



NEWSLETTER

ST. JOHN GIRLS' BEGINS TERM 2 WITH A WEEK OF PRAYER AND HOLY MASS



FULL STORY ON PAGE 6



4th January, 2026

By Euster Byakulima | Form 3 Student

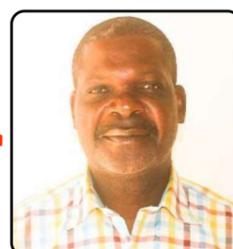
St. John Girls' Secondary School officially commenced the Second Term of the 2026 academic year on 3rd January 2026 with a deep spirit of prayer, thanksgiving and total dependence on God. After returning from the Christmas holiday, students and staff were warmly welcomed back into school life through a special spiritual programme that set a strong foundation for the entire term.

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ST. JOHN SCHOOLS PLANT 600 TREES

IN A POWERFUL ENVIRONMENTAL

DRIVE FULL STORY ON PAGE 3



15th January, 2026

By Pio Vivia
Teacher

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

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KEY DATES

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| <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">1</div> <p>6th February, 2026
New Prefecture Body Elections</p> | <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">2</div> <p>7th February, 2026
Debate club trip to Malosa Secondary School</p> |
| <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">3</div> <p>16th February, 2026
General Assembly</p> | <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">4</div> <p>17th February, 2026
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| <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">5</div> <p>22nd February, 2026
Director's Talk</p> | <div style="border: 1px dashed blue; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center; margin-bottom: 5px;">6</div> <p>28th February, 2026
Malosa Secondary School SCOM Visit (<i>inning</i>)</p> |



By Samuel Mpando | Teacher

HOW SELF-DISCIPLINE IN CLASS ENHANCES LEARNING AND PARTICIPATION

Self-discipline in the classroom plays a vital role in promoting thorough learning and active participation among students. When students are disciplined, they develop positive learning habits that help them remain attentive and focused on what the teacher is teaching. Such students pay close attention to details, ask meaningful questions and fully engage themselves in all classroom activities, which contributes greatly to their academic success.

Disciplined students understand the importance of remaining in class when a lesson is in progress. They avoid always unnecessary movements, distractions and interruptions. As a result, they do not miss important explanations, examples or instructions that may later appear in examinations. Their attentiveness allows them to grasp concepts more easily and retain information for a longer time.

The indisciplined students often disturb the learning environment. Some move in and out of the classroom while the teacher is teaching, which causes them to miss important parts of the lesson. Others sleep during lessons instead of training their minds

to remain alert. Rather than sleeping, students can stand up, stretch or kneel for a short time to refresh their minds and stay awake. Such simple actions help them remain focused and ready to learn.

"DISCIPLINE IS THE BRIDGE BETWEEN GOALS AND ACCOMPLISHMENT."

— Jim Rohn

Disciplined students prepare themselves before entering the classroom. They train their minds and bodies to focus during lessons, knowing that learning time is valuable. They step outside only when there is no teacher in class and ensure that nothing distracts them during lessons. By preparing themselves mentally and physically, they create a positive learning attitude that supports concentration, understanding and active participation.

Self-discipline in class builds responsible, attentive and successful learners. When students discipline themselves, they not only improve their own academic performance but also create a conducive learning environment for everyone around them.

ST. JOHN SCHOOLS PLANT 600 TREES IN A POWERFUL ENVIRONMENTAL DRIVE



STORY FROM FRONT PAGE

St. John Girls' Primary and Secondary Schools today successfully conducted a large-scale tree-planting exercise at one of the designated school sites specially reserved for environmental conservation and tree growing. The activity brought together learners from both the Primary and Secondary sections, making it a truly united school event.

A total of 600 trees of different species were purchased and planted during the exercise. Each and every student planted her own tree, creating a sense of personal responsibility and ownership over the environment. Teachers, staff members and the school Director, Rev. Fr. Joseph Kimu, also participated in the exercise, with the Director himself planting a tree as a strong example of leadership, care for nature and commitment to sustainable living.

