the eXemplar

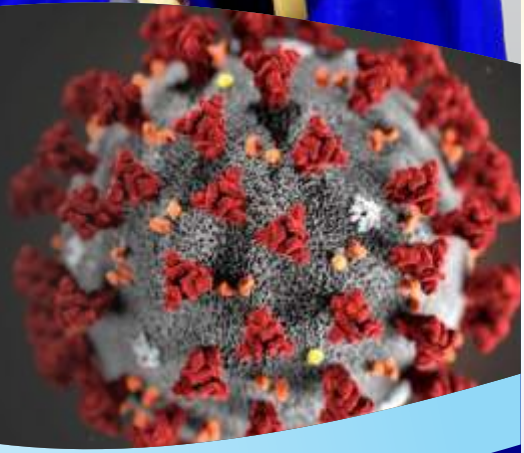
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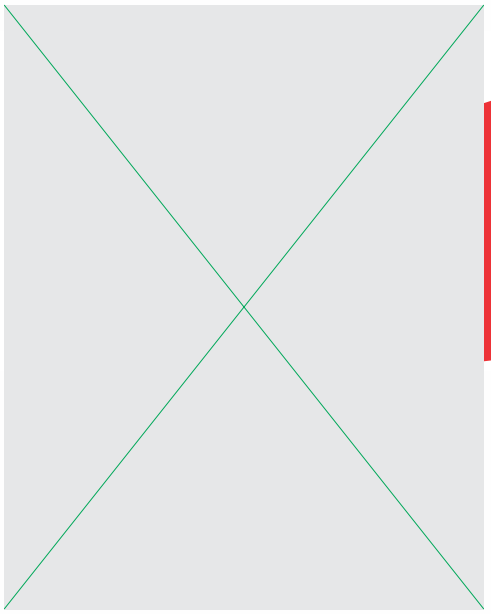
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28th July, 2020



GRADUATION & AWARD Ceremony





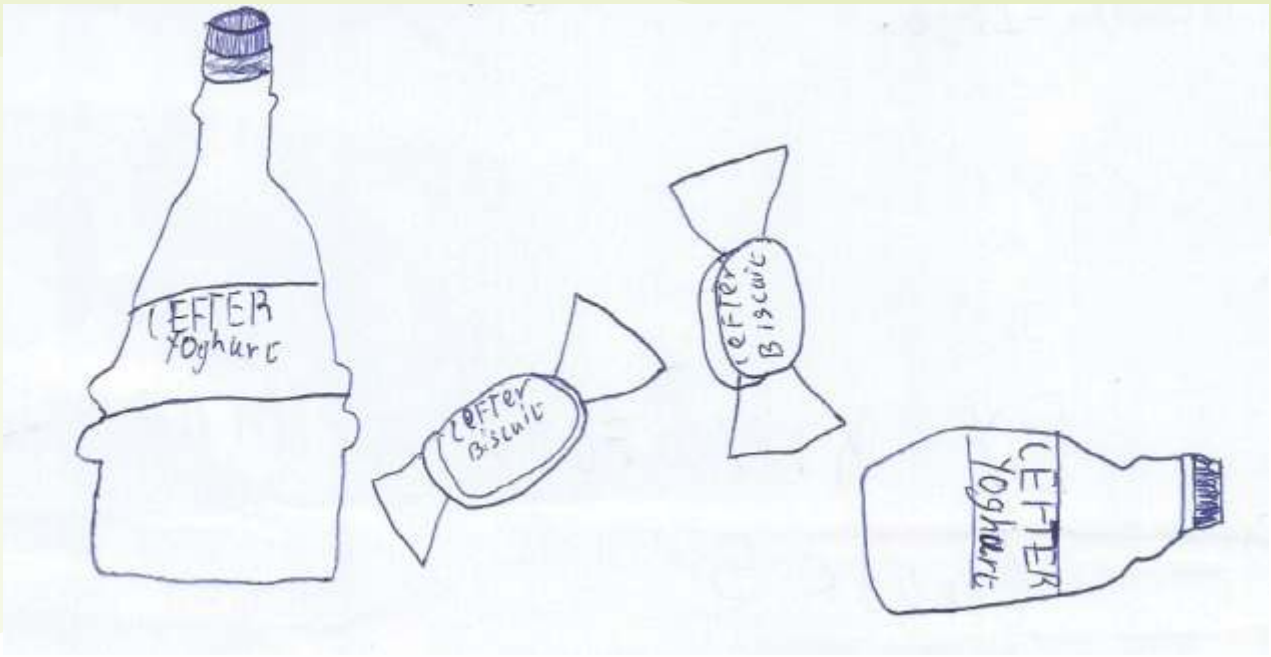
Editorial Note

Content

From the Proprietress

MY COVID-HOLIDAY

By Kingford Achakpa Ikyo
Grade 5



It all starred at the school field trip to the lefter factory, Coronavirus wasn't that bad yet! We all got back from the trip all of us which souvenirs to eat and drink. I went hoe that day happy even though my broachers weren't there.

Then at around 6:00pm my mom came back from Gboko, alone I asked her where dad was and, she said here is good news and bad news. Bad news was, MY BROTHERS ARE NOT GONG TO BE visited on Saturday but news is which a smile on her face), MY BROTHERS ARE COMING BACK! (In the paragraphs above this happened on Friday).

I was so excited I ran to my Room cleaned it up, with the help of my uncle, and, it was as Good as new. The next day, I woke up did my chores ate break fase and waited. It was I pm and they weren't back. Just before I gave up hope “Beep! Beep!” my brothers are back. It was actually really weird but I got used to it.

We played games and read our books for six hours because our parents didn't want us playing the whole holiday. So we read and played and ate and did sport for months, I finally was happy.



One faithful day, t was just like the others, or not. I woke up did my chores, finished caking a bath by 9:00 am and got my books to read then, the phone rang. In going to school? I was happy, scared, nervous and purled. But without a second to lose, I went to my room, dressed wore my shoes and face mask and went to school with dad that had to come back from work to pick me.

It wasn't my best days of school, I really didn't bring food! I really do not know I was staying in school and 4: 00 pm

HOW I FEEL ABOUT CORONA VIRUS

Corona virus is a very deadly disease caused by a virus. I feel so bad about the situation. The worst of all is wearing of face mask everywhere you go especially in the church which is very uncomfortable, corona virus has made me to stop going to school.

I stayed at home playing and watching cartoon with my friends. I am so tired doing the two activities every day.

I miss going to school!
I miss my class mates!
I miss my teacher!
by SOLOMON HUMBE



THE IMPORTANCE OF SCIENCE EXPERIMENT TO PRIMARY SCHOOL PUPILS.

Written by Mr. Igbana Tersoo

Science is the study of facts. At the same time, science is also about discovering the world around us, knowing things, and having new and wonderful idea. It is against this very definition of science that discovery learning exemplar school and must educators believe that scientific learning that takes place in classrooms alone without experiment is not a true learning. For fostering scientific learning in early childhood, active, hand-on learning are very important.

Kids usually form a basic opinion about the sciences shortly after beginning school. If this is a negative opinion, it will be hard to engage those children in science as they grow older. Engaging pupils with exciting materials and experience motivates them to learn and pursue sciences throughout school. I still remember in one of my experiment. With grade iv pupils in Basic science, on water cycle, the excitements in the gave me much Joy as a teacher, cycle, they all prove to me that indeed, they understood the experiment better than the theory aspect during assessment

Why is science experiment important?

