

Secondary Newsletter

Friday 19-01-2024



Upcoming Events

- ❖ Under 12s Football Years 1 - 6 are involved Saturday 20 January from 2pm
- ❖ Mock exam (Y11 & Y13) begin on Week beginning Monday 22nd – 30th January
- ❖ 'Fun Run' - 27th January (Please contact Mr Siri for more details)

Head of Secondary Message

Embracing a Year of Growth: Welcome Back to a New Term at the British School of Lomé

Dear Staff, Students, and Parents,

Happy Belated New Year! We hope this message finds you rejuvenated and ready for the exciting opportunities that the upcoming term holds. As we embark on this new journey, our collective focus at the British School of Lomé is centred on the core elements of teaching and learning and aiming to create an environment that supports our students' academic progress and well-being.

This term promises to be an engaging one, filled with various initiatives and improvements geared towards enhancing the overall educational experience for our students. We are pleased to inform you about the upcoming mock exams, providing an invaluable opportunity for students to assess their understanding and refine their exam strategies.

In addition, we are thrilled to share that there have been significant improvements to our Learning Support department, which will henceforth be known as Wellbeing, and Support Department. Our commitment to providing tailored support for every student remains unwavering, and we are excited about the positive impact these enhancements will have on the learning journey of each individual.

This newsletter will serve as your guide to the exciting developments and important notices for the term ahead. From academic updates to noteworthy achievements, we aim to keep you well informed and involved in the vibrant life of our school community.

As we collectively strive for academic excellence, let us also embrace the spirit of collaboration and support. We encourage open communication and look forward to a term filled with shared successes, challenges, and the joy of learning.

Warm regards,

Mr. A Jackson

Acting Head of Secondary

Remaining Stress-free during the Mock Exam period (Monday 22nd – 30th January)

Staying stress-free during exam time is crucial for maintaining focus and achieving optimal performance. Here are some tips to help students manage stress and perform their best:

- 1. Start Early:** Procrastination can lead to last-minute stress. Begin your preparations well in advance, breaking down your study material into manageable chunks
- 2. Create a Schedule:** Develop a realistic study schedule that includes breaks. Stick to it, as this will help create a sense of routine and reduce last-minute cramming
- 3. Prioritise Tasks:** Identify the most important topics and focus on them first. This ensures that you cover the essential material, reducing anxiety about incomplete preparation
- 4. Practice Mindfulness:** Incorporate mindfulness techniques such as deep breathing and reflection into your daily routine. These practices can help calm your mind and improve concentration
- 5. Adequate Sleep:** Ensure you get enough sleep, especially in the days leading up to exams. Sleep is crucial for memory consolidation and overall cognitive function
or a brief walk can refresh your mind and improve concentration when you return to your studies
- 6. Healthy Lifestyle:** Maintain a balanced diet and stay hydrated. Avoid excessive caffeine or sugary snacks, as they can lead to energy crashes and increased stress levels
- 7. Regular Breaks:** Take short breaks during your study sessions. Physical activity or a brief walk can refresh your mind and improve concentration when you return to your studies
- 8. Self-Care:** Allocate time for activities you enjoy, whether it is reading a book, listening to music, or spending time with friends and family. Engaging in hobbies can provide a mental break and help reduce stress
- 9. Set Realistic Goals:** Break down your study goals into achievable tasks. Celebrate small victories along the way, and acknowledge your progress to maintain motivation
- 10. Positive Self-Talk:** Replace negative thoughts with positive affirmations. Remind yourself of your capabilities and focus on the effort you are putting into your studies
- 11. Seek Support:** If you feel overwhelmed, do not hesitate to talk to friends, family, or form tutor. Sharing your concerns can provide emotional support and valuable perspective
- 12. Avoid Comparisons:** Focus on your own progress and avoid comparing yourself to others. Everyone has a unique learning style and pace

Remember, exams are a part of the learning process, and staying stress-free involves a combination of effective preparation, a healthy lifestyle, and positive mental habits. Be kind to yourself and trust in your abilities.