"THE BEST TIME TO PLANT A TREE WAS 20 YEARS AGO. THE SECOND BEST TIME IS NOW."

— Chinese Proverb

In his address, Rev. Fr. Kimu urged students to become responsible and active citizens of today, explaining that caring for the environment must begin now and not in the future. He said that the initiative of planting trees was an important step toward building a greener and healthier world. He further encouraged students to take



good care of the trees they had planted, reminding them that planting a tree is only the beginning. He emphasized that students must water their trees regularly, especially when there has been no rain for several days, so that the young trees can grow strong and survive. According to him, these trees will play an important role in improving the environment and supporting life in the years to come. The trees planted included M'bawa, lemons, tangerines, hybrid mangoes, pawpaws and several indigenous and wild tree species, all chosen for their environmental, nutritional and economic value.

STORY CONTINUED ON PAGE 5

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

03/29

15TH EDITION

REV. FR. JOSEPH KIMU - DIRECTOR

Dear teachers, students, and cherished readers,

A very happy and blessed New Year 2026 to each member of our St. John Girls' Secondary School family! As we turn the page to a fresh chapter, I am filled with immense joy and gratitude to Almighty God for His faithfulness throughout 2025 and for the promise of new beginnings that 2026 brings.

I wish to express my heartfelt appreciation to all who made 2025 a year of remarkable progress. To our dedicated teachers, your tireless commitment to academic excellence and character formation has been the cornerstone of our success. To our support staff, your faithful service in maintaining our facilities has been invaluable. To our beloved students, your enthusiasm for learning and resilience in facing challenges have been truly inspiring. To our esteemed parents and guardians, your partnership and trust have enriched our collective mission immeasurably. Thank you all for your outstanding commitment throughout 2025.

As we embark on 2026, let us resolve together to make this year the most exceptional in our school's history. This milestone year marks our sixth year of existence as St. John Girls' Secondary School—a journey that began with humble beginnings and has blossomed into a beacon of quality education and Christian values. Let us honor this anniversary by redoubling our efforts and working collaboratively to elevate our school to even greater heights. Every teacher, student, parent, and staff member has a crucial role to play in making 2026 a year that future generations will remember with pride.

I extend my warmest congratulations to every student and staff member on the remarkable success of our tree-planting initiative on campus. Each tree planted represents hope for the future and our commitment to environmental stewardship. However, planting is only the beginning—I encourage each person to take personal responsibility for nurturing their tree to maturity. Water it regularly, protect it from harm, and let it flourish as a symbol of your own growth during your time at St. John's.

To our students in Standard 8, Form 2, and Form 4, I address you with particular urgency. Your MANEB examinations are approaching, and the time to begin serious preparation is now. Remember the wise



proverb: "You don't fatten a pig on the market day." Excellence is cultivated through consistent daily effort, disciplined study habits, and sustained dedication over time. Form 4 students, your MSCE

examinations represent the culmination of four years of secondary education. Standard 8 and Form 2 students, your examinations are critical stepping stones in your academic journey. Create study schedules, form study groups, seek help from teachers, and dedicate yourselves wholeheartedly to your studies. Your success is our success.

On a practical matter, I make a humble appeal to all parents and guardians regarding textbooks. While the school endeavors to provide learning materials, we cannot supply individual textbooks for every student. The current scenario where two or three students share a single textbook considerably slows down learning and limits independent study. I earnestly request parents to supplement the school's efforts by providing textbooks for their daughters. This investment in learning materials is an investment in your child's academic future and will significantly enhance her chances of success.

As we continue to uphold the high standards that distinguish St. John Girls' Secondary School, let us recommit ourselves to our core values. Let integrity guide our actions, excellence drive our efforts, and compassion inform our relationships. Together, we are forming complete human beings who will become transformative leaders and godly citizens.

