plant?
Who would stay while others take flight?
Would you preserve our motherland?
Our Nigeria, forever ours.



By Funminiya Gbotoso (Assembly Prefect; Year 11)

The Independence Day programme was filled with events. It was the day that we celebrated the 61st Independence Day of Nigeria. There were thrilling events such as the cutting of the national day cake (This can be found on Day Waterman College Instagram platform). The KS3 and KS4 assemblies featured dances and videos about the Nigerian culture. There were also poems, art exhibition

and drama to promote unity in Nigeria. Additionally, we had boarding house dance presentations in the afternoon. These were followed by football and basketball matches. Later in the day, we had a party with some refreshments after.

It was a really fun day celebrating Nigeria at 61, and we pray we would have many more.



THE INDEPENDENCE DAY ART COMPETITION

By Mr. Olufemi Ogunseye, Art Teacher and Head Performing and Creative Art Department



The art competition was hostel-based. Students were instructed to produce a poster with the theme, Nigeria at 61: Our unity; our strength.

Students displayed their posters which were produced through collaborative efforts. They were able to combine colours that are related to Nigeria. Other symbols and items that could be identified with Nigeria as a nation were creatively applied in their posters.

PURPOSEFUL LIVING

/ˈpəːpəsful/ /ˈlɪvɪŋ/

By Mr. Daniel Adeniyi, Guidance & Counselling Assistant

THE IMPORTANCE OF SLEEP

Facts About Sleep

Sleep is a state of unconsciousness that happens any time, especially at night. Your eyes are closed, your muscles are relaxed and the nervous system is inactive. We spend 1/3 of our life sleeping. Here is what you may or may not know: about 70% of people get insufficient sleep and are sleep deprived. 1/3 sleep six hours or less; doubling the rate from 50 years ago. The world is moving faster and everyone is running to keep up, and as a result, humans are sleeping less.

Lack of sleep reduces our ability to concentrate, think logically and to remember information. Sleep is important to a number of brain functions including how nerves cells communicate with each other. The brain and body stay remarkably active while we sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in our brain that build up while we are awake.

Why sleep is important?

1. Sleep increases the level of concentration which allows us to learn and focus at school and work place.
2. Sleep is an immune system booster:

it helps us to fight off bugs and prevents sickness.

3. Sleep increases our emotional wellbeing.
4. During sleep, human growth hormones are released from the brain: they help the body grow and build muscle.
5. Sleep promotes the formation of new connection in the brain cell known as synapse. This is where memories are stored.

The amount of sleep needed changes throughout one's life depending on the age and how much energy one spends in a day. Infants need about 16 hours sleep in a day, teenagers need about 9 hours on average while adults need 7-8 hours in a day. Furthermore, the hours of sleep you need also increase if you have been deprived in previous days. On an average, an individual should get 1 hour sleep for every 2 hours awake. It is a 1:2 ratio. Save your days with 16 hours, wake up at 5:30am and go to bed at 8:30pm. This means you should get sleep hours of 16 divided in 2 which is 8 hours. This is a good way to keep track of how much sleep you get on a day-to-day basis. Without sleep, our bodies and minds will not be at their best.

WORD OF THE WEEK

By Maryam Modibbo (Year 7)

circumvent [sɜːkəm 'vent]

VERB

- find a way around (an obstacle).
"If you come to an obstruction in a road you can seek to circumvent it"
- overcome (a problem or difficulty), typically in a clever and surreptitious way.
"I found it quite easy to circumvent security"

- deceive; outwit.

