



02-02-24

Head of Secondary Message

The British School of Lomé **Secondary Newsletter**



Celebrating Success and Looking Ahead: Mock Examination Week

Dear Students, Parents and Staff,

As we bid adieu to the Mock Examination Week, we extend our heartfelt gratitude to both our dedicated students and the hardworking staff for their tireless efforts and cooperation. It was truly a collaborative endeavour, and we witnessed the incredible commitment of each individual involved.

Your diligence and perseverance during the Mock Examinations demonstrated a commendable level of preparation. It is inspiring to see the collective determination to excel and strive for academic success. We applaud your focus and commitment to achieving your personal best.

Now that the Mock Examinations are behind us, it is crucial to remember that the journey does not end here. We have the final external exams - IGCSE and IBDP - looming on the horizon. This is the time to consolidate your strengths, address weaknesses, and fine-tune your study strategies. The effort you invest now will undoubtedly shape your success in the upcoming challenges.

In the spirit of maintaining a conducive learning environment, we would like to remind students about the school policy regarding the use of mobile phones. They are strictly prohibited during school hours. The distractions posed by phones can hinder both your focus and the overall learning atmosphere. Let us all commit to creating a space where concentration and engagement are paramount.

Furthermore, we want to draw your attention to an important event on our calendar – Dr Palanga IT Day & Safer Internet Week. In an increasingly digital world, it is imperative for everyone to be aware of the potential risks associated with online activities. This week will provide valuable insights and tips on navigating the digital landscape safely. Students are encouraged to participate actively, learn about online safety, and become responsible digital citizens.

In conclusion, let us carry the momentum from the Mock Examinations into the final stretch. Your hard work, dedication, and collaboration are the cornerstones of our academic community's success. Together, we can overcome challenges and achieve excellence.

Warm regards,

Mr. Anthony Jackson

Head of Secondary

Rhetorical Masterclass!

The Year 9 students have been working hard writing and performing their persuasive propaganda speeches on a wide range of topics. Many have had the opportunity to show not only their ability when writing but also their confident public speaking skills.

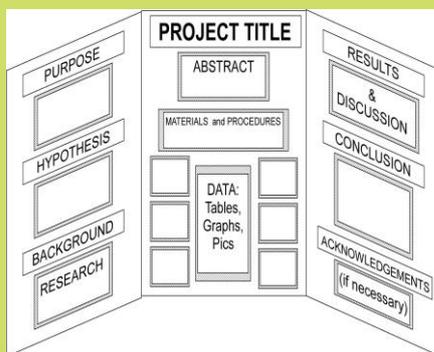
Year 11 IGCSE Extended Mathematics

Year 11 students are actively exploring the intricacies of collecting and presenting data. This encompasses not only fundamental principles but also practical applications, fostering informed decision-making, enhancing critical thinking, preparing for real-world applications, improving communication skills, cultivating technological proficiency, honing problem-solving abilities, considering ethical implications, and fostering interdisciplinary connections. In an era increasingly reliant on data-driven decision-making, these skills are vital for empowering the current generation and ensuring their readiness for the dynamic challenges of the future.



Year 13 IBDP Group 4 Project- Science Exhibition

On Wednesday and Thursday this week, Year 13 learners completed the mandatory Group 4 Project for the IBDP course. This involved designing and carrying out an investigation on the theme of the “Olympics: now and in the future.” Group members study at least one of the science subjects - Biology, Chemistry, Computer Science or Physics and needed to apply their collaborative knowledge and creativity over the 10 hours. The culmination was an exhibition attended by Mr Atsou Anato, Director of Sports at the Togolese National Olympics Committee and members of the school community. Well done Year 13 for your innovative approach to the task.



Adventurous students!



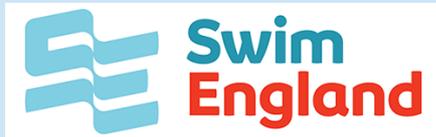
The week kicked off with a bang as our adventurous Geography students from Years 8 and 9 dove into the Trading Game simulation activity. Imagine negotiations turning into a global shopping spree right in the classroom! These budding diplomats not only flexed their negotiation muscles but also got a taste of the ups and downs of international trade. The energy was through the roof, with students practically buzzing with excitement. It was like a blockbuster movie where negotiation skills and world trade dynamics took centre stage. The takeaway? Learning can be an epic adventure, and these students proved it with flying colours!

