the eXemplar

3rd Edition

A publication of Discovery Learning Exemplary School

28th July, 2019



GRADUATION & AWARD Ceremony

Breaking News!!!

Discovery Learning Exemplary School is Relocating

Getting Preschoolers to read before age 5

Child Abuse

Cleanliness

Editorial Note



Family is where we first arrive on earth and the human race is preserved through the family unit. It is also within the family that the incomparable dignity of each individual is first affirmed. Discovery Learning Exemplary School is a close-knit family that strives to carry everyone along by affirming our personal histories and values. We pride ourselves in our openness and willingness to engage and accommodate varying perspectives on any given issue no matter how controversial because we want to grow. It is because we are open to growing that our approach to teaching and discipline is organic and inquiry-driven. Our aim is always to guide our children to self-discovery rather than harass or break their spirits.

Welcome to the 3rd Edition of The Exemplar! This Discovery Learning Exemplary School Magazine is written and published annually by our gifted students and amazing staff. This fascinating edition features captivating stories that will entertain, inform and persuade you. One of the central themes highlighted in this issue is the home and its important role in raising socially adaptable, responsible and productive citizens of society. The family unit is the cradle of human life and no other institution can do more harm to individuals than the family. Children must first learn to love, respect and take responsibility from parents. While schools have an equally important role to play in shaping the character of children, the parents will always remain the mirror they look at to adjust their dispositions and characters.

From travelling the world, to heroes and villains, this edition features a range of page-turners and aspiring authors who have written on various topics with authentic illustrations. From our gifted and talented students, you'd learn fun facts about spiders, rocks, the space and football. Other student authors have given us a glimpse into their plans to solve society's problems. From our amazing staff, Harrieth Omogbai's article on Child Abuse sensitizes us about the dangers of abandoning our children without close supervision in the care of nannies and relatives. Chief John Collins Aondofa's article on Cleanliness highlights practical steps on keeping our personal spaces and bodies clean at all times. Elizabeth Ukegh's article on, Raising emotionally intelligent children informs us about the value of helping children to develop healthy relationships with others through self-discovery and empathy. Doris Hange gives us a glimpse into the positive behaviour management philosophy of Discovery Learning Exemplary School. Gbaaondo Solomon educates us about the critical role of parent involvement in children's academic achievement; Deborah Terver takes us into her crèche while Mercy Abuh helps us understand the impact of positive thoughts on our self-esteem. And last but not the least our wonderful dance instructor Ajebo Opita Godwin teaches us about the therapeutic benefits of dancing. Happy reading!

Wishing everyone a wonderful and safe summer holiday!

Mchia Terkura: ***Editor***

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From the Proprietress

It is with the utmost sense of pride that I say congratulations to the class of 2019!! Yes! You made it! And we are all so grateful that we shared in this phase of your journey towards greatness! Our goal for setting up this school was never to be the most popular or biggest school in town. Rather, our goal was and still remains to make a difference in the lives of every child that God places in our hands. And whether your child is six weeks old or eleven years old our staff work very hard to design every classroom, every lesson and every activity to create a space of possibilities for EVERY student (not just the smart ones) to grow cognitively, physically, socially, emotionally and creatively. Looking back at when you all started with us, and where we are sending you forth today I can confidently say that we have stayed true to that goal.

At DLES, we strive to ensure that learning is relevant, rigorous and differentiated so that our students can achieve beyond expectation for each grade level. Our preschool program serves children from Ages 0-5 years of age. It is an American Preschool Program called the Cr eative Curriculum, and is designed to immerse children in age-appropriate academic and social experiences to stimulate their curiosity, creativity and inquiry. In the elementary grades, we offer a hybrid curriculum composed of the American Common Core Standards in Mathematics, Science and English Language Arts. This allows them to develop strong readiness skills in all content areas beyond the expected criteria for their grades. Rather than spend most of their time copying notes, our students engage in cooperative learning tasks such as games, experiments and projects to allow them to interact with the content in meaningful ways.

To our amazing and supportive parents, thank you for the opportunity to participate in the development of your child! And to the exceptional class of 2019, you are Exemplars! Go forth, and according to the Discovery Pledge, pursue knowledge, become the solution to society's problems, be exceptional and let your lives inspire others!

Betty Kajoh BA, MSc, Phd Student
Texas USA Board Certified Educator
Consultant

The Impact of Parent Involvement on Children's Academic Achievement

Gbaaondo Solomon Terzungwe

Acquisition of knowledge is done both formally and informally. The home is the first institution of learning and parent involvement in their child's learning has a major influence in the child's achievement. Apart from genetics, one of the greatest influences in a child's academic achievement is the environment. Children are influenced by what they see and hear around them. Lively homes produce lively and open-minded children. When a child is not happy at home, the academic potential of such a child is constrained. In a happy home, children are free to ask questions, interact with adults and learn in the process.

According to Advanced Learners Dictionary, academic excellence is the demonstrated ability to perform, achieve and/or excel in scholastic activities. Academic excellence is demonstrated through high grades and superior performance. But academic excellence is more than just making good grades, it also involves:

1. Self-awareness: High achieving students are those who know themselves. For a child to know his/her self, the parents have to guide such a child to discover who they are, what they are made of and how best they learn, instead of becoming a copycat.
2. Self-Management: High achieving students take care of their personal belongings and can be counted upon to complete assigned tasks. In homes where parents or guardians do not teach their



children self-management skills, they grow with such a lackadaisical attitude towards personal property and responsibility. This ends up affecting their academic performance.

In conclusion, the home plays an important role in laying the foundation for high academic achievement. Now I leave you with some questions to ponder; what kind of a parent are you? And What kind of home are you providing for your children?

Written by: Gbaaondo Solomon

Spiders



How do you feel about spiders? I like spiders because I think they are very cool especially when the make a web. Spiders have eight legs with fangs able to inject venom. They are the largest type of arachnids. Scorpions, mites and ticks are also part of the arachnid family. Arachnids are creatures with two body segments, eight legs, no wings or antennae. Many people think that spiders are insects but they are not because insects have six legs and three body parts.

Spider webs have different sizes and shapes. Spiders use their webs to catch their prey. They can catch animals as big as birds. Spiders cannot chew so they wrap their prey up and inject it with a special liquid to make the prey soft so they can swallow it. There are 40,000 known species of spiders. The largest spider in all tarantulas is the Goliath Tarantula. Other examples of spiders are the widow spider, the wolf spider and the huntsman spider.

I love spiders, I am sure you have your own opinion of spiders too. But I think spiders are cool and I would like to know more about them.

Written and illustrated by: Iengem Tachin

(Primary 4)



How a Super Hero Lost His Giant Teeth



Once upon a time, there was a boy named Lucas. He was born with strong permanent teeth. He could eat a cookie when he was 1 month old, a peanut when he was 6 months old and open a walnut when he was 12 months old. When he was 5 years old, his teeth could crack open a coconut like a hammer. His teeth were extremely strong. It wasn't long before Lucas became a hero in his town. However, Lucas' teeth became very soft and weak and fell off when he turned 10 years old. So he retired from his super times of being GIANT TEETH Hero.

It's another da y in Surprise City, said the news reporter on TV. Lucas was watching to see what the breaking news was when his mother came in huffing and puffing. She said ther e's trouble in the city! Lucas replied, Sounds like a job for Giant teeth! And without waiting for his mother to explain further, he rushed to the scene of the trouble only to discover that it was the villain Gum Trouble causing problems. Its Gum trouble Giant Teeth said. He pounced on Gum Trouble and they began to fight. While they were fighting, Giant Teeth heard a beep sound and Gum Trouble ran away, vanishing into the air. Giant Teeth went home wondering what that beeping sound was and who Gum Trouble was.

The next day, Gum Trouble returned to make more trouble and once again Giant Teeth heard the beep sound when they were fighting. He followed Gum Trouble when he tried to disappear and they came to wood workshop. Giant Teeth saw a beam pointed at him and a boy holding it. Then he noticed that he had been tied. The boy at the end of the beam turned into Gum Trouble. Gum Trouble said that the machine was a gum ray that will destroy Giant Teeth. Before Giant Teeth had time to understand what was going on, Gum Trouble blasted him with the gum ray! He tried to use his feet to protect himself but the gum ray glued his hands and feet to the ground. It covered his teeth until they decayed and turned into gum. When the Police arrived at the scene, they arrested Gum Trouble and revived Giant Teeth. Giant Teeth was able to recover his teeth but they were no longer as strong as before. So, he was forced to live a normal life as Lucas.