We are surrounded by technology and products of



science every day. Public policy decisions that affects every aspect of the immensely complex natural world that surrounds ates infinite scientific concepts,

Science experiments promote discovery and learning. Discovering new ideas is an integral part of learning science. It is something that teachers can't give to pupils, they only guide. Pupils themselves have to discover new ideas and concept during their search for knowledge.

In DLES science lab/classes/ pupils are viewed as active leaners and not just passive recipients of knowledge. Pupils are given various opportunities to learn and experiment.

Science experiments play crucial role in the ongoing intellectual development of children.

Here in DLES, the pupils are given time, space as well as resources to exercise their curiosity in science experiment. They are given the freedom to engage in new explorations, experimentations and explanations.

Science Experiment is very important because, it is very easy for the pupils to what they have been taught theoretically to memorize than forget thing what they have seen touch or conducted the experiment. All the science experiments I have guided the pupil in class to do are still fresh in their brains compare to the theory aspect.

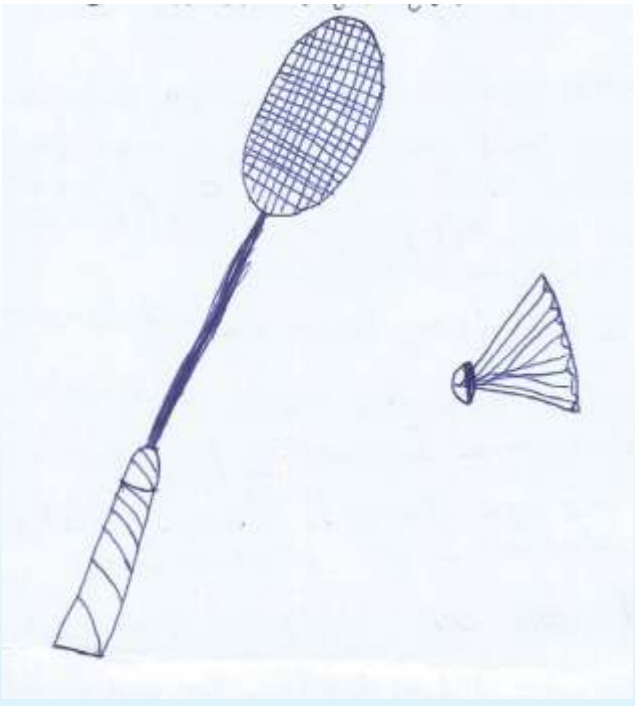
The pupils in DLES are all exposed to ICT devices, with the help of computers in the lab, most of the pupils can carry out basic functions using the ICT gadgets that has been of great help during this covid-19 lockdown, teachers are able to reach out to their pupils and teach the online with help of these gadgets.

In conclusion, schools are becoming aware of this productive aspect of science projects and experiments and are therefore incorporating them in their course curriculum. By investing in safe and high quality science lab equipment, schools can provide the most effective tools to their students for supporting constructive learning and fostering scientific thinking in students.

HOW TO INTRODUCE YOURSELF IN FRENCH

Je ma ppele kingford, Je suis Nigerian, Je suis un gaison, Hai neuf ans. Jaim bien batmicon.

Jaim Le courts. This is my family:
Mon Pere sappelle Barnabas Ikyo.
Ma mere sappelle patience Achakpa-Ikyo.
Ma sere sappelle Anadoo Achakpa-Ikyo
Mon sere sappelle Aondodoo Achakpa Ikyo and et Terhide
Achakpa-Ikyo.



By KING FORD ACHAKPA-IKYO
Grade 5

VISION 2020

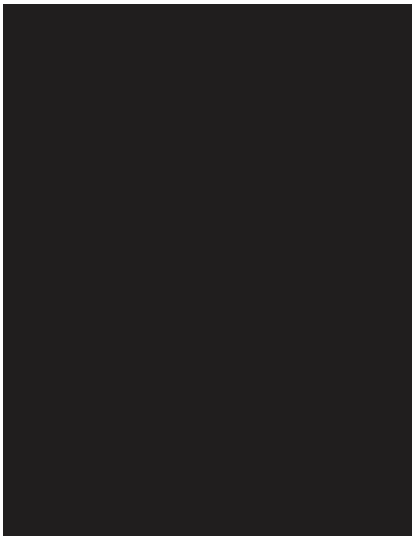
Nigerians have being looking forward to the year 2020 when everything will change. Finally it came and truly everything changed. The year started with new year resolutions, prophecies, prayer points and high hopes...

The school's second term also started and we were learning and rehearsing for our Easter recitals. We even celebrated our career day and went for a mid-term break. Then resumed our Discovery routine. 21st March, 2020 was a normal Discovery Friday that started with our Drop Everything and Reed (DEAR) program, then assembly coauthor's chair, rhymes, lessons, brain breaks, recess, "the evasion" and of course dance rehearsals... After the Friday school day ended we had our teacher's devoting and went home thinking well be back in school after the weekend.

(since we didn't know that it was going to be the day of the term; we were all looking forward to our examinations and Easter celebrations to which end we had: drama rehearsals of the "passion play", Easter scriptures/songs rehearsals dance rehearsals and other fun stuff!)

(Learning is a new concept and it was interesting as we designed time table, t aught, had tests and even followed up online, amongst others. We had lots of fun on our whatsApp group as we celebrated each other, and shared lots of information.

Then we resumed in August and instead of our Easter recitals we are having a graduation! What about all our preparations and expectations? In its place we have our annual school magazine-"The Exemplar"- A medium for us to share our experiences of how distance has made our hearts grow fonder! We miss each other so much , we' ve become like a close knit family.



We chat, we call and we talk to each other; sharing our joys and sorrows.

I recall talking to my babies and they tell me things like:

"I didn't come to school today"

"It's my birthday; it's mummy's birthday," or "it's daddy's birthday

"I miss you"

"I' ve done my homework"

"How are m y classmates?"

"When will school resume?"

"Have you seen my test?" ...

What a start of a new decade?

By 'Gunan Kase
Teacher

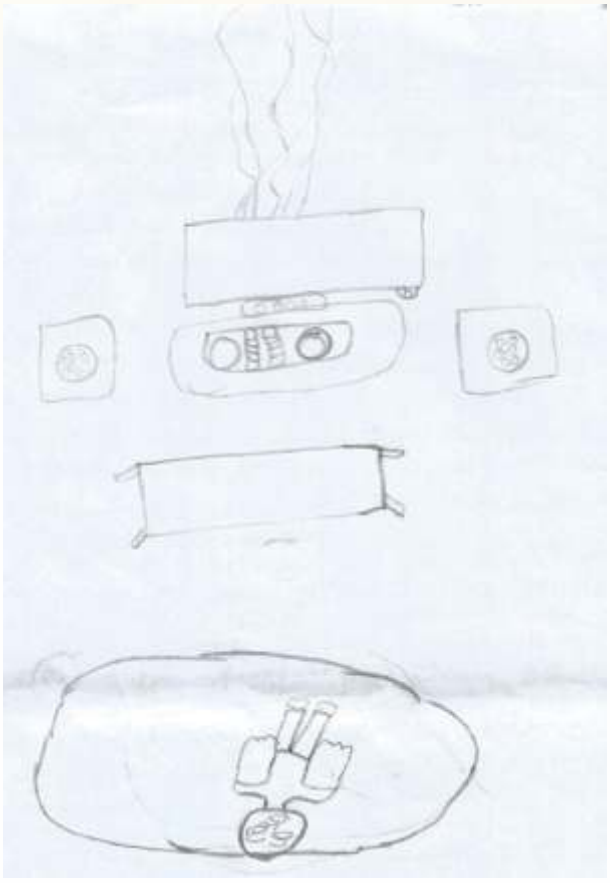
MY COVID-19 Experience

Covid-19 means coronavirus disease 2019. This means covid-19 started in wunan-China, in December 2019. The symptoms of the disease are cough, sneezing, headache dryness in the throat, shortness of breath, fever, and muscle pain.

