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The Official Magazine of

Preston International School, Akure, Ondo State, Nigeria

".....to the nations".

4

Healing Balm



MOVING
FORWARD

...With Love from Preston

2009/10 YEARBOOK

world class education

...based in the U.K., delivered in Nigeria

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FOREWORD

WELCOME

Talvary greetings in the Name of our Lord and Saviour Jesus Christ. You are welcome back again to the fourth edition of the Healing Balm – Preston International School's own exclusive magazine. In this edition, we celebrate the graduation of the second set of Prestonians from the Junior Secondary School into the Senior Secondary School. We also share with you our experiences, testimonies as well as inspiring articles to keep you enthused and motivated as you press along your way towards achieving God's purpose for your life.

The theme for this year's magazine is "Moving Forward". We thank the Lord for the numerous victories that He gave us in the course of the 2009–10 academic session. Testimonies abound to the goodness of the Lord to us on all fronts. Prestonians have continued to make academic, spiritual and moral progress in leaps and bounds as the teachers pulled out all stops to ensure that all grounds were covered and that the students excelled.

There were also lots of extra curricular activities this session – sports, music, drama and all those things that make Preston special. Our students went on various excursions and participated in competitions and events outside the school. Try as hard as we may, we will simply be unable to capture all the events that happened in school over the course of the year. However, we hope that the contents of this year's Healing Balm will give you all a flavour of all the good things that have happened.

Please take your time to savour and enjoy all the articles that have been put together for you in this magazine. We have no doubt in our minds that the Lord Who has helped us thus far will help us to achieve even more in the forth-coming session. We feel charged and inspired when we recall the words of that song which aptly describes our resolve to move forward and perform even more feats through the One Who has given us this purpose "...to raise fine, well-rounded, well-educated, well-cultured, responsible, God-fearing ladies and gentlemen who will make huge contributions towards the promotion and protection of human dignity in our society."

Forward, forward....
'Tis the Lord's command
Forward, forward....
To the Promised Land,
Forward, forward....
Let the chorus ring,
We are sure to win with Christ our Lord.

Finally, we thank you for your prayer support. May the good Lord bless you.




Toyin Ajayi
Proprietor

OUR STRATEGIC INTENTS

- SI 1 – Create a culture of excellent behaviour among staff and students.
- SI 2 – Institute a culture of individual responsibility and accountability.
- SI 3 – Develop a strong sense of social justice, fairness and equity.
- SI 4 – Create a culture of high expectation and success.
- SI 5 – Develop a spirit of national pride and patriotism.
- SI 6 – Encourage and train pupils in entrepreneurship.
- SI 7 – Keep the cost of educating pupils low.
- SI 8 – Develop life-long relationship with students.
- SI 9 – Develop leadership skills at all levels of the school community.

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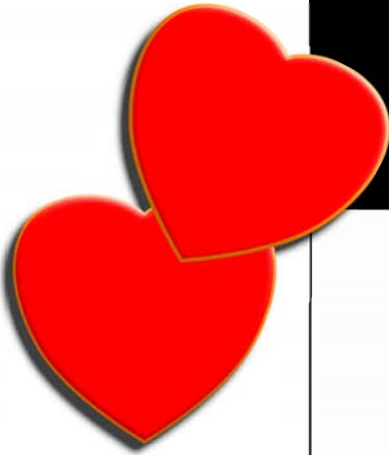
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HEARTBEATS

INSIDE OUT



inside +no

By Toyin Ajayi

Inside out' is the philosophy that underpins the success of Preston International School and which will continue to be the philosophy which will take us to the fullness of God's purpose for us.

The heart is the 'engine' of the body from where the life-blood is pumped around the body. We all know that once the heart stops, the body dies as all the necessary nutrients being transported around the body that are essential and responsible for the sustenance of life cease. In the same vein, the Holy Spirit Who empowers us from within is the One responsible for the circulation of the essential nutrients of inexplicable inspiration that keeps the school moving forward by the Grace of God. The school logo takes its cue from this philosophy – the powerful waves radiating from the middle of the cross – where hung the Sacred Head once wounded for us – goes far beyond the limits of the crest itself.

Jesus Christ upbraided the Pharisees in His days for contravening this Divine Philosophy:

"Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess. Thou blind Pharisee, cleanse first that which is within the cup and platter, that the outside of them may be clean also. Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness. Even so ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity. (Matt 23: 25–28)

In contrast to this, the Lord further taught his disciples, "...whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: these are the things which defile a man: but to eat with unwashen hands defileth not a man." (Matt. 15: 17–20).

We also read in Proverbs 4:23 – "Keep thy heart with all diligence; for out of it are the issues of life". In keeping our hearts, we must be mindful of the things we see (look at), dwell upon in our thoughts, talk about or read. The Psalmist said in Psalms 101:3 – "I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me". The Apostle Paul also enjoins all Christians to do the following:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." (Phillipians 4:8)

The purpose of the directors/founders and staff of Preston International School is to continue to work from inside out, looking up to Heaven from when cometh our help. (Psalm 121:1)

We thank all who have sent in comments over the course of the year to appreciate the work that the Lord is doing in the lives of the young people at Preston International

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INSIDE OUT

School. We give God all the glory. We know that we do not get it right all the time but the Lord continues to help us to improve our systems.

One good thing about working from inside out is that we are not daunted by challenges or misconceptions.

As we seek to please the Lord and be true to our conscience, we are at peace and are assured that we will continue to move forward towards God's purpose of establishing the school. As we seek meaning and inspiration from within, we find the Lord continuing to take charge of things. Testimonies abound to the working of the Holy Spirit and we are thankful.

Recently, we thought we would like to have a really conspicuous and grandiose signboard to replace the one in front of the school. We had completed the structure and we were about to commence the graphics and electrical works (as it was meant to also have lighting effects as well) when we encountered a little problem. Overnight, a vehicle ran into the sign and

levelled the structure that we had put up to the ground. We do realize the importance of having a fanciful sign at the entrance of the school and we pray that the Lord will help us at His own time to do this. However, the Lord has been faithful in continuing to project the SIGN

of the school into the hearts of so many people from far and near and we are thankful for His faithfulness. Prior to establishing the school, the Lord inspired us not to overly 'advertise' the school. So far, we have no billboards, TV ads etc. But the one who put up a Star in the far east for the wise-men to see continues to work. Did He not say, "And I if I be lifted up.. will draw all men unto me" (John 12:32). We continue

to lift Him up in our little corner, living the life and training the young people in our care to love the Lord and to be useful citizens in their own generation. We will continue to work from INSIDE-OUT. Praise the Lord!

Mr. Toyin Ajayi is the proprietor of Preston International School

"And I..
If I be lifted up..
will draw all men unto
me" (John 12:32)

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HEARTBEATS

INTRINSIC MOTIVATION VS. EXTRINSIC...

INTRINSIC MOTIVATION *Versus* EXTRINSIC MOTIVATION

By Mrs. Funmi Ajayi

Cross disciplinary research evidence demonstrates that students' motivational beliefs influence their learning and behaviour. Motivation is the activation or energization of goal-orientated behaviour. Motivation is said to be intrinsic or extrinsic. To be motivated means *to be moved* to do something. A person who feels no impetus or inspiration to act is thus characterized as unmotivated, whereas someone who is energized or activated toward an end is considered motivated.

Intrinsic Motivation

Intrinsic motivation is defined as the doing of an activity for its inherent satisfaction rather than for some separable consequence. When intrinsically motivated a person is moved to act for the fun or challenge entailed rather than because of external prods, pressures or rewards.



Intrinsically motivated learning differs from extrinsically motivated compliance with a teacher's requests. Students who demonstrate intrinsic learning motivation initiate learning activities and maintain an involvement in learning as well as a commitment to the process of learning. Such learners use more sophisticated reasoning skills and learning strategies and show deeper text processing, higher levels of conceptual learning, feelings of academic competence, and more, better, and longer-term learning retention.

Intrinsic motivation will enable students to be at their best behaviour without being coerced into doing so either by rewards or threats. They are at the prep on time studying and doing their assignments not because they are afraid of their names being submitted to the prep supervisor or being punished or losing house points but because they are determined to study to be the best in their subject, class or year group. The

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INTRINSIC MOTIVATION VS. EXTRINSIC...

motivation comes from inner satisfaction and enjoyment of the activity they are engaged in. Students who are intrinsically motivated are kind to other people and do their duties with their whole hearts because they know it is the right thing to do and not because they want house points or rewards. Students who are intrinsically motivated are interested in mastering a topic, rather than just rote-learning to achieve good grades.

Intrinsically motivated students are bound to do much better in classroom activities, because they are willing and eager to learn new material. Their learning experience is more meaningful, and they go deeper into the subject to fully understand it resulting in high-quality learning and creativity. In intrinsic motivation, the student studies subject material for the sake of learning. These students find studying enjoyable and learning new ideas as a reward itself.

Implications for teachers

Motivating students to become intrinsically motivated is no easy task for teachers. To some students, they enjoy learning but for the others, this is where the challenge really begins. Lessons have to be presented to students in exciting ways. The teacher should try to teach their students to the point where the material becomes alive within them. He or she has to make the students' minds grow in curiosity of the subject so learning can take place. This could be done by relating material used to what interests the students. The teacher should put a lot of energy into his or her teaching whether in their tone of voice, body language, appearance, or all of the above. I would also like to

suggest that teachers close their lessons leaving their students with a question to ponder on dealing with the subject that was taught. That way in their spare time, their minds will continue to ponder on the lesson and question at hand.



Implications for children

Do the right thing yourself without having to be pushed by anybody. Neither do things because of the fear of punishment or hope of getting rewards for your actions.

Have interest in an activity for its own sake; derive satisfaction from the understanding and skills that would be gained and acquired. Intend to achieve and have the desire to succeed because mastery represents something important to you. Such a student who places premium on the pride and satisfaction from such successes would say to himself or herself, "I'm not going to let this (difficult subject or situation) beat me". He or she is enthusiastic and committed.

Extrinsic motivation

On the contrary, extrinsic motivation is simply compliance with a teacher's request – not necessarily because of the inherent value of the activity. Extrinsic motivation refers to motivation that comes from outside an individual. The motivating factors are external, or outside and these are rewards such as money or grades. These rewards provide satisfaction and pleasure that the task itself may not provide.

An extrinsically motivated person will work on a task even when they have little interest in it because of the anticipated satisfaction they will get from some reward. The rewards can be something as minor as a smiley face to something major as awards and prizes. For example,

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an extrinsically motivated person who dislikes math may work hard on a math equation because he or she wants the reward for completing it. Extrinsic motivation does not mean, however, that a person will not get any pleasure from working on or completing a task. It just means that the pleasure they anticipate from some external reward will continue to be a motivator even when the task to be done holds little or no interest.



A student who does his or her homework only because he or she fears sanctions for not doing it is extrinsically motivated because he or she is doing the work in order to attain the separable outcome of avoiding sanctions. Such behaviours are performed to satisfy an external demand or obtain an externally imposed reward.

Here at Preston International School, our preference is for all students to be intrinsically motivated. This does not only ensure that learning occurs but it is a major requirement for life-long learning. Students who have a love for learning never stop learning and consequently experience an abundantly fruitful and useful lives not only to themselves but all around them. They become great sources of inspiration and motivation for

many. However, we do use all forms of motivation in the school – both intrinsic and extrinsic.

In conclusion, I will like to leave you with the words of a poem written by the Poet C.W. Longenecker titled 'The Victor':

The Victor

Poet: C.W. Longenecker

If you think you are beaten, you are.
If you think you dare not, you don't
If you like to win but think you can't,
It's almost a cinch you won't.

If you think you'll lose, you're lost.
For out in the world we find
Success begins with a fellow's will
It's all in the state of mind.

If you think you are outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win the prize.

Life's battles don't always go
To the stronger or faster man.
But sooner or later, the man who wins
Is the man who thinks he can.

*Mrs. Funmi Ajayi is the
Proprietress of Preston
International School.*



HEARTBEATS

THE LIVING LEGEND

DR. NELSON R. MANDELA

(1918 – DATE)

"THE LIVING LEGEND"

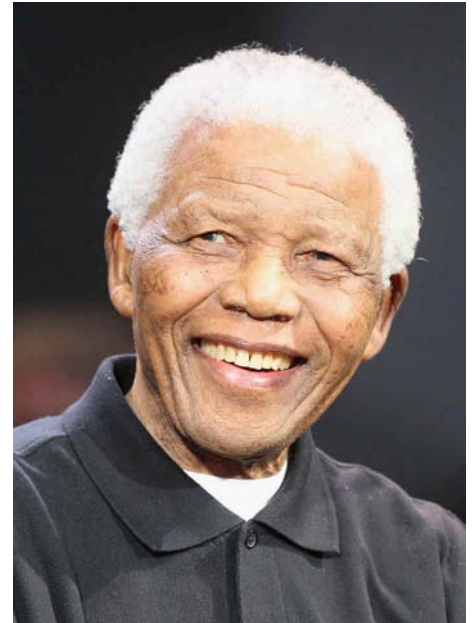
Nelson Rolihlahla Mandela was born on the 18th of July 1918. He was the first black South African president to be elected in a fully representative democratic election. Before his presidency, Mandela was an anti-apartheid activist, and the leader of Umkhonto we Sizwe, the armed wing of the African National Congress (ANC). In 1962 he was arrested and convicted of sabotage and other charges, and sentenced to life in prison. Mandela served 27 years in prison, spending many of these years on Robben Island. Following his release from prison on 11 February 1990, Mandela led his party in the negotiations that led to multi-racial democracy in 1994. He was President of South Africa from 1994 to 1999. In South Africa, Mandela is often known as Madiba, an honorary title adopted by elders of Mandela's clan. Mandela has received more than 250 awards over four decades, including the 1993 Nobel Peace Prize.

Nelson Mandela was the first member of his family to attend a school, where his teacher Miss Mdingane gave him the English name "Nelson". When Mandela was nine, his father died of tuberculosis, and the regent, Jongintaba, became his guardian. Mandela attended a Wesleyan mission school located next to the palace of the regent. Following Thembu custom, he was initiated at age sixteen, and attended Clarkebury Boarding Institute. Mandela completed his Junior Certificate in two years, instead of the usual three. Designated to inherit his father's position as a privy councillor, in 1937 Mandela moved to Healdtown, the Wesleyan college in Fort Beaufort which most Thembu royalty at-

tended. At nineteen, he took an interest in boxing and running at the school. After enrolling, Mand-

ela began to study for a Bachelor of Arts at the Fort Hare University, where he met Oliver Tambo. Tambo and Mandela became lifelong friends and colleagues. At the end of Nelson's first year, he became involved in a Students' Representative Council boycott against university policies, and was told to leave Fort Hare and not return unless he accepted election to the SRC. Later in his life, while in prison, Mandela studied for a Bachelor of Laws from the University of London External Programme.

"The
struggle
is my
life"

Political activity

After the 1948 election victory of the Afrikaner-dominated National Party, which supported the apartheid policy of racial segregation, Mandela began actively participating in politics. He led prominently in the ANC's 1952 Defiance Campaign and the 1955 Congress of the People, whose adoption of the Freedom Charter provided the fundamental basis of the anti-apartheid cause. During this time, Mandela and fellow lawyer Oliver Tambo operated the law firm of Mandela and Tambo, providing free or low-cost legal counsel to many blacks who lacked attorney representation.

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Mahatma Gandhi influenced Mandela's approach, and subsequently the methods of succeeding generations of South African anti-apartheid activists. Mandela even took part in the 29-30 January 2007 conference in New Delhi marking the 100th anniversary of Gandhi's introduction of satyagraha (non-violent resistance) in South Africa. Initially committed to non-violent resistance, Mandela and 150 others were arrested on 5 December 1956 and charged with treason. The marathon Treason Trial of 1956-1961 followed, with all defendants receiving acquittals. From 1952-1959, a new class of black activists known as the Africanists disrupted ANC activities in the townships, demanding more drastic steps against the National Party regime. The ANC leadership under Albert Luthuli, Oliver Tambo and Walter Sisulu felt not only that the Africanists were moving too fast but also that they challenged their leadership. The ANC leadership consequently bolstered their position through alliances with small White, Coloured, and Indian political parties in an attempt to give the appearance of wider appeal than the Africanists. The Africanists ridiculed the 1955 Freedom Charter Kliptown Conference for the concession of the 100,000-strong ANC to just a single vote in a Congressional alliance. Four secretaries-general of the five participating parties secretly belonged to the reconstituted South African Communist Party. In 2003 Blade Nzimande, the SACP General Secretary, revealed that Walter Sisulu, the ANC Secretary-General, secretly joined the SACP in 1955 which meant all five Secretaries General were SACP and thus explains why Sisulu relegated the ANC from a dominant role to one of five equals.

"During my lifetime I have dedicated myself to the struggle of the African people...if needs be, it is an ideal for which I am prepared to die."

In 1959, the ANC lost its most militant support when most of the Africanists, with financial support from Ghana and significant political support from the Transvaal-based Basotho, broke away to form the Pan Africanist Congress (PAC) under the direction of Robert Sobukwe and Potlako Leballo. In 1961, Mandela became leader of the ANC's armed wing, Umkhonto we Sizwe (translated Spear of the Nation, and also abbreviated MK), which he co-founded. He coordinated sabotage campaigns against military and government targets, making plans for a possible guerrilla war if the sabotage failed to end apartheid. Mandela also raised funds for MK abroad and arranged for paramilitary training of the group. Fellow ANC member Wolfie Kadesh explains the bombing campaign led by Mandela: "When we knew that we were going to start on 16 December 1961, to blast the symbolic places of apartheid, like pass offices, native magistrates courts, and things like that ... post offices and ... the government offices. But we were to do it in such a way that nobody would be hurt, nobody would get killed." Mandela said of Wolfie: "His knowledge of warfare and his first hand battle experience were extremely helpful to me."

Mandela described the move to armed struggle as a last resort; years of increasing repression and violence from the state convinced him that many years of non-violent protest against apartheid had not and could not achieve any progress. Later, mostly in the 1980s, MK waged a guerrilla war against the apartheid regime in which many civilians became casualties. Mandela later admitted that the ANC, in its struggle against apartheid, also violated human rights, sharply criticising those in his own party who attempted to remove state-

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ments supporting this fact from the reports of the Truth and Reconciliation Commission. Up until July 2008, Mandela and ANC party members were barred from entering the United States — except the United Nations headquarters in Manhattan — without a special waiver from the US Secretary of State, because of their South African apartheid regime era designation as terrorists.