Written & Illustrated by Kingford Achakpa-Ikyo.



How I Spent My Holiday In Abuja



When it was time for holiday; my Mom said we were going to travel to Abuja. I was very happy that we were going to travel to Abuja. On the way, I saw cows, flowers, and lots of trees. I saw many houses too. It was a long journey. When we reached Abuja, the family we went to visit was very happy to see us. My aunt and cousins Misha, Jade, Awash, Ruby, and Kwaghtor were all happy to see us. I was excited to see my aunt and carry her little son. The next day, my aunt said she was going to take us to Shoprite to go and buy some things and have fun. I was so happy. I dressed beautifully before we went. When we got to Shoprite, I played a lot of games that I had never played before, I also rode a bike, and drove a children's car with my sister. When it was time to go back home, we didn't want to go. So, my aunt bought ice cream and samosa for us and we were happy to go home. We ate the ice cream on the way but enjoyed the samosa at home while watching TV. The next day my uncle came and asked us a few questions about Shoprite and we told him everything. That is how I spent my holiday.

Written and Illustrated by: Yuri Aondoakaa



Fun Facts About Rocks

Rocks are solid minerals found all over our planet. Rocks can be in different forms, shapes and sizes. Some rocks are taller than buildings and other rocks are tiny. Rocks are made up of gravel and sand. There are different types of rocks, the igneous rocks, the sedimentary rocks and the metaphoric rocks. Volcanoes form igneous rocks. When a volcano erupts, it spits out liquid fire called lava. When this fire cools down it becomes hard and is called igneous rock. Metamorphic rocks are formed by a lot of heat inside the earth's crust. We live on the hard rocky, outer layer of earth that is called the earth's crust. The crust is about 32km thick. Sedimentary rocks are formed when small pieces rocks and minerals are carried to the bottom of streams and rivers to settle for a long period of time until they become solid rock.
Rocks are used for beautification, building and arts and crafts. Things made with rocks are hard.



Written and Illustrated by: Veruun Mee



My lovely Family

My name is Amaka, I'm 9 years old. I have 3 younger sisters, and I am their older sister. My mother and father are very nice to us. My aunties are also nice. I have a lot of cousins and friends.



My Mother
My mother is a hard working woman, she is a teacher. She takes good care of our family. She is also very beautiful. My Mom is so amazing.

My Father
My Father is a businessman and he owns a shop. He provides food and clothing for everybody in our family. His favourite TV channels are news and football, my father is smart.

My younger sisters
Do you know the names of my three sisters? They are Chioma, Isioma, and Chisom. They are sometimes annoying and dramatic but I love them. I love my family a lot because everyone is lovely.

Written and illustrated by Amaka Agbo
(Primary 3)



Dance is More Than Rhythmic Steps



The English dictionary defines dance as, The rhythmic movement or steps especially in tune with music. But to me dance is not only the movement of the body, it is a medicine for boredom, a release for stress, a cure for sickness and the secret to keeping the body looking healthy.

I have learned a lot working with the children as a dance instructor here at DLES. Teaching children how to dance requires patience because some find it difficult to learn the dance steps. I usually tell them to think of dance as another way exercising their body.

Dancing brings joy to children. In fact dance brings joy to both the dancer and the audience. I have found over the years that dance also helps truly introverted children to become more outgoing. It warms my heart to see the smiles on their faces when they try to prove themselves on the dance floor. When they struggle, I patiently reassure them and we begin the steps again. I always advise them to always wear beautiful smiles on their faces when they perform because a dancer is a joy bringer. We have fun when we dance because we laugh at our mistakes and enjoy having others laugh with us.

For me, teaching dance is not just about helping the children to learn some steps, instead it is about teaching them to work together towards a common goal, learn to laugh at mistakes along the way and take care of each other. Discovering Learning Exemplary School is without doubt a place of discovery because I have seen many children find their potentials through dance. When was the last time you put on music and just danced your heart out? Make dance a part of your daily routine today!

Opita Godwin Aje
(*Ajebo D Kposka*)

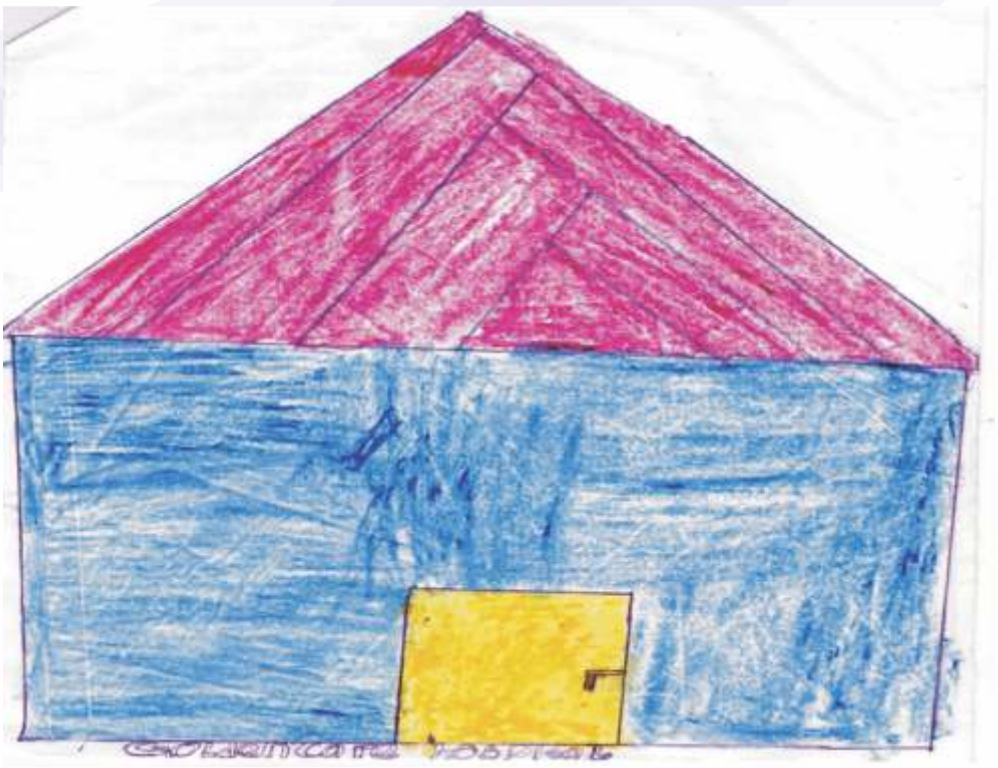
Why I want to become a Doctor



A doctor is a person who treats sick people; I want to be a doctor so that I can save people's lives. When I become a doctor, I will build many hospitals so that when people are sick and need help; they will not be told that the hospitals are full. I will also make sure that everyone in my hospital is kind because I don't like the way people are always mean and rude to patients when they are admitted in the hospitals. I am going to study really hard so that I will achieve my dream to become a doctor and build a very big hospital in Benue State. Many of you might be wondering why I chose Benue State, well my reason is simply because I was born in Benue State. Many hospitals in Benue state that I have been to have very unpleasant smells. So I would like my hospital to be different.

When I build my hospital, I will employ at least 4 doctors plus me, making five doctors at least. Then I will employ twenty nurses and thirty cleaners to keep the hospital clean at all times. I would like my hospital to be an example for other hospitals in the whole of Nigeria especially Benue State. I will name my hospital: Golden Care Hospital. I will treat people in my hospital even when they don't have money to pay. Once they recover and are discharged, they can come back and pay me later. I hope and pray that they will not turn my kindness to foolishness because if they do I might feel betrayed and decide to change. But, I hope that would not happen because I really want to be kind to people. Some people may think that my dream is not possible but with God and my parents on my side, I know it will be possible.