The disease can be transmitted through droplet of an infected person, through hand shake and touching of surfaces that have been contaminated.

The first confirmed case in Nigeria was announced 27th February, 2020 when an Italian citizen Lagos tested positive for the virus. Nigeria announced its lockdown in match 29th 2020, this was as a result of the continues spread of the virus after the first discovered case. We were about to start our 2nd term examination when the lockdown was declared.

This led to the closure of school which affected us since our exams had to be suspended. All the while I stayed at home with my parents and other sibling, people were not allowed to go to work, church or market to avoid crowding that would result to spreading of disease this was very usual but we had to adapt. During my stay at home my school, Discovery leaning Exemplary school (DLES) organized learning for be studied by pupils everyday so as not to miss out on anything. This helped me a lot because it kept me busy while at home. I also had time to watch TV programmes with my sister who is in a board school that also had to come back home and stay with my other siblings and I, it was really nice bonding with my family. We had to offend church following it on Television every Sunday. I missed school, I missed the different activities carried out in school, I missed my teachers and fellow pupils. But what could I do? I had obey indeed been a wonderful experience, on experience and moment I will never forget.



Written and illustrated by
Samuel Oragba
Primary 5



My E-learning *experience*



The COVID 19 Pandemic obstructed our regular School attendance. It also affected our normal classes and the way we learn in school. It is really a strange experience No matter how I missed school and my classmates; I was told I cannot go to school because I could be infected by the Virus. I was not able to write my exams because the government ordered all schools to be shut down. But not with standing, my school DLES was able to find a way to teach us. All our classes were done on the internet. Our teachers will teach us from the school while we watched and learnt from home using the computer or Phone. I had some classes on what Sapp, while some through video calls. It was really a new experience for me and I love it. But in all, I still miss my regular school attendance.

GODWIN IORDYE
CLASS 4

We have been saddened by an outbreak of a virus called COVID-19. This disease was first reported by officials in Wuhan City, China in December, 2019. Investigations by Chinese authorities identified human cases with symptoms at first in early December, 2019. The earliest known cases had a link to a wholesale food market in Wuhan, as noticed by some authorities. Many of the initial patients were either stall owners, market employees, or regular visitors to this market. This disease is caused by severe acute respiratory syndrome corona virus-2 (SARS – COV-2) Most of the environmental samples taken from the food market in December, 2019 tested positive for SARS –COV-2. It is suggested that the market in Wuhan city was the source of this outbreak. The market was closed on 1st January, 2020.

The outbreak of this virus was amplified through movement of people who had contact with infected persons in the affected city. The first reported case in Nigeria was recorded and officially announced on the 27 February, 2020. The patient was an Italian citizen who had recently arrived in Lagos from Europe, after a few days, tested positive for the disease. In Ogun State, another patient was identified and was discovered to have been in contact with the first patient. Since then the situation has developed with more cases occurring. Regardless of measures initiated by the state and federal government to combat the virus and return to normalcy.

The increasing number of cases prompted the shutting down of schools, churches, markets, hospitals, human and vehicular movement, economy because the safety healthy measures introduced like regular hand washing or use of hand sanitizers, social distancing, wearing face mask was thought not to be effective like staying at home. An initial 2 weeks lockdown was enforced by the government before its extension.

The corona virus outbreak has brought a lot of challenges which has negatively impacted the citizenry;

Firstly, the closure of schools has disrupted the academic year calendar which has been scrupulously structured for each school year. The motivational drive in the students has been driven away. The incentive towards their academic has been discarded. The familiar atmosphere has made it difficult for parents to properly apply the right behavior and give appropriate moral support to the children.

Secondly, the depressive state of the mind has over whelming increased suicidal cases in the society. Intense case of rape kidnapping theft and street thuggery has been caused by the dreaded disease.

Hunger is another negative effect of the COVID-19. Most individuals who make their daily income through commercial means mostly have no savings which could be resolved to at a time like this. Most people reclined to the little they had to feed on which is never enough some became indolent ever to hold or lay hands what was engaging became difficult.

There are numerous traumatic experiences accompanied by the COVID-19 such as laziness, loneliness, weight gain, idleness and loss of jobs by some.

However, numerous the negative effect of COVID-19 has brought. There are also positive experiences like parents becoming home teachers to their children. The family bound has become tightened with more love, attention, involvement in the academic life of begun to do things they couldn't do before as a result of the limited time provided.

The availability of internet facilities prompted others to push forward for an online study in various courses in order to keep themselves busy and the enlightened. The acquisition of certain skills by some person increased and encouraged interest in financial independence.

Although there are tremendous negative and positive experiences posed by thus disease, the global changes and experiences must be accepted by the citizenry because the world cannot wait for any one. We must however adopt to the world and this outbreak is a wake-up call to brake development change and technology. As quoted my Director General (DATTO) Dr. Tedros “We have a long way to go. The virus will be with us for a long time, that the world cannot go back to the way things were. There must be a new normal”. We must therefore learn to grow with the increasing changes of the world”.

Miss Barbara Williams

MY EXPERIENCE AT HOME DURING COVID-19 LOCKDOWN

Earlier this year covid-19 came to Nigeria. We had to vacate from school before our examinations. While at home. I did many activities to keep busy like bicycle riding. At first, I didn't know how to ride very well and I was using training wheels to help me balance. My brother taught me some tricks on how to keep riding without failing.

After a while I didn't even notice he wasn't holding the bicycle anymore. I kept practicing everyday and after some weeks, I became an expert and could even ride on my brothers bike.

Written and Illustrated by
DEBORAH ABAH



MY COVID-19 HOLIDAY

Covid-19 has been a very traumatic period for all here is my experience;

We were in school preparing to go for our excursion when suddenly miss Ruth started taking to us about the corona virus and the tips to prevent it, to us it was a new thing and we were getting impatiently after that we were to go for our excursion and she took it so serious that before you enter the bus you must get your hands sanitized.



We were preparing to write our exam when the government said all schools should shut down till further notice. All schools had to be shut down including secondary and tertiary institutions. Some schools wrote exam and some didn't like our school.

We stayed at home for over four months and I was getting bored, no movie to watch. We were not allowed to go out of the house, and finally our school was to resume I was so happy that I wanted to come to school right away.

Manger Msenda
Primary 5

My Role Model

A role model is a person with amiable qualities He /She has certain characteristic that inspires or attracts younger minds.

As a growing girl, beautiful things about life tend to interest me and I wish to possess them like that people in whom I have seen those attributes for example: I love my Mom's dressing and her Home management skills and also I love my Dad leadership skills and also my school proprietress whose attributes we shall venture into the next paragraph.

