



NEWSLETTER



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ST. JOHN GIRLS' SECONDARY SCHOOL LIBRARY

SCHOOL'S INTEGRATED FARMING MODEL:

A CLIMATE-SMART SOLUTION FOR SUSTAINABLE EDUCATION



HOW ST. JOHN GIRLS' SECONDARY SCHOOL INNOVATIVE APPROACH TO AGRICULTURE IS COMBATING CLIMATE CHANGE AND EMPOWERING STUDENTS

WRITTEN BY YAMIKANI KAUTSE

In a groundbreaking effort to address climate change and promote sustainable education, St. John Girls' Secondary School in Mangochi has adopted an innovative Integrated Forest, Crop, Livestock, and Fish Farming (IFCLF) model. This holistic approach to agriculture not only mitigates the effects of climate change but also offers significant benefits to the school and its students.

The IFCLF model is designed to create a harmonious balance between various agricultural components, allowing each element to support and enhance the others. Forests contribute to carbon sequestration and create microclimates that improve crop yields. Crops, in turn, provide food for livestock while their residues enrich soil fertility. Livestock waste is converted into organic manure,

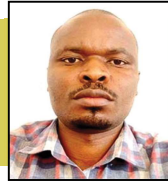
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ST. JOHN INTEGRAL EDUCATION CENTRE
LET THE CHILDREN COME TO ME

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STUDENTS' NATIONAL ANTHEM

By Samuel Mpando

My school expects me to be intellectually curious and mentally strong, in the face of challenges.

If I struggle or make a mistake, I will learn from it and try again, every time.

I will draw on every ounce of determination to support my classmates and achieve our shared academic goals.

I'm never out of effort. We demand discipline.

We expect creativity and innovation. The success of my future and the progress of my school depends on me.

Our learning is never complete. We study to grow, and we strive to excel.

I stand ready to apply my full potential, to achieve my academic success and contribute to the values my school upholds.

The execution of my responsibilities will be thoughtful and deliberate, guided by the principles of integrity and respect I serve to embody.

Great students before me, have worked hard to build the proud tradition and excellent reputation, I am bound to uphold.

In the toughest moments, the legacy of my school and the encouragement of my peers strengthen my resolve and guide my every effort.

I will not fail!



FOSTERING COLLABORATION AND CRITICAL THINKING THROUGH STUDY CIRCLES

By Shadreck Mazengera

At St. John Girls' Secondary School, our commitment to providing an integral education extends beyond the classroom. One of the innovative approaches we use to enhance learning is the introduction of **Study Circles**. These collaborative group discussions allow students to engage deeply with academic concepts while fostering teamwork, critical thinking, and communication skills.

In each study circle, students are assigned specific tasks or topics to explore as a group. This method encourages peer-to-peer learning, as students share insights and collectively work toward understanding the material. The process is both interactive and empowering, as it shifts the focus from traditional lecture-based learning to active student participation.

A key aspect of the study circles is the opportunity for students to seek clarification from their teachers when they encounter challenging concepts. This ensures that the learning experience is holistic and supportive, catering to the diverse needs of every learner. Teachers, in turn, play a guiding role, stepping in as facilitators to nurture curiosity and ensure a deeper comprehension of topics discussed.

Through study circles, our students not only gain

academic knowledge but also develop essential life skills such as collaboration, problem-solving, and leadership. These sessions are just one of the many ways St. John Girls' Secondary School lives up to its motto: **Integral Education for Girls**.

As we continue to implement this approach, we are proud to see our students grow into confident, critical thinkers who are well-prepared to excel academically and socially. Study circles are a testament to our dedication to innovative education and our belief in the transformative power of teamwork.

KEY DATES

1

4th January, 2025

Arrival of students from Holiday

2

19th January, 2025

Director's Talk

3

25th January, 2025

YCS trip to SPAS

ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

Story from page 1

which sustains both crops and fish farming. The interconnected nature of these components ensures resource efficiency and environmental sustainability.

Furthermore, this approach empowers students by integrating practical agricultural skills into their education. They learn not only the science behind sustainable farming but also the importance of environmental stewardship and resilience in the face of climate challenges. These lessons are invaluable in equipping the next generation with the tools and knowledge needed to tackle global issues such as food insecurity and environmental degradation.