Fun Run Sat 27th Jan

Dear BSL Community,

As part of the Lomé community BSL has been invited to participate in a 'Fun Run' at Kégué stadium on the 27th of January at 2pm. The run is aiming to raise funds for the 'la Chaîne de l'Espoir' NGO which provides free paediatric surgeries in remote areas of Togo. The run is being organised by the Arc En Ciel School by the Year 12 pupils, and as part of the project, they are collaborating with BSL Year 12 students to get up to 25 of our students, staff or parents to participate.

Please see Mr Siri for more details!

Saturday Boot Camp!

We extend our heartfelt gratitude to each one of you who participated in our Saturday Boot Camp Revision Lessons. Your commitment to academic excellence is truly commendable, and we appreciate the dedication demonstrated by staff, students and parents alike.

These sessions have proven invaluable in providing targeted revision for our exam classes, enhancing their preparedness for upcoming challenges. Your active involvement reflects a shared commitment to fostering a culture of continuous learning. All payments for this service to be submitted to the Bursar.

As we move forward, our aim is to expand this provision, ensuring that all students can benefit from these enriching sessions. Together, we look forward to creating a supportive and empowering environment where every student can thrive. Keep an eye out for any future opportunities!

Thank you for being an integral part of our educational community.



Ms Akosua Takes the Helm of the 'Wellbeing and Support' Department

Dear Parents, Students, and Staff of the British School of Lomé,

We are delighted to announce and extend our warmest congratulations to Ms Akosua on her appointment as the Head of our newly consolidated 'Wellbeing and Support' department. This marks an exciting chapter in our school's commitment to fostering the holistic development of our students.

Ms Akosua brings a wealth of experience and passion for student well-being, and we are confident that under her leadership, the 'Wellbeing and Support' department will thrive. Our goal is to ensure that the needs of our students are met not only academically but also socially and emotionally. This consolidation will bring together the expertise of practitioners from both the primary and secondary levels, creating a cohesive and comprehensive support system.

We believe that a strong foundation in well-being contributes significantly to academic success, and Ms Akosua is well-equipped to guide our students through this journey. The 'Well Being and Support' department will play a pivotal role in enhancing the overall school experience, fostering a positive and nurturing environment for each student.

We encourage parents, students, and staff to look forward to the benefits that this consolidation will bring. The collaborative efforts of our practitioners will soon be evident, enriching the support mechanisms in place for the well-being of our school community.

Please join us in congratulating Ms Akosua on her new role, and let us all look forward to the positive impact the 'Wellbeing and Support' department will have on the academic, social, and emotional growth of our students.

JOINING THE BSL FAMILY – MR. ABDULAZIZ AHMED

We are pleased to announce that Mr Abdulaziz Ahmed has joined the Maths team at BSL. He holds a Bachelor's Degree in Education and brings over 20 years of experience teaching mathematics in reputable schools. He most recently served as the Head of Maths, SAT Proctor, and IB Examiner at an International School in Ethiopia, where he taught maths to KS3, IGCSE, and IB Diploma students. Throughout his career, Mr Abdulaziz has attended numerous training sessions, developed comprehensive schemes of work, and implemented interventions for students who need extra support, as well as for gifted students. He has actively participated in both online and face-to-face training programmes in Europe.



Mr Abdulaziz is a passionate teacher with an effective and positive teaching style that capitalises on the use of technology and building independent learners. He is ready to support our students in any way he can. Mr Abdulaziz is joining us with his two daughters, who excel academically and in sports. With this, we would like to thank the Maths team, especially Mr Herve and Mr Emmanuel, who have been providing cover lessons, ensuring that there aren't any gaps in our students' education.

Exploring Science: Year 12 TOK Vibes by Ms Laura MAIRYKOVA

In a recent IBDP Theory of Knowledge class, our Year 12 students explored the essence of science within their Group 4 science disciplines. This interactive session encouraged students to share their perspectives and engage in meaningful discussions around fundamental questions. Here are the key questions that sparked insightful discussions:

Why Trust Science?

Students examined the basis for trusting science, considering factors like the reliability of the scientific method and the consistent accuracy of its explanations and predictions.

Can We Predict Human Behaviour Scientifically?

The class discussed the challenges of studying unpredictable phenomena, particularly human behaviour, and discussed the role of psychology, geography, business management and economics.