Mrs. Kajoh, Head of School, Discovery Learning Exemplary School is my role Model. Her good looks and fluency in speaking, simplicity with her pupils and staff also her ability to run the school well.

Good Looks
Looking good always make her appear responsible and presentable, always ready to address the crowd.

Speech Fluency
She speaks without error and always on the point, everybody loves her speeches.

Simplicity With Her Pupils and Staff:
Everybody feels free around her because she creates a friendly atmosphere around herself.

Her Ability to Run the School:
She instructs the teacher on what to do, always punctual to school and she makes sure all school activities are carried out well.

I dream to be hardworking good looking and fluent woman when I grow up. All girls dream to be like that and work toward their dream, there is hope for a better future.
God bless all role models

COVID-19

Covid-19 is a highly contagious disease which spreads through hands nukes hugs or droplets from an infected person. Covid-19 means corona virus disease 2019.

Covid- 19 was discovered in Nigeria on 27122020 through an Italian in Lagos the disease started spreading which Led to the Lock down of Schools, churches market places, business centres work places and restriction of movement by people so as to avoid further spread of the virus.

Covid-9 brought about a lot of changes that affected the day to day activities of people. We no longer went to church like we did every Sundays, we and to follow church activation on television instead we did our learning on whatsApp group instead of going to learn is school we could not go out for any birthday parties or to recreational centres to play. We could not even go to play in the neighbours house to play because everyone was indoor due to covid-19 Lockdown. I have never had this kind of experience since I was born.

I have so much missed school, my teachers and friends. I look forward to when school will fully resume so I will back school.

By Stephen Oragba



Moments to Capture

Teaching is an amazing profession, although it's not for everyone. It is only for those who can tackle challenges, work hard and put in time and effort it takes to help young people grow academically.

In teaching you make a massive difference in the lives of young people. You might not know how many kids have taken your words of wisdom to heart. I didn't know this until lately, when I was a child, teaching was a major aversion of mine. I'd tell myself repeatedly "Anne, you are a doctor and there is nothing anybody can do to change that" little did I know that there was a hidden ambition.

I did everything I could but to no avail, I think I'm still a doctor but not a medical though, a classroom doctor! Isn't that interesting? Of course, it is! Do you know my patients? They are Discovery Learning Exemplary School students. When teaching becomes your life, "you wouldn't change it for the world".

Teaching at Discovery Learning Exemplary School has been splendid. It is indeed a place to discover learning and example to other school. Even as a teacher, you are constantly learning new skills through professional development, hands on materials and a lot of books. "Anyway, it's not like there are no ups and downs" the fact that you have to teach without a cane alone is a big challenge. Sometimes I trudge to school because I know the kids definitely get me mad and stress out, "but its fun in the long run".

I love my babies at Discovery Learning Exemplary School a lot, they are --------- what word can I use to describe my babies again? Oh yes! "Terrific! Is the word" my babies are terrific!! Especially the grade 5 and 6, we have had some incredible time together, "Oooh, sure I will miss them a lot now that some are graduating".

Care too have a look at some of ingenious and hilarious moments with my kids? I'm sure you will like to take a look at our maths game, science game (Periodic table game), class Party cultural day and of course free style moments.





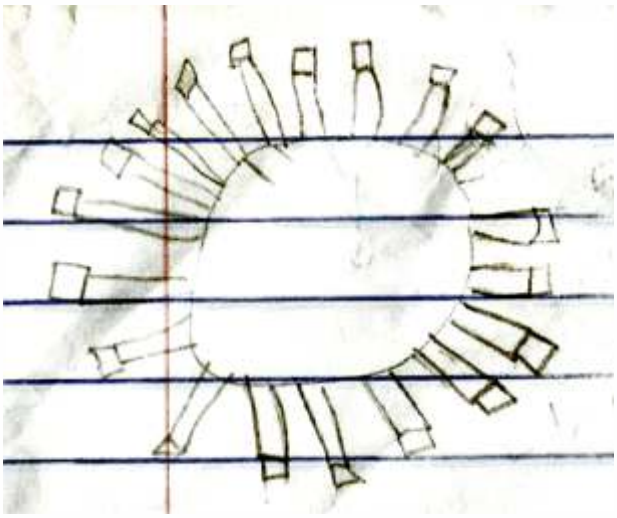






My Babies rock! Academically, socially, morally and other wise my babies rock!!

By: Mrs. Anne Jam



Coronavirus is a dangerous sickness that attacks people.

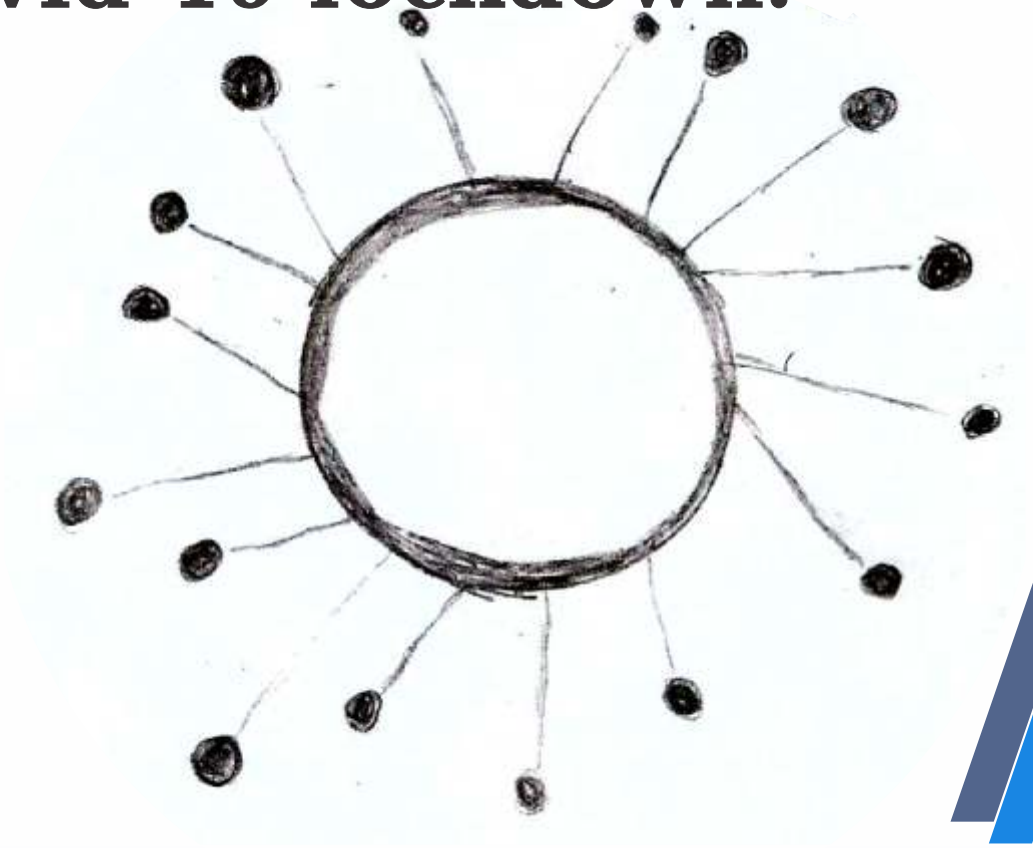
When it attacks people, they cannot breathe well and they die.