KEY COMPONENTS OF THE INTEGRATED FARMING MODEL

The school's Integrated Farming Model brings together four essential components:

1. **Forest:** Enhancing carbon sequestration and biodiversity.
2. **Crops:** Promoting sustainable farming practices to conserve soil and improve yields.
3. **Livestock:** Providing organic manure and a reliable source of protein.
4. **Fish Farming:** Supporting food security and improving nutrition.

COMBATING CLIMATE CHANGE

The IFCLF model is a climate-smart solution with several key benefits:

- ♦ **Carbon Sequestration:** Forests act as carbon sinks, helping to reduce greenhouse gas levels.
- ♦ **Soil Conservation:** Crop rotation and organic farming practices prevent soil degradation and erosion.
- ♦ **Biodiversity Conservation:** Maintaining diverse ecosystems ensures resilience to climate change impacts.



UNDERSTANDING RAIN FORMATION: NATURE'S MARVEL

By Pio Vivia

Rain is one of nature's most essential and fascinating processes. It plays a crucial role in sustaining life on Earth by replenishing water sources, supporting agriculture, and maintaining ecosystems. But have you ever wondered how rain forms? Let's take a closer look at this remarkable natural phenomenon.

The Water Cycle: The Engine Behind Rain

Rain formation is a key part of the water cycle, which is a continuous process that moves water through the Earth's atmosphere, surface, and underground. This cycle involves several stages:

1. **Evaporation:** The sun heats up water from rivers, lakes, oceans, and even plants, turning it

BENEFITS TO THE SCHOOL AND STUDENTS

This model goes beyond environmental impact by:

1. **Improving Nutrition:** Providing fresh, organic produce and protein-rich food sources.
2. **Increasing Income:** Generating revenue through the sale of surplus farm produce.
3. **Enhancing Education:** Offering hands-on learning opportunities that equip students with practical skills in sustainable agriculture, entrepreneurship, and environmental stewardship.

A CLIMATE-SMART FUTURE

St. John Girls' Secondary School's Integrated Farming Model stands as a beacon of climate-smart education. By combining sustainable agriculture, conservation, and innovative teaching practices, the school is not only combating climate change but also preparing students to become stewards of a sustainable future.

Anonymous

"Climate change is not just an environmental issue; it's a community challenge and a national crisis, reshaping livelihoods, economies, and the future of generations to come."



STUDENTS PLANTING TREES

into water vapor. This vapor rises into the atmosphere.

2. **Condensation:** As the water vapor ascends, it encounters cooler temperatures. The vapor cools down and condenses around tiny particles like dust or pollen, forming clouds. The type of cloud most commonly associated with rain formation is called a **Cumulonimbus Cloud**, known for its towering, fluffy appearance and heavy moisture content.
3. **Precipitation:** When the water droplets in the clouds become too heavy to remain suspended, they fall to the ground as rain, snow, or hail, depending on the temperature.

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Dear Teachers, Students, and Cherished Readers,

It is with immense gratitude to God and a heart full of hope that I welcome you to the second edition of the St. John Girls' Secondary School Newsletter. As we embark on this new year, I am reminded of the words of Psalm 127:1, "Unless the Lord builds the house, the builders labor in vain." It is through His grace and guidance that we continue to grow, achieve, and strive for excellence in all that we do.

To our dedicated members of staff, I extend my deepest appreciation for your unwavering commitment to nurturing and shaping the minds of our students. Your hard work, patience, and passion for education are the pillars upon which this institution stands. Let us continue to inspire our students not only academically but also morally, guiding them to become individuals of integrity and virtue.

To our students, especially those in the exam classes, forms 2 and 4. I commend you for your diligence and perseverance. The journey ahead may be challenging, but with hard work, prayer, and faith, you will overcome every obstacle. Remember, success is not just about academic achievement; it is also about building a strong character, rooted in good morals and a spirit of sharing. Let us avoid negative behaviors such as stealing and instead cultivate a culture of generosity and mutual support.

I would also like to address our parents and guardians. Your partnership in the education and upbringing of your children is invaluable. However, I must emphasize the importance of allowing us, as educators, to correct and guide your children when necessary. Correction is not an act of malice but a tool for growth and discipline. Together, we can mold these young minds into responsible and respectful individuals.

As we step into this new year, I encourage all students to continue exploring their talents, expressing their thoughts, and contributing to this newsletter. Let it be a platform for you to share your stories, insights, and creativity. To the teachers, please keep motivating our students to write, read, and think critically. This newsletter is not just a medium of communication; it is a testament to our collective growth and achievements.