Dynamic Dramatists!



The Primary and Secondary students have been working hard on the upcoming 'Cleopatra' production, and have shown real commitment to the arts by working hard after school as well.

Sensational swimmers!



Secondary Swimming lessons are still ongoing and here, we see a Year 8 student demonstrating correct technique in the Front Crawl in their lesson yesterday



Fun Run for Charity!



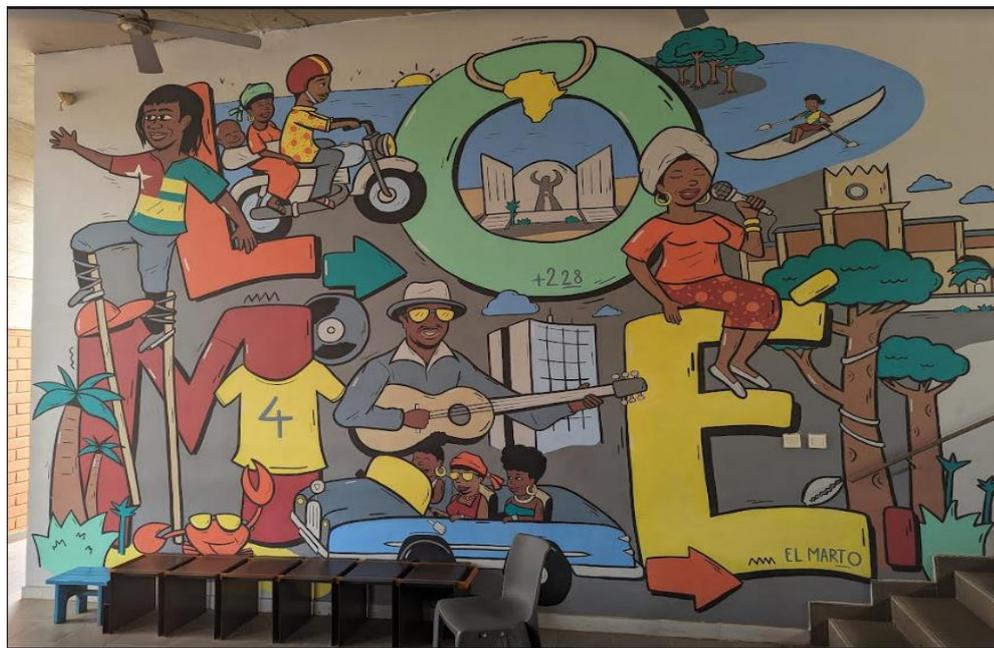
6 BSL staff and students represented the school in the annual fun run at Kegue Stadium. The goal was to complete as many laps of the stadium as possible and raise money in doing so. The proceeds are going to the NGO 'La Chaîne de L'espoir' which provides free paediatric surgeries in remote areas of Togo. Our student body was represented by our Year 12 runner Isaac who did us proud completing 35 laps. Overall our runners achieved 124 laps or 48km.



Some teachers visited the French Institute and were amazed by the appreciation of art and literature.

It is a centre of literary appreciation and we will be collaborating with the experts there in the near future.

In the meantime, enjoy an example of brilliant artwork!



FOR STUDENTS

- <https://www.bbc.co.uk/bitesize/levels/z98jmp3>
- <https://www.bbc.co.uk/bitesize/levels/z4kw2hv>
- www.bbc.co.uk/schools/ks2bitesize/
www.bbc.co.uk/bitesize/ks1/

Lots of work for maths, English & science

- <http://resources.woodlands.kent.sch.uk>

Lots of homework help

- www.channel4learning.com/ and www.oddizzi.com

Lots of work for Maths, English, Science and the foundation subjects

FOR PARENTS AND CARERS

ALISON <https://alison.com/>

Alison gives you an opportunity to avail e-learning from world level top publishers. 10 million learners are already enjoying the 800 free online courses from the high-rank publishers.

OPENCULTURE <http://openculture.com>

Find thousands of free online courses, audio books, eBooks, movies, language lessons and more from an online educational and cultural media.

FREE DOWNLOADABLE EBOOKS <https://www.pdfdrive.net/>

PDF Drive is your search engine for PDF files. As of today, they have 324,951,009 eBooks for you to download for free.