I pray that our Lord Jesus Christ continues to shower His abundant blessings upon St. John Girls' Secondary School. May this sixth year of our existence be marked by divine favor, unprecedented achievements, and testimonies of God's faithfulness.

With gratitude and blessings for a transformative 2026,

The Director
St. John Girls' Secondary School.

ST. JOHN SCHOOLS PLANT 600 TREES IN A POWERFUL ENVIRONMENTAL DRIVE

STORY FROM PAGE 3

One learner from the Secondary School expressed her happiness and gratitude for being given the opportunity to take part in such a meaningful activity. She said that trees are very important because they help both people and animals in many ways. She explained that trees provide the fresh air that we breathe, offer shade to protect us from the hot sun, and serve as homes for many animals and birds. She added that without trees, life would be very difficult, and she was proud to have planted one that will continue to grow and help others in the future.



MY TREE, MY RESPONSIBILITY, MY ENVIRONMENT

"IN EVERY WALK WITH NATURE, ONE RECEIVES FAR MORE THAN HE SEEKS."

— John Muir

"LOOK DEEP INTO NATURE, AND THEN YOU WILL UNDERSTAND EVERYTHING BETTER."

— Albert Einstein

In his closing remarks, Rev. Fr. Kimu said that students must reflect on what they had done and understand the importance of the responsibility they had taken on. He reminded them that trees play a vital role in the survival of the nation and the world and that without trees there would be no life. He encouraged students to continue planting and caring for trees wherever they go, even beyond the walls of St. John Girls' Primary and Secondary Schools, so that they can help protect the environment and contribute to a greener, healthier and more sustainable future for all.

"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT IS THE ONLY THING THAT EVER HAS."

— Margaret Mead

ST. JOHN GIRLS' SECONDARY SCHOOL BEGINS TERM TWO WITH A WEEK OF PRAYER AND HOLY MASS

STORY FROM FRONT PAGE

Understanding the importance of beginning every academic journey with God, the school dedicated the whole first week of the term to Holy Masses celebrated by Rev. Fr. Joseph Kimu. This initiative was aimed at ensuring a smooth opening of the term and at helping students to become spiritually prepared, mentally focused and morally strengthened for the challenges and responsibilities that lie ahead. Through these Masses, the school community intentionally sought the guidance of the Holy Spirit and the loving intercession of Mother Mary, trusting that God would walk with them throughout the term.

"FAITH IS TAKING THE FIRST STEP EVEN WHEN YOU DON'T SEE THE WHOLE STAIRCASE."

— Martin Luther King Jr.

Each Holy Mass was celebrated daily from 6:00 AM and concluded around 7:00 AM or slightly past, allowing students to begin their day in prayer before engaging in academic activities. The early morning schedule cultivated a culture of discipline, reflection, and quiet devotion among the learners. Students gathered with great enthusiasm, singing hymns, listening attentively to the Word of God and participating actively in the liturgy.



The Holy Masses were conducted in both *English* and *Chichewa* (vernacular) so that everyone could understand and fully participate. In addition, the Masses were broadcast live on *Radio Maria Malawi*, extending the spiritual experience beyond the school grounds. Listeners from different parts of the country, including parents, guardians, alumni and followers of Radio Maria Malawi, were able to unite with the St. John Girls' community in prayer. Many people expressed joy and appreciation for this opportunity to share in the school's spiritual journey.



The series of Holy Masses officially began on *Sunday, 4th January 2026*, and continued faithfully up to *12th January 2026*. Throughout this period, students reflected on their personal lives, academic goals, and relationships with God. The messages delivered during the homilies encouraged them to work hard, remain disciplined, respect one another, and trust in God in all circumstances.

For many students, this week was a memorable and transformative experience. It strengthened their faith, renewed their hope, and motivated them to approach Term Two with confidence and determination. The spiritual atmosphere created during this period fostered unity among students and staff, reinforcing the sense of family that defines St. John Girls' Secondary School.