Written and Illustrated by:
Sedoo Aondoakaa



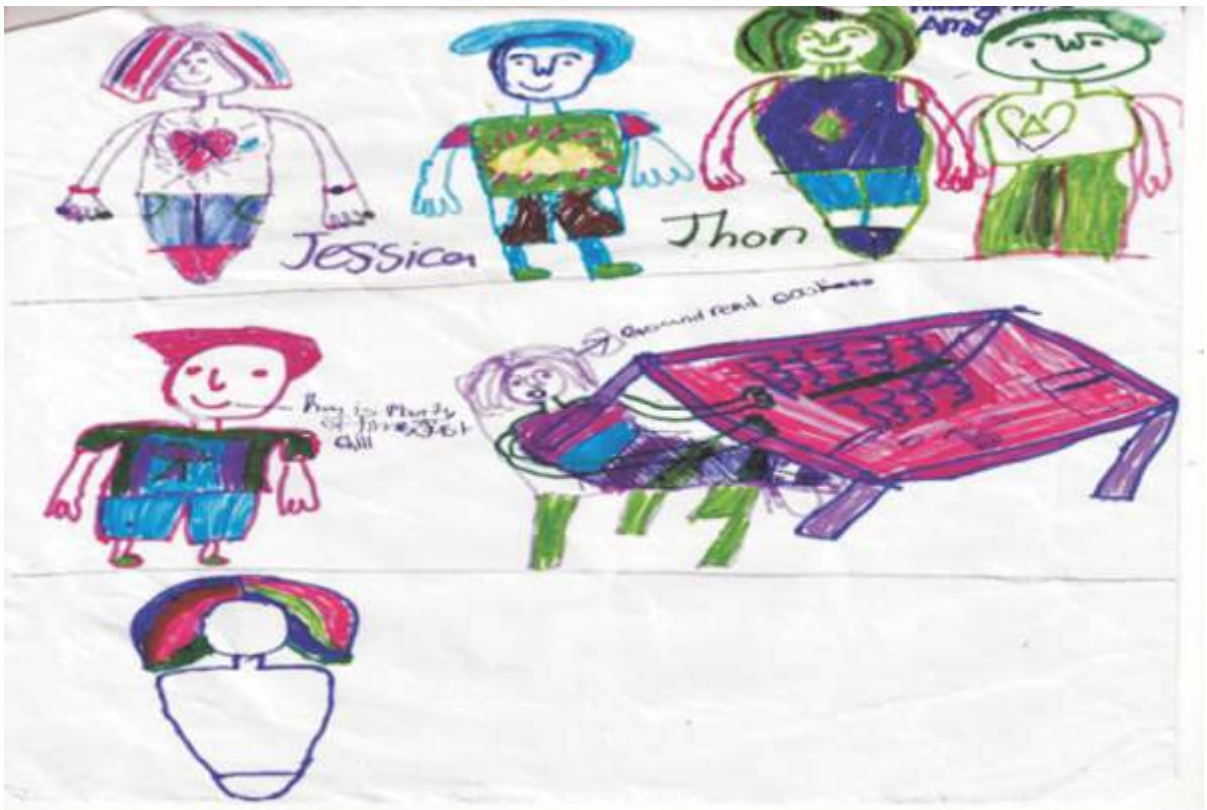
It Pays to Work Hard

Once upon a time, there lived a man and his wife. They had two children and their names were Jessica and John. John hated to read, he spent all his time playing. So, he was not smart. Jessica loved to read and was very smart. She was also very beautiful. One day, their Dad promised them that the person who passes their exams and takes first position would get a phone. Each of them really wanted the phone but while Jessica was reading, John was playing video games. Jessica told John to read, but he refused saying, There's still time. So, Jessica went ahead reading while John continued playing.



When the day of the examination came, John was nervous because he did not read but Jessica was confident because she read. They both sat for the examination and when the result came out, they found that John had failed but Jessica came top of her class! John's parents were very angry with him. They took away all his video games and told him that he could not watch TV. Jessica got a brand new phone and other presents. Her parents were very proud of her, they took her to Abuja for vacation while John did not travel to Abuja with the rest of the family and had to go to tutoring throughout the holiday. He learned a bitter lesson that it pays to work hard in school.

Illustrated by: Daniella Okojokwu A.K.A (P.I)





All About Me

My name is Chioma Agbo. I am in grade 2, I am an Igbo girl. My Mum is a Tiv Woman my Dad is an Igbo Man. My Mum is a businesswoman and my Dad is a businessman too, he owns a shop. The name of my school is Discovery Learning Exemplary School (DLES).

We are six in number in the class, two 2 boys and 4 beautiful girls in the class. I am beautiful and they call me Great!

I LOVE MYSELF

Written and illustrated by Chioma Agbo



My Favourite Holiday



My favourite holiday is Christmas. I am always very happy when it's Christmas time because we set up the beautiful Christmas tree with all the twinkling lights on it. My Mom always buys a lot of new things such as food, clothes etc. On Christmas day, we usually send food to our neighbours but my best part is I always eat a lot of meat.

In the evening we go out to wish people merry Christmas and they would give us gifts like money. Christmas is always a happy time for me.

Written and illustrated by: Tar Senater



Illustrated by: Tar Senater

The Rabbit and Crocodile



Long time ago, the crocodile had a smooth back. One day when he was sitting beside the river, enjoying the sun, a rabbit came huffing and puffing.

The rabbit sat down by the crocodile's side. The sleepy crocodile looked at the rabbit and asked, Why are you huffing and puffing? The rabbit replied I am in trouble, a man wants to send his dog after me, and I think they want to have me for dinner! So the crocodile told the rabbit to climb on his back and hold tight while he would try to scare the dog away. The crocodile wanted to help the rabbit but the rabbit dug its claws so deep into the smooth skin of the crocodile that it cracked! That is why the crocodile's skin is no longer smooth today.

Illustrated by: Senater Cooker



It happened a day before children's day. My dad came to pick my younger brother and I up from school. He told us he had a surprise for us. At first, we thought he bought us a new video game or probably a new television. We were so anxious to know what he had in the bag for us. Finally, we got home and to our greatest surprise, he had bought a new car! It was a Venza. We were so excited. The car was so beautiful and my Dad said, That was my surprise for you!



Illustrated by: Godwin Iordye



My Friend



Samson is my friend; I like to play with him. He is a nice boy. I think we are best friends. We like to play football together. Sometimes we fight and I like to visit Him

