



THE REGENT DIGEST

VOLUME 5, ISSUE 15

FRIDAY 13 JANUARY 2017

SPECIAL POINTS OF INTEREST:

- **Crazy Weekend**
5 PM Friday 13th - 4 PM
Sunday 15th January 2017.
- **Parent - Teacher Consultations**
10 AM - 1 PM Saturday
14th January 2017.
- **Open Day** Thursday
19th January 2017.
- **Exeat Weekend**
2 PM Friday 20th - 4 PM
Sunday 22nd January
2017.

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INRODUCING NEW TEACHERS AND OUR VISIT TO REGENT PRIMARY

In this week's Regent Digest we introduce and welcome three new teachers to our school: Mrs Elizabeth Uwagwu, Music Teacher; Ms Adesua Atuanya, English and Literature Teacher; and Mr. Chimaobim C. Ikwuagwu, Physics Teacher. Pen sketches are included in this edition for you to read. Included is an article by Farida Majjiyagbe, in Year 8 Benue, outlining the cultural dance troupe's exciting visit to The Regent Primary School. Be inspired by Naomi Madu's speech on achieving success, delivered today at assembly. Have a pleasant read.



On 10th of January, the cultural troupe visited the Regent Primary School, along with Soaleze who sang, Chukkie, who played the saxophone, and Minaal, who read her famous speech. I'm not even sure they understood all of it, but still, it was a big hit! Being in the cultural troupe, I can say without hesitation that the performance was fun and vibrant, at least it felt like it was!

We were backstage most of the time, so we were unable to view the other performances, but with small glances and the booming applause from our audience, it was easy to gather that they enjoyed having us. After performing for the Year 5 and 6 pupils and their teachers, we waited for a further thirty minutes and sang a few songs.

The trip to Regent Primary was quiet and everyone kept to themselves, but on the way back ... hmm.... we had a party! We sang our hearts out, to the point that Mr. Sowole started to record us!

Generally, our trip was very much the most interesting thing that has happened to us in a while and I, for one, can't wait to experience it again.

Farida Majiyagbe (Year 8 Benue)



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Ms Adesua Atuanya – English and Literature Teacher

Ms Adesua Atuanya is a qualified English Teacher and has worked both in London and the South East. She is a graduate of the University of East London and holds a Master's degree from the University of London, Birkbeck College.

Ms Atuanya is passionate about seeing young people grow, develop and blossom into their full potential. She is an avid reader who also loves cycling and learning about new recipes and cultures.

With many years of teaching experience, Ms Atuanya is delighted to be joining the prestigious Regent Secondary School, Abuja.

Mr. Ikwuagwu C. Chimaobim – Physics Teacher

Mr. Ikwuagwu is from Imo State, South-East Nigeria. He has a B. Tech in Physics and a PGD in Education. He is a certified AS/A-Level and IGCSE Physics Teacher, with over eleven years teaching experience in international schools.

As a teacher, he believes in the principles of 'Every Child Matters' and 'Quality First Teaching'. These he has brought to his desk as a Physics Teacher at The Regent Secondary School. He is delighted to join the school community and looks forward to working with every member of the Regent team.

Mrs Uwagwu Elizabeth – Music Teacher

Mrs Uwagwu is from Osun State, Nigeria. She has been a music educator for over eleven years.

She holds a Bachelor of Arts degree in Music from the University Of Nigeria, Nsukka, Enugu State. Nigeria. In addition she holds a Nigeria Certificate in Education.

She believes that music is a vital part of a student's education and she is eager to make a positive contribution to our school and to forge effective working relationships with everyone in the school community.

Good afternoon ladies and gentlemen, today I will be speaking to you about success and the little things we can all do to attain it in our academic lives and achieve it in our future careers.

Before I begin, I would like to clarify that success is not just characterised by wealth and material comfort but also by the quality of life we get to enjoy. That just goes to say that a person who is rich enough to buy Africa is not successful if he does not enjoy the pleasure of security or happiness. So before you decide that you want to be successful, make sure you know exactly what you're aiming for. Everyone has a goal in life,



everyone has a dream, but, and this is very important, there is a strong difference between a dream and an aspiration. A dream lacks depth and is nothing but a mere idea. An aspiration, however, is a declaration, a signed agreement that you make with yourself, which holds more value than a mere figment of your imagination. If you dream to be a lawyer, you would have to back it up with the determination to actually make that dream come true.

When you take that step to lead a successful life, you will naturally find that you will have to do things differently. One thing you will definitely have to work on is your self-discipline. When you set a goal, understand that you do not have someone holding a tick sheet, monitoring you and making sure that you follow through with your plans. In fact you will be the one holding your tick sheet and you will have to realise that your life is actually in your hands. Being self-disciplined means setting out time to study or, as Dr Hickman always says, generating your study timetable and following it through without mom or dad breathing down your neck. Being more self-disciplined means showing up at the right place at the right time, whether it's your booster, your Friday assembly rehearsal or your soccer practice. Another tip, first introduced to me by a parent of this school, is 'starting with the end in mind'. If you have no vision of what you want to achieve at the end, if you have no idea what you really want, you will never be able to satisfy yourself; why bother saying to yourself, "I'm going to make 90% in my test," when you've only prepared to make 89%?