As a Catholic institution guided by the motto "*Integral Education for Girls*," St. John Girls' Secondary School continues to emphasize the holistic formation of learners—academically, spiritually, morally, and socially. The school believes that true education must shape not only the mind but also the heart and character.

"WITH GOD, ALL THINGS ARE POSSIBLE."

— Matthew 19:26

The school community extends its sincere gratitude to Rev. Fr. Joseph Kimu for his dedication and spiritual leadership, as well as to Radio Maria Malawi for partnering with the school in broadcasting the Holy Masses. Their support greatly contributed to the success of this sacred programme.

With hearts filled with gratitude and trust in God's providence, St. John Girls' Secondary School looks forward to a fruitful, peaceful, and blessed Second Term, confident that the seeds of prayer planted at the beginning will continue to bear good fruits throughout the academic journey.

NEW VIBES, NEW GOALS: A CALL TO GROWTH AND RESPONSIBILITY



11th January, 2026

By Moses Mwamadi | Secretary

1. Opening Remarks

The Director's Talk began with a beautiful and prayerful opening led by Gloria Kampayi (Form 1). Her prayer was deeply touching and helped to prepare the hearts and minds of both students and staff for the message of the day. The session was then guided by the Master of Ceremony, Mr. Prophecy Kachingwe, who ensured smooth flow and order throughout the gathering.

2. Director's Talk

The Director warmly welcomed all students and members of staff back from the Christmas holiday. He thanked God for the gift of life and prayed that all members of the school community who had travelled would return safely and in good health. He explained that the purpose of the talk was to encourage everyone to begin the new term with new energy, a renewed mindset, and positive determination. He shared practical guidance on how to start the term with what he called "new vibes."

2.1 Setting Goals

The Director emphasized the importance of setting clear and meaningful goals. These goals, he explained, should not be limited to the current Term but should also reflect long-term dreams and aspirations. He challenged both students and teachers to reflect honestly on past performance. If a student had failed in the previous term, she should not accept failure as her identity. He strongly rejected the mindset that suggests Africans or black people cannot achieve great things, saying firmly that, such thinking must be abandoned. Students were reminded that they already know their academic positions and results, and therefore this is the right time to set new goals and commit themselves to positive change.

"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM."

—CS Lewis

2.2 Staying Organized

The Director spoke about the importance of organization in both personal and academic life. He used simple examples to explain how disorganization leads to loss, confusion, and wasted effort.

He reminded the students that their parents make great sacrifices to keep them in school, and the least they can do is to take care of their belongings and school property. Academically, he stressed that Memory Without Organization Is Empty. He shared his personal study method:

- a. First reading to understand,
- b. Second reading to underline key points,
- c. And third reading to test understanding by asking oneself questions.

Students were encouraged to complete homework responsibly and respect deadlines.

"FOR EVERY MINUTE SPENT ORGANIZING, AN HOUR IS EARNED."

—Benjamin Franklin

2.3 Being Kind to Yourself and Taking Positive Risks

The Director advised students not to be too harsh on themselves, while also avoiding laziness. Growth, he said, requires courage and willingness to take risks. He encouraged students not to fear challenging subjects such as Mathematics, Computer Studies, and Physics, but instead to confront them confidently. He announced that one hundred computers had been ordered, especially to support Form Four students, and emphasized the importance of using them responsibly. Students were encouraged to identify subjects that trouble them and face those challenges directly.

2.4 Choosing Friends Wisely

The Director reminded students to choose their friends carefully. He warned that some people may lead others into trouble or teach bad habits. He encouraged students to surround themselves with friends who uplift, motivate, and support positive growth rather than those who promote crooked ways.

"YOU ARE THE AVERAGE OF THE FIVE PEOPLE YOU SPEND THE MOST TIME WITH."

—Jim Rohn

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NEW VIBES, NEW GOALS: A CALL TO GROWTH

STORY FROM
PAGE 7

AND RESPONSIBILITY

2.5 Prioritizing Self-Care and Personal Growth

The Director stressed the importance of self-care, hygiene, and personal responsibility. He spoke openly about cleanliness, neat dressing, and taking care of one's body, reminding students that self-respect begins with personal discipline. He encouraged students to speak up politely, ask questions when they do not understand, and never fear saying "I don't know." He urged them to be active participants in school life and to leave behind a positive legacy.