Arrest and Rivonia trial

On 5 August 1962 Mandela was arrested after living on the run for seventeen months, and was imprisoned in the Johannesburg Fort.[38] The arrest was made possible because the U.S. Central Intelligence Agency (CIA) tipped off the security police as to Mandela's whereabouts and disguise.[39][40][41] Three days later, the charges of leading workers to strike in 1961 and leaving the country illegally were read to him during a court appearance. On 25 October 1962, Mandela was sentenced to five years in prison. Two years later on 11 June 1964, a verdict had been reached concerning his previous engagement in the African National Congress (ANC).[42]

While Mandela was imprisoned, police arrested prominent ANC leaders on 11 July 1963, at Liliesleaf Farm, Rivonia, north of Johannesburg. Mandela was brought in, and at the Rivonia Trial they were charged by the chief prosecutor Dr. Percy Yutar with the capital crimes of sabotage (which Mandela admitted) and crimes which were equivalent to treason, but easier for the government to prove.[43] The second charge accused the defendants of plotting a foreign invasion of South Africa, which Mandela denied.

In his statement from the dock at the opening of the defence case in the trial on 20 April 1964 at Pretoria Supreme Court, Mandela laid out the reasoning in the ANC's choice to use violence as a tactic. His statement described how the ANC had used peaceful means to resist apartheid for years until the Sharpeville Massacre. That event coupled with the referendum establishing the Republic of South Africa and the declaration of a state of

emergency along with the banning of the ANC made it clear to Mandela and his compatriots that their only choice was to resist through acts of sabotage and that doing otherwise would have been tantamount to unconditional surrender. Mandela went on to explain how they developed the Manifesto of Umkhonto we Sizwe on 16 December 1961 intent on exposing the failure of the National Party's policies after the economy would be threatened by foreigners' unwillingness to risk investing in the country. He closed his statement with these words: "During my lifetime I have dedicated myself to the struggle of the African people. I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free



society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die."

Imprisonment

Mandela was imprisoned on Robben Island where he remained for the next eighteen of his twenty-seven years in prison. While in jail, his reputation grew and he became widely known as the most significant black leader in South Africa. On the island, he and others performed hard labour in a lime quarry. Prison conditions were very basic. Prisoners were segregated by race, with black prisoners receiving the fewest rations. Political prisoners were kept separate from ordinary criminals and

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received fewer privileges. Mandela describes how, as a D-group prisoner (the lowest classification) he was allowed one visitor and one letter every six months. Letters, when they came, were often delayed for long periods and made unreadable by the prison censors. Whilst in prison Mandela undertook study with the University of London by correspondence through its External Programme and received the degree of Bachelor of Laws.

In March 1982 Mandela was transferred from Robben Island to Pollsmoor Prison, along with other senior ANC leaders. It was speculated that this was to remove the influence of these senior leaders on the new generation of young black activists imprisoned on Robben Island, the so-called "Mandela University". In February 1985 President P.W. Botha offered Mandela his freedom on condition that he 'unconditionally rejected violence as a political weapon'. Coetsee and other ministers had advised Botha against this, saying that Mandela would never commit his organisation to giving up the armed struggle in exchange for personal freedom. Mandela indeed spurned the offer, releasing a statement via his daughter Zindzi saying "What freedom am I being offered while the

organisation of the people remains banned? Only free men can negotiate. A prisoner cannot enter into contracts." Throughout Mandela's imprisonment, local and international pressure mounted on the South African government to release him, under the resounding slogan Free Nelson Mandela! In 1989, South Africa reached a crossroads when Botha suffered a stroke and was replaced as president by Frederik Willem de Klerk. De Klerk announced Mandela's release in February 1990.

Release

On the day of his release, Mandela made a speech to the nation. He declared his commitment to peace and reconciliation with the country's white minority, but made it clear that the ANC's armed struggle was not yet over when he said "our resort to the armed struggle in 1960 with the formation of the military wing of the ANC (Umkhonto we Sizwe) was a purely defensive action against the violence of apartheid. The factors which necessitated the armed struggle still exist today. We have no option but to continue. We express the hope that a climate conducive to a negotiated settlement would be created soon, so that there may no longer be the need for

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THE LIVING LEGEND



the armed struggle." He also said his main focus was to bring peace to the black majority and give them the right to vote in both national and local elections.

Presidency of South Africa

South Africa's first multi-racial elections in which full enfranchisement was granted were held on 27 April 1994. The ANC won 62% of the votes in the election, and Mandela, as leader of the ANC, was inaugurated on 10 May 1994 as the country's first black President, with the National Party's de Klerk as his first deputy and Thabo Mbeki as the second in the Government of National Unity. As President from May 1994 until June 1999, Mandela presided over the transition from minority rule and apartheid, winning international respect for his advocacy of national and international reconciliation. Mandela encouraged black South Africans to get behind the previously hated Springboks (the South African national rugby team) as South Africa hosted the 1995 Rugby World Cup. After the Springboks won an epic final over New Zealand, Mandela presented the trophy to captain Francois Pienaar, an Afrikaner, wearing a Springbok shirt with Pienaar's own number 6 on the back. This was widely seen as a major step in the reconciliation of white and black South Africans. After assuming the presidency, one of Mandela's trademarks was his use of Batik shirts,

known as "Madiba shirts", even on formal occasions.

Retirement

Mandela became the oldest elected President of South Africa when he took office at the age of 75 in 1994. He decided not to stand for a second term and retired in 1999, to be succeeded by Thabo Mbeki. After his retirement as President, Mandela went on to become an advocate for a variety of social and human rights organisations. Mandela is a vocal supporter of SOS Children's Villages, the world's largest organisation

dedicated to raising orphaned and abandoned children. Mandela has received many South African, foreign and international honours, including the Nobel Peace Prize in 1993 (which was shared with Frederik Willem de Klerk), the Order of Merit from, and creation as a Baliff Grand Cross of the Order of St. John by, Queen Elizabeth II and the Presidential Medal of Freedom from George W. Bush. In July 2004, the city of Johannesburg bestowed its highest honour on Mandela by granting him the freedom of the city at a ceremony in Orlando, Soweto. Mandela continues to live his life peaceably as a content, retired man having achieved what he believed in – FREEDOM!



HEARTBEATS

LIVING GODLY IN THIS PERILOUS TIMES

LIVING GODLY *In This* PERILOUS TIMES

By Mrs. J.O.T. Akinyemi



But know this that in the last days, perilous times will come. For men will become lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of Godliness but denying its power..." (2Timothy 3:1-5) {NKJV}

The above verses describe a lifestyle that is the exact opposite of God's expectation from His creation, the youths inclusive.

The youths are faced with a lot of challenges some of which are:

- Negative peer pressure
- Indecent dressing
- Examination mal-practices
- Occultism
- Pornography (books, magazines, films, internet etc)
- Sensuous/worldly music
- Love of money etc.

Yet the Bible says, we are created to give God pleasure (Revelation 4:11). How then can one live for God in the midst of all these? First, you must ensure that you are genuinely born again. It is then you will be empowered to live godly.

To achieve this you must:

- Be ready to repent and forsake sin
- Be genuinely sorry for your sins
- Confess them to God and ask for His forgiveness
- Invite Jesus Christ to come into your heart as your personal Lord and Saviour (Rev 3:20)
- If not yet born again, this is very dangerous! Run for your dear life; give your heart to Jesus Christ today! Today is the day of salvation, tomorrow may be too late. (2 Corinthians 6:2)

After salvation, you are to:

- Grow in grace and in the knowledge of our Lord Jesus Christ (2 Peter 3:18)

Tips for Christian growth

- Regular studying of God's Word (2 Peter 2:2)
- Obedience to God's Word (John 14:15; John 15:14)

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LIVING GODLY IN THIS PERILOUS TIMES

- Prayerfulness (1Thessalonians 5:17)
- Preaching of the Good News (Matthew 28:18–20)
- When one becomes born again, God's Holy Spirit comes into us to guide and strengthen us in the Christian race (John 16:13). It is therefore very important that you obey His guidance. Doing otherwise grieves Him (1Thessalonians 5:19).
- Regular fellowshiping with other believers (Hebrews 10:25)

Other general tips for godly living are:

- Have the fear of God, be conscious of God's ever-abiding presence. This will help you to be careful of the way you live your life because you know He is always looking at you. It was the fear of God that restrained Joseph from sinning. He said "how then can I do this great wickedness and sin against God?" (Genesis 39:9).

Like Joseph, do you see sin as a great wickedness against God?

- Dare to be different. Be strongly determined to live godly. Like Daniel, purpose not to be defiled.

- Respect God's temple i.e. your body. Refuse to do anything that will desecrate your body e.g. fornication, lying, smoking, drinking etc

- Avoid wrong associations because the friends you keep cannot leave your life neutral; it will either make or mar your life. "he who walks with the wise men will be wise, but companions of fools will be destroyed" (Proverbs 13:20).

- It is also very essential that you work very hard in your studies so as to achieve excellent grades. Hard work is the only way for a child of God to achieve success.

- It is also written 'flee youthful lusts, but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.' (2 Timothy 2:22).

- Love God's Word and make it the final authority in your decision-making: let it guide your life rather than the permissive and destructive standards of the world. "This book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous and then you will have good success." (Joshua 1: 8).



- Cultivate a regular habit of fasting. Fasting is a neglected spiritual discipline and yet it's very beneficial in that it helps to conquer the flesh.

- Make holiness your watch word (1 Peter 1:15–16) and keep busy for God in fulfilling the Great Commission. He will surely reward your labour of love for Him. (1 Corinthians 15:58).

- Love the second coming of Jesus Christ. Let no day pass without you thinking of the second coming (Revelation 21:12). This will help you in your determination to live godly.

Make holiness
Your watchword
And keep busy
For God...

- Be contented with what you have and trust God for your needs (Philippians 4:19). This will shield you from the love of money which will lead to diverse sins. Because the love of money will make you seek money through sinful ways e.g. prostitution, fraud, stealing e.t.c. (see 1 Timothy 6:6–10).

As you purpose in your heart to live for God, expect to face intense persecutions "yes, and all who desire to live a Godly life in Christ will suffer persecution" (2 Timothy 2:12. See also John 16:13).

It is very essential that you are aware that persecution, trials and temptations are part of the package as you run the Christian race. You will then not be surprised and give up your faith when challenges come. To be forewarned is to forearmed. You don't prepare for a battle you are not conscious of; neither can you win a battle you are not equipped for. Therefore be armed constantly with the fact that when you become born again, you have enlisted

HEARTBEATS

LIVING GODLY IN THIS PERILOUS TIMES

in the Lord's army. You are involved in a spiritual battle against the satanic army "for we do not wrestle against flesh and blood, but against principality, against powers, against the rulers of darkness of this age, against spiritual host of wickedness in heavenly places" (Ephesians 6: 12). Read about the whole armour of God in Ephesians 6: 10-18. Please note that there is no cover for the back, so don't turn from following Jesus as this is very dangerous. Keep moving; keep going for Jesus Christ against all odds. For victory in this battle, see Ephesians. With Jesus Christ as our Commander-in-Chief and Captain of our salvation, victory is certain "... thanks be to God who gives us victory through our Lord Jesus Christ" (1 Corinthians 15:57).

- Do not give up your faith; hold tightly to God and keep going against all odds. (Hebrews 10:35-36)
- Remember no one engages himself in this battle and entangles himself with the affairs of this life, that he may please him who enlisted him a soldier (2 Timothy 2:4).

SOME BENEFITS OF GODLY LIVING

- Peace of mind, even in the midst of life's challenges (Psalm 119 : 65; John 14:27); Jesus Himself is the Prince of Peace - (Ephesians 2:14)
- Supernatural promotion (Deuteronomy 28)

- You will be specially treated by God (Psalm 10)
- Long life, deliverance, answered prayers etc (Psalm 91:14-16).
- Victory (Jeremiah 15: 20).
- You will make it to heaven at last and partake in the Banquet of the Wedding of the Lamb.

Conclusion

To live godly in this perilous time, constantly make God your ally. Tell Jesus Christ our Advocate to pray for you like He did for Peter in (Luke 22: 31-32).

"May the God of peace Himself make you pure and devoted to God; and may your spirit, soul and body be kept strong until that day when our Lord Jesus Christ comes back again " (2Thessalonians 3:16) (The Living Bible).

MARANATHA!



Mrs. Janet O. Akinyemi is the V.P. (Admin)/Acting Principal of Preston International School.



Preston International School

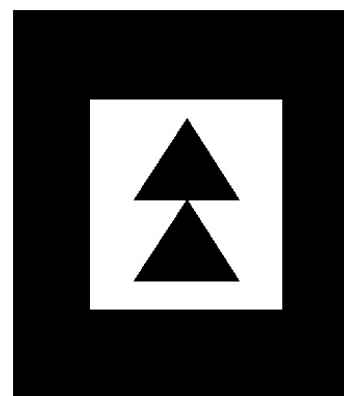
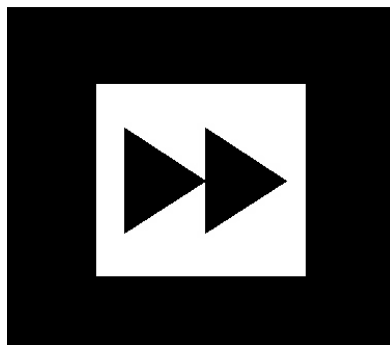
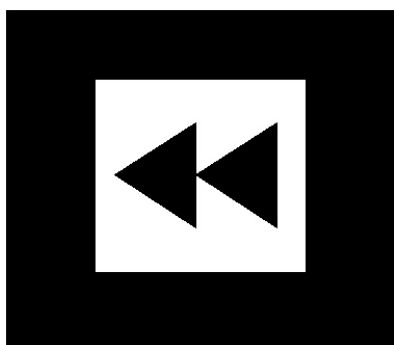
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HEARTBEATS

LOOKING BACKWARD, LOOKING FORWARD...

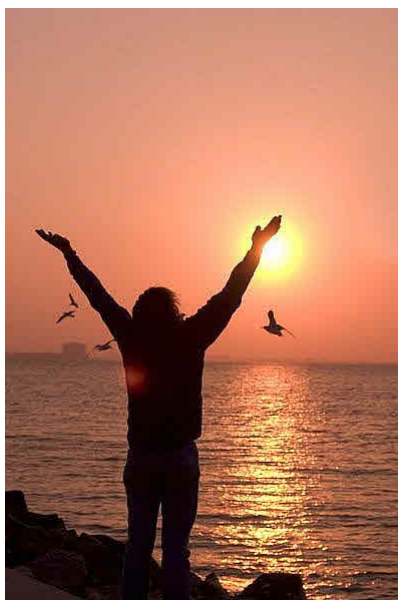
LOOKING BACKWARD, LOOKING FORWARD, CHOOSE THANKFULNESS



By Mr. Gbenga Dada

There is a tremendous difference between a thankful heart and a heart that is full of complaints. The contrast is far more than just words– the two feel different. One spirit emanates from a grateful heart and the opposite spirit from a heart that has a negative outlook.

In assessing progress, it is useful to reflect on the past. Each of us decides whether we will complain or be thankful; what ever happened in the past, be it disappointment, let down or any difficulty. The fact is to a large extent, the attitude we have is a choice we made. In every situation, the secret to success is to simply thank God for everything! Through thankfulness, God will open more ways for progress and give us the courage we need to face whatever challenges tomorrow may bring. Oh, the outcome of having a positive thankful spirit is so different from the outcome of having a negative, complaining one!



What are we going to do when we face unexpected difficulties? Are we going to have faith or fear? Are we going to complain or are we going to be thankful? God never asks us to do what is beyond us, though it initially may seem that way. God is not asking for the impossible from us, but rather is always ready to go with us every mile of the way. God has all things under His control.

Many times God can not work on our behalf unless we feel incapable– we must be willing to take our hands off the situation and let God take over. Regardless of the difficulties currently facing us, God expects us to take inventory of recent blessings and express thankfulness for what He has already done for us. When you voice your thanks – to someone, what kind of feeling does that generate in you? It warms your heart and leaves you feeling good. The same principle applies when we communicate with God. How do you

HEARTBEATS

LOOKING BACKWARD, LOOKING FORWARD...

feel when you prayed and told God, "I do not know about tomorrow, but Lord, I know what you have done in the past. I thank You for it." It is a natural thing to follow that expression of praise with the assurance, "I know You can handle this problem too."

At times we may feel weighed down with concerns when someone talks with us about the Lord, eager to tell what God has done. We may be consumed with our own problems, perhaps even wanting to complain, but as that person tells what God has done for them, their thankfulness changes our focus. We feel uplifted and encouraged. It is very difficult to retain a negative outlook when the person we are talking to has a thankful heart!

It is easy to complain, and we can probably always find things to complain about. Oh, God has not done this, why this let down? Why has God allowed this? However, there are also wonderful works that God has done! We need to stop and thank God for them. The challenge faces each of us. Will you be thankful? You are the only one who can properly thank God for your own blessings. Purpose in your heart to always give thanks, saying this "Lord, it is time I have a season of thanksgiving. I want to stop and thank you for everything you have already done. Tomorrow there will be fresh blessings to thank you for. Just give me a thankful heart!"

God had given the entire Preston community many reasons to trust and thank Him. For His protection over the entire school, journey mercies over and over, outstanding successes in various outings and competitions, good and sound health, serene and conducive environment, good moral up- bringing and wonderful Christian ethos, to mention a few! We indeed thank God. The Lord may be preparing us to move on to greater things than we realize. Many times God has been working with us and for us beyond our comprehension, and we are not aware of all that is involved. Since He has only good gifts for His followers, He is setting us up for blessings! We ought to give God thanks for things we are not yet aware of. Maybe we will not know until tomorrow, next week, month or year what He has been doing to set us up for



future blessings. We can never stretch thanksgiving too far when it comes to the Lord. Here at Preston our hearts are full of thankfulness and appreciation to the Almighty God for all He has done. For all challenges we had in the time past, for future challenges and victories, we choose to thank God. For ending this fourth session with us, as Paul the Apostle hath rightly said, "...it is not of him that willeth, nor of him runneth, but of God that showeth mercy." (Romans 9: 16) Finally. I want to bring this article to an end with this poem, titled, "Be Thankful"!

Be Thankful!

Be thankful that you don't already have everything you desire,

If you did, what would there be to look forward to?

Be thankful when you don't know something

For it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations

Because they give you opportunities for improvement.

Be thankful for each new challenge,

Because it will build your strength and character.

Be thankful for your mistakes

They will teach you valuable lessons.

Be thankful when you're tired and weary

Because it means you've made a difference.

It is easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings. Count your blessings. As you do, God will come near, bless your soul, and give you more victory.



*Mr. Olugbenga Dada
is the Vice Principal
(Academics) of Preston
International*

HEARTBEATS

WE ARE MOVING FORWARD

WE ARE...
MOVING

FORWARD

By Adebowale Adetoro

I thank God for the fourth session, in which the fresh Senior Secondary School students, went into the higher class (S.S.S.). Our Proprietor's promise was finally fulfilled this session. His promise to relocate to the school has erupted positive changes, which burst up the new dawn everyone had been waiting for. This has been seen in the behaviour among students and even staff. He tries to make sure things always turn up well and when things go wrong, anyone can come up to see him.