Written



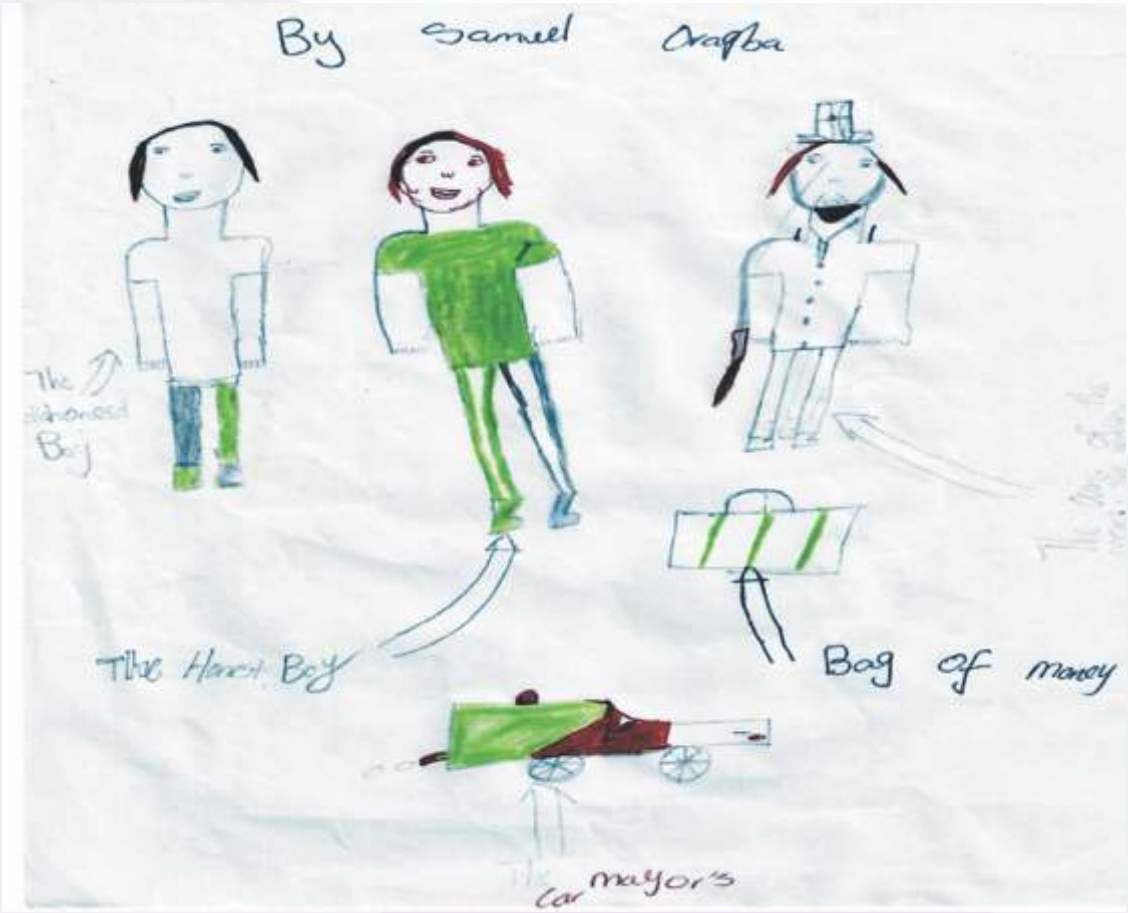
The Honest Boy



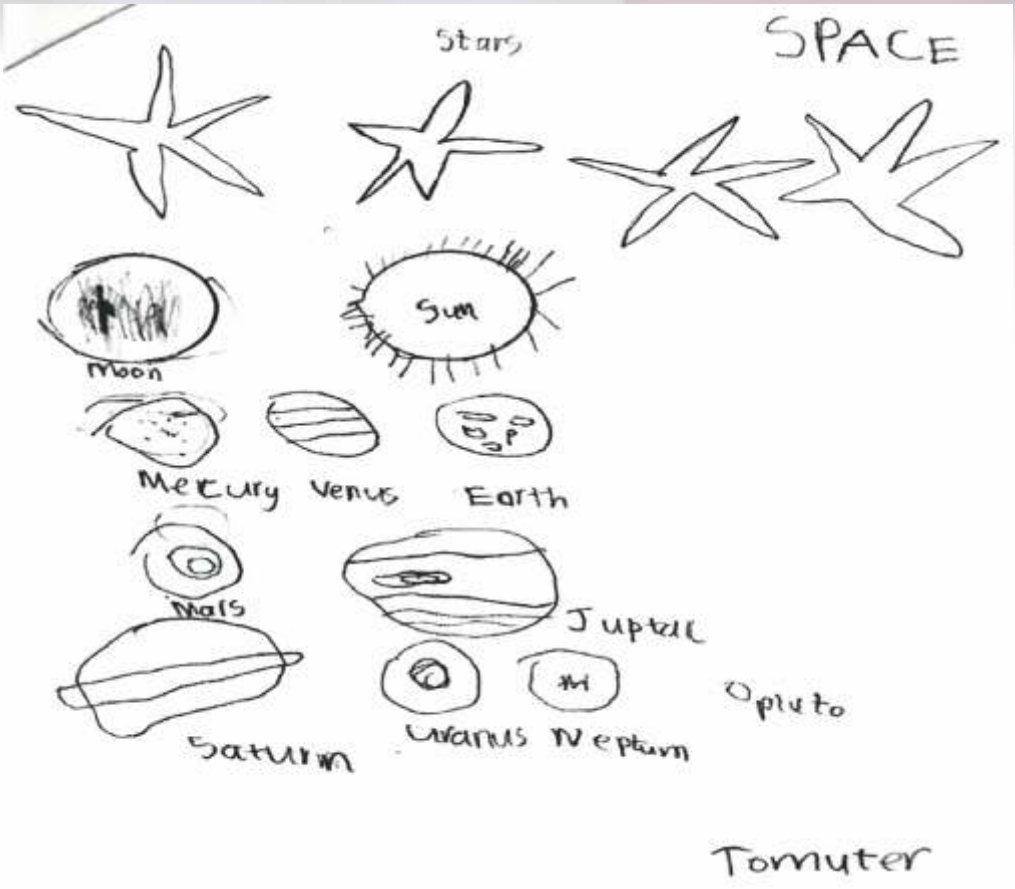
Once upon a time, there was a boy named Jonathan. He was honest and everyone loved him. Jonathan had a classmate called Jim. Jim was a very dishonest boy and always fought with everybody. One day, Jim saw money on the playground but instead of looking for the owner, he kept it for himself. When the teacher found out, he beat Jim.

Another day, Jonathan was going to his friend's house to play after school. He saw a bag of money; he picked it up and immediately began to look for the rightful owner. Unfortunately he did not find the owner. So, finally, he told his parents and they took the money to the police station. The police praised him for his honesty and announced on the radio that the owner should come to the station to collect the money. The owner came and collected his missing bag of money. He praised Jonathan for his honesty and gave him some of the money as a reward. That is why it is always better to be honest

Written and illustrated by: Samuel Oragba



Space Man



A spaceman is also known as an astronaut. They have a wonderful job because they fly into space in rocket or ship. I wish I could visit a spaceship or space rocket. I would put on a space suit and helmet. I read that there is no oxygen in space so astronauts have to breathe oxygen from a tank that is in their backpacks. The tanks have a special pipe that links to the space helmet.

There are so many amazing things in space. There are lots and lots of stars and different kinds of moons. Our solar system has eight planets; they are Mercury, Venue, Earth, Jupiter, Saturn, Uranus and Neptune. There used to be nine planets including Pluto but scientists later discovered that Pluto is not a planet. Our star is called the sun. I love space. May be I will be a spaceman one day.



Written and Illustrated by: Azende Tomuter

2019 Cultural Day
















#CUTIE

2019 Graduating Class



Huan Davida Abaagu
Best in English Language Arts



Sedoo Terhila Aondoakaa
Best in Social Studies



Irene Mnena Allagh
Best Graduating Student



Sonter Iorember
Best in Civic Education



Suurshater Akile
Best in Sports

2019 Graduating Preschoolers



Lianana Michelle Aondoakaa



Dooter Jordan Mee



Wueseter Hange



Iwueseter Sarah Ngorngor

Best Graduating Preschooler



Yuana-Saanmoiyol Michelle Num



Sefater Saaondo



Msughter Saaondo

Graduating Students *with the* Proprietress









2019 Dance Groups

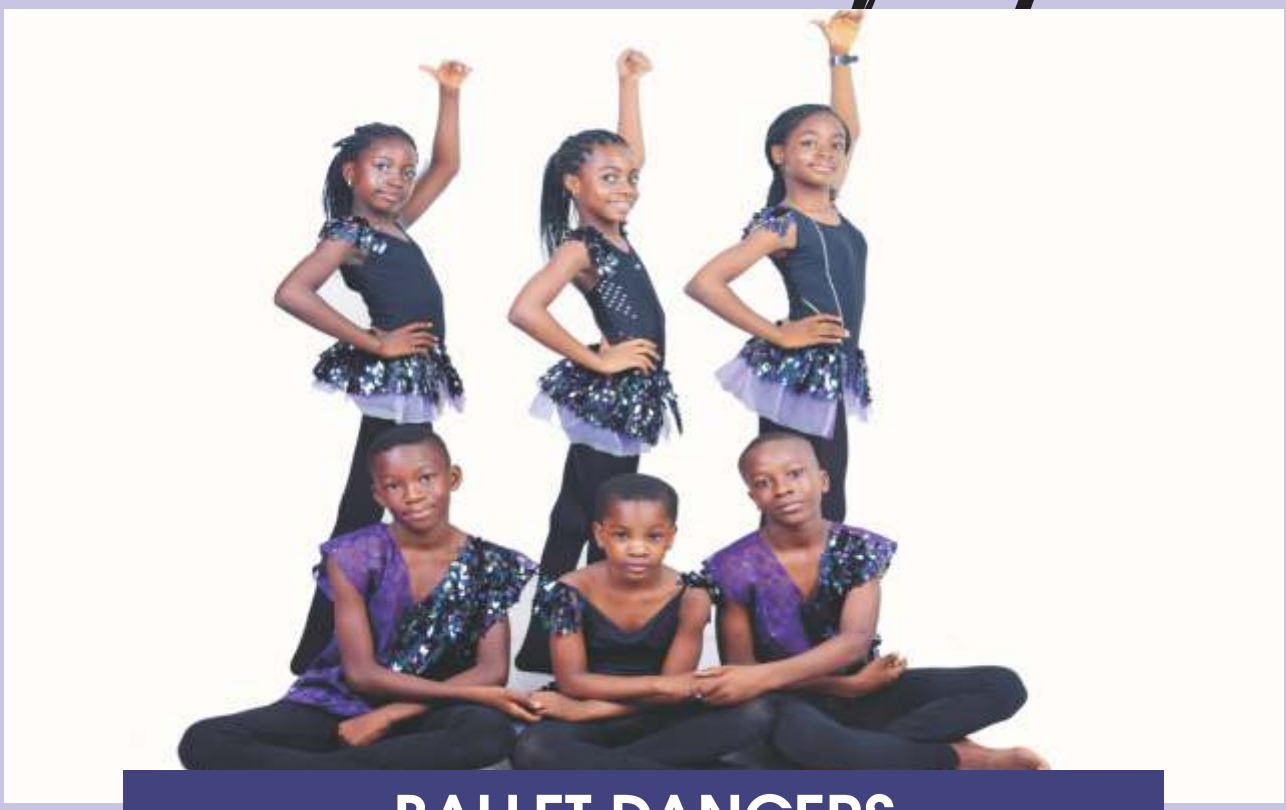


LION KING STORY DANCERS



INDIAN DANCERS

2019 Dance Groups



BALLET DANCERS



HIP HOP DANCERS

2019 Dance Groups



CONTEMPORARY DANCERS



TOT STEPS

Why I Want to be a Doctor



Doctors are very nice, smart and amazing people. They treat us whenever we are sick. One time I was sick, a doctor treated me and I was fine. I love doctors so much. I want to build my own hospital to treat sick people. I would be so proud if I become a doctor. I think my parents will be proud too. If you want to be a doctor you have to work hard and obey your teachers. You would need support from people too