Leader in Me

An interview with two young leaders:

- **Dadjo Bamada (Armandine) -Year 11**



- **Alp Ozan Koç, Year 8**

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

Armandine: *Sleep then homework. On weekends I love to hang out with my friends.*

Alp: *Shower, supper, relax and then check out what's new online.*

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

Armandine: *Singing and reading.*

Alp: *Playing games.*

What is the best thing about school for you?

Armandine: *Friends.*

Alp: *Friends and the environment.*

Can you tell me something cool or interesting you have learned recently?

Armandine: *How to expand my sentences using complicated words.*

Alp: *The dangers of inhaling micro plastics.*

If you could create a new game, what would it be about?

Armandine: *An educational game.*

Alp: *A rags to riches or adventure game.*

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

Armandine: *To be able to teleport to escape uncomfortable situations.*

Alp: *Time stopping.*

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

Armandine: *Talking.*

Alp: *Road trips.*

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

Armandine: *A business woman.*

Alp: *A content creator to make other people happy.*

Can you tell me something you really want to learn how to do?

Armandine: *How to speak Spanish.*

Alp: *Programming.*

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

Armandine: *It Ends with Us by Colleen Hoover.*

Alp: *100 Ways to Motivate Yourself by Steve Chandler*

Do you have a favourite animal or a favourite place to visit?

Armandine: *A dog.*

Alp: *A white tiger.*

How do you think we can help people who might be sad or upset?

Armandine: *Listen to the person and give the space.*

Alp: *Socialise with them.*

Is there something that was difficult for you at first, but then became easy with practice?

Armandine: *Speaking English.*

Alp: *A game. I used to look at the controller to see where the buttons were.*

What's something you'd like to get better at?

Armandine: *Maths and Biology.*

Alp: *French, Spanish, Maths and socialising.*

Leader in Me

A science teacher who gives away 80% of his monthly income to help the poor



Peter Tabichi, a Kenyan maths and physics teacher, won the \$1 million Varkey Foundation Global Teacher Prize at a star-studded event in Dubai Sunday (March 24). Tabichi left his job at a private school to join the Keriko Secondary School (in Pwani Village, Nakuru, Kenya), where 95% of the students are poor and almost a third are orphans. Drug abuse, drop-outs, and suicide are common, and the school has one computer, poor internet access, and a student-teacher ratio of 58:1.

In spite of those circumstances, Tabichi's science students have won various national science competitions, and qualified to participate at the Intel International Science and Engineering Fair 2019 in the US. In 2017, only 16 out of the school's 59 students went on to college, while in 2018, 26 did.

For more information on the amazing life of Peter Tabichi please click here: <https://globalteacherprize.org/pages/peter-tabichi-2019>



NEURO-LINGUISTIC PROGRAMMING (NLP)

I would like to share something that has helped me in my personal life and teaching career. This is a very useful approach to life and has helped in supporting my pupils to make them independent and confident humans.

Neuro-linguistic programming (NLP)

Did you know that every day around us there are millions of things to see and hear and loads of feelings we would have about them. But, at any point in time we only notice 9 of them (according to a research). The funny thing is that each of us notices a different 9 things and that is what makes us unique.

What we pay attention to makes us different. What we say and how we say it makes us different. What we do and how we do it makes us different. Every day we make choices about what we notice, what we say and what we do. Sometimes these choices make us happy and sometimes they make us sad.

Neuro means everything that goes in our head.

Linguistic is everything that comes out of our mouth, the things we say.

Programming is what we do, our pattern of behaviour.



By Akif Naqvi



NEURO-LINGUSTIC PROGRAMMING (NLP) (Continued)

By Akif Naqvi

Uses of NLP

NLP can be used for personal development, phobias, and anxiety. NLP uses perceptual, behavioural, and communication techniques to make it easier for people to change their thoughts and actions. NLP relies on language processing but should not be confused with natural language processing, which shares the same acronym.

The benefits of NLP

(Ref, Infinite excellence)

The benefits that can be achieved through NLP are vast. Here are just a few examples of what is possible

Personal Development

NLP can help individuals with challenges large and small in life, whether they are to overcome problems or increase performance:

- Change, adopt or eliminate behaviours as you desire
- Choose your mental, emotional and physical states at any time!
- Communicate more effectively with anyone you meet and even yourself!
- Remove limiting beliefs
- Access powerful internal resources
- Get the results you want
- Lead the life you want and deserve!