Last session i.e. the third session towards the end, the Prefects' meeting centered on a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats), which is a system used to check the way an organization runs, in order to see improvement and bad character in the organization. We used this system and we have improved on a particular weakness, which was working together as a team.

Also, prefects were assigned into new portfolios and new prefects assigned. The Proprietor, has charged the body of prefects and all other members of the Students Representative Council (SRC) to rise up to their duties. The leadership house point (LHP) chart was introduced which

has a quotation from the Bible from 1 Timothy chapter 5:17. "Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine". This new system helps the student leaders work harder. The Disciplinary Assembly was introduced also to sanction offenders who break rules in Assembly for little things like, not sitting right, no eye contact e.t.c.

The Senior Secondary School students have been introduced to a new curriculum, that is a little bit different from other curriculums around. Every Senior School student must take Literature, which is

seen as an Art subject, but all students – Science, Commercial and Arts – offer this subject. This was put into place to equip Prestonians with unique and great literacy skills anywhere, in writing and speaking in acceptable manner. In

a creative and this particular subject, our teacher gives us tasks that are sometimes meant for S.S.S.3 students or even students in tertiary institutions e.g. writing a play and analyzing it i.e. literary appreciation which must contain things like the subject matter, the figures of speech used in the play e.g.



HEARTBEATS

WE ARE MOVING FORWARD

“Our foundation
and fortification
is Christ Jesus...
This is our only
secret.”

with God on our side, like Joshua and Caleb believed and acted, we also believed and conquered. One of such occasions was the Nigerian International Secondary Schools Model United Nations (NISSMUN) Conference which was held in Abuja at the International Conference Centre (ICC), Abuja. We the ambassadors faced some challenges. This was the first participation in the conference, but with God we were far more prepared than most schools who came before i.e. it wasn't their first time. It was just God's doing, because His Hands carried us every day. That's why I am confident of my school anywhere and also proud. I am not being a swank. Our foundation and fortification is just Christ Jesus Who acts and strengthens us when all hope is gone. This is our only secret.

We are indeed moving forward, even with the beauty the school adds to herself each day, with new buildings, structures and ornamental plants, our character has also been modified rightly. The exhortations we receive everyday, the corrections from teachers and their advice has transformed our lives and it is still. We are being transformed to be more than able towards the great contribution to our society and bring forth lasting and permanent solutions to eradicate or stop problems that have eaten deep into our society and, it seems there isn't any solution. Yes, we are indeed moving forward. We are already achievers and still going to be great achievers because we have made steps that are more challenging than that of giants. We are moving forward and conquer-

Simile, Personification, Climax, Hyperbole, the dramatic technique etc. All these we do within a short space of time and come up with mind-blowing presentations that our teachers marvel at.

The school, though young has faced extremely immense problems which looked bigger than us, but

ing because we are children of the Most High and are His personal possession i.e. we have Salvation (Romans 10:9-10). This has changed our lives as individuals and as a school and together “we are always ABLE”.

The strong tides move,
The thunder roars,
Everything pleasant is lost,
Where are they?
The voice of the Night in gap,
The pleasant sight of Topaz and rubies,
All put into rumble and rubbish”

Everything is failing,
Down we go,
Deeper beyond words.”

“But fortitude comes from nowhere.
It seems glacial in pace,
But our dim fortune is yet brighter,
We are moving forwards,
Towards our glory,
We give no way to evil sway,
And never give up on rising and untiring fear,
We overcome and glint,
But not satisfied.”

“We must continue to move,
And move forward only,
Because WE ARE ABLE,
And we won't take tender rest,
But slam obstacles,
Though unstoppable quicksand,
We will overcome,
To become Glam,

In the full strength,
Of our vision,
On which we look on Christ,
Yeah, we are Glams.
Glamorous Prestonians.
Moving forward.”



*Adebawale Adetoro
is the President of Preston
International School Students.*

NEWS FROM PRESTON

CAREERS WEEK AT PRESTON

CAREERS WEEK AT PRESTON - VISIT OF MS. DONNA JOHNS



Prestonian parents and SS1 Prestonians pose with Ms. Donna Johns and Proprietor Mr. Toyin Ajayi during the Careers Week

One very important piece of news however is the visit of Ms. Donna Johns – a Careers consultant from the UK who worked with the SS1 students on Careers in particular but addressed the whole school during assemblies. It can be said that the work which Ms. Johns has done will last for very many years. While she will be our liaison

officer for those seeking admission into higher institutions abroad when that time comes, she hopes to be back at Preston because she thoroughly enjoyed her time at the school. The Prestonians signed a very big card and made a wonderful presentation to her before she left. Thanks too to all the staff who worked with Ms. Johns.



NEWS FROM PRESTON

4TH INTER-HOUSE SPORTS EVENT....

4TH INTER-HOUSE SPORTS EVENT



The fourth annual Inter-House Sports competition took place on Saturday the 13th of February, 2010. It was full of fun and exciting activities ranging from track to field events. The programme commenced at about 12am with Mr. Jacob Komolafe and Mr. Kehinde Olowo as Masters of Ceremony and commentators. The Chairman and Chairperson of the occasion was Honourable and Mrs. Saka Sanmi-Lawal, Special Adviser to the Ondo State Governor. Other eminent Nigerians in attendance included Chief and Mrs. Olu Falae among others and lots of Prestonian parents.



NEWS FROM PRESTON

4TH INTER-HOUSE SPORTS EVENT....

The four houses kicked off the event with their colourful and breath taking parade. The Queens of the houses came out looking very cute and beautiful. All the houses did extremely well in the march past. After this, the races started. Most of the athletics competition had been done during the heats. The races that took place on the D-day include 100m, 200m, 4x100m. There was also the sack race and threading the needle competition and many other exciting races.

Parents and staff members who ran well also got medals ranging from gold, silver to bronze. There were also visiting schools who came to witness our inter-house sports competition. At the end of the day's events, Terra house emerged winner of this year's Inter-house sports competition (this will be the fourth year of Terra House winning the first position), Tornado house came second, Aqua house came third and Shekinah house came fourth. It was a very eventful day and everybody really enjoyed the various activities.



Chief Organizer of the
Event
Mr. Eric Denedo



NEWS FROM PRESTON

LAUNCHING OF SALEM ACADEMY OF MUSIC

LAUNCHING OF SALEM ACADEMY OF MUSIC

On Saturday the 27th of February, 2010, Preston's own exclusive school of music (Salem Academy of Music) was launched with the 119 pioneer students and 11 teachers of the Academy in attendance.

The objectives of the Academy is as follows:

- ❑ Expert Tuition on Musical Instruments.
- ❑ Do practical and theory music exams conducted by MUSON (Musical Society of Nigeria) and ABRSM (Associated Board of the Royal Schools of Music, U.K.) and get their accreditation certificates for Grades 1 – 8 exams.
- ❑ The Academy will have its own Symphony Orchestra.
- ❑ Will help the needy through the instrumentality of music.

The event kicked off at around 10.00 a.m with songs of praises and prayers followed by a variety of musical presentations by teachers of the Academy. Speeches were also made before the imported



musical instruments from the U.K were dedicated to the service of God. Admission into the Academy will only be at the commencement of the term. The Coordinator of the Academy Mr. Taiwo Babalola enjoined all students to be always punctual and to always strive to do their best in the tasks that they were given as the secret to musical success is constant practice. There were snacks and photographs taken after the event.



NEWS FROM PRESTON

LAUNCHING OF SALEM ACADEMY OF MUSIC



NEWS FROM PRESTON

ROBOLAB PROGRAMMING AT PRESTON

ROBOLAB PROGRAMMING AT PRESTON INTERNATIONAL SCHOOL



Preston international school has developed an initiative to enhance learning in her school by introducing the Robolab programming in its JETs Club science curriculum. The programme was officially launched by the Proprietor, Mr. Toyin Ajayi, who single-handedly brought this sets of kits from the United Kingdom. It is indeed a welcome development and I must confess that it is mind blowing. This, the proprietor has provided to boost the understanding of science and technology among Prestonians and to encourage those students who wish to pursue careers in robotics and other science related courses.

It has not been really very easy for the students as they had to combine the robotics design and their studies together. Although it has been quite challenging, the students have been able to record a lot of progress in the design of the robots. The students faced a lot of challenges as they tried to design programmes for the robots. They even went as far as improving the efficiency of some programmes already designed in the United Kingdom.

ABOUT ROBOLAB PROGRAMMING

ROBOLAB is a graphic based programming language created as a partnership between the LEGO Company's Education Division (formerly LEGO Dacta), National Instruments (NI), and Tufts University. Powered by NI's LabVIEW software, ROBOLAB was written at Tufts as educational software for programmable robotics and data acquisition applications. ROBOLAB is a powerful educational tool, and its range of applications continues to increase. With a national drive for standards based education due to the "Every Child Matters" educational policy in the United kingdom, and a call for increased (and improved) math, science and technology to be included throughout the pre-college curriculum, ROBOLAB provides another innovative tool for teachers to engage their students and improve their learning. In Massachusetts, technology/engineering standards have been added to the state curriculum frameworks. We at Preston International School are so privilege to have a great innovator as a Proprietor with his expert proving experience and has brought this technology to Nigeria to assist the Nigerian child improve in her technological ability; developing a



NEWS FROM PRESTON

ROBOLAB PROGRAMMING AT PRESTON

good path towards choosing a rewarding career. Meeting the demands of these standards, and bettering the students' education, is a challenge that can be met by including ROBOLAB in the curriculum. The range of possibilities for learners of all ages enabled by ROBOLAB is already quite impressive. Continued development will ensure that it remains a tool for constructionist exploration and learning throughout the life of its users. Here in Preston, we are determined to take the lead as the school has included this in her JETS curriculum to fire up a technological based society here in Nigeria.

STUDENTS PREPARATION FOR PROGRAMMING

Each group brings to the ICT lab pen, plain sheets, 30cm rule to facilitate their work.

Each Team consists of 4–5 students and receives:

1. One Lego RoboLab Team Challenge Kit. This includes a construction book, RCX brick and IR tower.
2. One 3 ring binder.
3. One PC with the RoboLab Software.
4. 2 robot building instructions manuals
5. A cabinet for storage
6. 6 AA rechargeable batteries (additional batteries will be supplied as needed).

Students will be responsible for replacing lost pieces.

House points are awarded to students who were able to create very challenging programmes.

Lab room discipline:

In order to be successful in this design students are expected to have:

1. Respect for Self

1. I will always do my best!
2. I will positively participate in all class-room activities.

2. Respect for others

1. I will stay on task without disturbing or distracting others.
2. I will not use "put-downs" or harass others.
3. I will respect other people's differences and options.

3. Respect for School

1. I will raise my hand to speak.
2. I will enter and exit the room quietly.
3. I will complete all assignments on time.
4. I will actively listen when the teacher is speaking

4. Appropriate group work

1. I must complete each group activity
2. I will fulfilled my role in the group
3. I have the right to ask my team members for help
4. I have the duty to assist anyone who asks for help without doing his or her work.

As a club, we have been able to make good progress and we believe that greater achievements shall be attained as the school progresses. Here in Preston, we are very optimistic and we take the lead.



*Mr. Roland Ojeruse
JETS CLUB, P.I.S.*



JSS 3

(2009-2010 GRADUANDS)

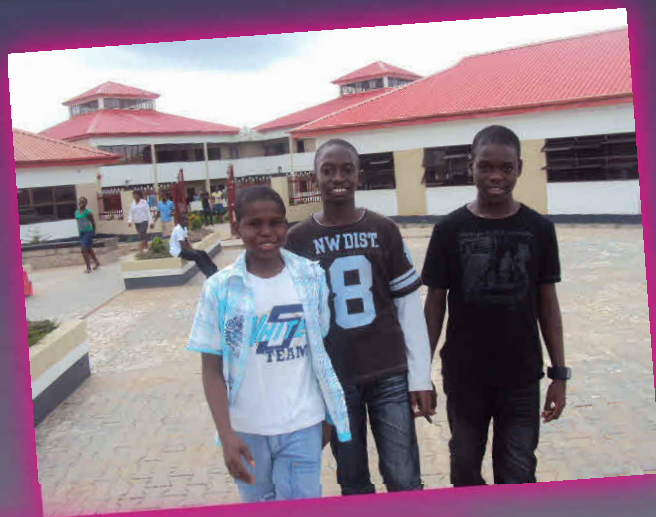
YEARBOOK SECTION



To God Be The Glory..



To God Be The Glory..



To God Be The Glory..



To God Be The Glory..



To God Be The Glory..

JSS 3P... *Graduands Reflect*



Abinye-Dick, Emmanuel

As a Prestonian, life in Preston has been enlightening in many ways. Preston has helped me a lot especially when it comes to the issue of time management. Of course, there have been challenges but Preston has taught me not only to combat my fears but also to overcome them. Preston has also taught me a lot about life and the school has encouraged me in all aspects of life. The teachers in Preston have really touched my life positively.



Adelaja, Ayomide

My life at Preston International School is amazing and adventurous, though it was a difficult task to face coming to a new school. The day I first came, I thought the students at Preston will lack morals, I never knew that Preston will have disciplined students who are caring, friendly and God-fearing. Preston is a school that will never take nonsense from any student. Preston has taught me a lot of morals, brought out the talents in me and has driven me closer to God. "GREAT PRESTON".



Ajagunna, Adebimpe

Preston has changed my life mentally, socially, physically and academically. When I first came to this school, I found it difficult to stop crying, eat or even to relate with friends. I found it difficult also to wake up by 5:30am, to take my bathe, do morning duties, etc. But now that Preston has changed me, I can do everything perfectly. I haven't lost one behavioral award at all. Preston has taught me how to do work at home with my parents. I not only watch TV but also read too. I am proud to be a Prestonian.



Akilo, Oluwafunmike

Preston!!! Indeed a great planet. Preston has developed me in all areas of my life, name it; academically, morally, emotionally and physically. Preston taught me all I want or need to know. Preston taught me to become a God-fearing person in life. Preston helped me to discover who I really am. Before when I was at home, I never did things quickly. I ate slowly, bathed slowly, did everything slowly. But now, I work according to time. Preston has taught me how to be confident in myself. PRESTON! A GREAT AND PERFECT PLANET!



Akinmulero, Funbi

I thank God for making me to school in Preston. I also thank my parents for making it possible for me to attend the school. I started well during the first and second terms but I was too quiet during my first 5 weeks because it was scary. However, Preston has changed me in all aspects of my life – morally, spiritually, academically and behaviourally. I love Preston so much. MAY GOD BLESS PRESTON INTERNATIONAL SCHOOL!



Akpojevwe, Kenvin

The first day I stepped into Preston International School, I was so flabbergasted that the school was in a bush environment and they still do well in what they do. I am so happy in this school because we are not only working for academic success but to be well-cultured and well-rounded and indeed, we are most especially the spiritual aspect. God is working from the proprietor of the school down to the students. Now I thank God that some things that I couldn't do before, I can now do them.

To God Be The Glory...

JSS 3P... *Graduands Reflect*



Apia, McCarthy

Since the time I stepped my foot into the boundaries of Preston, my life changed entirely. It was actually in Preston that I found out the things I could use my talents for. I found waking up at 5.30 a.m. Difficult but as time went on I got used to it. Preston is a wonderful school, a priest town, a school that gives you knowledge in all parts of your life. It has really changed my life. "GREAT PRESTON LIVES FOR EVER".



Ariyo, Deborah

My first day at Preston was filled with happiness because I was leaving home for the first time. Sincerely, Preston has taught me a lot like; how to wake up early, eating without talking, associating with others, how to live on my own, how to be accountable for things I do and above all, Preston has taught me how to get closer to God daily through personal devotions and rich word of exhortations during the morning assembly. I give God the glory.



Atsuma, Tesi

Preston has rotated my life into a more reasonable, efficient and magnificent life. When I first came to Preston, the first thing a reasonable person will do is to keep quiet and study the environment and people around. But in my own case I was a talkative and a trouble maker. Preston taught me how to study which I found difficult before. When I came to Preston, I was playing on peoples rights because of my pride and stubbornness, but Preston taught me about egalitarianism and made me a decent person. When I look back and forward I always smile.



Fakorede, Adeyemi

Since the very first day that I stepped into this citadel of learning, I thought I'll meet obnoxious people and people without morals, but to my surprise, I saw people with high morals and dignity. It was not easy adapting to the school system. Although I was inaudible before I came to Preston, Preston has made be bold and audible. This is my story so far and Preston has changed my life positively in many ways. My first day into this citadel of learning made an indelible impression on me.



Gbadamosi, Jumoke

Preston has changed my life in different ways. Before I came to Preston, I was a shy and close-minded person but ever since the day I stepped into Preston, my parents have been happy with me because I could share my feelings and talk freely. In my spiritual life, Preston has changed me; I can read my devotion every morning and also my Bible. Preston has made me realize my talents in different ways. Physically, I never thought I will be the fastest runner in my school, but Preston teachers and students gave me the courage to do so and I succeeded. Preston is a school that wants the best for everyone. COME AND YOU SHALL SEE WONDERS!!!



Mukorho, Blessing

I'm proud to say that I thank God for giving me the opportunity to come to such a unique school like Preston. I've learnt a lot, including discovering my talents like singing, dancing and writing. Preston has also impacted in my life; mentally, socially, spiritually, physically and intellectually. Preston is a school I'll never forget and I'm proud to say that that "disappointment" has disappeared now that I've come this far in Preston. THANK YOU PRESTON FOR DOING THIS TO MY LIFE. I LOVE YOU AND WILL NEVER FORGET YOU.

To God Be The Glory..

JSS 3P... *Graduands Reflect*



Ogbeche, Peace

Coming to Preston was a terrifying and at the same time an interesting thing for me because it was my first time of leaving home and also it was interesting because I was going to make new friends. Preston has taught me morals, knowing God and many other things. I really want to thank God and give a great shout out to Preston because of the wonderful things Preston has done in my life.



Ogunlade, Tofunmi

The first day I came to this wonderful school, I was scared, I thought I would not fit in because there were so many children I did not know from anywhere. Preston has taught me a lot of things. This wonderful school taught me the way of Christ, to be born again and so on. Now anywhere I go, I shall always remember Preston. When push comes to shove, PRESTON INTERNATIONAL SCHOOL stands out. WE ARE BETTER THAN THE BEST!



Olawale, Ayotomiwa

My journey so far in Preston has been so fun filled and challenging. Preston has helped me in two major areas of my life which are; mentally and spiritually. Preston has helped me to think on my own and proffer solutions to my problems. Preston has also helped me spiritually because before I came to Preston, I didn't have passion for spiritual things and had no time for my personal meditation.