It has done something but by killing people. Since COVID-19 I have been playing, washing and taking care of the environment. I want the virus to stop because it is killing so many people and so that I can go back to school.

Doember Kpe



My experience during the Covid-19 lockdown.



The meaning of covid-19 co is for corona virus vi is for virus is for disease 2019 it's a new infection caused by a newly coronavirus.

I would never had believed that the state could be so calm the first day of lock down no cars, No buses, no noise Wurukum round about no food seller were was around.

It was not long before people gradually started coming out in search of food and money.

After the lockdown the wearing of face mask was introduced it was not easy for me. I use the season for going to farm which is one of my best experience, exercising, watching movies and online class. Since classes were closed and we could not go for any social gathering e.g Birthday parties, wedding ceremony etc or to visit friends; it become very boring for everybody..

It's also been an amazing time to bond with my family. Daddy and mummy at home, but realized that the lockdown helped my did siste r a lot, she can now talk very well since we were all or home. This is the first time since I was born that I have really spend time with my family together.

Thank you lockdown.

by Esther Tersor

My Covid-19 Story

[redacted]

Covid-19 (Corona Virus) is a dreadful disease that the first dreadful corona virus struck Nigeria. We were about to start our examinations when it was announced to us, so we were asked to go home and start observing the covid-19 safety protocols.

All schools, worship centres, markets and crowded places were shutdown. I was told that the symptoms of the virus include coughing, sneezing, severe fever and temporary loss of taste and smell which could lead to death, among other symptoms.

While at home, I played football with my friends every evening to keep my sets physically fit. I also study my books during this period. It has been a great experience which can't be forgotten in a hurray.

By David Abah





WHY I WANT TO BECOME AN ASTRONAUT.

Do you know that I want to become an astronaut? Well you are going to find out! I would like to become an astronaut because I would like to see stars and name them, explore the moon see how the earth looks like in space and be the first man to go to Mars or!! --- Pluto if!! People have already gone there. I would like to share a story with you about a boy who lost his mother. This is how the story goes. The boy and his mom went to bed Ahh……! She shouted, the boy ran out of bed and didn't find his mom he then saw two other nice aliens that helped him go to mars and save his mom from the bad aliens before they killed her.

Facts about astronauts.

1) An astronaut or cosmonaut is a person trained by a spaceflight program to lead, pilot or be a crew member of an expedition to space on a spacecraft.
2) As well as being used to describe a professional space traveller the term astronaut or cosmonaut is now often used for anyone who travels into space, such as scientists, politicians, journalists and tourists.
3) The world Air sport Federation (FAI) recognises only those flights that reach an altitude of more than 100kmm 62miles as space flights. However the U.S.A awards astronaut wings to any astronauts who travel above 80km (50miles).
4) The term "astronaut" is derived from the Greek word **astron** meaning "star", and **nautes** meaning "solar".
5) An astronaut employed by the Russian Federal Space Agency are called a **kosmonaut** (cosmonaut in English) derived from the Greek word **Kosmos** meaning "universe" and **nautes** meaning "solar".

By: Terhide Achakpa-Ikyo

A Computer Programmer

A computer programmer is someone who makes computer programs softwares like games and websites with codes called HTML, java script, python and so many more. Hmmmmmmm……
Becoming a computer programmer would be great!

I think I would make educational games and websites so children from all over the world would learn from them, and the features of a programmer is that you need to know when you are supposed to write the codes.
Do you know the only device you can use to program, is a computer!
I really want to help the world, to make it a better place.
I would love teach children how to program and teach them on TV, schools and google browsers

Example of code are:

1. <h1> my first heading </h1
2. <p> my first paragraph </P>
3. </body> write this in notepad (windows) Write this in texted it (mac)
4. </html then open with google

By Msooter Mee
Primary 5

Noodles Like no Other



I love noodles a lot, noodles are delicious and very easy to make. Indomie is my favourite noodles, I love it's sweet aroma and yummy taste. Like I said noodle is easy to prepare. In case you don't know how to prepare noodle, worry no more because I'm here to teach you. Here are all you need to for preparing noodle: onions, pepper, egg and noodle. Now you boil water, after some time you put the noodle inside until it's soft. What do you do next? I know which I will like to tell you.
Slice your onions and pepper, if you like and but in the noodle. Then for the egg, you might break two or three eggs then add a pinch of salt, stir and fry. What you want it boiled egg with the egg noodle? Then boil water and put the egg inside, heat it for some time. Then break the shale of the egg and put it in the noodle.
Noddle is carbohydrate and egg is protein. That means noodle makes you strong and healthy.
Things that you should not forget about noodle:

1. Noodle is carbohydrate.
2. Egg is protein.
3. You will grow strong and healthy

That's why I love my Noodle, my best food

By Name: Loyalty A Agor
Class: primary five (5)

My Experience in Discovery Learning

Discovery learning is full of fun excitement and adventures. Discovery teachers have different methods of making their lessons effective and easy to understand. Oh! I'm going to miss the maths games and science experiments! I can remember my first day in Discovery learning, the excitement I felt when I played my first maths game it was so strange, I asked myself "does maths have games"? Of course, the only games I could think of was the Ludo and Chess. I felt puzzled but had fun playing and learning at the same time "please don't judge me I had never played a maths game and it was all new to me".

I have a lot of experience that mould my personality; the school pledge is my major source of inspiration.

These words of the pledge;

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

How can I forget my interesting science experiment? The most memorable experiment was when I made volcano and watched it erupt "it was so amazing!" guess what? I have developed interest of studying science and I want to become an automotive engineer thanks to Discovery Learning Exemplary School I will continue to inspire people where ever I go, giving Discovery a you rock.

Discovery You rock!!!

By Tachin Senenge
Grade 5

VISION: A TOOL TO SUCCESS

It takes several drops of water to make an ocean, so also it takes failure to achieve ones success.

Vision is a very important tool to success in the quest for knowledge. A person without a vision is like a person who has eye sight but is blind. Therefore vision can be described as the ability to think or plan about the future with great imagination and intelligence. Success on the other hand is the achievement one has attained.

The vision of a child who is crawling is to walk the first time he tries to walk perfectly. Success is achieved. Thomas Edison failed 100 times before finally invented the bulb in the world today his desire inspired by his vision to acquire such greatness. Never give up in life. Try harder can achieve success and you will.

Every great genius has fought with so many failures and difficulties in their search for knowledge.

Every vision comes with series of challenges in order to achieve success it doesn't come without years of hard work. Anyone who wakes up and finds himself successful; hasn't been asleep. So achieve great success by having a vision today.

Deborah Terver

PARENTING:
A PARADOXICAL SITUATION NEEDING GREAT PROWESS IN THE CONTEMPORARY SOCIETY

Williams Doose Barbara and Nomishan Terngu Sylvanus

Introduction

Parenting is the act of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child aside from the biological relationship (Jane, 2012). A parenting practice is a specific behaviour that a parent uses in raising a child.

Parenting, and how it should be improved, is the subject of current attention. Sadly, much of this interest has arisen from well-publicised 'failures' in parenting, resulting in the abuse and neglect of individual children as well as in systemic social problems, such as the riots and looting that spread across our society today. Of a wonder and serious concern is the fact that many parents today lack the basic skills needed to achieve a successful parenting, many parents cannot identify when a child needs to be talked to, when he or she needs advice and when to punish a child.