Is Prediction the Main Goal of Scientific Knowledge?

Discussions revolved around the diverse purposes of scientific knowledge, moving beyond prediction to include understanding, explanation, and control in scientific inquiry.

As our Year 12 students actively participate in thought-provoking discussions within our TOK class, we recognize the significant impact this has on their holistic development within the International Baccalaureate Diploma Programme. The TOK course, an integral component of the IBDP, not only cultivates critical thinking but also nurtures the attributes of the IB learner profile. By exploring diverse perspectives and engaging in interdisciplinary discussions, students not only enhance their intellectual curiosity but also develop the skills necessary for success in



Excitement Builds as the African Cup of Nations Takes Centre Stage!

As the world gears up for an extraordinary celebration of football talent, the 33rd edition of the African Cup of Nations (AFCON) is set to captivate fans and enthusiasts alike. This prestigious tournament, which has already kicked off in the vibrant football-loving nation of Ivory Coast, promises a thrilling display of skill, determination, and sportsmanship.

The AFCON brings together the finest footballing talent from across the African continent, creating an atmosphere of unity and friendly competition. The tournament not only showcases the prowess of the participating teams but also serves as a platform for fostering cultural exchange and strengthening the bonds that connect nations.

This year's AFCON is particularly special, with teams vying for supremacy and the coveted trophy. The British School of Lome encourages students and staff to embrace the excitement of this continental spectacle and take pride in the rich diversity of African football.

As the tournament unfolds, our students have a unique opportunity to learn about geography, history, and cultural diversity through the lens of football. At the same time, we should not allow the spectacle to steer our students away from revision and other important academic responsibilities.

In short, we should all enjoy the tournament but should be mindful that it does not interfere with our students' learning.

LEADER IN ME – An Interview with Zheng Xuan (Mateo) and Sawera Ali Year 9

What is your favourite thing to do after school or on weekends?

Mateo: *Study my languages.*

Sawera: *Go home and chill and then study.*

Do you have any hobbies or activities that you really enjoy?

Mateo: *Basketball.*

Sawera: *I like to solve challenging puzzles.*

What's the best thing about school for you?

Mateo: *Everything is good.*

Sawera: *I learn many things and get to meet my friends.*

If you could have any superpower, what would it be and why?

Mateo: *Enhance my brain for Science and Mathematics.*

Sawera: *Teleportation to go places easily.*

What's something special you love doing with your family?

Mateo: *Discussing events.*

Sawera: *Discussing events.*

What do you want to be when you grow up, and why?

Mateo: *A businessman in Africa to help people.*

Sawera: *A doctor and have my private practice.*

What's your favourite book or story, and why do you like it?

Mateo: *I like Geography books.*

Sawera: *Michael Morpurgo books which make me cry.*



Zheng Xuan (Mateo)



Sawera Ali

Parents-School Communication

As part of our goal to help facilitate communication between parents and the school, we have created a checklist to try to help clarify and simplify things to look out for throughout the week.

Category	Specifics
Weekly notices and announcements	<ul style="list-style-type: none"> • Weekly newsletter is usually sent out on Friday, it has any upcoming events and reminders. • Google Classroom Tutor page will also have updates of things to look out for during the week.
Homework planners and SMART goals	<ul style="list-style-type: none"> • The homework planners should have the students SMART Goals for the term, these are set by the student but you may want to ask how they are progressing. • Homework should also be noted in the homework planners. • Tutors may also write notes in the planners and ask for a signature.
Reading books and equipment	<ul style="list-style-type: none"> • As part of the school drive to improve literacy each student should bring a reading book to school, tutors will be checking for this. • Equipment and uniform will also be checked to make sure students are well prepared. • Make sure that your child has necessary folders to ensure that documents are filed away. • Check to see that your child is not bringing an excessive amount of books to school. He/she should pack their bag on a daily basis and ensure that all of the relevant resources and material are available (lockers are also provided).
PE, swimming kit, and ASEP (Clubs)	<ul style="list-style-type: none"> • Weekly PE is not an optional subject, pupils must come properly equipped. • Make sure to check which ASEP (Clubs) your child has signed up for. If they have not signed up for any, encourage them to do so, ASAs are an excellent way to push one's self and try something new. • If a student does not have an ASEP (Clubs) they should be collected at 15.15.
Google Classroom	<ul style="list-style-type: none"> • As a guardian or parent you can ask to get weekly or daily emails regarding the work and homework being set online. • Look out for any work labelled homework or anything with an upcoming due date. • If you would like to receive these emails check that you have not already been invited by Google or contact your child's tutor. • Please ensure that your child completes homework in a supervised space and is not alone in their room.
Extra work and revision	<ul style="list-style-type: none"> • Websites such as BBC Bitesize or My-I-Maths are excellent tools to use for revision etc. • Reading should also be encouraged as much as possible. Remind your child to make use of our library resource.
Motivation and Encouragement	<ul style="list-style-type: none"> • Remind your child that he/she is a victor and is more than able to succeed. We will also motivate and encourage them in school. • We want all of our students to aim high. Your child should not be content with a grade that does not reflect his/her potential and they should not be satisfied just because others may have performed equally or worse. • We need to teach our children to be solution minded. So, when they have complaints or concerns, remind them that we can find a way to fix problems and that they should not spend their energy being critical or feeling defeated. • If your child feels as though they need to seek advice or need help to deal with an issue, advise to speak to their form tutors