Finally, I wish all members of staff and students a happy and prosperous New Year. May this year be filled with blessings, breakthroughs, and moments of joy. Let us continue to work together, pray together, and build a school community that reflects excellence, faith, and unity.

Thank you, and may God bless us all.

The Director

St. John Girls' Secondary School



ST. JOHN GIRLS' SECONDARY SCHOOL

Integral Education for Girls



Saint John Girls' Secondary School

Wishes all the guardians and friends a very Happy and Prosperous New Year 2025

ST. JOHN GIRLS' SECONDARY SCHOOL

INTEGRAL EDUCATION FOR GIRLS

04/13

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HOW TO IDENTIFY A RAIN CLOUD

Rain clouds, specifically Cumulonimbus Clouds, can be identified by their distinct characteristics:

- ♦ **Shape:** They are tall and towering, often reaching great heights in the atmosphere.
- ♦ **Appearance:** The top of the cloud appears fluffy and billowing, while the base is darker and denser due to heavy moisture content.
- ♦ **Color:** A cumulonimbus cloud often has a dark gray or black base, signaling the potential for rain.
- ♦ **Precipitation Indicators:** Sometimes, you can see streaks of rain falling from the base, even before it reaches the ground.



Cumulonimbus Clouds

WHAT INFLUENCES RAINFALL?

Several factors determine when and how much it rains:

1. Temperature

- Warmer air can hold more water vapor, increasing the likelihood of rainfall.

2. Topography

- Mountains can force moist air to rise, cool, and condense, leading to rain on one side (windward) while the other side (leeward) remains dry.

3. Seasonal Changes

- In regions with monsoons, rain is more frequent during certain times of the year due to shifts in wind patterns.

THE IMPORTANCE OF RAIN

Rain is vital for life on Earth. It provides fresh water for drinking, irrigates crops, and sustains wildlife. It also helps to regulate temperatures and maintain the balance of ecosystems. However, excessive rain can lead to flooding, while insufficient rain can cause droughts, highlighting the need for sustainable water management.

FUN FACTS ABOUT RAIN

- ♦ The smell of rain, called **Petrichor**, is caused by oils released by plants and soil-dwelling bacteria.
- ♦ Some of the wettest places on Earth, like **Mawsynram** in **India**, receive over 11,000 millimeters of rain annually!

By understanding how rain forms and identifying rain clouds, we can better appreciate the beauty and significance of this natural process. At St. John Girls' Secondary School, we encourage our students to explore such natural wonders, inspiring curiosity and a deeper connection with the environment.



"RAIN IS GRACE; RAIN IS THE SKY DESCENDING TO THE EARTH; WITHOUT RAIN, THERE WOULD BE NO LIFE."

John Updike



THE WONDERS OF ADVENTURE: A LESSON BEYOND THE CLASSROOM

By Patience Chimbiya

Have you ever wondered what it means to go on an adventure? Maybe you think it's something only explorers or travelers do. But let me tell you, adventure isn't just for people traveling to distant lands. It's something all of us can experience, and it's an important part of learning. Let me explain why.

What is Adventure?

Adventure is stepping out of your comfort zone to explore, learn, and discover something new. It could be something as simple as trying a new activity, exploring a nearby forest, or learning a new skill. Adventure is about curiosity—wanting to see, know, and experience the world in different ways.

Why Should We Go on Adventures?

1. **To Learn Beyond Books:** Adventures give us the chance to learn by doing. For example, walking in a nature reserve can teach you more about plants and animals than reading about them in a textbook.
2. **To Build Confidence:** Facing new challenges during an adventure, like finding your way on a trail or solving a problem, makes you stronger and more confident.
3. **To Have Fun While Learning:** Adventures make learning exciting! Imagine studying geography while standing on a mountain or learning history by visiting an ancient site.
4. **To See the Bigger Picture:** Adventures show us the beauty of the world and help us understand that we're part of something much bigger.

How Adventure Helps Us Grow?

When we go on adventures, we're not just having fun—we're growing as individuals. We learn how to solve problems, work with others, and adapt to new situations. These are skills we'll need not just in school but in life.

Adventures also help us connect with nature. By spending time outdoors, we learn to appreciate the environment and understand why it's so important to protect it.