Omoregie, Marvellous

Preston has really rotated my life to a more decent life. When I first came to Preston, I was 100% stubborn but now Preston has really changed me to a new creature and I was a jester but Preston taught me it was not right and I can be in the same position with my colleagues but it was God's protection, love and kindness that made me not to be like them. Preston taught me to listen to other people's ideas and combine it with my own to make mine more creative. Preston has really changed my life for the better.



Oni Stephen

When I started school in Preston, I met so many strange faces, and some familiar ones, I started doing strange things which I would have thought of doing before, like sweeping my room, arranging my bed, and arranging my locker. As I did all these things, regeneration was taking place, but I did not know. The first mid-term break in had in Preston was when people around me started noticing changes and they were surprised at the new things that I did such as not fighting, bowing my head to greet and so much more. I would like to say that coming to Preston is like having a really big gift inside and I can open the gifts inside every term and every session.



Onokpachere, Yoma

My experience when I came to Preston wasn't easy at all for me because I was all alone in the school, I didn't know anybody in the school then but I had no choice than to adapt to everything. I became closer to God and also my house-parents and they also treated me as their own daughter. Later, I was taught a lot of things. I thank God for bringing me to a wonderful school like this. I am proud to be called a Prestonian and also to come from a school like this. Thank you Lord!!!

To God Be The Glory..

JSS 3P... *Graduands Reflect*



Oti, Preye

Preston has exposed me to things I'd never come across in life. Preston has made me a much better person than I was before, and has given me the opportunity to speak up for myself. I now understand mysteries I've always wanted an answer to and I have grown in the Lord Jesus. Preston gave me the opportunity to meet different people and characters and learn to tolerate people for who they are. They've helped me appreciate what I have no matter how small it is. THANK YOU PRESTON!



Owocyte, Oluwatobi

Preston is a school that teaches good morals and sound education outstanding up for two minutes but when I spent some weeks in this school, I could do many amazing things. I had changed in some situations like 1. I could sit in class for an hour without standing up. 2. I was also no longer stubborn or restless in class. Preston also made me to be faster in running and also good in sporting activities.



Owolabi, Tomike

The first day I stepped my feet into Preston, I had mixed feelings: happy because I was going to meet new people, and I was not happy because I was leaving home. I did not like rules like keeping eye contact talk less of learning the rule of waking up by 5:30am in the morning or talking in low tones. But now I am used to all those rules that I used to complain of. Preston has helped me socially, morally, physically, academically and also in my Christian life. Preston! Wonderful! Preston! Thanks a million times for what you have done.



Owoseni, Adedamola

My journey so far in Preston has been very challenging. Preston has helped me in so many ways even though there have been some catastrophe. Flabbergasted, I couldn't play the piano. The school has not only developed me physically, the school has also developed me spiritually. Preston has developed me morally, physically, mentally, emotionally, spiritually and in all ramifications in life, since my first day of school.



Uchendu, John

I wrote the examination for this school and I passed. I came to school on Saturday; I was quite emotional and discouraged. But I began to adapt to this school, built in the thick forest. On the contrary, I began to increase and have quality in everything I do like in my Christian life, morally, academically and socially. Through the years passed down to JSS 3, I now have a very sound relation with God and my academics although I have friends by my side who are loving and caring for me. And I thank God I am in such a school which changed my life for the best, and it really invited me to do things I could not do. And now I am now a new creature.



Mr. Deji Adesuyi
Class Tutor JSS 3P

To God Be The Glory...

JSS 3R... *Graduands Reflect*



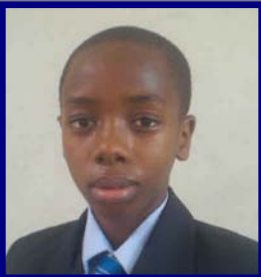
Adedipe, Ayokunle

Before I came to Preston, I was rude and annoying, I never knew big grammar and how to greet people but now I know how to respect, speak English properly know the meaning of the English that I speak and how to greet people, I really thank Preston for what they have done in my life. THANK YOU VERY MUCH PRESTON!!!



Adenuga, Opeyemi

A lot of schools only aim at academic excellence, but after a few weeks in Preston, I realized that it was no ordinary school. The aim of the school is to raise well-rounded ladies and gentlemen who would change the world for better. Before I came into the citadel called Preston, I never liked classical songs a lot but Preston made me realize that they were very technical and could be enjoyable at times. Anywhere we go, Prestonians always stand out.



Adeosun, Inioluwa

Coming to Preston has been one of the greatest achievements in my life if not the greatest. When I wake up, I feel so blessed and greatly opportunity to be in a school like Preston. If well noticed, Preston is a rare gem considering schools and morals. In fact I am a changed person. When I arrived I was really stubborn. I have improved because of Preston standards. Preston is a school which teaches students to be well cultured and polished ladies and gentlemen. I can boldly recommend Preston for any student. It has truly impacted my life beyond words.



Aderibigbe, Pelumi

I have learnt to have passion and benevolence for other people and to accept other people's opinion. Preston has taught me the proper ways to behave and socialize with others, the value of the Christian ethos. I seriously enjoy classes and co-curricular activities like the career talk, variety night and other socials. Preston has taught me how to effectively manage my resources and made me have self esteem and also helped me in overcoming 'STAGE FRIGHT'. I THANK GOD FOR BRINGING ME TO THIS GLORIOUS SCHOOL!



Akanji, Tijesunimi

What was the word that filled my heart hearing Preston? EXCITEMENT was the word. I was driven into the four walls of preston with excitement. When I entered Preston, I never new it was a transformation center. Preston changed me academically, morally, socially, in my character and in my relationship with God. MAY THE LORD CONTINUE TO TAKE PRESTON INTERNATIONAL SCHOOL TO GREATER HEIGHTS. Keep the flag flying and be the best. GOD BLESS PRESTON.



Akinmoladun, Toni

The decision to come to Preston was really a tough one. I didn't know how to cope with all the school rules. It was horrifying. Before I came to Preston, I was extremely emotional, spiritually unstable and hated reading. But this school turned out to make me a better person. There is a great change in me now because I've become extremely social, morally revived, academically restored and spiritually boosted. Preston is a place where 'BEFORE MEETS AFTER'

To God Be The Glory...

JSS 3R... *Graduands Reflect*



Akintade, Aanuoluwapo

When I first came to Preston I was surprised at what I saw – the school building was not completed. We were also surrounded by bushes, but after sometime I got use to the environment. They have good teachers and I also had friends to talk to. I cry at times because I miss my Mum, Dad and Brothers. But I soon stopped crying when I met new friends. But now Preston has really improved in terms of the school building.



Akintan, Daniel-Isaac

Before I came to Preston, I was very quiet and shy but now I can talk freely to everybody. I thank God and Preston for that, I also thank God for helping me in my Christian life. May God give the Directors of this school more strength to continue to train up well- behaved, intelligent, diligent, honest, neat handsome and beautiful ladies and gentlemen.



Aremu, Doyin

As I gazed at the two big grey gates, I wanted to scream."How could my parents do a thing like this? That was two years ago and this year is almost over. The journey hasn't been smooth but really it has been fun and interesting. Preston has really helped me handle people of different characters which has helped me a lot. I really appreciate the high standards of this school especially the spiritual aspect. I LOVE YOU PRESTON!!



Ekpekurede, Rehoboth

They called me Robot when I came to this school located in Ondo State I was wishing at first to go back home but I stayed in school to no avail and I prayed and prayed but I found that this is one prayer God would never answer and as time went on I became used to it and I grew. Yes I grew intellectually, morally, physically, spiritually and now I don't ever regret because Preston really was the best bet.



Enebeli, Chinwendu

My experience in Preston has blessed me in so many ways and I thank God that He let Preston bring out THE REAL ME and I thank all my teachers, staff and friends for their help and I thank God I know my dreams. Preston has improved me morally, socially, physically, mentally and educationally wise. I want to say a big thank you to Mr. and Mrs. Ajayi for making this opportunity possible for me. THANK YOU PRESTON.



Fakorede, Adekola

When I first arrived at Preston, it was a very painful experience but now I realize that Preston was the school God had ordained for me to be in. Preston really transformed my life. In terms of my social life, Preston has helped me to make friends and interact with people. Preston helped to improve my Christian life due to the preaching I received regularly in the school. Preston has made me to understand the principles that make up a good life. Indeed, Preston is a good school which everyone will want to attend.

To God Be The Glory..

JSS 3R... *Graduands Reflect*



Fasuyi, Opeyemi

The school really changed me socially, academically, mentally, psychologically and every other areas and aspect of my life. I never really thought I could share my problems with anyone other than my parents, but now I can relate and share my problems with teachers and even friends. Also, in my primary school, I noticed I was intelligent because

there wasn't enough competition, but coming to Preston showed me there is a lot more than being the best in a particular place. I really want to appreciate the effort of Preston. LOVE YOU ALWAYS PRESTON.



Fasuyi, Nifemi

What other kind quality education can be given apart from the one Preston gives? We are taught more than expected. Greeting everyone you come across is compulsory. It helps in the outside world. For three years I have learnt so much. Being a scholar is not easy and it can easily be achieved in Preston through

sheer hard work. This is a challenge for everyone who wants to taste quality education. Keep up the hard work Preston.



Kareem, Akeeb

Well I would say my experience in Preston has been beneficial. Preston has been my community of deliverance. My life has changed drastically since I came through the airport from London to Nigeria my home land, but more importantly if not for the proprietors vision for building Preston, I would not be here and if not for the grace of God

I will not have arrived safely, so now I really know that the hope and mission of Preston is sincere. I know we are building fine, ladies and gentlemen who will make huge contributions to our society.



Oghifo, Nadia

Life in Preston has been very challenging but in a unique way. But now I can proudly say I am I student of Preston International School. Preston has helped me both emotionally, spiritually, socially and academically but in all aspect it has helped me in my spiritual life. The journey of a thousand miles starts with a step

taken and I know and I know I have began A PRESTONIAN JORNEY. All through PRESTON had been filled with ups and downs, so far so good I am gratified to be called a PRESTONIAN.



Ogunduyile, Samuel

When I came to Preston, I was an introvert and introspective in nature. I could not express myself. I gave an inane and imprecise description to my guardian about the school because of my outlook on things. When I stayed for a week, I was transformed into a better person by the students and teachers with their ability to mould and in-

culcate morals into us the 'VESSELS'. This attitude really went a long way in helping me. Finally, I have become spiritually uplifted and professionally uplifted. 'PRESTON MY BELOVED, PRESTON MY HOME'



Ogunleye, Tolulope

My initial impression was that Preston was an innocent boring school with rules, rules and more rules. My brother suggested that when we get to the school we will only walk every where if we don't want punishments? What kind of school is this? Then my sister added her own, "So we are forced to wear white underwear and

socks"? Will they check?" We laughed that one off. My sister and I went into a fit of "It's not fair's" and "I don't want to go's "Now I can't just imagine how wrong I was about Preston"!!!!!!!

To God Be The Glory..

JSS 3R... *Graduands Reflect*



Okogie, Jerry

Coming to Preston was never my dream. It was the first time in my life going away from home and to a place I didn't know. For the past three years I have been in Preston, I never knew Preston was a 'transformation center'. Preston has totally changed my life in terms of my character, my relationship with God, and how I relate with people.

Preston is a glorious place with God fearing people and a place where everybody in the world needs to be. On behalf of me, myself and I, I will like to say well done to Preston!



Olajombo, Seyi

"Wow"! It has really been a tremendous experience in Preston International School because first when I came here I saw a building within bushes and I taught my mum wanted to go and get a building in a house. And at the end of everything I still came to this school. I wanted to die when I reached this school. Then I was

consoled by Iyanu Olumayede and now I have gotten over it and now I enjoy this school I t has helped me a lot in all areas of my life .THANKS BE TO GOD AND PRESTON



Oni, Sylvia

At first I felt that coming to Preston was like being deprived of the fundamental human rights but when I came to Preston, I actually realized that I could achieve the fundamental human rights. Preston has taught me a lot of things like how to be academically, spiritually, morally sound. My hope is that Preston will bestow more upon every fresh soul

that enters Preston. There is so much I can say but I am limited so all I can say is KEEP UP THE GOOD WORK PRESTON!!!!!!!!!!!!!!



Oshode, Temi

Preston has been very exciting and interesting because I have learnt a lot of things in Preston. I really hold Preston International School in high esteem for impacting knowledge in me since I came to the school. Academically, I have improved so well, spiritually I have a stronger faith in God. In the area of sports and

recreation I have been absolutely great. Preston has really changed me for the better.



Sobayo, Ibukun

Coming to Preston was never my dream but I found my self in Preston International School. Preston has developed me socially, academically, morally and most especially spiritually. I have learnt so many morals. I have also learnt how to encourage myself to be smart and responsible and not to be over generous. Preston is simply exceptional.

Thank you Preston!!! You are one in a million.



Mr. Peter Olojede
Class Tutor JSS 3R

To God Be The Glory...

JSS 3E... *Graduands Reflect*



Adeleke, Tomide

My stay in Preston has really improved my life academically. It has improved especially in my thinking for mathematical problems. Spiritually I have improved in my spiritual life with the help of my teachers and the A.V.S. members who preach on Sundays. I also discovered most of my talents like singing, dancing, especially in football. I thank God for a school like Preston because it has been a blessing to me.



Adeniran, Timilehin

Before I came to Preston, I complained because I thought that the rules were too many and useless. Now, as a student for three years, I can conclude that the rules have really helped me. Certain rules like keep to your left on the corridors have prevented me from bumping into others, hands off the wall is another rule that has helped me every where I go. Conclusively, Preston has developed every part of my life. Indeed, attending a school like Preston is a dream come true.



Ajayi, Temitope

Coming to Preston was never my dream, I just found my self in Preston International School. Preston has developed me socially, academically, morally, physically and not to forget even spiritually . Preston has been a teacher waking us up as early as 5:30 am, tolerating people, music, sports, facing a crowd etc. Preston has really helped me in all these areas. PRESTON YOU ARE INDEED A SCHOOL . YOU ARE ONE IN A MILLION.



Akanbi, Oluwatosin

It's been a long journey so far from my first day at school up to the point of leaving JSS classes. It feels just like yesterday when I entered this school of excitement and expectation. Preston really helped me to become a better person. In a poem I wrote in JSS1 I explained Preston as an "EPITOME" of "GRACE and BEAUTY". Before I entered Preston I was quite shy and timid, but I'm overcoming it now and I can say that I'm facing my fears. Preston is a "PARADISE" to be filled with "JOY and BEAUTY". THANK YOU PRESTON!



Akinnubi, Aduragbemi

Preston International School has changed me in all areas of life morally, spiritually, and most especially academically and so on. Preston has taught me how to be strong and speak out boldly. To adapt to Preston rules is not easy but I tried and now I am proud to be a Prestonian.



Akinwalere, Seye

When I came to Preston being a small I was very shy and missing home but after the first term I was used to it, so after second and third term came with new students I was feeling so okay. After sometime we were taught many things and also from there with some certain presentations I learnt not to be shy any longer. WELL DONE!! To Preston bringing us up with Godly fear and faith. I love my school PRESTON.

To God Be The Glory..

JSS 3E... *Graduands Reflect*



Akiri, Surely

It's barely three years, and yet Preston has changed my life so much. Preston taught me to feel like a 'PRIEST' when I first stepped into Preston, I taught I had stepped my foot into "PRISON" but now I know I stepped my foot into "PRIEST TOWN". GREAT PRESTON GREAT!!



Akpojevwe, George

The day I came to Preston international school I was surprised because I saw a beautiful school like Preston inside a Jungle. It is also a channel of converting people into Christianity and leading people towards the side of the Lord. If you do something good you will be rewarded in the highest order. We have swimming trips if you become the star of the week three times you will be given an opportunity to have fun out of the school. It has been quite interesting. Thank you.



Anteyi, Ochola

When I first heard about Preston, I was in primary five, and then I told my mother about it and two years later I came to Preston. Coming to Preston has taught me so many good things, like preaching the gospel, teaching me how to speak French, washing clothes neatly and so on. Preston also feeds us well with sandwiches, rice, bread and egg, hollandia yoghurt, etc. Preston has really helped me a lot, KUDOS! PRESTON! KEEP THE FLAG FLYING!



Awolumate, Tolu

OH! Jesus, were my first words when I came to Preston for the first and very first time. But now my words are no longer complaining but now saying THANK YOU! ; Because now I am changed and ready to move on. KEEP THE FLAG FLYING GO PRESTON!!



Ayoade, Adebola

There's nothing like having the opportunity of attending a school of good academic standard and high morals like Preston International School. I'm also thanking God for giving the opportunity of staying in a school like this. Preston has affected me socially, academically and in other aspects of human life. I will never forget Preston because once a Prestonian always a Prestonian.



Ayosalami, Ayobami

The journey so far in Preston international school has been good. When I came into the school I imbibed many things like "don't talk while eating", "wake up at 5:30", "sleep in the afternoon", "sleep at 9:30", have 8 hours of sleep and so on. Before I used to be very reserved and not talking to anyone necessarily or unnecessarily. But this school thought me to be a social boy. And before I used to be backslider but this school made me a permanent Christian. Keep the flag flying. May God bless you. AMEN

To God Be The Glory..

JSS 3E... *Graduands Reflect*



Eddy-Wopara, Nicola

It was like a twinkle of an eye as I saw myself in Preston International School. I was so happy and excited waiting to make new friends, but I found out it wasn't easy along the line especially when it came to socializing because I was feeling very shy!. Preston has really made me to realize who I really am. And also I didn't know I had some personalities in me like been creative. I really appreciate Preston International School. THANK YOU PRESTON!!



Egerega, Alexis

How the years fly by when I had fun with my friends on my first day life in Preston. The work was hard during NECO but I guess it paid off now. It has been three fun years filled with emotions. I remember back at my first year when Preston took my hands and now I no longer have fear. Preston has taught me morally and academically, I'm off to SS1 and something new is ahead of me. If I was born the second time I will never forget going to PRESTON AGAIN!!



Ekerue, Chinonso

I am a very quiet person and the first time that I came to Preston, I didn't know how I was going to start relating with people, especially as I saw a lot of faces I'd never seen in my life before. But then Preston performed a miracle in my life by putting me with wonderful class-mates and house-mates who showed me love and allowed me to express myself. I thank God for bringing me to a special school like this because they have taught me a lot of things and made me improve physically, academically, morally, spiritually and in other areas of my life. Thank you Preston.



Falana, Clifford

Coming to Preston, I had a mentality that everything was going to be so different, I found out that my thinking was right waking up 5:30, being punctual, accountable for my self, keeping my things and following all the rules and regulations of Preston was tough. It too me a while, but now I am used to it. I can do now what I could not do before. And now since I made it in Preston I know I can make it any where in life. THANK YOU PRESTON.



