



**LIFEFORTE
INTERNATIONAL
HIGH SCHOOL**

APPENDIX TO HARVEST MID-TERM NEWSLETTER, 2025



**SPARK CURIOSITY WEEK:
IGNITING YOUNG MINDS**

CREATIVE WRITING CLUB

**SCHOOL OF GLOBAL CITIZENSHIP
AND INTERCULTURAL LEARNING**

**SCHOOL OF WELLBEING
CHILDREN'S DAY CELEBRATION**

**SCHOOL OF KNOWLEDGE,
SKILLS AND ATTRIBUTES**

EASTER GAMES



SPARK CURIOSITY WEEK IGNITING YOUNG MINDS

At Lifeforte, we believe that learning isn't just about facts—it's about asking questions, exploring ideas, and embracing the unknown. That's why we dedicated a full week to Spark Curiosity: a celebration of inquisitive thinking, where students were encouraged to think boldly, dream big, and ask, "What if?"

Why Curiosity Matters

"Curiosity keeps our minds active, open, and ready to grow. Beyond memorizing, it helps us think critically and connect ideas."

— Folafunmi Adeyemi

"Every invention, every discovery, every breakthrough in history began with a single spark: curiosity!"

— Odunayo Bankole

"In a world that's always changing, the people who ask 'why?' and 'what if?' are the ones who adapt, innovate, and make a difference."

— Esther Emmanuel

"Every single thing around you started with someone being curious."

— Chidera Chinemere

“

If you could invent anything to help the world, what would it be?

"A robot that detects and cleans litter to fight environmental pollution."

— Zion Ishola, Grade 7

“

If you were President of Nigeria for a day, what would you do first?

"I'd help the unemployed by creating nationwide youth empowerment programs."

— Ariella Adepoju, Grade 8

“

If you could create a new school rule, what would it be?

"To end school by break time on Fridays so students can enjoy more leisure."

— Ibiyemi Ajadi, Grade 9

At Lifeforte, we're proud to nurture curious minds—because today's questions lead to tomorrow's solutions.

LET'S CONTINUE TO INSPIRE OUR STUDENTS TO
ASK, EXPLORE, AND INNOVATE!

CREATIVE WRITING CLUB

"Human beings have always needed the connection of literature – its wisdom as well as its sheer escapism." – Her Majesty Queen Camilla.

Books can take us on journeys to the wildest and most unexpected places! Write about a time a book took you on a journey; how did it affect you?

MARGINS OF ME

A POEM BY ODUNAYO BANKOLE

"Identity made me realize
that all this time,
the book had never really been just a book—
bound by leather,
rimmed with gold,
and all that mystical stuff...
This was my life.
A reflection.

The ink flowed through my veins
and my mind was the pen.
My choices, the punctuation;
every line, mine.
I am a living manuscript;
a story still unfinished
waiting to be written,
waiting to be lived!"

From tiny seeds to large redwoods, trees and plants experience changes and growth throughout their life cycles.

Write a story about the life journey of a plant growing in the centre of your community; what does it experience?

BONDED

ESSAY BY MOTUNRAYO IWAYEMI

"I was born out of the unity of the people and in only that unity would I thrive fully. At that point my rustling became louder, more frantic, more desperate. I wished then that I could speak words that people could understand, but I couldn't... Couldn't the people sense my distress when they passed me?"

Together, we represent a third of humanity, with all the splendidly diverse complexity that this entails." – His Majesty King Charles.

Learning new information can take us on journeys to new places.

Write about a time you learned something interesting about a different Commonwealth country from your own.

KINGSTON IN MY LIVING ROOM

ESSAY BY ADAMOLEKUN EMMANUEL

It made me realize something profound: a country's power isn't measured by its size. It's measured by its ideas, its creativity, its soul. Jamaica has that in abundance. So here I am, a Nigerian who's never set foot outside West Africa, feeling like I've somehow visited Kingston. Not physically, of course, but through histories read, music felt, and stories shared. The world feels smaller now, more connected. Maybe that's the most beautiful thing about learning about other cultures. It reminds us that despite our different accents, foods, and traditions, we share common threads, especially those of us with colonial pasts.



SCHOOL OF GLOBAL CITIZENSHIP AND INTERCULTURAL LEARNING

Many influential figures deny that climate change is real.
How would you respond to climate change deniers?

At the School of Global Citizenship and Intercultural Learning, our students are not only thinking critically about global challenges—they're speaking out. Here's what some of our students had to say in response to climate change denial:

Chidubem Ekwueme:

"Climate change is not a distant threat—it's a present danger. It's no longer someone else's problem, it's ours. We either fix it or fuel it—the choice is ours."

Anjola Olufolajin:

"The Earth is screaming for help, and yet many still choose to look away. In 2023 alone, climate disasters caused \$92 billion in damage in the U.S. alone. The truth is visible—choose truth, choose action, choose life."

Enoidara Ikono:

"According to the World Health Organization, 99% of the global population breathes polluted air—that's nearly all of us. These aren't just statistics; they're consequences. Those who contribute the most must stop hiding behind privilege and confront reality."

Ayanfeoluwa Akinteye:

"Many influential figures deny climate change because their financial interests lie in materials like fossil fuels. Profit must no longer outweigh the planet."

Chimzubele Okoli:

"You know what I think? These deniers have a fixed mindset—unwilling to adapt, afraid to change, and blind to the evidence right in front of them."