Starting Your Own Adventure

You don't need a plane ticket or a lot of money to start an adventure. You can begin right here:

1. Take a walk in a new part of your community.
2. Visit a museum or library to learn something new.
3. Try an activity you've never done before, like planting a garden or painting.

The most important thing is to keep your mind open and be ready to learn from every experience.

Let's Make Adventure Part of Our Learning

As students, let's remember that education isn't just about what we learn in class—it's also about what we experience outside of it. Let's make adventure part of our learning journey. Let's explore, discover, and grow together.

Adventure isn't just about where you go; it's about what you learn and how it changes you. So, let's step out, take a chance, and embrace the wonders of adventure.

"Life is an adventure. Take risks, learn from them, and grow."



SHAMELESS ACTORS

By Joyce Chirambo

Let us Face it, the so called
Malawi democracy has no
Resemblance of democracy

In truth, democracy remains
A travesty in this land of
The Shire river

Come to think of it, people who
Claim to have fought for
Democracy in this country
Maintain a foot hold on
Political parties they founded

To them and only they are
Capable of running party
Affairs with the rest serving
As party followers.
What shameless actors



I WAS TOLD

By Hanna Nyirenda

I was once told
Never go to bed mad
But stand and fight, but
With ignorance I did not listen
And look what it got me into

I once was told
That if I cannot be kind
At least be vague
For your life span is not
Kept by your neighbor

I was once told that if
I stand in a question
For along enough the answer
Will find me but look
At what lack of patience led me to
I was once told



WHY DID YOU GO

By Sungani Magugu

Mother! Why did you
And father have to go?
Since the day you left
My body has been a resting place
For your sister's husband

Mother! Your sister who is my aunt
Do not know anything about this
Just because the cold hearted man warns me to
tell no one
Of course I try to build up the courage to tell her
But I am afraid of going to my early grave

Father! Your friend who is also uncle's friend
Works hand in hand with the beast
He calls me to is place and aim his pistol at me
I try to shout
But it turns to be for no avail

The pain is burying me
The monster has dirtied my future and dreams
I am not in peace in this prison
Mother! Father! I'm tired and fragile
Mother! Why did you and father have to go



OUR SCHOOL

By Eunice Manda

In halls of learning, bright and wide,
Where dreams and hopes do all reside,
A place to grow, to learn, to be,
With every step, we're set to see,
Our school, our pride, our legacy.

The teachers guide with skill and care,
Helping each student rise and share,
With knowledge deep and wisdom clear,
We shape the future, year by year,
Our school prepares you for the sphere.

Through every class, we strive and grow,
Inspiring minds, the seeds we sow,
With every challenge, we stand tall,
Our school's the best, we give our all,
Here, each student answers the call.

The future bright, with paths to take,
Here, dreams are real, we won't forsake,
Enroll with us and you will see,
A place where all can truly be,
Our school's the place to set you free!

"POETRY IS THE LANGUAGE OF THE SOUL, WHERE WORDS DANCE TO THE RHYTHM OF EMOTION AND PAINT THE SILENCE OF THE HEART."



THE TRAP

By Takondwa Nathava

Timo has been in prison for four years now, but he still keeps to himself the name of the person who sent him and his friends to kill the minister of gender at Chikome resort.

"I know you are innocent and you cannot do that devilish thing," the officer in-charge declared to Timo. "You have been given all sorts of punishments which are described to be tough, but you still kept quiet. This has made us jump to conclusions that you are innocent," the other police officer said. Timo thought that he was dreaming.

"After going deep into my thoughts, I have realized that, it is good to make hay while the sun shines. After seeing your braveness and courage, I have decided to host you in my house for some days since you do not have anywhere to go." Said the officer in-charge while taking a sip of tea. Timo thought of Clare, the officer's daughter whom has been haunting his heart for four years. Whenever Clare goes to the police station to leave lunch for his father, Timo could stare at her with love. But he could not talk to her since he had no chance to do so.

"Thank you, sir, for being so kind to me. I promise to give you no trouble in the house, I will also be helping you with some house work." Timo said while thinking about Clare.

When Timo arrived at the officer's house, he was warmly welcomed by the officer's wife and his daughter Clare. Upon setting his on Clare, Timo felt high, he could feel his heart beating so fast and burning with love. Timo was offered a bed room.