According to Sanders Matthew (2008), to make a successful parent, one needs to possess the following skills among others:

1. Parent-child relationship skills: quality time spend, positive communications and delighting affection.

2. Encouraging desirable behaviour: praise and encouragement, nonverbal attention, facilitating engaging activities.

3. Teaching skills and behaviours: being a good example, incidental teaching, benevolent communication of the skill with role playing and other methods, communicating logical incentives and consequences.

4. Managing misbehaviour: establishing assertive ground rules/limit setting, directed discussion, providing clear and calm instructions, communicate and enforce appropriate consequences for problem behaviour, using restrictive means like quiet time and time out with authoritative stance and not authoritarian.

5. Anticipating and planning: advanced planning and preparation for readying the child for challenges, finding out engaging and age appropriate developmental activities, preparing token economy for self-management practice with guidance, holding follow-up discussions, identifying possible negative developmental trajectories.

6. Self-regulation skills: Monitoring behaviours (own and children's), setting developmentally appropriate goals, evaluating strengths and weaknesses and setting practice tasks for skills improvement, monitoring & preventing internalizing and externalizing behaviours, setting personal goals for positive change.

7. Mood and coping skills: reframing and discouraging unhelpful thoughts (diversions, goal orientation and mindfulness), stress and tension management (for self and in the house), developing personal coping statements and plans for high-risk situations, developing mutual respect and consideration between members of the family, positive involvement: engaging in support and strength oriented collaborative activities/rituals for enhancing interpersonal relationships.

8. Partner support skills: improving personal communication, giving and receiving constructive feedback and support, avoiding negative family interaction styles, supporting and finding hope in problems for adaptation, collaborative or leading/navigate problem solving, promoting relationship happiness and cordiality.

Consistency should be maintained in helping the child acquire the right training; however, overprotection should be avoided.

The behaviour of an African child in history was a product of the entire community, parents never questioned the decision of a neighbour on their children and harmonious efforts were jointly geared towards making sound morally grown children. However, the typical African parents today, resist neighbours inputs in the struggle to bring up their children. The perilous situation is a particular case of 'Nigerian parents' who are prepared to sue a neighbour for correcting their children. Today, teachers in former institutions of learning in Nigeria are not allowed to apply a serious measure in correcting a child. Schools in Nigeria today are known for nurturing and making available to the Nigerian society ill moral children for fear of been sue by the parents or voluntary withdrawer of children in such institutions. What an angst.

Lackadaisical attitude of children to parenting prowess

Deviation from parental moral will is mostly caused by the following reasons

1. Ignorance-When so much efforts have been made by parents to give their wards a decent moral

upbringing, but they tend to deviate from these caution and ignore these parental warning signals and indulge in certain hazardous lifestyle without remorse even when they are corrected,they flare up and deliberately protest against such and even abandon their homes to take refuge in the arms of people they barely know.

2. Peer influence-As kids interact in their environment daily, they tend to copy certain habits,characters,mode of dressing and other traits of behaviors from their mates,friends,neighbor among others and this often influence a greater part of their growing stages,the influence is not necessarily the negatively conceived life but also a positive effect that can be helpful.

3. Effect of adolescent-It has been a widely conceived notion that the teenage growing stages of children affect to a large extent their moral behavior which has a tremendous effect in them that makes parenting quite difficult. However, a larger percentage of teenagers pass through these teenage stages and never experience the so called trend of negatively conceived adolescent problems.

4. Impossibility in the training of young adult in these modern years has also been as a result of the deteriorating levels of marriages, since a greater part of behaviors of children is mostly affected by the kind of home they have been raised and this can be corrected when parents curb the grievances in homes and moderately share their love, time and attention with their kids.

Each parent has to study and know the strategy that is best and would possibly be applicable for easy parenting. Whichever way we choose to follow in putting an end to this ubiquitous vagaries, should be a positive one. Parents ought to withdraw from the other side and return to the hitherto society of our four fathers who embraced community effort for children upbringing.

Indicscipline in Schools in Nigeria

When you listen to news or read newspapers these days, what you normally come across is arrest and not cases of students in different parts of Nigeria. If one may ask, what is really responsible for this?

The first reason that immediately comes to mind concerning indiscipline in our schools is parental attitude. The proper upbringing of children is first and foremost the responsibility of their parents hardly have enough time to monitor the behaviour of their children. These parents spend all their time pursuing money. It is either both of them are civil servants or they are business people. By the time they return home from whatever there pursuits are, their children have caused havoc and retired.

Another reason for this ugly trend is the exposure of children to violent and inappropriate watching of movies.

An average Nigerian child is no longer interested in reading or watching any material that will develop him/her morally, spiritually and intellectually.

Instead, they are much more interested in violent films that glorify killings, rape, drunkenness and other social vices, which rather influence their behaviours also, there is the tendency of the few good children from better family backgrounds to be easily corrupted by the majority of the bad ones….

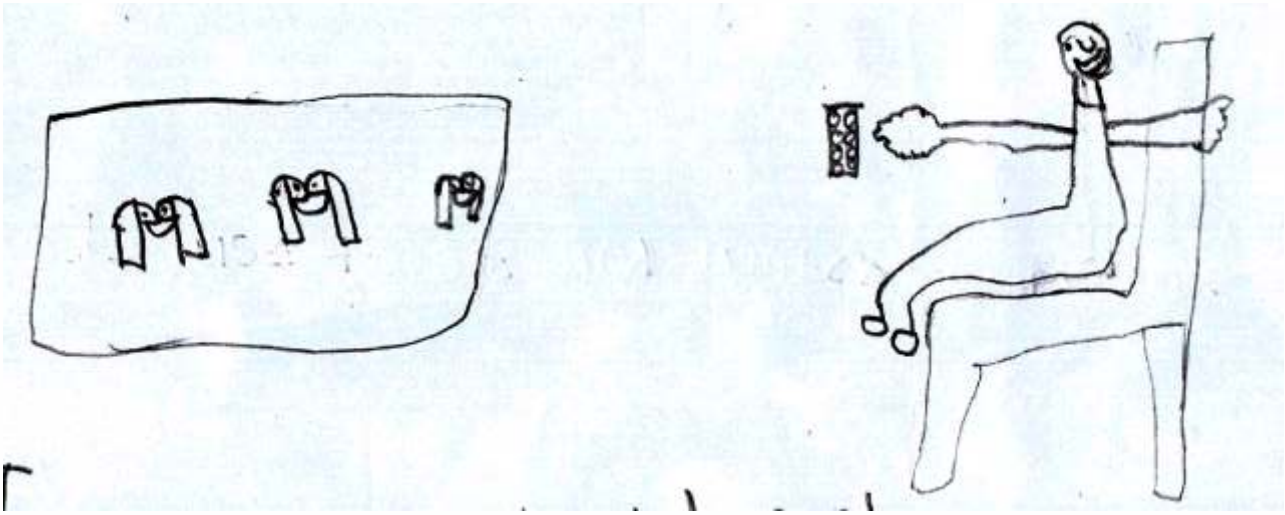
However, helpless as the situation may seem, if certain measures are implemented, they will be a little change for the better.

