



# THE REGENT DIGEST

VOLUME 5, ISSUE 22

FRIDAY 10 MARCH 2017

## SPECIAL POINTS OF INTEREST:

- **Funfair** 2017  
Saturday 11th March 2017.
- **School Production**  
Wednesday 15th &  
Thursday 16th March 2017.
- **Year 11 Mock Exams** Monday 20th 2017.

## INSIDE THIS

DofE Vote of Thanks	1
DofE Training Weekend	2 - 3
Year 7 Science Display	4
Year 10 Work Experience Programme	4
Student of the Week	5
Reader of the Week	5
Quotation of the Week	5
Announcements	5

This week's Regent Digest features articles written by two Duke of Edinburgh participants to give readers a sense of the challenges faced during their training weekend: Abdullahi Ja' Afar and Bilqiss El-Rufai. Also included is a brief report on a Science project undertaken by Year 7 Volta & Benue students. Please note the appeal to the Regent Community to assist with work placements for Year 10 students. Happy reading!

## DOFE VOTE OF THANKS

We had our Duke of Edinburgh's International Award Adventurous Journey Training from 4<sup>th</sup> to 5<sup>th</sup> March 2017.

I would like to use this opportunity to thank one of our parents, Mr. Alex Hermida and his son Yann (5 years old), who showed us the trail and went with us on three occasions before the actual Hike on Sunday, 5<sup>th</sup> March. Our thanks also goes to all the Award Leaders; Mr. Arthur (Silver Award Leader & Coordinator), Mr. Akande (Bronze Award Leader & Coordinator), Mrs. Iworah (Silver Award Leader), Mrs. Kalu (Bronze Award Leader) and Mrs. Akanni (PE Teacher) for their involvement and supervision of students during the training weekend.

We thank our security personnel and two armed police escorts, led by Mr. Obot (Chief Security Officer), who went with us on the hike.

I have no doubt that students who took part in the training weekend learnt a lot and benefited from the whole experience.

**Mr. Akinola (Independent Award Centre Coordinator)**



Last weekend from 4<sup>th</sup> to 5<sup>th</sup> March, the D of E Bronze and Silver Groups had their training for the adventurous journey. On the first day, we were taught some very useful life skills such as first aid and map reading. We were shown how to resuscitate an unconscious person using CPR, and how to treat bleeding and how to treat shock. Afterwards, we set up our tents and went shopping for food and drinks.

With the stuff we bought, the different groups attempted to make lunch. Only a few were successful. My group made rice

and it wasn't easy to make. After lunch, we were given a talk about the goals of the adventurous journey and what to expect during the trip. Next, we made dinner and began planning for the hike.

The next day was the most strenuous and tiring part of the day. Our day began at 5:30 a.m. in the morning; we had to get ready and prepare breakfast by 6:00 a.m. At 6:30 a.m., we packed up our tents and set off for Arab road. When we arrived there, doubt was written on everyone's face and it looked impossible.

The last thing we had to do was the hike. The hike was long and demanding, we had to keep a look out for the trail, check our maps to ensure we were going in the right direction, and also not fall off the hill all at once. We managed to complete the hike after climbing hills on five occasions, going uphill, downhill and walking straight on the side of a hill. We were quite motivated to complete the hike mainly because of the baboons and wild dogs we spotted. Everyone was exhausted after the hike and we all slept for a good deal afterwards. It was a good experience and was a lot of fun.

**Abdullahi Ja'afar (Year 10 Bronze Participant)**



Our journey started on 4<sup>th</sup> March. We camped out on the school field and had to cook for ourselves on local kerosene stoves. We spent that whole day preparing for the next day journey. We learnt how to read maps, use compasses, we learnt the 4 and 6 grid reference on maps and so on. We also were trained on first aid and the steps required to carry out first aid.

After that long day we went to bed at around 10:30 p.m. and woke up at 5:00 a.m. to begin preparing for our journey to Dutse on Arab road. Dust translates to rock in Hausa, my language. Once we got there, we began climbing the rocks and I must say nature's "stairs" were not easy but that was only the beginning.