Written and Illustrated by: Samson Iortyer





The Zoo

I visited a zoo with my mother at Benue State University (BSU). There were lots of animals in the Zoo. I saw some monkeys, crocodiles, ostriches, and baboons. People were feeding the monkeys. They were also jumping up and down in their cage. The crocodile was black in colour and it had sharp teeth. The Ostrich is the biggest bird I have ever seen. It had black wings, a small head and long neck and legs.

I could also see the River Benue at the back of the zoo. It was an exciting day for me.

Written and illustrated by: Caleb Iordye



My Twin Sister

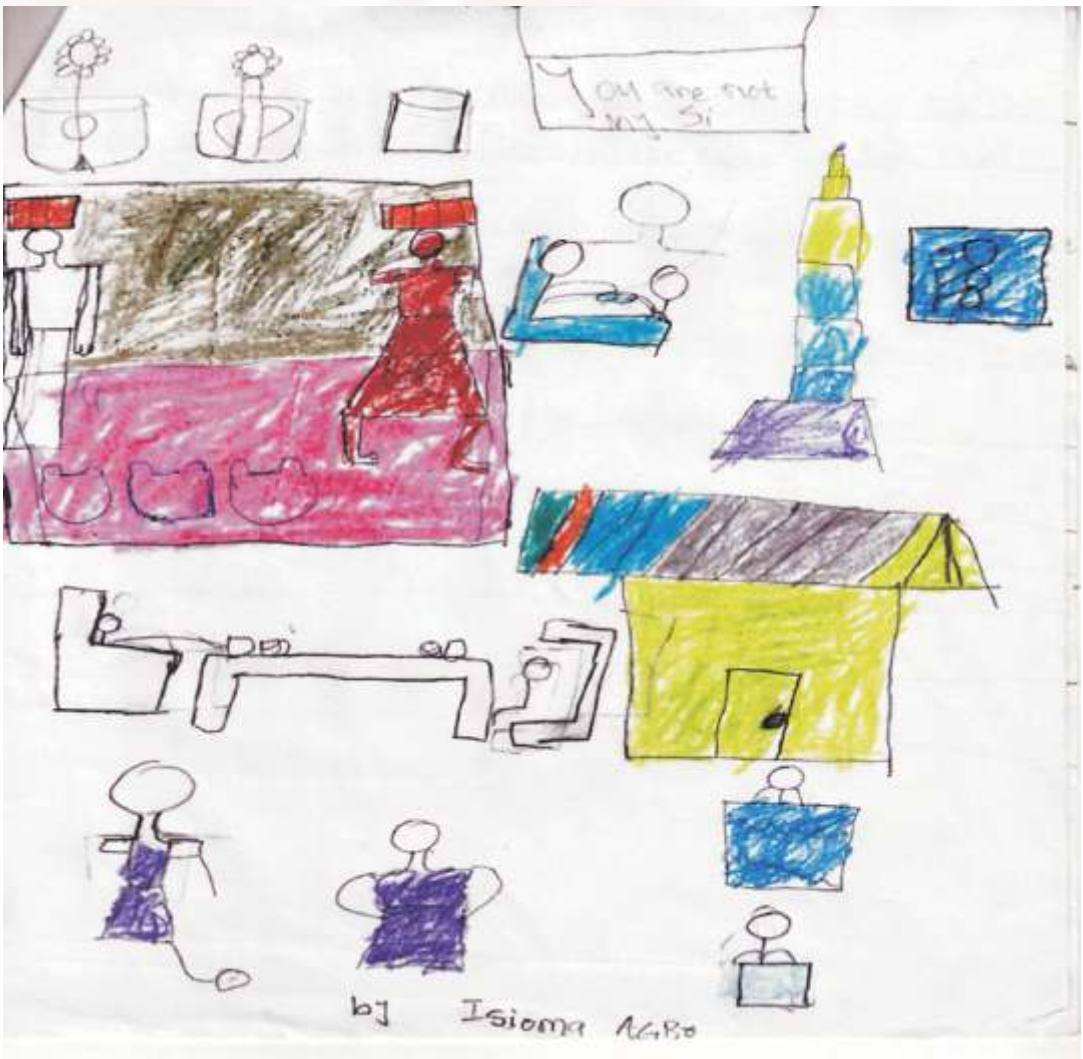


My twin sister is my best friend, she is always fun. Her favourite colour is red and my favourite colour is pink. We fight sometimes but we get along most of the time because we love each other.

We sleep on the same bed and play together. I love being with her. There is no dull moment with her.

Her name is Chioma the Great! That's what she calls herself. When she started calling herself Chioma the Great, I started calling myself Isioma the Great too. I love my sister.

Written and Illustrated by: Isioma Agbo



Cleanliness

Cleanliness is the habit of being free from germs, dirt, trash or waste and maintaining that state. Cleanliness contributes monumentally to health and beauty. Unfortunately, many people struggle with keeping themselves and their environment clean. It always surprises me when I see someone who is very well dressed but has dirty nails, dusty shoes or sometimes a very dirty and disorderly house.

Cleanliness is something that I am very passionate and particular about. Whether it is my clothes, shoes, nails or house, I make it a point to ensure that everything of mine is squeaky clean. I enjoy cleaning, in fact I find cleaning therapeutic even. Clean people are not lazy people because cleanliness takes energy and requires commitment. A typical day for me starts at 5:00am every morning, once I wake up, I make my bed then mop my house. I do this every single day even when I can't visibly see any dirt or dust. Cleanliness to me is a way of life not a once in a while act. There is an aphorism which states that Cleanliness is next to godliness and I agree with it. Many people fall sick because of poor personal hygiene and failure to keep their immediate environment neat. Today I will share some of the practical steps I employ to stay clean;

1) **Space Management:** Whether it is your bedroom, living room, kitchen or bathroom, it is important to designate a space for everything, have a space for dirty clothes, fold your clean clothes, iron when possible and dust off your shoes before storing them away. Have a place for your children to hang their backpacks when they close from school.



2) **Make an Effort to Maintain a Clean Environment:** It is important to dispose trash properly, use closed trashcans to avoid cockroaches from feeding and breeding in your wastebaskets.

3) **Model Cleanliness to your children:** Dear parents, I would love to use this medium to reach out to you about the importance of monitoring your child's personal hygiene habits because cleanliness gives one a sense of responsibility.

By: Chief Collins Aondofa Akaahar

My Trip to Dubai

It was a very exciting day for me when my mom told me we were going to travel to Dubai. First we had to travel to Abuja. When we got to Abuja, we spent the night. The next day, we headed straight to the airport around 8:00am since our flight was 11:00am. When we got to the airport, our bags were placed on a special machine. Then we left the bags with the airport people and boarded the airplane.

I put on my seat belt and could not wait for the airplane to take-off, it seemed like forever. We finally took off and after about 8 hours of flying we arrived in Dubai. When we arrived in Dubai, I was very surprised by how beautiful the airport was. It was bigger and more beautiful than the airport in Abuja. Dubai city was awesome too! It was so beautiful! The streets were clean and there were so many tall buildings. I could not help but stare. While in Dubai, I visited so many beautiful places like the city center, a very large shopping mall, some parks and cinemas. I also visited Burj Khalifa, which is the tallest building in the world. It is about 2,717 feet tall. There were water slides, seesaws, swings, and bounce castles etc. I will never forget Dubai because of the adventures we had. I would love to visit Dubai again!