And all that means:

Being who you want to be, doing what you want to do, or having what you want to have, either personally or professionally.

Business

- NLP is already extremely popular in the business world, with many organisations and consultants utilising a variety of NLP techniques to get businesses great results and quickly:
- Improve people management and motivational leadership
- Build rapport with employees, customers and suppliers
- Communicate effectively to employees, customers and suppliers
- Develop presentation skills that really communicate to your audience and put you steps ahead of the competition
- Set up and run effective action based meetings – maximising time and results
- Recruit and plan succession management effectively– get the right person for the right job and at the right time
- Use strategies to maximise buying and selling opportunities
- Maximise advanced negotiating and influencing techniques
- Apply effective problem-solving techniques
- Optimise sales using the 5 step sale process
- Remove limiting beliefs for self and team freeing you to achieve optimum performance

NEURO-LINGUISTIC PROGRAMMING (NLP)

(Continued)

By Akif Naqvi

And all that means:

- Increased efficiencies and productivity
- Improved business performance
- More time to focus on results and not problems
- More content and motivated employees
- Staff development
- Reduced staff turnover
- More satisfied customers
- A healthier bottom line!!

Sport

NLP offers many key techniques to support sports people in achieving their performance goals and is well recognised throughout the sports world:

- Establishing achievable goals
- Increasing motivation
- Removal of limiting beliefs
- Reconnection with positive internal resources
- Modelling excellence in the field and applying to self for consistent positive results

Health

It is recognised scientifically that there is a mind-body connection i.e. our minds affect our bodies, positively and negatively. NLP is a valuable set of techniques to support both those working in the field of health and individuals who want good health for themselves.

For the practitioner:

- More effective communication skills with clients improving diagnosis and treatment
- Improved business management across all areas
- Broad range of techniques to improve health and wellbeing with clients

For the individual:

- improve health
- reduce stress
- increase energy
- engage the mind's ability to heal the body itself
- adoption of beliefs and attitudes to support health and wellbeing

Training/ Education

Teachers and trainers can apply NLP in many learning environments to maximise the learning of individuals and groups:

- develop effective presentation skills
- adapt language to individual preferences
- maximise learning strategies
- adapt to individual learning styles and preferences

NEURO-LINGUISTIC PROGRAMMING (NLP) (Continued)

By Akif Naqvi

According to Virginia Satir, a renowned family therapist, goes on to explain that communication is learned and babies learn all aspects about communication from those people who are in charge of them from birth.

When you interact with your children, be aware that your communication is not only verbal. Actually what you say has a very small impact compared to the tone you use and how you hold your body. The influences in percentage terms are as follows:

- Verbal 7%
- Tonality 38%
- Physiology 55%



Satir also adds that the above three elements are also influenced by our values, our expectations, our knowledge and our past experiences.

So when you communicate with your children be fully present in the moment so that you make sure that you are not sending confusing messages to your child through a mismatch between your words, your tone and your body language.

The words “of course I love you!” through clenched teeth do not convey a loving message. Make sure that you are responding to the present situation and not to something or someone from your past that your child’s actions or words happen to remind you of.

Be aware of how your voice sounds and how loud or soft you are speaking. I am often surprised when my husband and children point out to me that I have been shouting. To me it sounds normal but on hearing a recording of my voice once I perfectly understood what they meant.

Another underestimated aspect of communication is that of touching. “*Touching is the most telling means of conveying emotional information between two people*”, says Virginia Satir. **Be aware of how you use your hands to handle your children and that every single touch has a feeling connected with it whether it is a loving caress or an angry slap.** What is your touch conveying to your children? Is it love, uncertainty, fear, weakness, excitement or anger?

Getting Started with Neuro Linguistic Programming as a Parent (ref minsetmax.com)

Here are 3 ways Here’s how to get started with using NLP as a parent:

1. Reinforce the Good

Rewarding good behaviour is a great way to encourage children to do more of that. If you focus on negative behaviour only, chances are you’ll only get more of negative behaviour. However, keep your praise specific and reward the action more than the result to encourage a growth mind-set as well.



NEURO-LINGUISTIC PROGRAMMING (NLP) (Continued)

By Akif Naqvi

2. Understand Your Child by Being Like Them

While being a parent is tough, it isn't easy being a child as well. After all, you have to depend upon an adult understanding what you need, when you need it and the lack of independence can be frustrating to many kids.