Isiekwena, Priscilla

The thought of coming to Preston International School was very discouraging. I thought being away from home was going to be very terrible. All I had in mind was how I will cope in this prison of a school But it's barely three years I have been in Preston, but it has really taught me a lot. I have learnt new things both morally and spiritually which make me proud of Preston. THANK GOD I CAME TO Preston International School



Jonwakalo, Chidinma

When I first came to Preston, I was unimpressed. The school looked common. I was judging the school from how it looked not how its systems worked. I started school normally but soon began to feel a lot of pressure on me. My journey from JSS1 to JSS3 has been stressful and hard, but worth it and as I am moving on, I wish the coming JSS3 good luck. I am thankful to my parent who brought and helps me here throughout my junior years and am also thankful to my teachers for impacting knowledge into me.

To God Be The Glory..

JSS 3E... *Graduands Reflect*



Ndu, Success

When I stepped into the compound I could not hide the grin on my face. I know I did not really fall in love at first sight with the school on the first day. All the rules were just too much to handle in my head but I found out that the rules were better for me to obey than to disobey because there is a reward. This helped me to know that in life everything

has a reward. Thank God for Preston International School. KEEP ON THE GOOD WORK PRESTON.



Nwabusisi, Victoria

I have learnt a lot at Preston and I've gained a lot been a leader at Preston. Getting people to reason together to and form creative means of moving the room forward wasn't quite easy. I am now a much better leader, learning to stand on my word, not be impartial and how to deal and cope with different people, being

in a room mixed with seniors and juniors. I learnt also that there are various ways and tactics of getting people to do what they never really wanted to do or even thought of doing to help boost the room integrity.



Ogbeche, Ignatius

My journey so far in Preston has influenced my life in different aspects such as spiritually, physically, morally and academically. I really feel bad leaving my parents and siblings and coming into a boarding school. I have enjoyed all my stay from JSS1-JSS3. I have made friends which have impacted in me different positive culture. I enjoyed every

activity carried out in Preston especially in the aspect of sports. I really want to thank GOD for making this school a reality by guiding the directors to follow. I want to say thank you to my friends for their support and help and also my teachers for impacting knowledge and the love of GOD and others.



Okeya, Deborah

There where some things I thought where not important to my life, but when I came to Preston I learnt that the most important things you don't value is what others see in you that make you so unique. Preston made me to be time conscious and because of this I collected the

"MOST PUNCTUAL" female in my year 9 (JSS3). I have learnt some moral, spiritual lessons and some wonderful things in Preston. Preston will always have a special place in my heart for all the love and understanding.



Mr. Akinbowale Akinrinwa
Class Tutor JSS 3E

To God Be The Glory...

CLASS PHOTOS 2009-2010

JSS 1P



Abinye-Dick, Winner



Adams, Modokpe



Adeleke, David



Akpomiemie, Ejiro



Alaka, Fahd



Arijoba, Faith



Ayeni, Damilola



Emecho, Karo



Fasawe, Ropo



Fashanu, Omowunmi



Gbenga-Elewaju, Okunade



Jegede, Olumuyiwa



Mukorho, Victor



Nwabunike, Promise



Ogunade, Mariam



Ogunleye, Tosin



Ogunseye, Seun



Olanipekun, Precious



Oni, Zacchaeus



Oyelowo, Temitayo



Popoola, Lana



Saliu, Samuel



Sansi, Tolulope



**Mr. Anthony Aletile
Class Tutor JSS 1P**

CLASS PHOTOS 2009-2010

JSS 1R



Mr. A. Arohunmolase
Class Tutor JSS 1R

**NEWS FROM
PRESTON**



Abe, Nosa



Adamolekun, Wolemi



Adegboye, Gboyega



Aderibighe, Abdulrasheed



Adeyeye, Omotunde



Ajagunna, Tobi



Akerele, Erioluwa



Okogie, Jerry



Akinro, Angel



Alonge-Niyi, Pastor



Akpojevwe, Ufuoma



Awani, Eworitsemogha



Bankole, Oluwaseun



Dele-Akinwalere, Bimpe



Egerega, Ochuko



Ekpebide, Takie



Funsho, Oreoluwa



Iyere, Oriabhure



Lilly-Tariah, Soibifa



Momoh, Boluwatito



Ode, Abayomi



Olaegbe, Oluwatoyin



Ombeh, Daniel



Onokpachere, Tega



Osazuwa, Precious

CLASS PHOTOS 2009-2010

JSS 1E



Adelaja, Oluwatobi



Adenodi, Happiness



Adesemoye, Abimbola



Ajimuda, Israel



Akerele, Ireoluwa



Akinro, Destiny



Akpoyibo, Emmanuel



Aremu, Bori



Arinola, Oluwafisayo



Atoyebi, Samson



Bikikoro, Ebipreye



Boardman, Ifeyinwa



Bolarin, Tademise



Isiekwena, Chinyem



Jemirin, Opeyemi



Jumbo, Favour



Kolawole, Olumide



Kudaisi, David



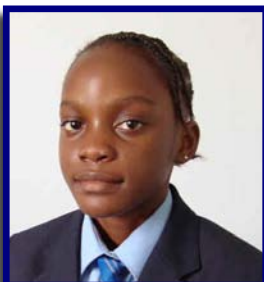
Odusoga, Esther



Ojo, David



Pirah, Meyiwa



Sanmi-Lawal, Heritage



Adeleye, Ayomide



**Miss Seun Fakorede
Class Tutor JSS 1E**

CLASS PHOTOS 2009-2010

JSS 2P



Adegoke, Oluwasemilore



Adiotomre, Michael



Ajayi, Segun



Akingbesote, Moyin



Akinsete, Kemi



Akinwale, Esther



Awani, Boritsefe



Boyo, Michael



Ebresafe, Yoma



Fakunle, Iyunoluwa



Ibukun, Olayiwola



Olumide, Atinuke



Morowei, Denyefa



Omojuwa, Adebola



Onifade, Aanuoluwa



Oseni, Princess



Oshin, Ilerioluwa



Owolabi, Bukola



Penawou, Ebikonbere



Salla, Tensum



Sebioniga, Oluwatobi



Mr. Bamitale Adeniyi
Class Tutor JSS 2P

CLASS PHOTOS 2009-2010

JSS 2R



Adesina, Ayomiposi



Agomo, Adaeze



Ajayi, Temitayo



Akinyanmi, Feranmi



Atsuma, Blessing



Ayode, Ayomide



Bassey, Ukpono



Bolarin, Feyisikemi



Coast-Ufeli, David



Ekpebide, Osiazei



Gbenga-Elewaju, Precious



Joda, Abolade



Ogundele, Tobi



Ojogo, Edwin



Okelola, Joshua



Okoro, Ebubechukwu



Okunade, Oluwaseyi



Okuseinde, Funmibi



Omotoso, Iyanu



Onoriode, Clinton



Alo, Temitope



Mr. Kehinde Olowo
Class Tutor JSS 2R

CLASS PHOTOS 2009-2010

JSS 2E



Abayomi, Derin



Adedayo, Toba



Adegoke, Inioluwa



Aderibigbe, Adegoke



Agara-Jackson, Ifeoluwa



Ayelomi, Oluwole



Ajayi, Beatrice



Amagbamiojolebi, Dede



Arowolo, Tobi



Azodoh, Jacqueline



Bola, Adeola



Carter, Babatunde



Dada, Emmanuel



Ekwuribe, Marvel



Falade, Ayomiposi



Gbadamosi, Olakunle



Ogunduyile, Gideon



Okorodudu, Laju



Oyeboode, Tiwalade



Pirisola, Toni



Miss Mary Okelola
Class Tutor JSS 2E

CLASS PHOTOS 2009-2010

JSS 2S

**NEWS FROM
PRESTON**



Abdulazeez, Teslim



Ademola, Abisayo



Adeosun, Enioluwa



Agbooro, Tosin



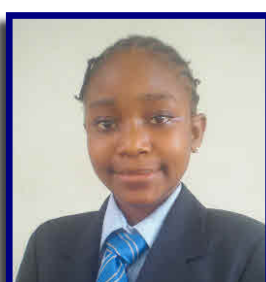
Akanji, Jesupemi



Akindolani, Omotayo



Balogun, Royce



Bello, Motunrayo



Dahunsi, Olasunkanmi



Ekpo, Anita



Fakunle, Funmi



Harcourt, Cynthia



Jimoh, Oluwabunmi



Ketiku, Peace



Ogunode, Iretemi



Oji, Denzel



Ojo, Ayodeji



Okoh, Onyekachukwu



Ominidougha, Kimiyegha



Sanmi-Lawal, Oreoluwa



Tosanwunmi, Tosan



Usua, Idorenyin



**Miss Maureen Okafor
Class Tutor JSS 2S**

CLASS PHOTOS 2009-2010

JSS 2T



Adedipe, Abisade



Adenuga, Joan



Akindolire, Daniel



Akinfolarin, Kayinsola



Akinrelere, Anjola



Anomu, Omamuli



Aribisala, Olawande



Asiwaju, Oluwatodimu



Bamidele, Oluwaseyi



Ekerue, Chidinma



Enebeli, Chukwunonso



Fashina, Joseph



Nmezic, Chimezie



Okoro, Chidinma



Oladipo, Oyinkansola



Olufemi, Olamide



Onu, Chidinma



Owolabi, Seun



Oyegoke, Temiloluwa



Oyelowo, Oreofeoluwa



Tonwe, Solomon



Mr. Stephen Ikulamberu
Class Tutor JSS 2T

CLASS PHOTOS 2009-2010

JSS 3P

NEWS FROM
PRESTON



Abinye-Dick, Emmanuel



Adelaja, Ayomide



Ajagunna, Adebimpe



Akilo, Oluwafunmike



Akinmulero, Funbi



Akpojevwe, Kenvin



Apia, McCarthy



Ariyo, Deborah



Atsuma, Tesi



Fakorede, Adeyemi



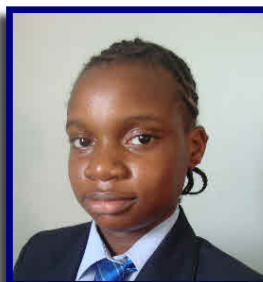
Gbadamosi, Jumoke



Mukorho, Blessing



Ogbeche, Peace



Ogunlade, Tofunmi



Olawale, Ayotomiwa



Omoregie, Marvellous



Oni Stephen



Onokpachere, Yoma



Oti, Preye



Owoeye, Oluwatobi



Owolabi, Tomike



Owoseni, Adedamola



Uchendu, John



Mr. Deji Adesuyi
Class Tutor JSS 3P

CLASS PHOTOS 2009-2010

JSS 3R



Adedipe, Ayokunle



Adenuga, Opeyemi



Adeosun, Inioluwa



Aderibigbe, Pelumi



Akanji, Tijesunimi



Akinmoladun, Toni



Akintade, Aanuoluwapo



Akintan, Daniel-Isaac



Aremu, Doyin



Ekpekurede, Rehoboth



Enebeli, Chinwendu



Fakorede, Adekola



Fasuyi, Opeyemi



Fasuyi, Nifemi



Kareem, Akeeb



Oghifo, Nadia



Ogunduyile, Samuel



Ogunleye, Tolulope



Okogie, Jerry



Olajombo, Seyi



Oni, Sylvia



Oshode, Temi



Sobayo, Ibukun



**Mr. Peter Olojede
Class Tutor JSS 3R**

CLASS PHOTOS 2009-2010

JSS 3E



Adeleke, Tomide



Adeniran, Timilehin



Ajayi, Temitope



Akanbi, Oluwatosin



Akinnubi, Aduragbemi



Akinwalere, Seye



Akiri, Surely



Akpojevwe, George



Anteyi, Ochola



Awolumate, Tolu



Ayoadé, Adebola



Ayosalami, Ayobami



Eddy-Wopara, Nicola



Egerega, Alexis



Ekerue, Chinonso



Falana, Clifford



Isiekwena, Priscilla



Jonwakalo, Chidinma



Ndu, Success



Nwabusisi, Victoria



Ogbeche, Ignatius



Okeya, Deborah



Mr. Akinbowale Akinrinwa
Class Tutor JSS 3E

CLASS PHOTOS 2009-2010

SSS 1P

**NEWS FROM
PRESTON**



Adedayo, Kayode



Adegoke, Temiloluwa



Adeniran, Tomiwa



Adetoro, Adebowale



Adewale, David



Adeyina, Samuel



Akanam, Sonny



Arowolo, Damilola



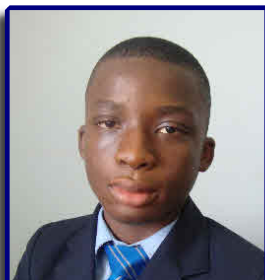
Awani, Yemi



Ebresafe, Vovwero



Ewverhamre, Ese



Falade, Femi



Falodun, Bolu



Fasawe, Dupe



Iyere, Omokhodion



Lawani, David



Longe, Dupe



Ogunleye, Tomiwa



Okocha, Chinyere



Oladipo, Tundun



Oladumiye, Oladapo



Sule-Paul, Gabriel



Taiwo, Pelumi



Wale-Banmore, Doyinsola



**Mrs. Opeyemi Olaitan
Class Tutor SS1P**

CLASS PHOTOS 2009-2010

SSS 1R

**NEWS FROM
PRESTON**



Adenodi, Wilson



Adesina, Ayomikun



Ajiboye, Seun



Ajomole, Tope



Akindolire, David



Akinyanmi, Feyi



Alli, Oluwaseun



Azodoh, Yvonne



Ekpekurede, Havilah



Fakunle, Tunde



Fashina, Ademola



Ibitokun, David



Iyanda, Tolu



James, Olalekan



Kolade, Ayomiposi



Ladapo, Abayomi



Musa, Oluwaseun



Oaikhena, David



Ojo, Funsho



Okeya, Anne



Olabimtan, Bolanle



Olusegun, Sarah



Rexford, Karinatei



Ugboduma, Kevwe



**Mr. Roland Ojeruse
Class Tutor SS1R**

CLASS PHOTOS 2009-2010

SSS 1E

**NEWS FROM
PRESTON**



Adedayo, Femi



Adegoke, Akanseoluwa



Adekunle, Samuel



Adesanya, Peju



Aganmwonyi, Owen



Ahmed, Tayo



Arinola, Anjola



Bolarin, Abisade



Funsho, Ifeoluwa



Idabor, Jane



Joda, Olufela



Ngwu, Izundu



Odjegba, Dolor



Oji, Xris



Okorodudu, Tseyi



Oladipo, Bambo



Ologunagba, Damilola



Olumayede, Iyanu



Oluwajuyigbe, Toni



Omojaro, Ayomide



Onifade, Oreoluwa



Oyewole, Layomi



Salla, Yelle



**Mr. Jimi Akinribola
Class Tutor SS1E**

STAFF PHOTOS 2009-2010

TEACHING STAFF

The Board of Directors hereby extend their appreciation to all Preston International School staff (teaching and non-teaching) for their labour of love, commitment to the school's vision and dedication to duty during the 2009-10 academic session. May the good Lord continue to grant you more wisdom, knowledge and strength. God bless you all.



Front Row (Left to Right): Miss Lydia Agbomuserin (Lit. In English/House parent), Miss Sharon Alese (ICT), Mrs. Pedetin Osekita (Biology & HoY 8), Mr. Deji Adesuyi (Chemistry), Mrs. Damaris Agbakwuru (HoD Humanities, CRS), Miss Maureen Okafor (English), Mr. Eric Denedo (Head of Boarding), Mrs. Janet Akinyemi (V.P. Admin/Acting Principal), Mr. Gbenga Dada (V.P. Academics), Mr. Kehinde Olowo (Yoruba), Mrs. Francesca Anteyi (Social Studies & HoY 10), Miss Lilian Okeke (Librarian/House parent).

Middle Row (Left to Right): Mr. Toyin Olumoko (History), Mr. Oluwole Fayanju (Geography/House parent), Mrs. Opeyemi Olaitan (Business Studies/Accounts), Miss Seun Fakorede (Integrated Science), Miss Mary Okelola (Yoruba), Miss Kemi Olubejide (French), Miss Elou Oletu (Home Economics), Mr. Gboyega Arohunmolase (Fine Art), Mr. Anthony Aletile (Mathematics), Mr. Olusola Adeyemi (HoD Sciences)

Last Row (Left to Right): Mr. Jacob Komolafe (HoD Vocational), Miss Kemi Olubunmi (Guidance Counsellor/House parent), Mr. Kayode Onayemi (Music/House parent), Mr. Jeremiah Takwi (Economics & HoY 9), Mr. Bamitale Adeniyi (English), Mr. Calistus Okpoechi (HoD Mathematics & ICT), Mr. Stephen Ikulamberu (P.H.E.), Mr. Roland Ojeruse (Mathematics/House parent), Mr. Jimi Akinribola (Fine Art), Mr. Peter Olojede (Agric. Science), Miss Olayinka Dare (English/House parent), Mr. Adeniyi Ayeni (French/House parent).

STAFF PHOTOS 2009-2010

NON-TEACHING STAFF



TEACHING & NON-TEACHING STAFF



CHOICES THAT SECURE A GREAT FUTURE

Choices That Secure A Great Future

By Mr. Samson Ajayi

Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.

... Robert F. Bennett

Introduction

Preston International School is a stage already set for excellence, running for the prize of the high calling and every Prestonian is lucky to be part of this glorious vision. Certainly, the time to move forward (Exod. 14:15) and do great exploits is now! So encouraging is the Biblical revelation, "The road of the godly leads upward (Proverbs 15:24 TLB)."

What are your hopes and aspirations for the future that draws near every second, minute, hour, day, week, month and year? I guess you desire a great future that will make God and humanity to be proud of you! No matter how lofty your expectations are, you can achieve them and even more (see Ephesians 3:20) if only you are prepared to learn and live by the choices of the truly great achievers. Yes, I have picked so much learning from the great achievers I study all the time, biblical and contemporary, and I am convinced that the way we choose to live our lives makes all the difference between failure and success, mediocrity and excellence, ordinary and extraordinary.

The Choices

Great achievers choose to start life with great visions. They think and dream big believing that nothing is im-

possible. People say life begins at forty but I think life begins at a vision. No matter how old or young you are, you can boast of living only when you have a clear picture of the future you want and a clearly thought-out agenda of what you will do to achieve your vision.

To live without a goal in life is a reckless mission to nowhere. It is a deliberate choice of stagnation and ridicule. The Bible says, "Where there is no vision, the people perish..." (Proverbs 29:18). What if you start nursing the vision of becoming a Nobel laureate or an Olympic gold medalist? How about choosing to make the Times Magazine's list of 100 most influential people in the world one day? Just in April of this year, ten-year old Nigerian girl, Omodunni Bello, became the youngest female to climb Kilimanjaro (the world's highest free standing mountain). Eulogizing her for this great feat, one News magazine described her as a "peerless child." It is great to learn that the Prestonians too are already distinguishing themselves in academic competitions up to the national level, even when they have to compete with senior class students in other schools.