Written and illustrated by Jeremiah Allagh





Laying The Foundation For Positive Classroom Behavior

Effectively managing classroom behaviour is one of the most difficult issues teachers deal with everyday. Unfortunately, teachers face not only the challenge of managing behaviour but also the many conflicting theories about how best to manage it. Some educator practitioners believe that logical consequences and assertive discipline are the best way to manage classroom behaviour. Perhaps there is no one perfect way to manage problem behaviours in the classroom. But if you begin with a good foundation, it is possible. Here are some practical tips to help you lay a foundation for a positive classroom.

Think About Your Approach

Take some time to think about the strategies you could use to promote positive classroom behaviour. A practical step here is to clearly state expectations from the beginning.

Visualize Possible Challenges

It is important to anticipate challenges and select strategies for dealing with them before they occur. This will prevent being caught off guard and over-reacting when you encounter difficulties.

Make Your Expectations Clear From The Beginning

Make sure that students know what you expect of them. Classroom rules must be positive, specific and concise i.e. instead of saying no noise making, say use voice level one when speaking with a shoulder partner, level two when speaking to the class and level three when at recess.

Post expectations in a visible area in the classroom and distribute copies to students to sign. Choose a system of reward and consequence and be consistent with it.

Model Positive Behaviour

Occasionally you may have to remind yourself to follow your own rules. For examples if you ask students not to drink beverages in class, refrain from keeping a cup of tea or water on your desk, even if you do not drink it during class.

Encourage, Encourage, Encourage.

When you praise students who are excelling, don't forget to encourage those who are trying, but struggling too. These students often lack confidence and need more positive reinforcement.

Show Respect

Showing respect to your students



includes listening to them and treating them with dignity. It also means greeting them at the beginning of the class or returning corrected homework in a timely fashion.

Be Consistent

Be sure to address student's behaviour in a consistent manner. Be wary of shifting strategies when misbehaviour occurs. To students, this may show a lack of decisiveness or favouritism.

Keep Students Engaged and Challenged

Boredom is cited as one of the main reasons children misbehave in class. Engaged students are less likely to exhibit disruptive behaviour. Be sure that students are working at appropriate levels; boredom and frustration often lead to students acting out.

Listen To Students Suggestions

It is a good idea to seek input from students when building your class expectations. Ask students to make suggestion about what should be expected of them and how misbehaviour should be addressed. Students are often more responsive to rules they help create.

Disruptive behaviours result in lost time and create a classroom environment that is not conductive for learning. One key to managing behaviour problems is to promote positive behaviour support. Implementing positive behaviour support takes some planning and skill.

By Mrs. Hange Doris

Self-Esteem: Good or Bad?



Self-esteem refers to the feelings and opinions we have about ourselves. Feelings and opinions change and what this means is that our self-esteem is not fixed, it can change also depending on how we feel and think about ourselves at the moment.

Having self-esteem could be a good or bad thing depending on the type. There are three types of self-esteem; these are:

- Inflated self-esteem: people with this kind of self-esteem think there are better than others and underestimate everyone else (i.e. having a big ego). It is difficult for these kinds of people to have healthy relationships with others because they see everyone else as competitors.
- High self-esteem: people with this kind of self-esteem accept and value themselves and others. This is a positive kind of self-esteem.

Because one belie ves in oneself, one doesn't try to convince others. Because one is content with one self, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her

-Lao-Tzu.

- Low self-esteem: people who have low self-esteem are opposite of those with high self-esteem. They do not value themselves or trust in their abilities.

How to Develop a Healthy Self-Esteem

i. Take pride in the things you can do well; don't focus on the I Cant's .
ii. Your self-esteem doesn't depend on others.
iii. Aim for effort and not perfection (see failures as learning opportunities).

In conclusion, there are factors that play a big role in our self-esteem. But, the person with the most control is you. Practice thinking good thoughts about yourself and avoid negativity.

T o establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives

-Denis Waittey



Written by Mercy Abuh



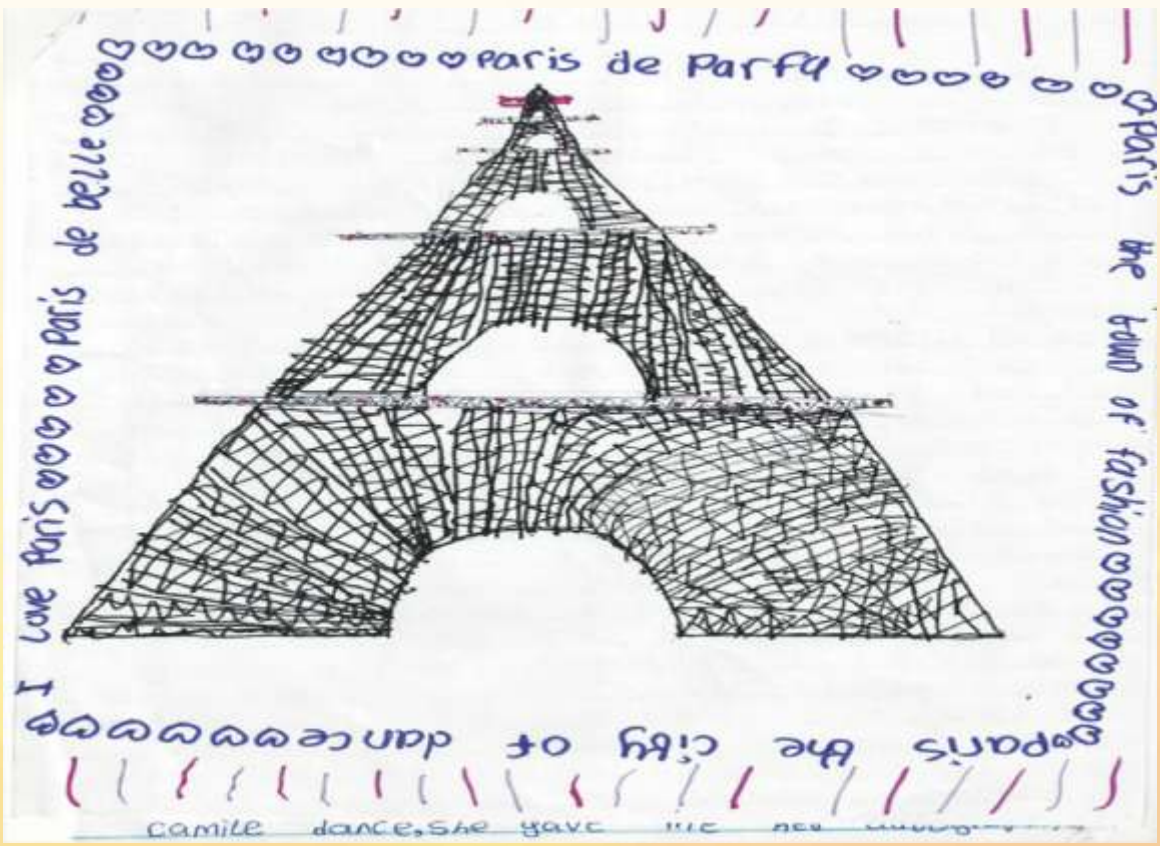
My Trip to Paris

(By Irene Mrena Allagh)

Ever since I was little, I always wanted to go to Paris. My dream came true when I turned ten and the experience was magnifique! (that's French for magnificent), I speak a bit French. The week before my trip was terrible, dreadful even. I had to pack for the trip and that was stressful because I didn't know what to pack. First, we had to travel to Abuja because that's where the international airport is. Do you know what happened on the day we had to go to the airport? We got stuck in traffic!!! So, by the time we reached the airport, we had missed our flight! We were 45 minutes late! I was so sad I cried for 15 whole minutes! My dad rebooked our flight; but we had to stay in Abuja for four more days before we eventually took off to Paris.

I was so excited during the flight but after watching 2 movies, I slept for the rest of the flight. By the time I woke up we were in Paris! I was dazzled by the beauty of Paris, I thought I was dreaming. I couldn't believe I saw the Eif fel Tower. I never knew that the Statue of Liberty was built in Paris. Paris is located in France. I saw the Monalisa in a real art gallery, I went to a theatre and watched Madmozel Camile dance, and she gave me her autograph. I was fortunate to see Kendall Vertas a.k.a Kendell K. She is a dancer, music artist and actress. I spotted her in a shopping mall, I ran and hugged her, she gave me her autograph!!!! I spent 3 hours shopping in (Paris de parfait), I bought pink panther set, play set (Jewelry) etc.

I was bummed out when we had to leave Paris back to Nigeria, but we came back. It was a experiénce parfaite (perfect experience in French).