"He has circumvented her with some of his stories"

Synonyms:

avoid · get round · find a way round · evade · get past · bypass · sidestep · dodge · overcome · outwit ·

NEWS AROUND US

By Olumurewa Adegbite (Year 7)

NIGERIA NEWS

- Nigeria @61: Oyo Governor urges citizens to support the nation, Voice of Nigeria, Friday, October, 01.
- Nigeria gets \$400 million in World Bank financing for COVID-19, Metro US, Friday, October, 01.
- Hundreds take to the streets across Nigeria to mark the first year anniversary of the EndSARS protest, October, 20, 2021
- NITDA unveils top 9 Nigerian tech start-ups at global forum in Dubai, The Sun News, Thursday, October 21.
- Tight Security At Abuja Court As Nnamdi Kanu Pleads Not Guilty To federal Government's Terrorism Charges, Nigerian Tribune, Friday, October, 22.
- BREAKING: President Buhari to unveil E-Naira on Monday, Politics Nigeria, Saturday, October, 23.
- Nigeria a failed state – Kingsley Moghalu reacts as terrorists 'bomb' Abuja-Kaduna train, Daily Post, Saturday, October, 23.

FROM THE STABLE OF THE DWCMUN PROJECT FFA:

FOOD FOR ALL BY THE YEAR 2030

By Mojisola Rufai, Tamilore Daodu, Titilola Ogunnaike

Sustainable Development Goals in "Zero Hunger"

Even though more than enough food is produced to support the world's population, up to 811 million people go hungry. Micronutrient deficiency affects more than two billion people worldwide, according to the World Health Organization (WHO).

The SDGs aim to eliminate all types of hunger and malnutrition by 2030, ensuring that everyone, especially children, has enough and nutritious food throughout the year. This entails promoting sustainable agriculture, assisting small-scale farmers, and ensuring that all people have equal access to land, technology, and markets. It also necessitates international cooperation to ensure infrastructure and technology investments to boost agricultural productivity.

The World Health Organization's goal in government schools is to reduce hunger, ensure food security and improved nutrition while promoting sustainable agriculture.

How can we attain a world without hunger? Food security necessitates a multifaceted approach, ranging from social protection to ensure safe and nutritious food, particularly for children, through food system transformation to reach a more inclusive and sustainable society. Therefore, we want to visit and feed some government schools in Abeokuta in order to improve their health and well-being.

WORLD TEACHER'S DAY 2021



The World Teacher's Day was celebrated at DWC on the 5th of October 2021. The Student Leaders sent an email appreciating all teachers for their effort towards guiding and nurturing the students. Additionally, there was a gathering on the morning of the said day where the Student Leaders physically addressed teachers in recognition of their contributions to the DWC community. In the same vein, boards were calligraphically decorated with inscriptions of 'Happy Teacher's Day' while some teachers had received hand-made cards from their students in the spirit of the celebration.

LONG LIVE OUR TEACHERS!
MORE OF TEACHER'S DAY CELEBRATIONS!



MY WELL-BEING EXPERIENCE

By Somadina Baywood-Ibe, Year 10

The wellbeing survey is basically a counselling site that helps students with their well-being problems. Personally, the application helped me see things I needed to work on in terms of my well-being. It was my sleeping hours that was not good but with the help I got, I believe things would adjust soon.

Taking the well-being survey helped me sort myself out. It revealed how my well-being was. It was easier because it showed me what I needed to work on after, and I believe it would help a lot of people, mostly the younger ones in the school. Since some students may not easily open up to their school counsellors,

the Flourishing at School and the Well-being Counsellor would be there to help because they are also students and should most likely be easier to open up to than the adults around.

Flourishing in school does not only help with your well-being but also your living. I believe every child deserves to be happy and satisfied just like Elon Musk, an entrepreneur and business magnet said 'You want to have a future where you're expecting things to be better, not one where you're expecting things to be worse.' That's why I believe every student should be given the leverage and right to be happy.



FIVE AT FIVE PROGRAMME REVIEW

By Tomiwa Apena (Year 10)

The Five at Five programme is a talent show carried out to cherish and highlight the talents of the many wonderful students at Day Waterman College. The first one for the 2021-2022 academic session, was aired on Wednesday the 13th of October 2021, and I as well as my fellow student, Chimenweratu Okafor were honoured to be the hosts of the enlightening programme. The variety of performances from singing, to dancing, to acting, all put a smile on everyone's faces as the crowd went wild and a thrilling energy beamed through the atmosphere.

