

The Light

Vol 5 No 6

RECATI

*Helping people to locate their place in life so
that they can achieve their maximum potential*



Welcome to the month of August. For some of you, this is a time to totally forget about your books until you go to your new class. For some of you it is serious study time because you are preparing for your Common Entrance exams or your Junior WAEC exams or your School Cert exams coming up next year. Some of you have lessons whether at school or at home. Some of you are busy with one activity or the other. Whatever your class level, take time to learn something new this holiday period. It can be about anything, but preferably something that does not have to do with your school work. Expand your horizon. You never know when that newly acquired knowledge will come in handy. Also it's better to learn many things now that your major concern is about your studies. As you get older you will have more responsibilities and it will be more difficult to learn some new things. To conclude, know that you should be a life-long learner.

REVS 2019 – THE COLOURFUL CREATOR

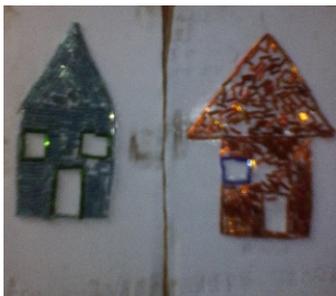
REVS, Rehoboth Ephraim Vacation School, is taking a new turn this year. There will be two phases this time. The first phase is from Monday July 22 to Friday August 2. It will be a time for a motivational charge and swimming each day.

DATE: Monday 22 July – Friday 2 August 2019

TIME: 12noon – 2pm daily

VENUE: Premier Hotel poolside, Mokola, Ibadan

COST: ? 5,000 per week The cost includes the entrance fee to the pool.



The second phase is for three weeks. There will be swimming every day. The three weeks include a trip to Agodi Gardens, a party and a visit by a guest.

DATE: Monday 5 – Friday 23 August 2019

TIME: 12noon – 4pm daily

VENUE: Premier Hotel poolside, Mokola, Ibadan

COST: ? 6,000 per week The cost includes the entrance fee to the pool.

Both phases are for children and teenagers, 5 to 16 years of age.

Call 08065579441 or send a message to 09086635578. Register your children today. You'll be glad you did.

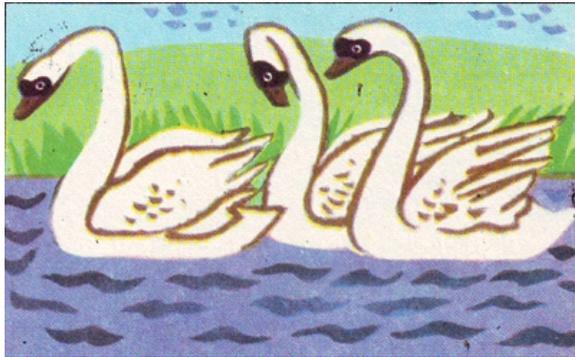
VISIT TO CHIPROMS

Some members of RECATI on Saturday June 8 went to visit the children at an orphanage in Bodija, Ibadan. This was our second visit to the orphanage, Children of Promise, aka, CHIPROMS. The first time we went was in August last year. This time we had a story telling session with the children. Tiwatope Oluwaseyi read the story of The Ugly Duckling. The children and some people who had also come to spend time with the children enjoyed the story. They also learnt a couple of things from the story.



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If you have not read the story before, find time to read it. If you have read it before, you can always read it again. It's good to know that you are special just the way you are. Don't allow the 'monkey' to tell you the 'fish' to climb a tree. Don't allow the 'bird' to tell you the 'elephant' to fly. Just because a chicken lays eggs doesn't mean that he should despise the cat who gives birth to live kittens. Be the best you, you can be.

CAREER – PHYSIOTHERAPY

Physiotherapists are trained health professionals who treat people suffering from various physical issues which arose as a result of injuries, diseases, illness, or the aging process. Physiotherapists use a variety of methods to alleviate pain, improve mobility of various parts of the body, and restore the function of certain parts of the body or at least reduce the effect of any dysfunction.



1 Working with the elderly



2 Working with children

Physiotherapists can work in hospitals, work in schools, work in rehabilitation centres, sports clubs, fitness centres, big companies, or have their own private practice,.

To become a physiotherapist in Nigeria, you need a credit pass in Math, English, Physics, Chemistry, Biology, and a trade subject. For JAMB, you need Chemistry, Biology, and Physics. Physiotherapy is a four year course.

A good physiotherapist has the following qualities:

- Takes Initiative,
- Is patient
- Is sensitive to patients' needs
- Has excellent communication skills.
- Is a good team member
- Has good problem-solving skills.
- Has excellent organisational skills.

Has the ability to be encouraging, empathetic and firm.

If you are called to be a physiotherapist, go for it and help give people another chance at having a fulfill life.



3 Working with athletes

HEALTH CORNER – HOLIDAY CHECKLIST

Welcome to the health corner. when you see your friends and notice that some of them have grown fatter. It's normal at this stage of your time you vacate in July to the time you check to ensure that you have a school resumes it will take you time to up early, and Physical Education or because of the extra weight you have gained and your lack of exercise.



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Officially your holiday has started. It's nothing new that classmates again in September you will taller while others have grown taller and life to notice a change in growth from the resume in September. Below is a healthy holiday. Don't let it be that when adjust because it's very difficult to wake playing during break becomes very tiring

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CHECKLIST

- 1) Have I eaten healthy meals this week?
- 2) Have I maintained good personal hygiene this week?
- 3) Have I had some form of exercise that made me sweat at least three times this week? (This can include participating in sports such as football, basketball, and tennis.)
- 4) Have I spoke nice things to people this week?
- 5) Have I forgiven those who hurt me this week?
- 6) Have I been getting enough sleep this week?
- 7) Am I doing things that are making me happy?



Take good care of yourself. You will be glad you did.

BRAIN TEASER

Give four words that is the same whether read from left to right or from right to left. An example of such a word is 'madam'.

Send your answers by text or WhatsApp to 09086635578. Please include your name, and age. The winner gets the star prize.

Watch out - Coming soon!!!

DATE & TIME	PROGRAMME	VENUE	AGE	DESCRIPTION
22 July – 2 August	Holiday Swimming Lessons+	Premier Hotel Poolside	5 – 16 year old	Swimming lessons and a brief interactive discussion each day. (Monday to Friday)
5 – 23 August	REVS ® RE Vacation School	Premier Hotel Poolside	5 – 16 year old	Swimming lessons with indoor and outdoor activities each day. (Monday to Friday)
Saturdays 1pm-4pm	RESS ® RE Swimming School	Kokodome	2 years and above	Children and adults can learn how to swim or improve on their swimming skills.
12 October 10:30 2:30	RELiC-O ® RE Leadership Challenge Outdoors	Agodi Gardens	10-16 year old	The children and teenagers learn more about themselves and about working as a member of a team in the outdoors.

CONTACT US

Let's hear from you.

GSM: 08065579441 or WhatsApp 09086635578