My Visit to Jos

It was a beautiful Monday morning; my family and I got into our car and drove to Benue Links Park, to board a bus to Jos. It was a long journey, but we finally made it to Jos. My aunt came & picked us from the park in Jos. When we got to my aunt's house, we unloaded our suitcases & took them into the house.

When we got into the house my cousins; Gift, Nihamh, Mimidoo & Fatima greeted us with big hugs. My big sister talked to Nihamh, Mimidoo & Fatima, while Gift and I played together. We played hide and seek, & catch me if you can. Afterwards, we were told that my cousins were going to a camp named Camp Mercy .

The next day we went to the park again, and then we went to Camp Mercy. My parents checked the place out; my parents said it was okay if we stayed. The camp guide took us to a room, after that, we went for dinner. We ate and went to bed. In the night Gift and I started poking my cousin & sister, they both rolled to the edge of their beds. When they tried to poke us, we rolled to the edge of our own beds too. Then the next day they had to put a



woman in our room to prevent Gift and I from poking them. We stayed there for a few more days, and then we had to go back home. I was very sad, but my parents told me that we would come back again next time. That was my best visit to Jos.

Written and illustrated by: Huan Abagu



Why I Want to Become a Footballer



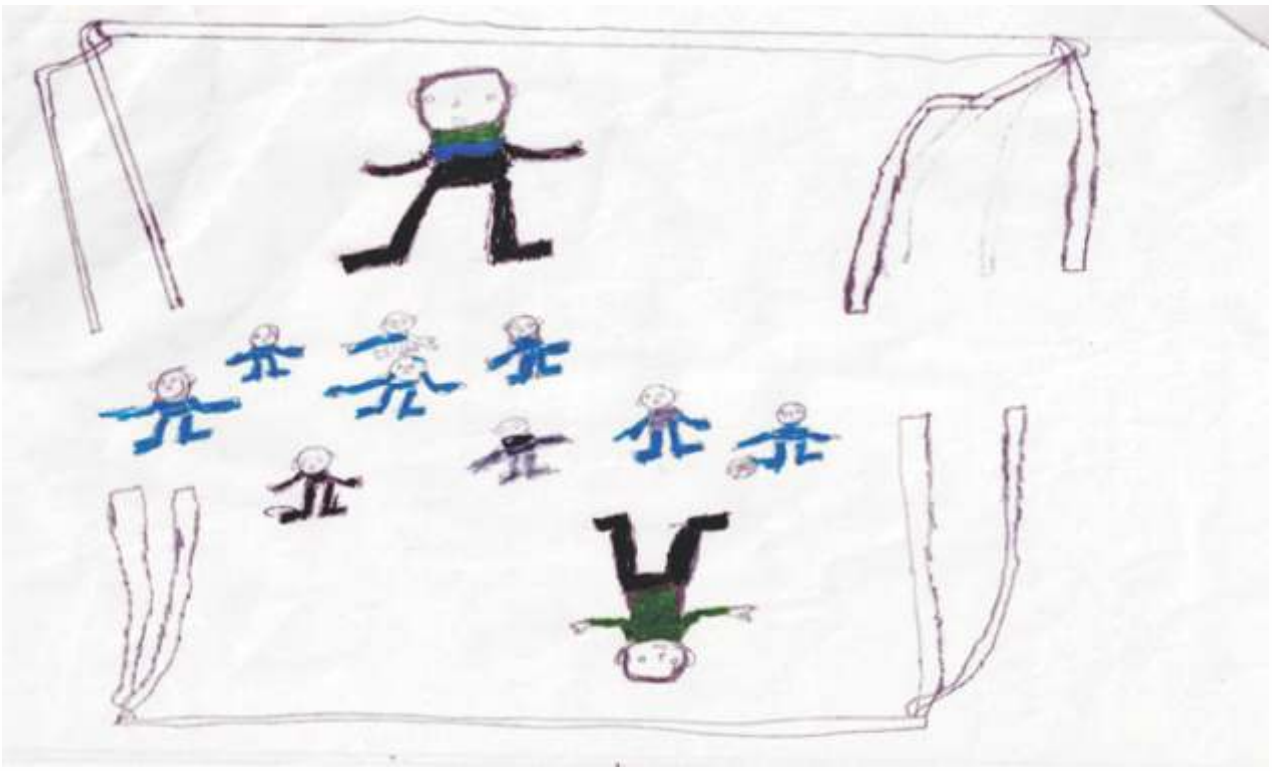
I want to become a footballer because I love playing football. It's so fun and always very interesting watching football on the TV. You will always be attracted to football if you watch Bale, Ronaldo and Messi play. These players are very talented and they are so much loved and admired. My friend Veruun loves Bale so much; his is always discussing him with me.

Ronaldo is the saviour for his team. Juventus and Messi is the saviour of Barcelona. They are always scoring amazing goals.

My dad told me that if I work hard for this dream, he'd support me. He had wanted to be a footballer too, but my grandmother stopped him. I think he must have been a rough player that is the reason my grandmother stopped him from playing football.

Discovery Learning Exemplary School has helped in building me into a better person and I hope to be a different player on the pitch. Thank you Mrs. Kajoh, for this wonderful school. Do not give up no matter the difficulties. I don't feel like graduating anymore!

Written and illustrated by: ***Akile Suurshater***



Child Abuse



Child abuse is a serious case in which people neglect or refuse to care about their children. According to the English Dictionary child abuse is the physical, sexual, or emotional mistreatment of a child. Many children suffer abuse of different kinds from the hands of family members and care givers.

Child Neglect: Abuse happens when parents are so engrossed in their professional and business pursuits that they don't care for their child(ren). Such parents may have little or no time with their children and rely entirely on nannies or maids to care for their children. They do this to the detriment of the children because some of these nannies are very abusive. Some parents even find pleasure in going out to parties than listening to what their children have to say.

Abusive Words: Using abusive words on a child is also child abuse. Most Nigerian parents use abusive words on their children so much that they forget that the children's self-esteem could be negatively impacted or even destroyed by such words. The Bible says in Proverbs 18:21 The power of life and death is in the tongue. Instead of praying and teaching the kid(s) you render them more useless with your words of insults.

Physical Assault (Beating): This is one of the common ways of child abuse. Many parents and care givers frequesntly beat child(ren) to vent their anger or frustration. The bible says in Proverbs 22:6, T rain up a child in the way he should go, and when he is old he will not depart from it. Instead of patiently guiding and teaching children, many parents and care givers beat up children mercilessly even to the point of injury or death.

Sexual Molestation: This is one another common form of abuse children endure. And more often than not, they are subjected to such horror by trusted family members and care givers. Unfortunately, children are not taught to speak up boldly about such things in our society therefore most of the culprits go unpunished. Sexual abuse destroys a child emotionally, physically and psychologically. Children who are sexually abused may be touched inappropriately, or raped. These can happen to any child, male or female. It is important for parents to be mindful of the kinds of people they leave their children with and to teach them early about acceptable and unacceptable ways of physical contact with others. My advice to parents is to show love to their kids and remember that no one can take care of your child like you. Encourage them in the positive things you see them, do rebuke them gently and correct them when they err. Always check your children and ask them when you live them in the care of others. This will make them feel safe and secure. Some parents are aggressive when it comes to talking to their children. Teach your child sex education.

By. Ms Harriet Imhonop

Emotional intelligence is the ability to recognize feelings in yourself and others and understand the impact of those feelings. This is also called self and social awareness. People who have high emotional intelligence are also said to have social emotional health.

Social Emotional Health

Social emotional health is the ability to understand and manage one's emotions, reactions and relationships. Emotional stability is one fundamental factor in a child's life. A child in his or her early years needs to understand his or her level of socialization, develop empathy and be able to distinguish between good and bad choices.

Self-Awareness

To be truly happy and successful in life, children need to have an understanding of themselves -- identify their abilities and the things they enjoy doing. Many people in society have low self worth because they were never guided to discover themselves while growing up. Consequently, they go through life feeling inferior to their colleagues and friends. People with low self worth may sometimes go to the extent of sacrificing their own happiness just to please others. Some bleach their skin, changing their natural complexion, while others force themselves to act in ways that are inappropriate so that others would accept them. They wrongly imitate others thereby sacrificing their identities. It is therefore very critical that parents guide their children to self-discovery.