Many of the performers had worked hard and tirelessly to courageously come forward to showcase their skills to the entire school and the supportive Day Waterman Community was sure to cheer them on endlessly. The Cloud 7 dance group, the UPV singing group, Edidiong Cornel, the Orchestra, and not forgetting, the ever-so-enjoyed Drama Unit all put on splendid performances.

Personally, my favorite was Edidiong Cornel's personalized rendition of 'Love on the Brain' by Rihanna as she hit all the elevated notes perfectly while being able to control her voice and breath as she blessed everyone's ears that evening. Even though there were one or two technical delays with UPV's



superb version of Christmas in June, Alex, Akan, Suad, Richard and Emmanuel were all still able to execute the song wonderfully as Alex and Richard played the Ukulele and piano respectfully in such synchronized harmony; not forgetting, the Cloud 7 dance group who moved graciously as they transitioned from one song to another. Including the Orchestra, the 'Little Drops of Water' recital was ever so peaceful to the ears to commence the event. Last but not the least, was the ever so anticipated snippet of the December 2021 play 'Owu', as the vibrant African dances revitalized the audience with their upbeat moves as well as the actors who recited their lines with so much power and confidence.

Concluding, the Five at Five programme was a tremendous, sensational, and successful one in all its divine glory, and I hope that there will be more performances for students to appreciate and cheer one another on in the Five at Fives to come.



INTERVIEW

An interview with Mr. Oladimeji Obembe,
Head Driver, Day Waterman College

By Kanyinsola Ogundare, Year 10

When did you join the school?

I have been with DWC since inception; that is, I am one of the pioneer staff.

What are your roles as the head driver?

I drive, take care of the school's fleet; I ensure the wellbeing of pilots is catered for while also overseeing the work they do.

What aspect of your job do you enjoy the most?

All aspects, particularly doing my work to satisfy staff and students.

What is the most challenging part of your job?

It is lovely when staff appreciate the work we do. This is mostly from expat staff; it would be nice if other colleagues did likewise.

What do you enjoy most when it comes to working in a school environment?

With reference to DWC, I so much delight in the motto that says: 'Towards surpassing the most demanding standard available anywhere in the world.' It keeps me motivated to give my best. Besides, I find it a pleasure to reminiscence with my fellow pioneer staff about our early years here, our sacrifices and hopes too. Above all, working in a school such as DWC makes me understand the importance of education to our children.

What changes do you hope to make in DWC?

I really wish I could unite staff in love as it was at the inception of the school. Again, I desire a more appreciative approach towards drivers. Above all, I market the school and try to promote its image outside. I hope that this would increase the number of entrants in some way.

Has any student showed appreciation for the services you render?

Certainly. It was common with students to verbally appreciate us when we went on trips (before the advent of the Corona Virus). They always commended our hassle-free driving skills.

What are your hobbies?

My first is driving. I also love business- I help my wife in her fabric store when I am off duty.

What are your goals and aspirations?

I look forward to establishing my own business.

Where do you see yourself in the next ten years?

I see myself overseas, flourishing on my job as a driver.





By Naomi Chukwujindu (Year 11) and Anaya Olufosoye (Year 9)

Egypt is a beautiful country – a very old one too. Given the title as the oldest country in the world, it was founded in around 6000 BC and astonishingly has managed to maintain its rich culture and diversity. In 2020, the certified population of the Islamic country was a whopping 102.3 million Egyptian residents, sitting at the very northern corner of Africa and bordered by fellow Muslim countries: Libya and Sudan. Moreover, it is home to dozens of iconic monuments such as the fertile Nile River Valley, including Giza's colossal Pyramids and Great Sphinx as well as Luxor's hieroglyph-lined Karnak Temple and Valley of the Kings tombs. I am certain we all know of the ancient socialites, Cleopatra and Tutankhamun, but let us take a closer look at Egypt.

Understandably, modern Egyptians have different taboos than what we may consider the norm back home – down to the way they drink their juice! Those visiting an Egyptian family should remember to drink all of their juice—especially if the family has daughters. It is a common understanding that if a guest doesn't finish their glass of juice offered by a host family with daughters, then these girls will not get married. Additionally, it is common to be corrected if entering any establishment with one's left leg as stepping with one's right leg is viewed as a sign of prosperity.