To secure the great future you desire, you must choose to make definite sacrifices to achieve your goals. It is about forgoing an enjoyment today for the greater enjoyment you will get in the future when you accomplish success. You can't eat your cake and still have it. You can't be watching television or playing computer games all the time when your mates are learning and still expect to surpass all during examinations. One of the marks of great achievers is their choice of disciplined lifestyle

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CHOICES THAT SECURE A GREAT FUTURE

They discipline themselves to do what they should do, when they should do it, whether they feel like it or not.

Great achievers choose diligence as a policy and work hard to meet their targets. Zig Ziglar says, "The most practical, beautiful, workable philosophy in the world won't work – if you won't." Yes, great ideas and goals do not of their own become great accomplishments, you have to work on them. Whenever you are tempted to indulge in laziness remember Proverbs 22:29 (Seest thou a man diligent in his business? He shall stand before kings; he shall not stand before mean men).

Another crucial choice great achievers make is that of showing courage by facing their fears. If you try to do something and you fail, figure out the cause of your failure and have another go at it. Charles Garcia, an author, hits the nail right on the head when he says, "Life can be like standing at the base of Mount Everest. You can face the challenge and choose to climb it, or you can walk around it. Those who climb it see sights that few others ever see, and earn an achievement that few ever know". Whenever you overcome fear to attain success you gain more confidence to solve greater problems in future.

Dogged persistence distinguishes great achievers. They simply don't give up easily. Thomas Edison tried something a thousand times to arrive at an invention. No wonder, Estee Lauder says, "When I thought I couldn't go on, I forced myself to keep going. My success is based on persistence, not luck".

I find the story of George Bernard Dantzig (1914 – 2005) very inspiring. As a college student, George studied very hard with strong determination to excel in his chosen field. One day in 1939 he came 20 minutes late for class. He quickly copied the two math problems on the board, assuming they were the homework assignment. Although he sensed that the problems were unusually hard, he spent several days to work through them. He successfully solved the problems and submitted the homework to the professor.

A couple of weeks later, George's excited professor visited him at home with good news. George was not

there when the professor told the class that the two equations on the board were unsolvable mathematical mind teasers that even the greatest mathematician of the time couldn't solve. But George solved not one, but two problems that were hitherto tagged "unsolvable" by the world's mathematics gurus. Simply put, George solved the problems because he didn't nurse any thoughts of limitation.

Conclusion

You have all it takes to tackle every challenge that threatens the divine purpose for your life. It is easy to develop cold feet when you concentrate more on your weaknesses instead of doing exploits with your strengths (talents and abilities). You are divinely empowered to do all things if you tell yourself, "Yes, I can" (Phi. 4:13!). Mahatman Gandhi once said, "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I shall have the belief that I can do it. I shall surely acquire the capacity to do it, even if I may not have it at the beginning." Early in life I saw myself as a future author of not one, but many books, and today my first book has been published both in Nigeria and Canada.

You certainly can do better than you are currently doing if you are really determined. With "I can do" spirit, you can better your best and move forward to give the world reasons to celebrate and thank God for your life.

I find Robert H. Schuller's assertion quite inspiring and you too may choose to adopt it:

There will never be another now – I'll make the most of today.

There will never be another me – I'll make the most of myself.

Mr. Samson A. Ajayi is a Prestonian Parent who holds a B.Tech (Hons.) in Applied Geology from the Federal University of Technology, Akure. An author and a practicing geoscientist in the oil industry, Samson also teaches in the Sunday school and occupies his leisure with self-development activities. He is a lover of Motivational and Inspirational books that have great potential for positive life-changing.



AND IT CAME TO PASS

“AND... IT CAME TO PASS!”

By Rev. Akeeb Kareem

My dearest wife and I live in a country that I call the ‘capital’ of the world when it comes to true civilization. This country has given more independence to other nations on earth. It has been ruled by Kings, Queens, Princes and Princesses and its present Head of State is still a Queen. I believe you must have known or guessed the nation that I am talking about. But just in case you have not grabbed my history lesson, then, the country is the land of the English, called England.

Well, enough of my History lesson. Now let me tell you about the title of my story or message. My wife and I kicked our last very, very precious golden football fifteen years ago. So, we rightly planned to give this precious golden ball of a son, popularly known and called ‘A. J.’ The very best of four worlds.

1) To know and live in the true country of his parents origin, and also speak the mother tongue of the Yorubas.

(2) The very best of education in the land of the Golden Sun (Africa), in this case Nigeria.

(3) The school where he can study and be the very best educationally to the standard of Africa and the western world.

(4) The school that will educate him in the true way of the Lord, Master and Saviour Jesus Christ. For, to my wife and I that is the greatest legacy any parent can give and leave to their children in life. And so, we started the meticulous search for the best school in Nigeria that will be able to give all that we want for our precious golden ball. So many school names were given and suggested, and many trumpets and saxophones were blown about them all. But it is not how beautiful the prospectus of an institution, or how long its establishment that will paint a fulfilling quality of excellence. We finally decided to find answers to four questions that would be the deciding factor for choosing where he goes.

(1) Who is the Proprietor of the school?

(2) Why did he or she give birth to the school?

(3) What has the school achieved academically and spiritually?

FEATURED ARTICLES

AND IT CAME TO PASS

(4) What are the parents and public opinion about the school and the teachers?

AND THE WINNER IS....

PRESTON INTERNATIONAL SCHOOL, AKURE!

All glory, praise and honour go to the Almighty God for helping us in choosing the School. For less than one year

of our son being at Preston, he has changed for the better, educationally, character wise, and his written and spoken English is better than when he was here in England. In one of his emails to us he spoke of how Christ has changed him for the better, and how he now totally believes in the Lord Jesus Christ. In his last letter below to us, (which I have lifted directly from his email), we saw a different boy from the one that left England in 2009. He writes like a student who is serious, and enjoying his studies:

Hello Papa and Mama,

I am so happy I grasped the chance of speaking to both of you on the 'phone tonight. The reason why I have not been sending mails is that we have been very busy having exams, after exams, JSS3's Career Programme. During the Career Programme, we went for swimming and eventually enjoyed ourselves. Now I am finally free to send you this mail. Please forgive me for my past behaviours before I left England.

Please, be patient and cool with my sister Mayowa. Just by praying and having hope, her life will change drastically by the power of the Blood of JESUS CHRIST. I also will be praying for her. When I come back home you might be surprised about how differently I may do things in the house LOL. Well, by the Grace of GOD I shall be carried safely on that aeroplane safely meeting you at Heathrow Airport safe and sound. I love you all with all my heart, and my words cannot convey my love for you all.

May God keep you and bless you AMEN.

Your Dearest Son,

Akeeb Junior Emmanuel Kareem

Finally, I can see that our dream for our son is already blooming and Coming to Pass like the flower of blessed Israel. Our sincere thanks to the Proprietor Brother Toyin Ajayi for giving birth to a School that can, and will stand the test of time of any institution international. Great thanks also to the wonderful teachers, and great workers of PRESTON INTERNATIONAL. Please, keep on climbing the education ladder for the very best in Africa and the world.


Rev. & Mrs. Kareem are
Prestonian Parents who re-
side in London, U.K.



THE CONCEPT OF IMMUNIZATION

The Concept of IMMUNIZATION

By Nurse Tope Aina

 Immunization, also called vaccination or inocination is a method of stimulating resistance in the body to specific diseases using micro-organisms, bacteria, or virus that have been modified or killed. These treated micro-organisms do not cause diseases, but rather trigger the body immune system to build a defence mechanism that continuously guards against the disease if a person later comes into contact with the disease-causing agent, the immune system is immediately able to respond defensively.

Immunization has drastically reduced the incidence of numbers of deadly diseases, for example, a world-wide vaccination program resulted in global eradication of smallpox in 1980. And in most developed countries, immunization has essentially eliminated diphtheria, poliomyelitis, and neo-natal tetanus. The number of cases of haemophilus influenza type b meningitis in the United States has dropped 95% among infants and children since



1988, when the vaccine for that disease was first introduced.

Immunization remains the most effective weapon available to combat the spread of infectious diseases. Global immunization programmes require extensive financial support and an army of professionals over long periods of time. Prohibi-

tive costs prevent millions of children in developing countries from being immunized against measles, mumps, and other preventive childhood diseases. Several infectious diseases have been virtually eradicated by immunization programs. By 1979, a world-wide vaccination program had eliminated smallpox, a viral disease, once responsible for more than 2 million deaths a year. Poliomyelitis, commonly known as polio has been virtually eliminated from most developed nations of the world, and the incidence of tetanus, whooping cough, and diphtheria has been drastically reduced world-wide.

TYPES OF IMMUNIZATION.

A) Active immunization

THE CONCEPT OF IMMUNIZATION

B) Passive immunization

ACTIVE IMMUNIZATION

Vaccines that provide active immunization are made in a variety of ways, depending on the type of disease and the organism that cause it. The active components of the vaccines are ANTIGENS, substances found in the disease-causing organism that the immune system recognises as foreign.

PASSIVE IMMUNIZATION

Passive immunization is performed without injecting any ANTIGEN. In this method, vaccines contain antibodies obtained from the blood of an actively immunized human being or animal.

The antibodies last for 2 to 3 weeks, and during that time, the person is protected against the disease. Although short lived, passive immunization provides immediate protection, unlike active immunization, which can take weeks to develop. Consequently, passive immunization can be life saving when a person has been infected with a deadly organism.

Prohibitive costs prevent millions of children in developing countries from being immunized...

RECOMMENDATIONS FOR IMMUNIZATION

More than 50 vaccines for preventable diseases are licensed in the United States today. The American Academy of Paediatrics and the U.S public health services recommend a series of immunization

beginning at birth. The initial series for children is complete by the time they reach the age of 2, booster vaccines are required for certain disease, such as diphtheria and tetanus, in order to maintain adequate protection.

Not only children but also adults can benefit from immunization. Many adults in the United states are not sufficiently protected against tetanus, diphtheria, measles, mumps and German measles. Health authorities recommend that most adults, 65 years of age and older, and those with respiratory illness be immunized against influenza (yearly) and pneumococcus.

Nurse Tope Aina works as a school nurse at Preston International School



THE WORLD & FOOD SECURITY

THE WORLD & THE QUESTION OF FOOD SECURITY

There seems to be an impending food crisis around the world. It hangs over the world as population increases, and the development of modern cities are on the rise, the area of food production decreases. There is a food shortage in the recent times, and the price of food has increased from 20% to 70 % in some poorer countries. The increase in the rise of food price has being linked to the increase in temperature around the world and the increase of fuel prices drive up the price of food. Others blame policies approved by the governments that do not fully comply with the need for food and suppliers increase prices to adjust to inflation. There is no single answer to the question of why the price of food has continually risen over the few years. In some parts of the world every month, food accounts for 70% of the monthly income. The new rise in the demand of food has led to its shortage as well, because of the increase in population of people all over the world. As people migrate from the rural to the urban areas, the need to feed more mouths is becoming more important.

Moreso, to house all these new people that grow older every year, and in some cases there are more births than deaths increasing the world population to a projected 9 billion by 2050. This leaves the security of food to become more and more of a hot issue for countries of the world. The people of one nation will envy and want precious resources of what the other nation has in excess and in turn there will not be enough to go around ending in the war over food supply. As reported, 'the global food crisis' there are more than 1 billion people worldwide suffering from shortage and more than 24,000 people die daily from food hunger related causes.



By Mr. Peter Olojede

Nigeria is in the middle of an emergence. It is being threatened by man's oldest problem "hunger". It is estimated that about 12 million Nigerians risk going to bed without food. The national strategic grains reserve is short of 65,000 tonnes, making it grossly inadequate as a backup to mitigate the impending food crisis. The trend is already affecting neighbor Chad, Niger and Cameroon. There have been reports that some hungry Nigerians have started trooping home from their respective locations abroad. Food and nutrition emergencies have been declared in some parts of the world. According to the latest reports, there are about 825 million hungry people in the world. 229 million are in sub-saharan Africa. It will take concerted global effort to stop world hunger, and we must call on world leaders to address this problem. There are many things that need to change, both globally and in local communities, before we will be able to end "world hunger". Here are steps that need to be taken to alleviate the food shortage crisis and reduce the number of people starving in the world:

- Call on world leaders to fulfill development assistance commitment agreed to in 1970
- Call on the world leader to stop tying aid to commercial and strategic interests.
- Stop the industrial agriculture that is contributing to global insecurity.
- Make food aid more nutritious and easier to use.
- Get involved with organizations working to end the world food crisis.

ALL SHOULD GO BACK TO THE LAND!

*Mr. Peter Olojede
teaches Agric. Science
at Preston international
School.*



PRESTON: THE MOVING TRAIN



Preston
International School:

THE MOVING TRAIN

THE HOME OF ASSURANCE FOR A BETTER TOMORROW

By Miss Maureen Okafor

Looking back a few years ago with gratitude and up with great confidence and assurance of a better tomorrow, this train is astonishingly soaring every second with everybody striving hard in a homogenous amalgam towards attaining its set target. In the moving train, we always look down on the scar and face the star, we look down on the pain and face the gain, we endure the cry and hope on the crown; for definitely, there must be bumps and falls but there is always a crown waiting whoever endures to the end of this tomorrow.

Education is an instrument par excellence for national development and better tomorrow. Education is a process through which people are formally and informally trained to acquire knowledge and skills in all ramifications. It

involves the development of the “whole person” intellectually, physically, socially, vocationally and morally. This is why education is seen as the integral part of national development. The formal training comes from established schools. It is with this knowledge and skills that man contribute qualitatively to national development encompasses modernization, economic growth, equitable distribution of income and natural resources and socio-economic transformation for improved living standards of people. These are achieved through the use of the world's institutional, natural and human resources. The greatest of all these required for national development is the human resources, hence no nation can develop in isolation of this fact.

FEATURED ARTICLES

PRESTON: THE MOVING TRAIN

This being a pressing need in our world today, a home is established at Preston International School to nurture this major instrument for the actualization of a better tomorrow. It is easy to think and talk about the qualities of greatness, but it takes times, integrity and dedication to achieve it. Looking at Preston International School, I see a 'should-be Nigeria'. The most important commodity in our nation today is 'GOOD PEOPLE'. Still on this need, this home of assurance works tirelessly towards raising top-notch, standardized individuals to wipe out the tears of our nation tomorrow.

To educate a person in mind and not in morals is to educate a menace in the society. This home has the salt that brings out the taste of every individual in it. A lot of activities are practically in existence geared towards achieving these.

This is a home where individuals take responsibility and accountability for everything they do. A home where everybody is somebody, a home where knowledge, love and respect circulate from one to another without pride which fosters a sense of social justice, fairness and equity. A home where academic and non-academics activities are given maximum attention. A home where God is first in all and good relationship with God supersedes other aspects of life and this is held in the highest esteem here. Progress depends on people knowing that they will be able to profit from their idea. This is a home where ideas flow from all angles and individuals are placed and challenged to bring out the 'WHO' in them.

Habit: Habit is something that comes and stays and individuals exhibit it unconsciously. Again, habit is replaced with habit. Bad habits are eradicated by forming good habits. This home inculcates a lot of excellent habits into its inhabitants.

Consistency: "A consistent man with a poor plan stands a better chance of winning than a man with a perfect plan who hesitates and waivers in carrying it out". Every inhabitant of this home has learnt to persist in doing the right

thing at the right time – bearing in mind where we are moving to.

Time Management: Show me a successful man and I will show you a man who does not joke with a second in the twenty four hours of his day. This is an unchangeable habit in this home as the home doesn't need a particular leader as REGULATOR (TIME – KEEPER) because everybody knows when the train begins, its moves, when it pauses and continues and when it stops. Do it because it is right not because a fight may arise if you don't. This is a habit in every one's bone marrow here. Everybody is intrinsically motivated towards that common goal. It is an eye service free home.

Respect for human dignity: This habit is reciprocal in this home.

The leaders respect their subjects and vice versa. I have sought in every nook and cranny of this home and could not find isolation, snobbery, unfriendliness, pride, unfairness, ingratitude, indiscipline and rudeness. But I found that love, care, friendliness, gratitude, integrity, humility, honesty, fairness, decisiveness, tolerance, discipline and all that the trains of virtue carries are the things that radiate from one corner of this home to the other. I call this home a moving train carrying all these excellent qualities and moving faster to success. I also call it a home of assurance for a better tomorrow. Success is a journey. The finest hour – the greatest fulfillment that this train holds dear is that moment after it has worked flat out and is exhausted on the field of battle but – VICTORIOUS.



Miss Maureen Okafor teaches English at Preston International School

Everybody is
intrinsically
motivated
towards that
common goal.

PEER INFLUENCE ON BEHAVIOUR

PEER INFLUENCE ON ADOLESCENT BEHAVIOUR

The peer group has a lot of influence on a child and on adolescent's behaviour. For instance the peer group has influence on dressing styles. Acquisition of styles including dressing styles is one of the major areas of adolescents' behaviour. The young individual through the assistance of the peers comes to learn more of the different styles of dressing in vogue in the community. He comes to learn through modelling, how to appear like his fellows in dressing and the type of clothes to buy which is different from the family dictates.

In the development of mannerism and social courtesies, Peer influence occurs. Different types of communication, styles and body language are picked up from peer s. Also, various forms of walking styles are copied from peer members and confirmed with the peer group. In the acquisition of beliefs, Peer group is said to be the adolescent's conscience. As regard their attitude towards religion, the adolescents are not consistent. If the stars of the group are highly religious, the adolescents' attitude would be positively influenced and vice versa. If members are fanatics the adolescents will join. Some of the beliefs picked up by individuals from peer members are based on dangerous peer misinformation, peer fallacies, peer wrong ideas or experiences.

Another aspect of adolescents' behaviours that could be influenced by peer group is in the choice of subjects for the Junior and Senior School Certificate Examinations and Joint Admissions and Matriculation Examination. Peer members like to identify with the subject combinations chosen by most respected members of their group. Peer group influence on the member's school achievement orientation and tendencies can be positive. For instance, if through peer modelling and reinforcement the weak or dull members of the group come to wake up to struggle like the bright members of the group to achieve above average. If the peer group values education, the members' desire for education is reinforced.

Similarly, Peer influences can again be positive, where the members frequently engage in the exercise of group study and discussion, through which constructive peer

assessments are carried out. However, if the group is comprised of only dull or lazy members, the final experience may be members who might develop hatred for learning. Peer group members can also influence their member to appear neat, smart and also how to be respectful. So, it is advisable for students to join peer groups that will influence them in a positive way and not in a negative way.