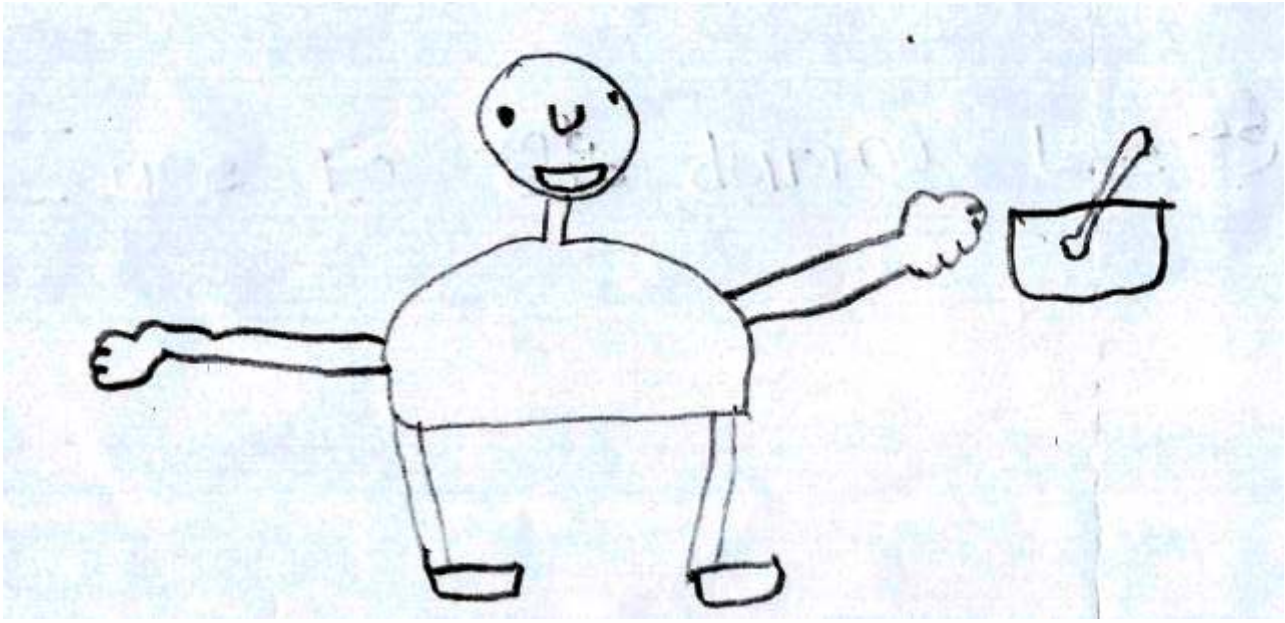
One of these suggestions is that, parents no matter how busy their time to monitor and evaluate the conduct of their children both of home and in school if the case might be. Another reason is that children should be protected from watching violent and inappropriate films. They should only be allowed to watch films that teach responsible behaviour and moral characters. Finally parents should screen and know the background of the type of company their children keep as friends and I will tell you who are/is applicable in this situation too. Above are some of the causes of indiscipline in Nigerian schools and the likely solutions, which when implemented, can arrest this ugly trend.

My Experience during the CORONA VIRUS

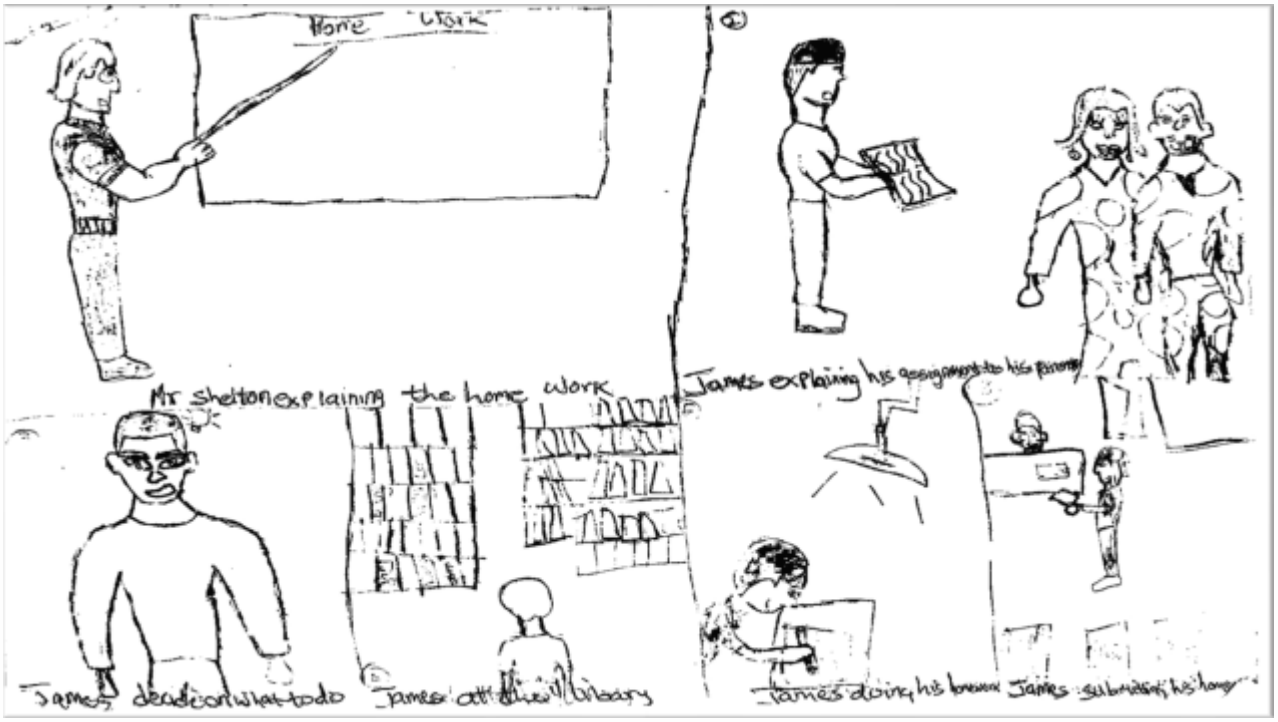
By Francis Gege

- The break made me play a lot with my book
- I use to sit and watch cartoon
- I use to eat during lesson at home





The Art of Independence



It was Monday morning when Mr. Shelton walked into the class "Good morning students" he said "Good morning sir" they responded Mr. Shelton wrote an assignment on the board about the independence of Nigeria, because Independence Day was next week. "The best artwork will be displayed at the IBB square march pass" Mr. Shelton echoed, there was murmuring in the crowd of students for a minutes then the dismissal bell rang. A thirteen year old boy in Mr. Shelton class named James was so eager to have his assignment done, James was as tall as a mango tree, his skin was as brown as chocolate and he had a bony body, and his hands were as wide as a paw-paw leaf with a broken voice.

James went home and asked his parents Mr. and Mrs. Aderson, for help but they knew nothing about art. "James we don't know much about art" uttered Mrs. Anderson "But Mum" "But nothing" creamed Mrs. Anderson at James. James really wanted her help but she was too busy and so was his dad, James sobbed and left the living room. After that James went to his siblings, friends and neighbours but they too did not know it, James became worried when he suddenly remembered something "I know what to do" he said joyfully "I will fo to the BSU library and borrow a book on the history of Nigeria" "Ghosh" he anticipated "I have to finish my chores first" "anyway it won't take much time" he added. James finished his chores and rushed to the BSU Library, on reaching there he met the librarian Tracy "Good Evening" he greeted "good evening hoe may I help you" she replied in a low and kind tone. "I want to borrow a book about the Independence of Nigeria", James answered, "some has already borrowed that book, do you have to come back after three days" he became worried. He went home and returned after three days, he came back and the book was available he borrowed it and did his assignment and it was ready to be submitted.