In Egypt, linen is by far the most common textile, when imitating traditional clothing. It helps people to be comfortable in the subtropical heat. Spinning, weaving and sewing were very important techniques for all Egyptian societies. Plant dyes could be applied to clothing but the clothing was usually left in its natural colour. Wool was known, but considered impure. Only the wealthy wore animal fibres that were the object of taboos. Women's outerwears also include several garments. There is a piece similar to the male kaftan – women's variant of the garment is called "yelek". It is more tight-fitting and has longer sleeves. Also, yelek has an open neck and is buttoned down from the bosom to the waist. Furthermore, the most widespread men's outerwear in Egypt is a garment called "kaftan" and it is worn over the gallibaya. It is

a long coat-like piece with long wide sleeves. Kaftan is open in front and belted with a sash called "hizan". Notably, fashion has become more western over the years.

Quick theological take: ancient Egyptians served numerous gods. This included Osiris (god of the underworld, Horus (god of the sky and war), Hathor (goddess of motherhood and fertility), Seth (god of chaos) and Bastet (goddess of the moon). Dieties were an enormous part of their history. On the other hand, art played a massive role in their tradition. It includes paintings, sculptures, drawings on papyrus, faience, jewelry, ivories, architecture, and other art media. It is also very conservative: the art style changed very little over time. Much of the surviving art comes from tombs and monuments, giving more insight into the ancient Egyptian afterlife beliefs.

Additionally, Egyptians have an eye for delicious food. The most popular street food snack in Egypt, Ful, is a paste of mashed broad (fava) beans flavored with garlic and olive oil. It is ladled out of large copper pots, often into pockets of pitta bread and typically sold as an inexpensive takeaway sandwich. One of the famous Egyptian dishes, a mix of rice, brown lentils and macaroni topped with fried onions and a spicy tomato sauce, koshari, is normally eaten in dedicated koshari restaurants that serve the dish exclusively. Interestingly, Ahmed who granted us a zoom interview had this to say: 'The food is great, so are the people. Our history is undeniably one of the best and our landscape / scenery is just perfection.

However, there are so many irrational stereotypes working against us. No, we don't have pyramid homes nor do we ride on camels to get around. We are modern nowadays like other countries; polygamy is rare nowadays; we are not dangerous or terrorists, we are not all super religious; we are also normal, we have phones. We are not just Muslim- we also have a Catholic population, and finally, we are not all tanned / dark skinned).

Make Egypt your next destination!



Egyptian Food



Egyptian Food

TERM 1A 2021/2022 TOP MERIT SCORERS

TOP MERIT SCORERS IN KS3

1	Jaja Soibifaa	7Y	179
2	Okeke Chimamanda	7Y	176
3	Wokoma Dosemi	7Y	173
4	Temilola Ogunnaike	7W	170
5	Josephine Okoh	7D	165

TOP MERIT SCORERS IN KS4

1	Revival Adewusi	10Y	111
2	Oluwatosin Adeyemi	10W	96
3	Jadesola Okunubi	10D	87
4	Kamsy Baywood-Ibe	10W	83
5	Johnson Kehinde	10A	83

Donate a book, secure a future...

DWC'S BOOK DRIVE

The global pandemic has far-reaching consequences that may jeopardize hard-won gains made in improving global education. By April 2020, close to 1.6 billion children and youth were out of school. 617 million youth worldwide lack basic mathematics and literacy skills.

You can help by donating:

- Early Readers Books
- KS2& KS3 Textbooks
- Notepads
- Stationery (Pens, Pencils, Pouches)

All donations should be made to Lagos Liaison Office

4 QUALITY EDUCATION

DEADLINE | NOV 14, 2021

UN Ambassadors & Charity Prefects

THIS MONTH IN HISTORY

By Ebubechi Odigbo (Year 9) and Crystal Ehirim (Year 8)



1
OCT



On this day in 1960, Nigeria achieved independence from British colonial rule.