The Trap

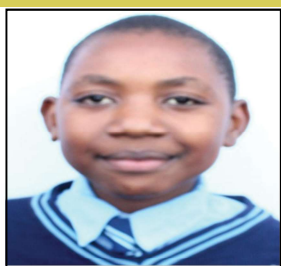
"Good morning, Timo, dad has asked me to show you around, so that you should be familiar with everything in this house." Clare told Timo. Timo was excited that he heard Clare's voice for the first time. When he was being shown the surrounding, he could miss some things that Clare was saying because his mind was filled to brim with imaginations of his future with Clare.

Clare and Timo became good friends and after some time, they fell in love. One day, when Clare and Timo were chatting, Clare started shedding tears. "What's wrong my love?" Timo asked. "I wonder if you really love me, I just feel like am just an option to you." Clare cried. Timo looked at Clare with surprise, since he did not know why Clare said that. "What have I done now, you know that I can even sacrifice my life to keep you safe and am ready to get all insults from your dad, just for you." Timo said.

"What pains me is that, I tell you almost everything about my life, but you do not tell me your life stories. Up to now, I don't know why you ended up in squalid prison." "Ok, let me tell you what happened that night." Timo said. "Four years ago, when I was working in a CCTV department, at Chikome resort, I was paid five hundred million kwacha to delete the footage of the minister of information, killing the minister of gender. But, I swear, I did not want to do it. They forced me." Timo explained. "That was so bad, so what happened next?" she asked. "Well, when the investigators discovered that the place where the event took place had CCTV camera, but no footage was shown, they reported me and I was declared as a suspect, and I was also found with the minister of gender's cell phone. I was told not to say anything to the police, since the killer threatened to kill my family." Timo said while crying.

After explaining everything, he noticed a certain change and reaction in Clare. She stood up, walked few steps forward and she brought out a bag under the bed. "Thank you, Timo," she said, while smiling. She called her father and arrived quickly. The officer took the bag from Clare's hand. "It's now time to proceed with the case, thank you for giving full evidence." The officer in-charge said while bringing out a recorder from the bag. Timo did not believe that all happened in order to set and trap him up. He really cried out of his depth.

**"NOT EVERY KIND
GESTURE IS GENUINE, AND
MISPLACED TRUST CAN
LEAD TO DEVASTATING
CONSEQUENCES. ALWAYS
WEIGH YOUR ACTIONS
CAREFULLY, FOR THE
TRUTH WILL ULTIMATELY
SURFACE."**



MICHELLE CHIWOKO

Future Chief Accountant

My name is **Michelle Chiwoko**. I am 12 years old and currently in Form 1 at St. John Girls' Secondary School.

My dream is to become the **Chief Accountant** at the **Malawi Ministry of Finance**. I am passionate about this dream because I want to make my parents proud and contribute to the development of my country. I am inspired by a woman in my community who is the Chief Accountant and has shown me that everything is possible with determination and hard work.

I believe my dream will come true because there is no success without effort. I study diligently and work extra hard in all my subjects to ensure I achieve my goal of becoming the Chief Accountant at the Malawi Ministry of Finance.



SHAMIM DAUD

Future Lawyer & Entrepreneur

My name is Shamim Daud. I am 13 years old and will be turning 14 in March. I currently study at St. John Girls' Secondary School, where I am in Form 1.

Like every child, I have dreams to achieve. One of my biggest dreams is to become a lawyer. This has been my aspiration since childhood and remains strong, especially when I see people like Kim Kardashian and others making an impact in the legal field.

In addition to that, I also dream of becoming a successful business tycoon, like Elon Musk, and achieving great things in life.

Dreams are only fulfilled and become a reality when one works hard. I know I must work very hard and be prepared for both the highs and lows in life. I will continue to push myself and stay determined so that my dreams of becoming a lawyer and an entrepreneur come true.



TEISHA KASALIKA

Future Doctor & Musician

My name is Teisha Kasalika, and I am 13 years old. I am a student at St. John Girls' Secondary School, currently in Form 1.

I have many dreams and hopes. My biggest dreams are to become a doctor and a musician. I have always admired the work of doctors since I was 3 years old, when my grandfather told me that I can achieve anything I want by working hard and praying to God. This inspired me to dream of becoming a doctor so I can help sick people.

I hope to achieve my dreams by studying hard and praying to the living God. I am determined to fulfill my dream of becoming a doctor.

Whenever I find it difficult to understand something in class, I ask my friends and teachers for help, and they are always willing to assist me.

My parents, relatives, friends, and teachers continually encourage me to work hard so that I can achieve my goal of becoming a doctor.