First of all, we went to a mango tree which was our starting point, we walked and walked and hiked and climbed and it just seemed never ending. We climbed and climbed. For someone like me who couldn't wait for the ropes at steep places, I simply climbed it. I thought I was some sort of "monkey" that day. Once the walking continued, I began to observe the weathering. The plants broke the rocks. That was the biological weathering around the area. The most I noticed though was the destruction caused by the humans. We cut down the trees and degraded the soil there. We should stop this.

We got to the highest mountain there which was about 600 meters high. It looked like a donut or a sumo wrestler's belly. It was hard to climb but I reached the top. It was an amazing experience, and one that I will never forget.

**Bilqiss El-Rufai (Year 10 Bronze Participant)**



During the course of this term, we learnt a topic called Electrical Circuits. On the 10<sup>th</sup> March 2017, we displayed our fantastic 3D work on Electrical Circuits in action. Our spectacular teacher, Mrs Williams, had asked us to use the knowledge we learnt in class to make models of some objects that have circuits in them, like aeroplanes, houses, fans, cars, etc.

This encouraged us to research types of circuits used in our everyday life. This has raised our awareness of the scientists who worked so hard to invent all these. This has not only taught and encouraged us, it helped us to gain a sense of achievement because we have made these things ourselves.

We do hope you liked the work we showcased.

**Year 7 Volta & Year 7 Benue Students**



## YEAR 10 WORK EXPERIENCE PROGRAMME 2017

**W**

e believe that work experience is vital for our students in preparing them not only for employment but for life, enabling them to not only experience the opportunities, responsibilities and experiences of the world of work but to develop into rounded and confident individuals.

As a result, The Regent Secondary School will be launching our first 'Work Experience Programme' for students currently in Year 10. All students are required to participate in the Programme, currently scheduled to take place for one week only during the Easter holiday from Monday 3<sup>rd</sup> April 2017 – Friday 14<sup>th</sup> April 2017.

We would be very keen to hear from you (all parents across KS3 & KS4) if you would be able to offer a placement to our students, whatever field of business it is in. The more diversity we can offer our students the more individual needs can be met.

If you are able to assist us in offering any work placements, please get in touch with either Miss J. Ugono (Guidance Counsellor & Placement Administrator) at [counsellorsec@regentschoolabuja.com](mailto:counsellorsec@regentschoolabuja.com) or the Registrar, Miss S. Adebowale at [registrarsec@regentschoolabuja.com](mailto:registrarsec@regentschoolabuja.com).

Thank you for your continued support and we look forward to hearing from you soon.

## STUDENT OF THE WEEK

**ABDULKADIR SULU GAMBARI IDRIS**  
**YEAR 9 SENEGAL**



## READER OF THE WEEK



**C**ongratulations to Nadeen Saleh (Year 8 Congo), who has read and reviewed the following books:

- Human Right - Who decides? by Maggie Pearson
- Our Human Rights (Vol 167) Issues edited by Lisa Firth
- A Series of Unfortunate Events - The End by Lemony Snicket.

## QUOTATION OF THE WEEK

**“Today a Reader; Tomorrow a Leader”**

— Sarah Margaret Fuller Ossoli (1810 – 1850), American journalist, critic, and women's rights advocate)

## ANNOUNCEMENTS

**Year 11 IGCSE Mock Examinations:** The Year 11 IGCSE mock examinations are scheduled from Monday, 20 to Friday, 31 March 2017.

**Cambridge Secondary 1 Checkpoint:** Please note that the dates for the Checkpoint Exams for Year 9 students have been changed. Checkpoint Exams will be written between 1:30 and 4:00 p.m. as follows:

- English – Tuesday, 25 April 2017
- Mathematics – Thursday, 27 April 2017
- Science – Friday, 28 April 2017

**Inter-house Debating Competition:** Due to the School Production this has been postponed.

**Fun Fair:** The Fun Fair will be held tomorrow, Saturday, 11th March, commencing at 10:00 a.m. on the school field, with the evening performances commencing at 6:00 p.m. VIP tickets for the Runway Show and Concert with Falz the Bahd Guy are available at a cost of N5,000 each. Tickets for Corporate Tables (costing N100,000 and sitting a group of eight) can also still be purchased.

**The School Production:** 'Eleeza', will be staged on Wednesday, 15th and Thursday, 16th March at 7:30 p. m. Tickets, available at the School Shop, are available at N2,500.