Students were reminded to read widely, especially past examination papers available in the school library. He noted that a committed student can sometimes become more knowledgeable than her teacher through serious study. The Director also advised students to reflect daily on what they had achieved, to drink plenty of water, seek medical help when needed, and seek spiritual guidance whenever necessary. He encouraged students to approach female teachers freely for guidance and support.

2.4 Questions and Responses

Q. Michel Shawa (Primary School): "We are requesting to have our own library at the primary school."

A. Director: "That is a very good question and a keen observation. A library at the primary school is necessary, and we are working toward that. For now, the Headteacher will help us identify books that can be used temporarily."

Q. Hagara Khandu (Primary School): "We are requesting a fence around our school."

A. Director: "That request is valid, and I am happy to inform you that fencing is already part of our development program."

Q. Milera Phiri (Primary School): "We are requesting a school bus for the primary school."

A. Director: "This concern has been noted and will be considered as we plan for future developments."

Q. Rachel Kadambo (Primary School): "We are requesting laptops for practice."

A. Director: "That is a very good request. For now, laptops will be prioritized for Form Four students,

but we shall consider expansion in the future."

Q. Gloria Kampayi (Form 1): "Some intelligent students do not help others when it comes to sharing knowledge."

A. Director: "I strongly encourage you to help one another. Success is sweeter when it is shared."

Q. Patience Enock: "Those of us staying at St. Bernadetta Hostel are concerned about the presence of lizards."

A. Director: "Thank you for raising this concern. The Boarding Mistress will take action to address the issue."

Q. Princess Matiti (Form 1): "The Form One uniforms are losing their color."

A. Director: "That is true, and we are already looking into the matter to find a lasting solution."

Q. Tamandano Mtila (Form 2): "At the hostel, our doors are sometimes closed."

A. Director: "This matter will be reviewed by the administration to ensure safety and fairness."

Q. Lauren Menyere (Form 1): "When electricity is off, we do not have water, and we are requesting another borehole."

A. Director: "That is a valid request. We ask for your patience as we review the situation and work toward a solution."

**"LEADERSHIP IS NOT ABOUT
BEING IN CHARGE. IT IS ABOUT
TAKING CARE OF THOSE IN
YOUR CHARGE."**

—Simon Sinek

Closing Remarks

The Director thanked the students for their attentiveness and maturity. He encouraged them to take the guidance seriously and to use the opportunity at St. John Integral Education Center to grow integrally; academically, morally, socially, and spiritually. The Director's Talk concluded with a closing prayer led by Fr. Joseph Kimu, marking the end of a reflective and motivating session.



A CUNNING FOX

By Emily Mpemba— Form 1 Student

Once upon a time, there was a girl named Madalitso. She lived in Mkwaso village. Mada had three friends: Serah, Stella and Lyness. Her friends really cared for each other and also for Mada, but she only loved herself.



Madalitso had a stone heart. She never cared for her friends and always tried to ruin their happiness. At school, Mada was very intelligent but she was not hard working.

When she was in standard 7, her friends were in standard 5, but she kept on repeating classes until they were all in the same class.

One day, Mada and her friends went hunting. Mada told her mother that she would bring three goats home and make a feast. Her mother was very proud, seeing how brave she was, and thought to herself, "My daughter is very brave and beautiful."

Then the four girls went hunting. Lyness saw an antelope and shot it. While hunting, Mada was busy planning a trap. Stella started to get worried seeing how Mada was acting. She tried to inform her friends but they did not listen. Mada told her friends that the trap was for the animals and told them to try it.

During the trial, two friends got trapped. She caught the other one trying to escape, killed all of them, and brought the meat home to her mother. Later, Mada tricked her mother and killed her too.