He submitted the art work along with his other class mates, Mr. Shelton marked the home work and James was displayed at the IBB square Independence Day Parade, he also learnt that sometimes it is good to do things by yourself.

By: Emmanuel Iortyer
Grade 5

THE EDUCATIONAL SECTOR IN NIGERIA: HEADING TOWARDS A DEAD

The advent of western education can be traced back to the 1840s when the Europeans especially from Great Britain started trooping in to Nigeria as Missionaries after independence; education had come to stay over the years, education has been seen as a legacy, and invaluable asset and an accomplishment worthy of note. It is quality prestige that has driven many over the years, to acquire education in order to ensure a more secured future education in order to ensure a more secured future. Education is a process of teaching, training and learning I in schools to improve knowledge and develop primary and elementary education.

Education is the key to success; education makes one smart, intelligent, neat, and creative and civilizes. Education has brought about modernization where we learn and know how to speak, read and write. Also provide us with amazing professions like medical doctors, nurses, teachers, engineers, scientists, and lawyers etc. which improve our standard of living.

AREA OF DECADENCE

Inadequate Education facilities: Many schools whether at the primary, secondary or tertiary level lack the adequate facilities that are needed for effective learning. Such facilities include laboratory and libraries. Even in some schools where these facilities that are available, they are poorly managed and do not suit current needs of the students.

- **Non update in curriculum:** Knowledge is said to be vast and encompassing, evolving with time: this entrails that it is not static and as such develops as new things pop up with the trending times. Unfortunately this is not put into consideration as the educational sector now operates in a stereotyped and rigid manner. There is no update in the Curriculum, thus the same thing is repeated as such the system becomes stagnant and undeveloped.
- **Employment of qualified staff:** The importance of a qualified teacher can be over emphasized. For a person to give something, He or she must have that thing Employing who is incapable of imparting knowledge is like a bus driven piloting an airplane. The outcome is obvious. Qualification is no longer considered as a yard on sentiments and nepotism. What then is expected of the students in the end?
- **Indiscipline:** most schools today have become "Miracle" Centre so to say, where examination malpractice has become a norm, with the teachers in full support of the act. This has breed half-baked graduates and frauds who do not merit such certificates. Thus the labour market becomes filled up with illiterates.
- **Insufficient funding:** Very little funds are ploughed into the education sector. The little that is put goes into the pockets of individual who use it for their personal endeavours most people now use schools as a business enterprise for financial benefits.

POSSIBLE SOLUTIONS

- Effective and efficient management of schools structures
- Employment of qualified and zealous and selfless workers.
- Re-endorsement of discipline and selfless honesty among students.
- Adequate facilities school facilities should be put in place to ensure the smooth running of the system.
- Continuous update of curricula to meet current standards.
- Agencies should be put in place to ensure that mushroom schools are discouraged and to re-assert conditions to be met for the running of a school.
- Re-enculturation of the basic essence of education (i.e. to impact knowledge not for financial benefit)

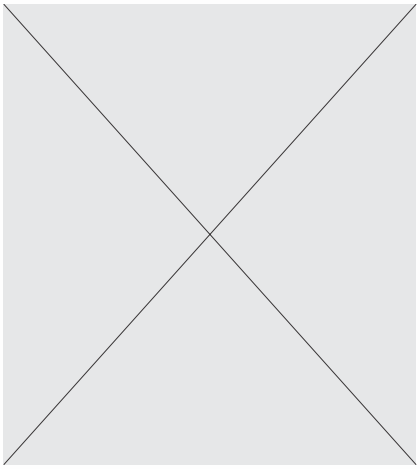
Conclusion

The education sector today is in a precarious situation.

Therefore, strict and urgent measure must be taken to bring back its past glory and avoid its doom.

By: Mrs. Ukegh Teryima Lizzy

IMPROVING STUDENTS RELATIONSHIPS WITH TEACHER TO PROVIDE ESSENTIAL SUPPORT FOR LEARNING



Improving student's relationships with teachers has important, positive and long lasting implications for both students academic and social development. Solely improving student's relationships with their teachers will attain higher level of achievements that students with more conflicts in their relationships.

Picture a student who feels strong personal connection to her teacher, talks with her teacher frequently and receive more constructive guidance and praise rather than just criticism from her teacher. The student is likely to trust her teacher in class and achieve at higher levels academically. Positive teacher student relationships draw students into the process of learning and promote their desire to learn (assuming that the content material of the class is engaging age-appropriate and well matched to the student's skills).

• Positive teacher-student relationships contribute to school adjustment,

Academic and social performance.

Positive teacher-student relationships evidenced by the teacher's reports of low conflict, a high degree of closeness and support, little dependency have been shown to promote academic performance and foster student's Excellency in academic performance. Teachers, who experience close relationships with students reported that their students were less likely to avoid school, appeared more self directed, more cooperative and more engaged in learning.

• Factors that contributes to positive teachers-students relationships.

There are multiple factors that determine teacher-students relationships: teacher's characteristics and students characteristics each play important roles role in predicting the quality of interactions that teachers have with individual students. Although less well studied other factors (School, Social climates, School policies etc.) Also contribute to the quality of these relationships

• More positive teacher-students relationships improve the peer relationships in the class room.

Positive teacher-students relationships can promote peer relationships in classrooms through direct and indirect approaches. Teachers can directly promote positive social behaviors by orchestrating the relationships within a classroom in a positive manner (battish et al 2004). Teachers can use positive teacher-Students relationships indirectly to promote peer relationships as well. Students tend to be more accepting of peers who show engagement in the task of school (e.g. show attention, participate in class room activities), it also enhances student's engagement. Positive teacher-students relationships improve students to student acceptance of both current and future years (Hughest & Kwok, 2007).

• Positive teacher-students relationships help to reduce the prevalence of bullying behaviour and among students the behaviour and emotions that young children displayed when interacting with peers play a critical role in their involvement with bullying throughout the school years. Teachers have the ability to reduce bullying positive climate in which pw-social actions are both encouraged and in the classroom by establishing a positive climate in which pro-social actions are both encouraged and rewarded (Hanish, Kochederfer-Ladd, Fables Martins, and Denning, 2004). Teachers can assist students in understanding how to better regulate emotions they are feeling. They can also involve students in discussing alternative strategies to deal with social conflict and in establishing pro social rules in the class room (Allen, 2010, Fraser et al, 2005).

• How to develop positive relationships with your students

- Show your pleasure and enjoyment of students
- Interact with students in responsive and respectful
- Offer students helping (e.g. answering questions in timely manner, offering support that matches student's needs) in achieving academic and social objectives.
- Be aware that you are modeling behaviour for your students whether intentional or not. Students notice the methods you use to manage strong emotions. They noticed positive strategies, such as taking deep breath or talking about your frustrations, likewise they notice the negative once too such as yelling at students or making mean and disrespectful jokes about colleagues (Jones, Buford & Weissbourd, 2013). Beware that students will adopt the strategies that you use.
- Help students reflect on their learning and thinking skills)
- Know and demonstrate knowledge about individual student's backgrounds, interests, emotional strength and academic levels.