Focus is also very important. If you make up your mind to do something you have to stick to it; no matter the time or place, keep your eye on the prize. To quote a popular saying by Winston Churchill, 'You will never reach your destination if you stop and throw stones at every dog that barks'.

The next two tips we hear every day and tend to forget are Responsibility and Resourcefulness. They may be just two-thirds of Regent's core values but they are more than just words, they determine a way of life. I used to have a slew of excuses in my arsenal (and still have them), but I hardly ever use them now because I have realised that most, if not all of the time I gave an excuse, the teacher didn't care. Excuses are not currency, they aren't assets, but liabilities. They make you look weak and disorganised and

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untrustworthy; which are three qualities no respectable school or employer is looking for. You have to take responsibility for your actions and you have to develop the maturity to know what you need to be doing and what you don't need to be doing. Resourcefulness is just as important as responsibility; whilst being resourceful you must be able to complete tasks more efficiently and when studying for exams you cannot afford to be pulling all-nighters. Instead, ensure that your study methods enable you to work smarter, not harder, which is more beneficial in the long term.

The penultimate tip I'll be sharing with you is one I derived from a lesson I had in Business Studies last year. We were talking about productivity and we were introduced to a Japanese word 'Kaizen', which means improvement. It is a business strategy that borders on the use of continuous improvement, which, I believe, is a principle any successful person should have. There is always room for improvement and even while you are not learning to achieve an A* in your test, learn for the benefit and beauty of it. Mr Akin always tells our Mathematics class to be obsessed with what we don't know. This emphasises the point that learning never ends and to be truly successful you will need to be on top of your game, constantly.

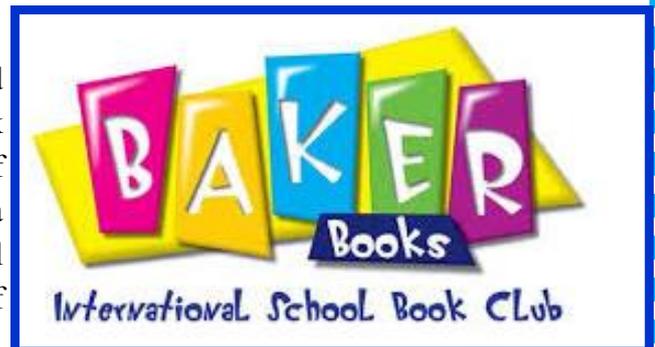
Finally, I will say what I consider to be one of the most important steps to being successful: making a choice. Your choice is the beginning and end of your plan to attain success; once you choose to take yourself from a B in English to an A, you automatically begin your journey. Learn to harness that power of choice because it is the key to opening many doors that you will encounter along the way and, if mishandled, can also lead to your downfall.

Thank you.

Naomi Madu (Year 11 Volta)

BAKER BOOKS CLUB

Last year, The Regent Secondary School introduced the Baker Books Club to students. This is a book club for international schools with the dual purpose of providing leisure reading for students and creating a vibrant reading culture. The Club circulates colourful catalogues from which students, with the approval of their parents, can select top quality, discounted books.



The school will then place the order and distribute the books on arrival. A commission is received from this bulk purchase which enables the school to choose suitable books for our library from over 1,000 titles.

The catalogues will be sent to parents on Friday, 20th January 2017. Included in each catalogue is a form that parents are asked to complete, indicating the amount to be spent. Students should return both the catalogue and the order form during the week beginning Monday, 23rd January, 2017. Payments can be made directly to the Bursar or his assistant.

Mrs. Joy Okoro – School Librarian

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READER OF THE WEEK

Nadeen has read and reviewed the following three books:

- Double Cross by Malorie Blackman
- The Book of Blood and Shadow by Robin Wassermann
- The Flask by Nicky Singer

Nadeen Salah—Year 8 Congo



QUOTATION OF THE WEEK

“ Until the lions have their own historians, the story of the hunt will always glorify the hunter.”

- Chinua Achebe (1930 - 2013)

ANNOUNCEMENTS

THE REGENT SECONDARY SCHOOL MINI-FAIR

INVITATION FOR PARENTS OF STUDENTS IN YEARS 10 AND 11

Dear Parents:

After the success of the past two years, we have decided to run our Mini-Education Fair again this year, and I would like to cordially invite you to attend. Approximately 20 schools from Nigeria and other parts of Africa, along with schools in the UK, will be represented.

Details are as follows:

DATE: Thursday, January 26, 2017

TIME: 2:15 – 5:00 PM

VENUE: School Dining Hall

Please plan to Attend!

Dr. G. A. Hickman

STUDENT OF THE WEEK



**JODA MARYAM
YEAR 8 SENEGAL**

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