Many parents do not show examples to their children by the way they treat others. In my short period of working as a teacher, I have found that some parents are the ones who teach their children to be disrespectful to their teachers and mean to their mates. Teachers work hard everyday to help your child(ren) grow cognitively and socially. So, it is important to show them respect and make efforts to be at peace with them. When a child goes home to report about a problem that happened in school, rather than making assumptions and coming to angrily attack the teachers, calmly tell the child that you'd verify what happened and make sure it is resolved. When you approach the teacher about the issue, have a peaceful disposition and ask questions instead of insulting them. Negative behaviours will repel people from you, and constantly exhibiting bad temper and engaging in unnecessary arguments is a bad example to your children. Are you a good example? If not, start now because raising emotionally intelligent children is far better than any riches you could ever give them.

Ukegh, Teyima Elizabeth

My love for football

I love football a lot! I am always very happy when I play and score goals. I hope to grow up and play in many important football leagues including La Liga and English Premiere League. When I make money, I will help the less-privileged children and my parents. My dream is to be a great football player like Lionel Messi one day.

The other reason I love football is that footballers are always very healthy and don't get old quickly, you can see the likes of Kanu Nwankwo and J.J Okocha. I see myself wearing the Nigerian National Jersey someday!

Written by Kator Ayati



Parent Spot Light

From our parents, we have put the spotlight on the Aondokaa Yol's family. Mr. and Mrs. Aondoakaa gave us three of their children, Sedoo, Yuri and Lianana the second year after Discovery Learning Exemplary School was established. Since then, they have been very cooperative and supportive of the school. They are very respectful and appreciative of the education we are providing to their children. All three of their children are hardworking and high achieving students. And in the three years that we have had their children, none of them has ever received a bad behaviour complaint from any of their teachers. This is a reflection of the type of upbringing and example they are giving to their children. Mr. and Mrs. Aondokaa, you are true exemplars of the ideal DLES parents and we hope your lives would inspire other parents as much as you have inspired us. Thank you Mr. and Mrs. Aondokaa for being role models! We are so grateful that you are part of our learning community.



Bottles, Diapers, and First Steps

By Deborah Terver



Working in the Crèche of the Discovery Learning Exemplary School has been a unique and rewarding experience. When I interviewed for the job of a crèche teacher, I imagined that I would spend my days changing diapers, making bottles and helping the babies to learn their first steps. Little did I expect any of the experiences I have had these past three years.

The first thing that surprised me was when the proprietress told me that I was going to be trained to teach the crèche curriculum. I was shocked because I didn't think I needed to be trained to make bottles or change diapers. But when the training started, I realized how much I didn't know about caring for babies. First, she explained the research behind child development to me and the behaviours and physical changes that identify each development milestone. Next, she trained me in the learning goals for each development milestone and how to guide the babies to attain the curriculum stands for each stage.

A typical day in our Crèche classroom starts with whole group activity. We gather in a circle and sing the Good Morning Song. This teaches the children the importance of greeting people around them. After that, we say a prayer, and then we share a story from our Big Books. These books have thematic emphasis on developing social skillslearning to share toys, waiting to take a turn, asking nicely and saying thank you for everything received. Every part of our day is structured to include meaningful learning activities that promote physical activity, language development and early academic readiness skills. Our walls are print-rich with charts and rhymes and we use music, singing and kinesthetic movements to all skills.

Working with children this young has trained me in more ways than I anticipated. I have learned to guide children younger than two years old to develop reading skills! While other crèche focus on only the physical needs of babies, it would surprise you to learn that children this young are able to pick up some literacy skills if they are read to everyday. Reading to children everyday also helps them to expand their vocabulary for self-expression. This is key to language development and literacy when they start school. As a Creche teacher, it is of utmost important to make your children feel safe around you. Before, I started working at Discovery Learning Exemplary School, I didn't know exactly how to do that but now I know that taking time to speak tenderly to children, hugging them and holding their hands every so often reassures them of your affection for them. In all honest this can sometimes be quite exhausting. But, at the same time there is nothing more rewarding than to receive such affection back in the form of a big smile or hug because your crèche babies know you love them. Working with children this young also means I get the privilege to share in many of their 'firsts' i.e. their first high five, their first step, their first tooth, their first word, their first goodbye wave and all the different non-verbal communication cues that happen between babies this young and their caregivers or parents.

Although I do not have any children of my own yet, I think that working in the Crèche has definitely prepared me to be a skilled mother and this is such a rewarding experience. In the past three years I have watched the miracle of change happen before my eyes as my babies move from only crying, to babbling to monosyllabic words to expressing themselves in whole sentences. And that for me is simply magic! So if you have a baby, please don't hesitate to bring it to our amazing crèche, and between the bottles, the diapers and the first steps you'd be amazed at the emotional, social and cognitive leap he or she would make.

By: Deborah Terver

Crèche Teacher

How I Get My Children Reading at the End of Preschool 3



Reading is an important skill in primary education. When children can't read, it affects all other aspects of their academic development. The emphasis of the preschool curriculum at Discovery Learning Exemplary School is literacy development. Discovery Learning has a unique approach to literacy readiness skills and language arts. First we start with rhymes, then proceed to sounds then we guide our pupils to manipulate, blend and segment sounds. Once they are able to do this, begin to read decodable books and develop from there.

A typical day in the preschool classroom starts with our morning reading called DEA R . DEA R stands for Dr op Everything And Read . When pupils arrive at school in the morning, and put their backpacks away, the first thing they do is grab any book of interest, find a comfortable spot and read. They are 2 ways of reading a book, first you can read the pictures and try to imagine what is going on or second you can read the words. Children, who are not able to read the words yet, are taught to read the pictures and ask questions in their minds or make meaning from the picture clues. Those who can read the words are encouraged to do that. There are several benefits of doing this everyday, but the most important one is, it helps the children to develop stamina as independent readers.

Our literacy workshop is divided into four segments, fluency, vocabulary development, comprehension and writing. A typical lesson starts off with a shared reading of an age rhyme, chart or story. This story could be fiction or non-fiction. After the shared reading, we would choose a sound or spelling pattern to focus on. We have different activities for each strand; the vocabulary strand may include sound or word hunts and other word games. We ensure that our learning is hands-on and interactive so that the children are engaged. A writing activity sometimes may require students to find a specific type of sentence (let's say question-sentences) from a selected number of books made available to them or use sentence rods (which are concrete plastic rods with color coded words according to parts of speech). When taught correctly and consistently, these four strands of literacy help children to become independent readers before they enter primary one.

Written By: Sarah Kaase
Preschool Teacher

DLES 2019



Grade I



Grade II



Grade III

DLES 2019



Grade IV



Grade V/VI

DLES 2019



Preschoolers



Preschoolers

Acknowledgement

I would like to thank God Almighty whose help alone has brought this vision to life and sustains it! I would like to thank my amazing and supportive husband and wonderful children who encourage me to lead a life of service to God and society. I would also like to thank the amazing Discovery Learning Exemplary Team, which works tirelessly to actualize the mission of this unique learning institution. I may not say it everyday but please know that, this school runs on your backs and I truly appreciate your commitment, hard work and teachable spirits. A hearty thank you to our PTA Chairman and members for being the wind under our wings, without you this school will not soar on the height it is soaring.

I also want to especially appreciate Rev. Fr. Moses Iorapuu, my Parish Priest, who is always there to advice, guide and assist whenever I need help. Father, DLES would be lost without your guidance and support. It is my prayer that the Lord will continue to defend his oil upon your head and increase your reach! I also want to appreciate Pastor Mrs. Stephanie Ukwenya Udoh who supported this year's celebration with a generous financial donation even though her son is no longer a pupil at our school because they relocated to another city. Woman of God, may you and your loved ones be watered always by the Lord himself even as you have watered us!

Finally, I appreciate in no small measure all our parents, family members and friends who have been our worthy ambassadors by spreading the word around about our amazing school. We will continue to strive to make Discovery Learning Exemplary School an Ideal of 21st century education in Nigeria.



Mrs. Betty Kajoh
Proprietress

Enrolment is ON for

SUMMER camp

@ Discovery Learning Exemplary School

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Prim 1 - 6
Pre-School 1-3

Period
5th August-
30th August
2019

Time
8:00am - 1pm daily
Monday - Friday



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0815 566 5049
0816 508 3597

DLES PLEDGE

On my honour I pledge to serve God and mankind all the days of my life. I commit to lead a life of peace, to be respectful and tolerant of diversity. I will be empathetic, appreciative and co operative at all times. I will live as an exemplar of everything pure, of everything noble and everything just. I will pursue knowledge in order to become the solution to society's problem. My life will inspire many. I am exceptional; I am a true exemplar so help me God!

DISCOVERY LEARNING EXEMPLARY SCHOOL