BSL Miafe adzowo (Our businesses - Yellow Page)



We have exciting news to share with you!

As part of our commitment to community service, we are delighted to offer an advertising opportunity for your business in our weekly newsletter, which is widely read by hundreds of parents, family members, students, staff members and friends.

If you would like to take advantage of this opportunity, please send a soft copy of your flyer to admin@bsl.tg by Wednesday each week.

In the subject line, kindly type **BSL Miafe adzowo (or Our Business)** and clearly mention your name along with the name of your child at BSL.

Please be aware that this opportunity operates on a first-come, first-served basis. It is also subject to approval, and we reserve the right to refuse this service to anyone. We look forward to showcasing your business in our newsletter!

BSL Miafe adzwo (Our businesses - Yellow Page)



Nous avons des passionnantes nouvelles à partager avec vous !



Dans le cadre de notre engagement au service communautaire, nous sommes ravis d'offrir une opportunité publicitaire pour votre entreprise dans notre newsletter hebdomadaire, largement lue par des centaines de parents, membres de la famille, élèves, membres du personnel et amis.

Si vous souhaitez profiter de cette opportunité, veuillez envoyer une copie électronique de votre prospectus publicitaire à admin@bsl.tg avant le mercredi de chaque semaine.

Dans la zone 'objet' de votre email, veuillez taper **BSL Miafe adzwo (ou Our Business)** et mentionner clairement votre nom ainsi que le nom de votre enfant à BSL.

Veuillez noter que cette opportunité fonctionne selon le principe du premier arrivé, premier servi. Il est également soumis à approbation, et nous nous réservons le droit de refuser ce service à une quelconque personne.

Nous sommes impatients de présenter votre entreprise dans notre newsletter !

MF

Maëva Farah

Brand Owner

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📍 Baguida



La maison de la
tarte

Maeva Farah
is one of our
alumni who is
always willing
to help BSL in
any way she
can.

BSL Miafe adzwo



LA MAISON DE LA TARTE

90-27-88-10

tarte sucrées de 4-10 parts

Tarte aux pomme 2500F

Tarte aux chocolat 2500F

Tarte à l'ananas 2500F

Tarte chocolat blanc caramel 3000F

Tarte chocolat blanc caramel passion
mangue 3000F

Tarte chocolat blanc caramel passion
3000F

Tarte chocolat blanc caramel mangue
3000F

Tarte chocolat blanc citron basilic
3000F

Tarte chocolat blanc mojito 3000F

NB: TOUTES LES COMMANDES SONT
PASSER 24H A L' AVANCE.



PROMOTE
YOUR
BUSINESS



LA MAISON DE LA TARTE

90-27-88-10

tarte salées de 4-10 parts

Quiche laureine 3000F

Quiche aux thon 3000F

Quiche aux poulet 3000F

Quiche aux legume 3000F

Quiche aux épinard 3000F

Quiche épinard chèvre 3000F

NB: TOUTES LES COMMANDES SONT
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