PRAISE KADIWA

Future Soldier

My name is Praise Kadiwa, and I am 13 years old. I learn at St. John Girls' Secondary School, where I am in Form 1.

My dream for the future is to become a soldier. To achieve this, I need to work hard in class, obey my teachers, pay attention during lessons, and dedicate myself to reading and studying. I believe that with determination and effort, my hopes will be fulfilled, and I will achieve my dream of becoming a soldier.

"DREAM BIG, WORK HARD, AND LET YOUR HOPES LIGHT THE WAY."



TIZABELLA MBEWE

Future Doctor & Musician

My name is **Tizabella Mbeve**, but my friends call me **Tiza**. I am 13 years old and a Form 1 student at St. John Girls' Secondary School.

In life, everyone has dreams and hopes, and I am no different. When I grow up and finish school, I aspire to become both a **Medical Doctor** and a **Musician**.

I want to be a medical doctor so that I can assist people who are sick and help pregnant women deliver healthy and physically fit children. I also dream of becoming a musician because my parents often tell me that I have a lovely and beautiful voice.

I believe my dreams will enable me to support my family by paying school fees for my brothers and sisters and assisting my parents with their needs.



LOVENESS MICHAEL

Future Nurse

My name is **Loveness Michael**, and I am 14 years old. I study at St. John Girls' Secondary School, where I am in Form 1.

When I was in primary school, my dream was to become a **Bank Manager**. However, now that I am in secondary school, I realize I want to become a **Nurse**. This decision was inspired by the lack of adequate nurses and doctors in my area, which has led to many people losing their lives. I want to become a nurse so that I can treat sick people in my community and help improve their lives.

To achieve my dream of becoming a nurse, I am working very hard in class and staying focused on my studies. I am determined to fulfill this goal and make a difference in my community.



NOMSA MANGOCHI

Future Judge

My name is **Nomsa Mangochi**, I am 12 years old, and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I want to be a **Judge**. I have been dreaming of becoming a judge since I was in Standard 3, and it remains my dream to this day. I am working very hard to achieve this goal because I believe being a judge is a noble role that allows you to resolve cases and bring justice by punishing wrongdoers.

My hope is to become a fair and fearless judge. To achieve this, I plan to complete my secondary education, attend university, and work diligently toward making my dream a reality.



TAONGA MBEWE

Future Lawyer

My name is **Taonga Mbeve**, and I am 13 years old. I am a Form 1 student at St. John Girls' Secondary School.

Since I was young, my dream has been to become a **Lawyer** so that I can help people in need. I have realized that to achieve this dream, I need to work hard in class, respect my elders, and pray to God for guidance.

With dedication and faith, I believe my dream of becoming a lawyer will one day come true.

"WITHIN EVERY STUDENT LIES THE SEED OF ENDLESS POSSIBILITIES; THEIR DREAMS ARE THE WINGS, AND THEIR HOPES ARE THE COMPASS TO A FUTURE ONLY THEY CAN CREATE."



EFFECTIVE STUDY STRATEGIES FOR SECONDARY SCHOOLS

By Samuel Mpando

The following strategies can help students build confidence, retain knowledge effectively, and achieve academic success:

1. PLAN AND ORGANIZE

◆ Create a Study Schedule

Allocate specific times for studying each subject, ensuring balanced focus on all areas. Include breaks.

◆ Use a Planner

Track assignments, tests, and deadlines to avoid last-minute stress.

◆ Set Goals

Establish clear, achievable goals for each study session.

2. DEVELOP AN ACTIVE LEARNING TECHNIQUES

◆ Summarize Information

After reading or attending class, summarize key points in your own words.

◆ Use Flashcards

Great for memorizing definitions, formulas, or vocabulary.

◆ Practice Questions

Solve past papers or create practice questions to test understanding.

◆ Teach Someone Else

Explaining a topic helps reinforce your knowledge.

3. LEVERAGE STUDY TOOLS

◆ Mind Maps

Visualize connections between concepts for better understanding.

◆ Digital Apps

Use tools like Quizlet, Khan Academy, or Evernote for interactive learning and organization.

◆ Audio Notes

Record lectures or notes to listen during downtime.

4. ENHANCE FOCUS

◆ Find a Quiet Place

Minimize distractions to create a conducive

study environment.

◆ Use the Pomodoro Technique

Study for 25 minutes, take a 5-minute break, and repeat.