1
OCT

International Day for Older Persons



International Day of the Older Persons is observed on October 1 every year to raise problems faced by elder persons and to promote the development of a society for all ages. The United Nations General Assembly adopted a resolution on December 14, 1990, and designated October 1 as the International Day of Older Persons.

2
OCT

INTERNATIONAL
DAY OF
NON-VIOLENCE



The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence.

3
OCT



German Unity Day is celebrated on 3 October every year to mark the anniversary of the nation's unification.

4
OCT

WORLD
ANIMAL
WELFARE
DAY



World Animal Welfare Day is celebrated on 4 October to raise awareness among people about taking actions worldwide for the rights of animals as well as welfare.

5
OCT



On this day in 1813, during the War of 1812, a British army with some 1,000 Indian allies under the famed leader Tecumseh was defeated by U.S. troops in the **Battle of the Thames** in what is now Ontario, Canada.

6
OCT



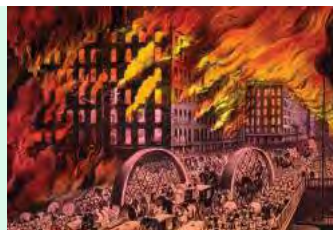
On this day in 1973, on the Jewish holy day of Yom Kippur, **Egypt and Syria attacked Israel**, which suffered heavy casualties, but Israeli forces successfully fought back, and the war eventually ended inconclusively.

7
OCT



American and British troops began air strikes against Al Qaeda and Taliban targets after the Taliban refused to hand over Osama bin-Laden, the mastermind of the September 11, 2001 terrorist attacks, and other Al Qaeda operatives, to the United States.

8
OCT



On this day in 1871, the **Great Chicago Fire** began in the barn of Patrick and Catherine O'Leary, and, by the time the blaze died out two days later, a large swath of the city had been devastated and some 300 people killed.

9
OCT



World Postal Day is celebrated on 9 October every year to raise awareness among people about the role of the postal sector for people and businesses every day.

KEY EVENTS FROM THE MONTH OF OCTOBER (Cont'd)

10
OCT



800 Gypsy children, are murdered when they are gassed to death at Auschwitz concentration camps

11
OCT



International Day of the Girl Child is an international observance day declared by the United Nations.

12
OCT



President Franklin Delano Roosevelt designated **Columbus Day** (then celebrated October 12) a national holiday in 1934. Since 1971, when Columbus Day was designated the second Monday in October, it has been celebrated as a federal holiday. In many locations across the country Americans hold parades to commemorate the day.

13
OCT



The cornerstone for the White House, the official office and home of every U.S. president and first lady since 1800 (when John and Abigail Adams moved in near the end of his term), was laid this day in 1792.

14
OCT



At the **Battle of Hastings**, fought this day in 1066, King Harold II of England was defeated by the invading army of William, duke of Normandy, in the Norman Conquest, establishing Normans as rulers of England.

15
OCT



On this day in **1959 a final conference on the Antarctic Treaty** convened in Washington, D.C., and, after six weeks of negotiations, the treaty was signed by 12 countries, preserving the continent for free scientific study.

16
OCT



World Food Day is held every year on October 16th. On this day, more than 150 countries unite to raise awareness of the issues surrounding poverty and hunger. According to World Hunger Statistics, 785 million people across the globe do not have enough food to sustain a healthy lifestyle

17
OCT



On this day in 1979, **Mother Teresa**, founder of a Roman Catholic order of women dedicated to the poor and particularly to the destitute of India, was named the recipient of that year's Nobel Prize for Peace.

18
OCT



Phillis Wheatley Peters, was the first African-American author of a published book of poetry. Born in West Africa, she was sold into slavery at the age of seven or eight and transported to North America, where she was bought by the Wheatley family of Boston.

19
OCT



On this day in 1781, **Britain's Lord Cornwallis surrendered at Yorktown, Virginia**, handing a huge victory to American General George Washington and effectively ending the American Revolution and assuring America's independence.

20
OCT



Australia's Sydney Opera House—designed by Danish architect Jørn Utzon, whose dynamic, imaginative, but problematic plan won an international competition in 1957—was opened by Queen Elizabeth II on this day in 1973.