Miss Olukemi Olubunmi works as a Guidance Counsellor at Preston International School.

ON OUR ENVIRONMENT

- IN OUR WORLD -

WE HAVE A RESPONSIBILITY

Health, the adage goes, is wealth. To have good health, an individual must be healthy physically, mentally, emotionally and socially. Our physical health is all encompassing. It has far reaching consequences on other aspects of our lives and contributes immensely to our social, emotional and mental well being and that of other people. It involves us and our environment. The food we eat, the water, we drink and the air we breathe to sustain our lives come from the environment. Without air, water and soil (from which our food is produced), there will be no life on earth, the way we know it.

Human activities have led to the production of waste products that are discharged directly or indirectly into our environment, in quantities that are harmful to us. These pollutants have rendered our environment unsafe. The bodies of water, air and soil are contaminated through man's activities. With technological advancement and the quest of man to better his lot and make his existence comfortable and moreso, human activities have increased greatly and pollution has become a major challenge to our survival. We have more or less, shot ourselves in the leg. For nature, as created by God, to be able to give us what we need for health and life, for a long time to come, we need to judiciously use what it has bountifully given to us and use the knowledge

Here at Preston International School, Akure, we have a zero tolerance for litter. There are dustbins all over the school for the disposal of litter.

at our disposal to stem the problem of pollution and degradation of our environment, that we have created for ourselves. We have a responsibility to keep our environment safe for living and this is the time to take that responsibility.

THE ISSUE OF LITTER! - Here at Preston International School, Akure, we have a zero tolerance for litter. There are dustbins all over the school for disposal of litter. So that the serene environment we have for living and learning can continue to serve us for generations, if Christ tarries. Littering the ground damages the soil, especially the quality. Discarded materials make the land untidy, unattractive and cause health hazards. Children walking or playing around may step on rusty metal materials and cut their feet which may get infected with tetanus, a killer disease. Our parents and visitors to the school are encouraged to make use of the dustbins provided all over the school and not dump litter on express way leading to us and on the school compound.

Apart from litter, industrial wastes like lead sulphate from companies that makes car batteries dumped indis-

ON OUR ENVIRONMENT

criminally eventually contaminate crops. Only recently, in the Guardian, dated Tuesday 15th June, 2010, on the back page, it was reported that lead poisoning in Zamfara State led to the death of 355 persons including children, due to illegal mining in Daraita village in Anka local council. To stem the death a foreign team helped by the local villagers in excavating the contaminated soil and replacing with fresh soil brought from outside the area. The question is this: have we learnt our lessons?

GREEN HOUSE GASES, GLOBAL WARMING AND ACID RAIN

The green house gases like carbondioxide and carbon-monoxide, released into the air through our car engines, burning of coal, oil, gasoline, natural gas and wood, trap heat in the atmosphere and cause global warming. These gases along with some other chemicals like chloro-fluorocarbons (CFCs), used in refrigeration, air conditioning system and consumer products, mix with rain water in the atmosphere to form acid rain, which was a big scare, some months ago. Acid rain affects man, plants and non-living components of our environment like building. Breathing and lungs problems in our children and adults have been linked to air pollution. Everything we eat, drink and breathe has at one time come in contact with these acid deposits. CFCs reduce the stratospheric ozone layer which protects the earth's surface from harmful rays of the sun. Global warming makes the polar ice to melt, the sea to rise and cause flooding in low lying lands and islands. Plants and animals die and the warm water deposited into the ocean and other water bodies are killing algae. Global warming also sets forests on fire, destroying them and eventually the producers of food for man and other animals in both water and land are gradually destroyed. The picture looks bleak, it's however our world given to us by God in His benevolence and we need to take responsibility. But what can we do? Experts say acid rain, green houses and

global warming are cause mostly by burning of fossils fuels (petrol, oil, diesel) in our cars and generation of electricity for use in our homes and industries. The little things we do, that we don't think cause pollution sometimes do e.g. turning on lights, causes pollution that cause acid rain.

WHAT CAN WE DO? – What we can do to reduce global warming, acid rain, air pollution and green house gases (which could be beneficial in normal quantities in that they warm our earth, for us to be inhabitable), are many. In our homes, we should only use the dish washer and washing machine with full load. We should turn off the lights in empty rooms or when we'll be away from home.

The hot water tank should be turned off when we'll be gone for a long period of time. We should install fluorescent light bulbs instead of incandescent light bulbs. We should imbibe the culture off reuse and recycling as often as we can. When we are going to work or going out, we could decide to walk, ride a bike or take a bus. We should car-pool to a place with someone else and limit the amount of long trips we take in our cars, instead, to take a bus train

(if available) for long trips. We should make sure that our vehicle's air conditioning systems is not leaking. We should try not to burn a fire as often as we usually do. Plant a tree. As humans beings we have a responsibility to take care of our planet, so it would continue to serve us. The time to take responsibility is now. It is our world. Let's make it conducive for living.

Mrs. P. O. Osekita is the Coordinator of the Health and Life Club, Head of Year 8 and Teacher of Biology in the Senior School.



Our world is given
to us by God in His
benevolence and
we need to take
responsibility!

THE EXCEPTIONAL TEACHER

THE EXCEPTIONAL TEACHER

By Mrs. Francesca Anteyi

Exceptional means uncommon. Doing things differently from the way others do things. Teachers are nation builders and should be proud of themselves and see that they are not in the profession by mistake. Because teachers are great, they should always encourage themselves. An exceptional teacher acts differently. Teachers are exceptional by passion, impact, and experience. It takes passion for an exceptional teacher to go an extra mile to impact knowledge to students. When teachers have passion, it is easier to make impact and this impact will turn to experience.

Are teachers born or made? Teachers are born, but exceptional teachers are made because of the impact made on the sound of time. Teachers can never be forgotten because of their impact in the lives of their students. Education is the key to success in life, and teachers make a lasting impact in the lives of students. As a teacher, are you making an impact? Are you a BUILDER OR A BULLDOZER? A bulldozer has no feelings on what the students like. Teachers should recognize the interest of their students. A bulldozer has no will to back up the dreams of their students. Teachers should begin to recognize the dream of their students. For teachers to become builders, they have to possess certain qualities such as: SELF ESTEEM, SELF CONFIDENCE, AND STRONG WILL. Teachers are:

T: Team leader
E: Encourager
A: Actor
C: Character builder
H: Human resource
E: Enrich lives
R: Role model

As team leaders, for teachers to impact knowledge to students, they should let the students realize they are members of the team and the teacher the team leader. Let teachers begin to see the students as part of their team. As encourager, teachers should have sympathy for students. Every human has the inner strength that will keep the child going. Teachers should draw the students to their will to make them achieve their dreams. As actor, teachers should have good sense of humour, creating great impact. Teachers that are too strict will not make impact in the lives of the students. As character builders, teachers should be catalysts for discipline, they should lead by example. As human resource, every child has potentials. As teachers, you have to recognize it and help them build their potentials. Teachers enrich lives by being positive to their students. They sow and water seed to greatness. As role model, teachers are worthy of emulation.

In conclusion, an ordinary teacher produces ordinary students, while an exceptional teacher produces exceptional students. ARE YOU AN EXCEPTIONAL TEACHER?



Mrs. Francesca Anteyi teaches Social Studies at Preston International School and is the Head of Year 10

LEARNING FRENCH ARTICLES

LEARNING
FRENCH
ARTICLES*By Mr. Adeniyi Ayeni*

As popular and interesting as French language is in the world today one of the problems encountered especially by the English learner is that French articles are not like the English. It is very common as you glance through French books to see “le” and “la” and “l’” or “un” and “une”. These are French articles. They are always in masculine and feminine forms. One might ask why, but it is just the grammatical classification.

This shouldn’t disturb any French learner but should create in us an inquisitive mind to actually know the depth of the French language. Without the understanding of French articles, it’s certainly going to be very difficult for any French learner to make headway in learning French. I remembered when I started learning French some years back, I found I encountered the problem of French articles and I was very inquisitive wanting to know why. I later found out that there wasn’t any lasting solution to this but to constantly practice it. A good French learner would steadily learn French nouns and the articles that follow them e.g le chat, la gomme , un chat and une gomme.

Articles are words used for presenting or identifying the gender and number of nouns. Each noun is preceded immediately by the article except when there is an intervening adjective before the noun in which case the article is placed before such an adjective. We must also bear in mind that French articles follow the law of agreement by

agreeing in number and gender with nouns. French articles are divided into definite articles (articles definit), and indefinite article (article indefinit) and partitive article (l’ article partitif). The definite article in English is ‘the’ but in French, it is in four major forms: le (masculine), la (feminine), l’ (when a noun starts with vowel ‘h’: that sounds like a vowel) and les (the plural of le , la and l’).

Ex Le cahier (the book)

La gomme (eraser)

La chaise (chair)

L’ homme (man)

Les hommes (men)

Indefinite article in English is represented by ‘a’ and ‘an’. French indefinite article is represented by ‘un’ and ‘une’. While ‘un’ is masculine indefinite article ‘une’ is feminine indefinite article. The implication of this is that nouns that go with ‘le’ can also go with ‘un’ its indefinite and nouns that goes with ‘la’ can also go with ‘une’. e.g. le crayon –un crayon

La fille (Girl) une fille (a Girl)

Le garçon (Boy) un garçon (a Boy)

We also have l’ which goes with a noun that starts with a vowel sound (this is ‘h’ that sounds like vowel.) e.g.

L’arbre(n.f.) the tree

L’orange(n.f.) the orange

L “ordinateur(n.m.) the computer

L’hibou(n.m.) the owl

L’hôpital(n.f.) the hospital

The use of French dictionary will go a long way to help beginner in identifying the gender of the noun with l’. Lastly, we have partitive article. These are also in genders and are contracted e.g.

Le + de = du

La + de = de la

‘De’ here means of or from therefore the contraction of ‘de’ and ‘le’ forms ‘du’ and the contradiction of ‘de’ and ‘la’ forms ‘de la’ the French will not say ‘je viens de le Nigeria’ but ‘je vient du Nigeria’(I come from Nigeria) and ‘Je viens de la france’ (I come from france) ‘du’ and ‘de la’ could also mean some e.g. Je veux du sel (I need some salts) and je veux de l’eau(I need some water)

A CLASS TUTOR REPORTS

I really must say this that learning French language is a pleasure I can't wait to see you learning the language. Merci.



Mr. Adeniyi Ayeni is a French teacher at Preston International School

A CLASS TUTOR REPORTS

It is like the task of a mother being the class tutor of JSS2S. As the new class tutor, I stepped into the class with love and firmness instead of chastisement and so far they have opened up their good and loveable side. The children are always on the go, ready to act. In terms of neatness, they used to make little effort and have never won the neatest class competition. But having worked with them within this few weeks, it was amazing how they kept to the new high standard of neatness in their class, their various cupboards and personal belongings. To the amazement of all, they broke the record by coming first as the neatest in the JSS2 class inspection.

Working with the students, we set strategies on checking defaulters of the class and school rules. The constant offenders were put in charge of writing names of offenders and certain punishments were unanimously agreed upon and I maintained it and that brought great improvement in their behaviour. The class used to be a bit noisy but now they know better. Academically, I have a constant

check on their notes and test scripts then encouragement and motivation follow and that poses serious challenge on them.

I have noticed so far that they are good academically and very friendly but the major challenges of the class are their hyperactive nature, being too carefree and a good number of them are playful. All these I intend to curb by constant supervision, working closely with the Head of Year and checking with their subject teachers to ensure that they behave well in class, assisting them whenever they have individual or class challenges and applying disciplinary measures whenever necessary as well as giving them some motherly advice.



Miss Maureen Okafor, Class Tutor of JSS2S

A HEAD OF YEAR REPORTS...

A HEAD OF YEAR
REPORTS...

The JSS2 class of Preston International School is made up of five classes, 2P, 2R, 2E, 2S, and 2T, named after the first five letters of PRESTON. I was appointed Head of Year, along with others on 2nd December 2009 and it was a new experience for me and a new initiative in the Pastoral Care structure of the school. I heard of the term, Head of Year for the first time (thanks to our dynamic Proprietor, Mr. Toyin Ajayi). Early this year 2010, he gave us a write up on our schedule of duties, which included overseeing the class teachers as well as students of each arm. I had a meeting with the class teachers of JSS2 to solicit for their support and cooperation so that our year group would excel and move forward. I must say that they have been cooperating and we relate as a family. We share our concerns for these children and proffer solutions to problems that arise.

Being a Head of Year to so many children was an overwhelming experience initially but God has been my strength. The Bible says "Children are the heritage of the Lord and the fruit of the womb is His reward" (Psalm 127 vs. 3). So what I do is to give them to Him, who they belong to, as here in Preston, I am just one of their caregivers. I had talks with all the classes in JSS2 during their tutor period and I had meetings with them informally at other times. I agree in prayer with some of them and sometimes as a group and there had been testimonies. I minister Christ to them as opportunities arise. Some problems of interpersonal relationships were waded into and settled by the grace of God I also minister to the children individually to solve any personal problem they might be having either academically or in their behavior. For those of them who fall ill, I pray for them. I have tried so far to touch their lives and show them love. I had encouraged them to make me their first point of call outside God, when there is a problem and this has been bearing fruit.

One of our main duties as Head of Year is to organize inter-class competitions in different areas e.g. sanitation, quiz, debate e.t.c. However, I have only been able to organize inter-class sanitation inspection. With results announced every Friday, at the assembly by either the Proprietor or the V.P. (Administration). The competitions started 1st week of the 2nd term (8th – 12th January, 2010). So far JSS 2E has come first six times. The children are consistently been charged to take pride in their surroundings and in these last few weeks, other classes like 2T and 2S have come first.

For the future, I would want to get more involved in the children's lives in the school and get to meet their parents for the good of the children. I also want to organize with the cooperation of their class teachers more competitions along with the ongoing one of sanitation, like inter-class quiz in general knowledge and debate which will be a big boost to their academic achievement. Also I would want to organize more excursions to tourist centers within Nigeria and beyond.

To God be the glory for these past months for His protection over us, the Heads of Year, the Class Teachers and the JSS 2 students. We thank Him for all He has achieved through us and we know that much more He would do in the forthcoming session.

*Mrs. P.O. Osekita
is the Head of Year
8 (JSS2) of Preston
International
School.*



SOME STUDENT LEADERS REPORT...

SOME STUDENT LEADERS REPORT...

One of the Strategic Intents of Preston International School (SI9) is 'to develop leadership skills at all levels of the school community'. Leadership opportunities are abundant in the school for students in various year groups. Quite unusually, students in lower year groups sometimes get to be the leaders of their seniors! With unbelievable understanding and rare interpersonal skills, the students get on extremely well with one another. Here, some of them share their experiences.

PREFECTS

My name is Dupe Fasawe. I am in SS1P and I am the Vice President (female) of Preston. Performing my duties in Preston has been quite difficult because I have to balance my prefectship with my academics. My duty is to assist the President (senior prefect) – Debo Adebawale. I supervise activities of students and also make known the problems or needs of students or learners in the school to the senior management team of the school. I am an ambassador of the school in social gatherings outside the school. Apart from students, I also ensure other prefects perform their duties effectively in school. I am still acquiring leadership skills and I must say it's fun and not easy. By the grace of God I have performed these duties to the best of my abilities and I pray for abundant grace to perform better because there is always room for improvement.



*Dupe Fasawe
Vice President, Preston International School*

Social Prefect has been fantastic and I hope to achieve more. Thanks.

My name is Oritsetseyigbemi Okorodudu and I am the Library Prefect of the school.

As the Library Prefect of the school, I have to help the Librarian in arranging the books in the Library, and ensure all the rules of the Library is obeyed and ensure that the Library books are not left lying carelessly around when they are borrowed. Apart from my Library duties, I also perform some general duties like supervising morning duties and helping and controlling the



*Tseyi Okorodudu
Social Prefect, Preston International School*

dining and the Chapel. Being a prefect is such a fun thing but can be really stressful and tiring. I know that by God's grace I will do better next session.



*Dolor Odjegba
Social Prefect, Preston International School*

My name is Dolor Odjegba. I am the Social Prefect of Preston International School. My duty is to supervise all the social activities in school. Activities like birthday parties and other social events. Sometimes, I have to organize birthday parties for about 9 students at once and at times it can be stressful. But I enjoy it. I also go out for social events and organize them. My work as the



*Toni Oluwajuyigbe
Assistant Social Prefect,
Preston International School*

My name is Toni Oluwajuyigbe. I am the Assistant Social Prefect of Preston International School. I assist the Social Prefect in all her duties. I help the organization in all social outings and events and I help to make sure everything goes well. I also help in the organization of birthdays. My

SOME STUDENT LEADERS REPORT...

job is very brief so I also have to do something that all the prefects do like dining duty where I write down the names of defaulters in the dining and also assembly duty where I still do the same thing. I also supervise six people for morning duties and I make sure their work is done properly.



*Tayo Ahmed
Assistant Duty Prefect, Preston
International School*

A prefect is a leader who is supposed to lead the way for other people behind them and also ensure that everything in the school should be done properly. As the Assistant Duty Prefect, in I have a lot of work to do and I've tried to meet up with the tasks given to me. Firstly, I am supposed to ensure that the whole environment is clean. It's not easy doing that and more so you need the cooperation of other students to perform this task. Personally, I pick up

litter anytime I see any. I also have to ensure that where I'm supervising is neat and really it's always neat. I also try to ensure decorum in the school and try to make sure the vision of the proprietor comes to reality. I've faced a lot of challenges, especially when people say "This Tayo is too wicked" and why? Because I write their names. In the dining for example, I cannot bear to see people make noise especially when I'm on duty, so I just write names not minding if the people I'm writing are my friends. So I've tried to play my part well though I'm not perfect and I also need lots of improvement. All in all, it's an opportunity to be a leader and it's advisable to use the post well.

Being the health prefect has been the most fantastic work ever, because I get to assist the nurses in the minor activities in the Health Bay and I also make sure students are clean at all times. Then I also help the nurses in conducting

health seminars. I also ensure that students on drugs use them and the health condition of everyone is safe. Although my post does not come with a luxury but I will still say it is the best work ever. I would like to thank God also for the marvelous work he has done in the Health Bay and His great assistance.