Oluwadara John-Akinola:

"Environmental issues must be prioritized by political leaders if we are to build a truly sustainable future for all nations."

Diane Ohiani:

"Combating climate denial also means tackling inequalities in education, healthcare, and technology. Reducing vulnerability to misinformation increases collective resilience." Our students are ready to lead—and to speak truth to power. Are you listening?



SCHOOL OF WELLBEING

IMPORTANCE OF TESTS



Why are tests important?

Chierika Ekwueme: They are an important part of our CA at the end of the day, boost our overall scores. They are the real difference between A and A*, B and A.

Nyla Shittu: They help us know how teachers structure their questions in Exams and give us insight on what may come out in our exams.

Anaiah McErnest: They also help improve our learning because we can ask our teachers to explain areas in the test questions we don't understand.

Constantine Asafia: If you fail a question in a test you know that you won't make the same mistake in an exam or a second test because you have seen the correction.



What are some tips to ace your tests?

Nyla Shittu: Well, through collaboration we can share knowledge with one another can help boost intelligence in areas that one person is strong in but the other is not.

Chierika Ekwueme: It is not helpful to ask teachers for the exact questions before hand. Rather students should ask for the scope of topics to read and areas of study.



G8's have about 5 tests a day how do you keep up?

Anaiah McErnest: I would recommend having a set time for studying and also breaks in between for your brain to recuperate.



When you first came to lifeforte how did you cope with 21 subjects?

Constantine Asafia: I structure my preps so that I can cover all 4 to 5 subjects that I have the next day and I read my bible



CHILDREN'S DAY CELEBRATION 2025

Theme: "The Well-being of a Child: Upholding the Rights of the Child"

WHAT IS CHILDREN'S DAY ALL ABOUT?

Raymond Kalu: "We celebrate Children's Day to consider what children can contribute to the world."

Imohimi Ojeaburu: "Children's Day is a day to acknowledge children all around the world."

Bukunmi Ariyo: "It's a time to appreciate children and remind them of who they are."

WHY CELEBRATE CHILDREN'S DAY?

Mrs. Debby: "Promoting children's rights and well-being is at the heart of Children's Day."

Mrs. Babakale: "It's a moment to instill in children the knowledge of who they are and who they can become."

Mr. Olurombi: "We also celebrate the transition from adolescence to adulthood."

Mrs. Ajayi: "It reminds us of the UN's Convention on the Rights of the Child."

The Rest & Play – Fun Time!

This event, hosted by FolaFunmi Adeyemi, Chidera Chinemere, Odunayo Bankole, and Esther Emmanuel, featured exciting activities such as karaoke, riddles & trivia, a Grade 7 special presentation, Simon Says, and Chinese Whispers.

Meanwhile, the Novelty Football Match saw teachers face off against students in a thrilling game, with the teachers securing a 3–1 victory. Despite the score, the real winners were all participants, as the match was filled with smiles, fun, and teamwork.



SCHOOL OF KNOWLEDGE, SKILLS AND ATTRIBUTES ECOWAS @50

WHAT IS ECOWAS?

- A regional group of 15 West-African countries
- Its motto: Peace and prosperity through unity

WHY ECOWAS?

- Promote economic cooperation
- Remove trade barriers
- Maintain peace and security
- Health, education, environmental infrastructure

ITS SUCCESSES

- Strong presence in peace keeping
- Improved trade and travel
- Promotes African identity and cooperation

ITS CHALLENGES

- Political instability
- Border and visa issues
- Economic differences
- Mali, Burkina Faso and Niger pulled out

SCHOOL OF KNOWLEDGE, SKILLS AND ATTRIBUTES

THE LIFEFORTE LEARNING SKILLS AND THE LIFEFORTE VISION STATEMENT

With Lifeforte Learning Skills, can we achieve Lifeforte's vision statement?

YES! WE CAN!



*The Lifeforte Learning Skills equips us to become **Visionary Solution Providers.***

DIGITAL SKILLS

CURIOSITY

CRITICAL THINKING

CREATIVITY

COLLABORATION

COMMUNICATION



EASTER GAMES!!!

The Easter Games Event was a thrilling competition where students showcased teamwork and strategy across exciting games. A day filled with energy, fun, and unforgettable moments!

ORGANISERS OF THE EVENT:

- Nathaniel Aigbangbee (Male Social Prefect)
- Temitayo Olukoya (Female Social Prefect)
- Abdulazeez Adigun (Male Community Service Prefect)
- Toluwanimi Familusi (Female Community Service Prefect)
- John-Fortune Agada (Male Sports Prefect)
- Oluwadamito Iyun (Female Sports Prefect)

COORDINATORS FOR EACH TEAM:

- Team Elite: Nissi Dodo and Temilade Adelodun
- Team Dynasty: Chibuikem Ezenwoko and Racheal Ali-Odefa
- Team Titans: Fopefoluwa Adeyemi and Teminioluwa Harrison
- Team Legends: Anjola Olufolajin and Damilola Ajayi

GAMES:

- Obstacle Course (Male And Female Edition)
- Human Wheelbarrow Race (Male And Female Edition)
- Human Tic-Tac Toe (Male And Female Edition)
- Water Cup Race (Male And Female Edition)
- Tug Of War (Male And Female Edition)