◆ Avoid Multitasking

Focus on one task at a time for better retention.

5. STAY CONSISTENT

◆ Revise Regularly

Review notes and concepts weekly to keep them fresh in memory.

◆ Daily Reading

Read a little every day rather than (cramming) forcing to study before exams.

6. MAINTAIN A HEALTHY ROUTINE

◆ Get Enough Sleep

Aim for 7-9 hours to keep the brain sharp.

◆ Eat Well

Balanced meals provide the energy needed for focus.

◆ Exercise

Physical activity reduces stress and improves concentration.

7. SEEK HELP WHEN NEEDED

◆ Ask Questions

Clarify doubts with teachers or classmates.

◆ Join Study Groups

Collaborate with peers for diverse perspectives on challenging topics.

8. STAY MOTIVATED

◆ Reward Yourself

After completing tasks, treat yourself to something enjoyable.

◆ Visualize Success

Imagine achieving your goals to stay inspired.

◆ Break Large Tasks

Divide big assignments into smaller, manageable pieces.



ST. JOHN GIRLS TRIUMPH IN VOLLEYBALL FRIENDLY MATCH

7 December, 2024

Reported By Glory Daire



ST. JOHN GIRLS' VS DMI GIRLS VOLLEY BALL MATCH IN ACTION

On Saturday, December 7, 2024, St. John Girls' Secondary School hosted a thrilling volleyball friendly match against a visiting team from DMI-St. John the Baptist University. The event took place on our vibrant school sports grounds, offering a fantastic opportunity for camaraderie and healthy competition between the two institutions.



DIM-St. John the Baptist University team

The match consisted of three sets, all of which were dominated by our spirited St. John Girls' team. From the opening serve to the final point, our players showcased exceptional teamwork, skill, and determination, ultimately securing victories in all three sets.

The visiting team from DMI-St. John the Baptist University played valiantly and displayed great sportsmanship throughout the match, adding to the atmosphere of mutual respect and

enthusiasm. The cheers from the sidelines by our students and staff further energized the game, making it a memorable event for all who attended.



St. John Girls' Secondary School team

This match not only highlighted the athletic prowess of our girls but also strengthened the bond between our school and DMI-St. John the Baptist University. We look forward to more opportunities to engage in friendly competitions like this in the future.

Congratulations to our St. John Girls for their outstanding performance and for upholding the spirit of integrity and excellence that defines our school!

To **Subscribe** and be receiving our Monthly Newsletter.

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newsletter-admin@saintjohnmw.org

ST. JOHN GIRLS' SECONDARY SCHOOL
INTEGRAL EDUCATION FOR GIRLS



Dear teachers, students, parents and esteemed readers,

As term two of the 2024/2025 academic year commence, let us be reminded that "success is worked for and not attained", therefore this calls for dedication, commitment, self - discipline and hard work.

To all students, I would like to encourage each one of you that, as we step into this new term, always set realistic goals and things to do every day by making a to do list. This will help you meet your deadlines, and your studies will never pile up. Always say "I can do it" to yourself, and believe me, you will. You are more than capable of accomplishing anything more than you could ever imagine, only if you believe. With determination, persistence, and hard work, anything can be possible.

To all parents and guardians, as you entrust us with this big responsibility of nurturing your children in all areas of life, be assured that this shall be achieved without any compromise. There are a lot of exciting activities which will enable the students to be exposed to different angles of life which will also help them become reliable and disciplined citizens and leaders in the near future.

I would like also to encourage and appreciate all our teachers for their unwavering level of commitment, dedication and hard-working spirit. Your usual cooperation contributes a lot to the achievements and accomplishments we have in the past years as a school. Let us together strive for excellence as we are nurturing these students in all areas.

Thank you all,

Headteacher

St. John Girls' Secondary School.

"HAPPY AND PROSPEROUS NEW YEAR 2025 TO ALL OUR TEACHERS, STUDENTS, PARENTS AND GUARDIANS AS WELL AS ESTEEMED READERS. MAY THIS YEAR BRING HOPE, GOOD HEALTH AND NEW OPPORTUNITIES THAT IT MAY OFFER"



1 SAINTS AND DMI BEFORE THE MATCH



2 STUDY CIRCLES IN PROGRESS



3 LIBRARY SESSION IN PROGRESS



4 FORM 3 CLASS SESSION IN PROGRESS WITH MR. CHIGALAGALA