*Anne Okeya
Health Prefect, Preston International School*



*Ese Eywerhamre
Assistant Chapel Prefect, Preston International School*

My duty as the Assistant Chapel Prefect is to assist and help the Chapel Prefect in matters concerning the Chapel. When I was chosen as the Assistant Chapel Prefect I thought it was impossible and I also felt I was not holy enough to be an Assistant Chapel Prefect. But now I am really happy to be the Assistant Chapel Prefect because it is bringing me closer to God. I also assist the Chapel Prefect in supervising the cleaning and arranging of

the hall. I am also in charge of some electronical appliances. As the Assistant Chapel Prefect I have to make sure people dress well when coming for service. Indecent dressing is not allowed at Preston International School. Lastly, as the Assistant Chapel Prefect I assist the chapel prefect in making sure everyone comes into the Chapel with their jotters, Bibles, SOP (Songs of Praise) and Ancient and Modern Hymn Book, because this is a culture in Preston International School. Being the Assistant Chapel Prefect has really been a blessing to me and I want to thank God for this.

SOME STUDENT LEADERS REPORT...

CLASS CAPTAINS

In JSS1P, there are 23 students from some different parts of Nigeria who have come together to achieve a goal, and our goal is academic excellence. In my class, there have been a lot of challenges either on cooperation or something else, but God has been able to sort things out for us. There is a competition between the arms of each class, which is called inter class sanitary competition, where every arm is supposed to be neatly arranged and organized in which our Head of Year inspects unexpectedly and at the end of every week the results are read out on the assembly and my class has been victorious once. It is not easy to keep friends in class because if you write your friends name on the list, it could jeopardize our friendship. We have had a class tutor change during this last term, and it was from our beloved class tutor (Mr. Samson Adesote) to our God fearing, honourable and loyal class tutor Mr. Anthony Aletile.



*Oluwafiropo Fasawe
Class Captain, JSS1P*

I am the class captain of JSS 3P. My experience as the class captain of my class has been tasking but I have learnt a lot. It has been tough controlling my own age mates and even some people that are older than me in age. I have learnt to improve my leadership abilities, tolerate critics (especially boys), frustrating and practically annoying people. One part of my job that is not easy to carry out, is the part of writing list of noise makers, which sometimes will include writing my own friends names in my list, and if I submit it will lead to misunderstanding. But as I remember all these, I say



*Peace Ogbeche
Class Captain, JSS3P*

THANK YOU PRESTON for giving me such a wonderful opportunity. I have learnt to be a good LEADER.

It seemed like an impossible task when I was chosen as the class captain of SS1E because I have naughty classmates. I refused the post at first, and then later I took it up to be the class captain. My duties are not as tiring as I thought it would be. My duties are just to simply ensure the class is like a "sanctuary" – quiet, neat, and conducive for learning. There are twenty three students in my class, I am also to ensure the students are at their best behavior, deliver the class book to the teacher after each lesson, and some other few things. Anytime I feel stressed up I complain to my teacher (Mr. Jimi Akinribola) who will later encourage me and tell the students to behave well. My assistant (Anjola Aarinola) also encourages me. Finally my class mate though nasty trouble some but very cooperative and it also helps. God is the only hope I am hanging on to be able to survive and endure.



*Ayomide Omojaro
Class Captain, SS3E*

OUR STRATEGIC INTENTS

- SI 1 – Create a culture of excellent behaviour among staff and students.
- SI 2 – Institute a culture of individual responsibility and accountability.
- SI 3 – Develop a strong sense of social justice, fairness and equity.
- SI 4 – Create a culture of high expectation and success.
- SI 5 – Develop a spirit of national pride and patriotism.
- SI 6 – Encourage and train pupils in entrepreneurship.
- SI 7 – Keep the cost of educating pupils low.
- SI 8 – Develop life-long relationship with students.
- SI 9 – Develop leadership skills at all levels of the school community.

MOVING FORWARD - PRESTONIANS' VIEWS

MOVING FORWARD

(PRESTONIANS' VIEWS)

Good day everyone. I am Fakunle Funmilola Genevieve. I am a motivational speaker of Preston International School. I am in JSS2. Moving forward does not mean reading alone. It also means the following:

1. Accepting Jesus to reign in your life
2. Meditate on His word
3. Win souls for the Kingdom
4. Be hardworking
5. Be a voracious reader

Then you can have good success. Don't ever be intimidated by what other people say. If you are finding it difficult to make good grades in your subjects, don't be discouraged. Ben Carson a world-renowned surgeon was a dullard in school. His mum will lock him up and make him read and it became a habit. He moved from being the last in class to the first position. My advice to you is to work very hard believe in God and yourself.

Fakunle Funmilola

QUOTES

A man's dreams are index to his greatness
Zadok Rabinavity

Keep your dreams alive. Understand to achieve anything requires faith and belief on yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.

Gail Devers

Life is full of beauty. Notice the bumble bee, the small child, and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential, and fight for your dreams".

Ashley Smith

Dreams are like the stars... you may never touch them, but if you follow them, they will lead you to your destiny. To accomplish great things, we must not only act, but dream, not only plan, but also believe.

Anatole France

When we are dreaming alone, it is only a dream. When we are dreaming with others, it is the beginning of reality.

Dom Helder Camra

By Ojogo Edwin JSS 2R

A POEM TO NIGERIANS

Awake

O awake my people

O awake my country

Poverty has become our best friend

Backwards the people's food.

O awake my people

O awake my country

Suffering has become the people's companion

Corruption fattens up by the day.

O awake my people

O awake my country

This makes me ask

Is there life?

Is there hope?

O awake my people

O awake my country

We can strife for a better Nigeria

LET'S HELP MOVE FORWARD

We can strive for a better Africa.

Awake.

By Pelumi Taiwo

WE ARE THE CRIMINALS – A.K.A. LET'S HELP MOVE FORWARD.

Hey! Watch out, criminals are dangerous. This must sound crazy. Criminals are not only those behind bars for murder, rape. Criminals are also you and I who destroy our environment. We made ourselves, we humans, victims to dangerous things we cannot handle.

Mother Nature is a gift from God to us to enjoy and not change or control it. Nature is everything in the physical world that is not CONTROLLED by HUMANS. Things we do like cutting down trees, destroying nature's beauty and changing the nature of animals.

Today, our environment is being destroyed day by day because of the activities carried out by us, humans. One of the major problems affecting our environment today is GLOBAL WARMING. Global warming is a general increase in world's temperatures caused by increased amounts of CARBON DIOXIDE around the earth.

CAUSES OF GLOBAL WARMING:

1. Bush Burning: – When forest are being burnt, the smoke goes into the air, increasing the amount of carbon dioxide.
2. Felling of Trees: – Trees give us oxygen to breathe and take the carbon dioxide in the air to survive. Trees take the carbon dioxide in the air. When we cut down trees, we are reducing the rate at which carbon dioxide can be removed from the air.
3. Industries: – The smoke from industries is a major cause of air pollution. The smoke from what is produced goes into the air and increases the level of carbon dioxide in the atmosphere.

4. Using Generators: – The problem of no light in places is aiding this problem of using generators. The fumes from the generators also increase the carbon dioxide in the air.
5. Use of cars unnecessarily: It is good to enjoy the good things of life. But when covering short distances, there is no use for taking a car, instead why not use a bike or walk? It will even help in exercising the body instead of using a car to everywhere you go. The fumes from cars also contribute to global warming.

WAYS WE CAN HELP:

1. Do not fell trees, even if you fell a tree, cultivate a plantation in the place of the tree you cut down?
2. Do not burn bushes.
3. The government should solve the problem of electricity, so the rate at which generators are used will be reduced.
4. Buy a bike and try to use it instead of taking a car just to go to the next street.

There are other problems that we have in our environment. Examples are: –

1. Water pollution: – Killing of fishes with chemicals.
2. Intruding into the life of animals e.g. filling of the nails of a lion, and keeping it as a pet or removing an animal from its natural habitat.
3. Improper waste disposal and so on and so forth.

In order not to be a criminal, you should let nature take its course. In the next 30 or 50 years, if we don't do something about global warming, the earth might be wiped out.

People, let's allow events that occur in Nature to happen without doing anything to change the results. Let's help

GEMS FOR SUCCESS

with advancing the God-blessed-Nature by avoiding all these problems. LET'S MOVE FORWARD!!!

By: Tomiwa Adeniran and Bolu Falodun.

(SS 1P)

GEMS FOR SUCCESS

"Always smile, you never know whose day you might be making."

"Always remember... you are a somebody. God didn't take the time to create nobody."

"If you forget about all the bad things of life the good things will take over."

"Be yourself, you can't be any one else. The best you can is you."

"Never be awful to anyone, that person you were awful to may teach you the most"

Okeya Deborah

ARE YOU READY TO MOVE?

You know at the beginning of every race the whistle is blown to signify the beginning of the race. When the whistle is blown everyone starts moving. So it implies in Preston. Preston is like a race. The whistle is blown from the first day you enter this school. The way you run determines your future. I implore you to run your own race well. And so it also implies to life. Life is a race which begins when you are born. It is about becoming wealthy but it is about fulfilling your God-given destiny here on earth. Running your race well will end you in Heaven not hell. This can only be possible when you give your life to Christ and live for Him.

By Yoma Ebresafe JSS2P

CHOICES

Peer pressure is a thing
That every child goes through
But you have to remember
That to yourself you must be true
Know that there are times to follow
And there are times to be led
Do what you know is right
Satisfy your conscience it is God's monitor in you
Don't worry about what others think
Don't worry about peer pressure
Focus on friendship and the grades you get in school.

TOUGH STUFF

What a child goes through is hard to explain
We've been through stress, anger, trials and pain
Adults know what a child goes through
Because you see they've been through it too
What a child goes through is sometimes in sane
Sometimes people offer us drugs like cocaine
And now and again on dark nights
We hear sirens gunshots because of gang fights
Death tales family and friends
Oh, if you only know
What a child goes through.

WELCOME BACK TO SCHOOL

You are welcome,
To our school
To study
From our leaders
Oh, Lord
Be our leader
Let your mercies over shadow us
Lead us father lead us
Lead us in our study today,

SPIRITUAL ADVICE

Knowledge and wisdom, father lead us
Our father in heaven

By Oluwafiropo Fasawe

SPIRITUAL ADVICE

WHAT KIND OF CHRISTIAN
ARE YOU?

This is a question that everyone has to answer. When you ask who is a Christian, 99% of the crowd will raise up their hand. The fact is that which kind of a Christian are you? Christians are divided into two categories namely;

- a. Chicken Christians
- b. Eagle Christians

Which one of them are you? Eagle Christians are Christians that look upon the Lord for their renewal of strength and are Christians who are of the Most High God. Among the birds, the eagle is the king of all. An eagle flies high in the sky. Chicken Christians are described as the earth-bound Christian, who only call themselves Christian by name. A chicken is always looking for dirty things on the ground to eat, also the chicken Christians are always involving themselves in bad habits that the Lord describes to us as sin.

An eagle thinks of flying high and it takes joy in flying up into sky. An eagle Christian should think about the heavenly places. We Christians should not have a chicken mentality, thinking of worldly things because all is vanity – vanity upon vanity. An eagle Christian must learn to wait upon the Lord for spiritual renewal. Chicken Christians are not always interested in doing this, what they want is just to keep on eating and feeling satisfied. If you are in this position and you call yourself a Christian then I am afraid you are not. My prayer is that we will all end up as eagle Christians in Jesus name.

This is a question for all. HOW WILL YOU END YOUR LIFE? WILL IT BE IN CHRIST OR OUTSIDE CHRIST? DO YOU HAVE THE LIFE OF CHRIST IN YOU? HAVE YOU BEEN TOUCHED BY THE GRACE OF GOD? HAVE YOU BEEN RENEWED IN YOUR INNER MIND? All these questions should have an answer. Live a life of an eagle Christian and not the chicken Christian – get salvation.

Oluwalofunmike Akilo
Aqua house
JSS3P

THE POWER OF FOUNDATION

You must begin anything in life with a foundation. The determining factor of your success or failure in life depends on the foundation of your life. What foundation? The Bible says in Psalm 11:13, "If the foundation be destroyed, what can the righteous do?" In 2nd Timothy 2:19, Paul said, "The foundation of God standeth sure, having this seal. Let him that nameth the name of the lord depart from iniquity." There is a seal.

Iniquity will spoil your foundation hence, Paul says "depart". If you want your foundation to be solid, depart means to turn around and flee, to leave that evil alone. It means God recognizes that you have been living in iniquity but He says, "I will not penalize you for it, if you depart". Save yourself, run from it. Spiritually speaking, if you refuse to depart from iniquity your foundation will be eaten by canker worm.

Iniquity is expressed in many ways. It simply means sin; those lies you tell, the evil stories you tell, it means those people you destroy with false accusations. You will give account. Iniquity is manipulation, adultery, fornication etc. You'll pay a price if you refuse to depart because you will not have a foundation. Jesus is your foundation, as a child of God. You are nothing, powerless and you become nothing but Jesus bears us on eagles wings in this life.

THE WAY TO MOVE FORWARD

In Matthew 17:24–27, Jesus talked about two men that went to build; they were actually building their lives. One built his life on the sand. That is the world system. The other built his life on a Rock which is Jesus Christ. Jesus says it rained – the wind blew and the flood came upon both houses. One fell and the other stood. Only the one on the rock stood. No matter how spiritual you are, rain, wind, and flood would come to you at some time in your life, but what would keep you standing is your foundation. Jesus will take you from the miry clay and set your foot on the rock to stay, he will take away every mud from under your foot. Psalms 40:1–2. He will remove every mistake and obstacle from under your foot. When you walk upright, no matter what comes your way, God will stand for you.

THE WAY TO MOVE FORWARD

I would have loved to talk about the problems teenagers have, the way parents force children to do what they want, the problem in the society and so on and so forth. However these topics are not as important as this one and they are not the way forward. The Bible states that JESUS IS THE WAY, the TRUTH and the LIFE. Yes, Jesus is the only way forward, and other roads are detours. Jesus loves us so much that He revealed this TRUTH to us so that we can make it, so that we will know where to go when we need to move forward.

Before I talk on the main points, I will like to tell everyone that if you don't have JESUS, you can't move forward. Yes, you might have many connections but that will only fail you at the end. The Bible says that the way that seemeth right unto a man will only end in DESTRUCTION. If you don't have JESUS, you are on the way to destruction; every other thing you have is fake. If you don't have JESUS, the person mentoring you or the person leading you on the way is the Devil. The Bible says in John chapter 10 verse 10 that "The thief (THE DEVIL) cometh not but to STEAL, and to KILL, and to DESTROY; I am come (JESUS) that they (human beings) might have life, and that they might life ABUNDANTLY." So, if you don't have JESUS, you are a walking corpse and a

corpse cannot MOVE FORWARD. The only way you can move forward is through the WAY, the TRUTH and the LIFE which is JESUS.

You need the WAY to move forward because He will direct your path. You need the TRUTH. He will tell you to go back whenever you go astray, He will confess His love for you, He longs for you, He wants you to have fellowship with Him and He wants you to stand for Him so He can stand for you. That same Jesus, came to earth to die for you, He became a SINNER on the cross because of you and carried your sins. His Blood flowed, flows and will still flow to cleanse. That same Blood that flowed on Calvary still flows today. If you are not yet saved then you CAN'T MOVE FORWARD. However, you can still be converted to the way of the conquerors, the Christians, I want you to know that there are still fiery Christians in the world today.

If you want to start moving forward, all you need is to accept JESUS as your personal Lord and Saviour. These are the steps:

Firstly, acknowledge that you are a sinner, Secondly, be sorrowful for your sins like Psalms say, a broken spirit and a contrite heart God will not despise. Thirdly, acknowledge that what JESUS did for you on the Cross was real, Fourthly, confess with your mouth that Jesus is Lord and with the same mouth tell Him that you invite Him to your life as your personal Lord, Saviour and Master. It is done! You are a born again Christian and now a new born babe in God's kingdom through the HOLY SPIRIT. Join a Bible-believing church and do not remain at the Salvation level but pray and read your Bible everyday. Pray at any leisure time you have so that you can hear GOD. Jesus is coming back. Keep yourself pure and holy. He is coming to rapture a Church without any blemish, spot or wrinkle. Keep yourself pure. Flee the DEVIL and sins. And by God's grace, you and I and the Church will move forward in JESUS' Name. The Church will move to the forefront, the Church will move through the door of hope and the Church will MOVE

RIDDLES

FORWARD EVER AND BACWARD NEVER when our Commander-in-Chief, JESUS comes back to rapture us.

Onifade Oreoluwa

RIDDLES

There was a woman in the house who was sitting by her window, and trying to fall out of the window. Outside the building were policemen and in the building was her husband. They were begging her not to throw herself out of the window, so she slipped and fell but she had no injuries, or bruises. Why was that so?

ANSWER:

She slipped in the building and not outside the building.

Ajagunna Bimpe

J.S.S. 3P

GAMES:

SEARCH THE SCRIPTURES

FILL IN THE GAPS USING PSALM 92:10-15

But my (1) _____ shall thou exalt like the horn of an (2) _____ I shall be (3) _____ with fresh oil, my eyes also shall see my desire on my (4) _____ and my ear shall hear and desire of the (5) _____ that rise up against me. The righteous shall (6) _____ like the palm tree, he shall grow like a cedar in (7) _____ Those that be (8) _____ in the house of the lord shall flourish in the court of our God. They shall still bring forth (9) _____ in old age. They shall be (10) _____ flourishing to show that the lord is (11) _____ he is my (12) _____

_____ and there is no unrighteousness in him.

ANSWER:

1. Horn
2. Unicorn
3. Anointed
4. Enemies
5. Wicked
6. Flourish
7. Lebanon
8. Planted
9. Fruits
10. Fat
11. Upright
12. Rock.

OGUNLADE TOFUNMI

J.S.S. 3P

RIDDLES

I am someone. The first side of my name is the name of a human being, the middle side of my name is a part of the body and the last section is something you use to preserve meat. What is my Name?

ANSWER:

Andrew Liver Salt.


JOKES:

There was a small boy who was given a memory verse to recite which says "many are called but few are chosen" when it was the day to present, the boy said "many are cold but few are frozen"

There was a father who wanted the daughter to marry, he then got a man and said "I give you my daughter for hundred naira (N100.000) what will you give me in return, the father said and the man answered "a receipt"

DAHUNSI SUKANMI JSS2S

THE SCHOOL ANTHEM (MAY WE BE A SHINING LIGHT)

- 
1. May we be a shining light to the nations,
A shining light to the peoples of the earth
Till the whole world sees the glory of Your name
May Your pure light shine through us
2. May we bring a word of hope to the nations
A word of life to the peoples of the earth
Till the whole world knows there's salvation through Your name
May Your mercy flow through us
3. May we be a *Healing Balm* to the nations
A healing balm to the peoples of the earth
Till the whole world rings with the praises of Your name
May your song be sung through us
4. May we sing a song of joy to the nations
A song of praise to the peoples of the earth
Till the whole world rings with the praises of Your name
May Your song be sung through us
5. May Your kingdom come to the nations
Your will be done in the peoples of the earth
Till the whole world knows that Jesus Christ is Lord
May Your kingdom come in us
May your kingdom come in us
May Your kingdom come on earth

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