Understand your child better by stepping into their shoes and be a part of their lives rather than just live with them. For instance, make weeknights a family board game or book reading night and really talk to them, understand them, and help them channelize their feelings and emotions.

You Brighten My Day I trust you Remarkable Good job
You make me laugh You're Wonderful Great Way To Go
Brilliant You're Perfect Magnificent Outstanding Performance
I Believe In You What a Good Listener Neat You make me happy
Awesome Beautiful Work You're The Best Superstar
You Mean A Lot To Me Great discovery What an imagination
Spectacular Super Work You tried hard You're Special Well Done
Incredible Now you've got it Good For You I'm proud of you
Knew You Could Do It Dynamite job You're Fantastic Good Job
Hurray For You How Nice Phenomenal Bingo You Are Fun
Nice Work You're Important Marvelous Incredible
You're Amazing Spectacular WOW Remarkable job You're a great friend

3. Change Your Own Behaviour

Finally, remember that as the adult, you, can change your own reactions and behaviours to help your child. If you notice that you lack patience, use NLP to change that. If you feel you're stressed and overwhelmed, make use of NLP techniques to dissolve the stress. When you change, your situation as a parent will also change.

Strategies:

You can help your child by finding an effective strategy to meet that child's needs. If the child does not respond well to formal education, find out what the child's true values are.

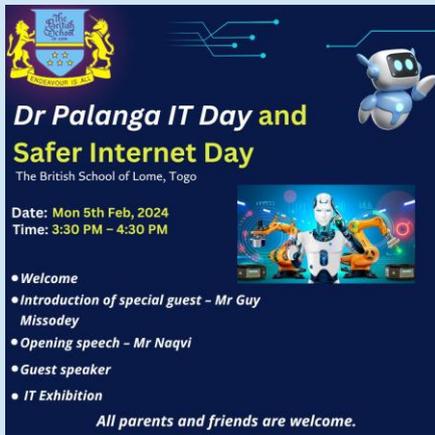
For example, if he is spending hours and hours playing computer games and virtually no time doing homework, it is not because he is suffering from attention deficit disorder (ADHD); it is because playing computer games is much higher on his hierarchy of values than homework.

In those circumstances, it is necessary to find a strategy that will link homework to the computer skills that have already been acquired and are enjoyed.

The way to get children to learn willingly is to give them encouragement and confidence in themselves; chastisement and telling them they are "no good" or "thick" didn't ever spur a child to greater achievements.

If the child appears to be a slow learner, look instead to the teacher to see what alternative methods are being tried.

DR VENANT PALANGA IT DAY and Safer Internet Day



FIRST DR VENANT PALANGA IT DAY AND SAFER INTERNET DAY

Safer Internet Day is an annual global event committed to promoting the safe and responsible use of the internet, especially among young people. Designated on February 6, this day serves to raise awareness about online safety.

At BSL, we are dedicated to fostering online safety awareness. For the first time on Monday, February 5th, we will host a student-led assembly for this purpose.

Additionally, from 3:30 pm to 4:30 pm on Monday, we will organize an IT Exhibition, showcasing students' skills. This event is a tribute to Dr Venant PALANGA for his significant contributions.

Below is the schedule for the week:

Date	Time	Activity
Monday, 5 th February	8:10 – 9:05	Assembly
Monday, 5 th February	15:30 – 16:30	IT exhibition
Wednesday, 7 th February	14:15 – 15:15	Workshop (selected students)
Wednesday, 7 th February	15:30 – 14:30	Workshop (teaching staff)
Wednesday, 7 th February	17:00 – 18:30	Workshop (parents)
Thursday, 8 th February	15:30 – 16:30	Virtual reality

Thank you for honouring us with your presence.

IT Team



BSL Miafe adzwo (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 adzwo (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 !



BSL Miafe adzwo



JEUXDIA

Explore New Worlds

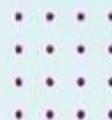
**JOUEZ A
JEUX DIA**



Qui sommes nous?

Jeux Dia est une installation de jeu à la pointe de la technologie qui apporte les dernières technologies de jeu à la ville de Lomé. La technologie est la Réalité Virtuelle ou VR. Il est basé sur un casque qui modifie fondamentalement votre réalité et vous place dans la réalité augmentée.

Nos services



Jeux de societe



FIFA



Jeux de la réalité
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Need for speed, Call of duty, Fortnite, et d'autres jeux

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