"What a cunning fox she is."

"BEWARE OF FALSE FRIENDS; THEY ARE WOLVES IN SHEEP'S CLOTHING."

—Aesop



THE TWO FROGS

By Teisha Kasalika— Form 1 Student

Once upon a time, a group of frogs was travelling through the woods when two of them fell into a deep pit. The other frogs crowded around the pit and, seeing how deep it was, told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and proceeded to try and jump out of the pit. Despite their efforts, the group of frogs at the top kept telling them to give up and that they would never make it out.

Eventually, one of the frogs took heed of what the others were saying, gave up, and fell down to his death. The other frog continued to jump as hard as he could. Again, the



crowd yelled at him to stop the pain and just die. He jumped even harder and finally made it out.

When he got out, the other frogs said, "Did you not hear us?" The frog explained that he was deaf and thought they were encouraging him the entire time.

"DO NOT LET WHAT YOU CANNOT DO INTERFERE WITH WHAT YOU CAN DO."

—John Wooden

People's words can have a big effect on our life. Don't let words of discouragement pull us down into the poverty of unsuccessfulness. Make ourselves deaf to discouragement.

Friends, relatives and sometimes parents can discourage us, but remember that we were born alone and we have our own life story to write through our achievements.

Always tell ourselves that we are going to succeed and work towards it. On the other hand, think about what we say before it comes out of our mouth. It might mean the difference between life and death for someone.

"IF YOU LISTEN TO THE VOICES OF DOUBT, YOU WILL NEVER REACH YOUR DESTINATION."

—Unknown



ELLA AND THE NEW SCHOOL

By Emily Mpemba— Form 1 Student

Once upon a time, there was a very beautiful and intelligent girl named Ella. She used to be the best in primary school. Every student and teacher admired and appreciated her hard work. When MANEB came, she wrote her exams with very high expectations, thinking she would be selected for a national secondary school, but she was selected for



Liwonde Conventional Secondary School in Machinga. Ella did not like the school, so she wrote an

entrance exam for St. John Girls' Secondary School, which is known as a center for *Integral Education for Girls*.

She went there on the 15th of September 2025. Everything was new to her: the teachers, learners, and even the studies. But eventually, everything began to change. Everyone was so friendly and comforting, and she even made friends with the teachers because of her hard work.

**"GO CONFIDENTLY IN THE
DIRECTION OF YOUR DREAMS.
LIVE THE LIFE YOU HAVE
IMAGINED."**

— Henry David Thoreau

One day, she got sick. She cried very loudly all night, but no one in her hostel made any sudden movements. In the morning, it was Saturday. She got up very late, thinking she wouldn't bathe that early. When she woke up and went to the bathroom to brush her teeth, she found a basin with her name on it; "Ella", filled with warm water for her to bathe. Then she went to her hostel and found a plate full of porridge, also with her name on it. She ate it and slept. By the next morning, she was better and thought of appreciating the love and care given to her by her friends. So she wrote a poem entitled "*The New School*."



A BLIND GIRL

By Teisha Kasalika— Form 2 Student

Once upon a time, in a small and quiet village, there lived a blind girl who deeply hated herself because of her blindness. She believed that her inability to see made her worthless and different from everyone else. Because of this, she kept a heavy bitterness in her heart and pushed herself away from the world.

The only person she did not hate was her kind and loving boyfriend. He stood by her side every single day, encouraging her, comforting her when she cried, and reminding her that she was beautiful just the way she was. He never treated her like she was broken or incomplete. Instead, he loved her unconditionally and devoted himself to making her happy.

The girl often told her boyfriend that if she could only see the world with her own eyes, she would immediately marry him. She dreamed of waking up one day and finally experiencing colors, faces, and nature like everyone else. More than anything, she wanted to see the man who had loved her so faithfully.

One day, a miracle happened. A generous person donated a pair of eyes to the girl, and she successfully underwent surgery. When the bandages were removed, she opened her eyes and could finally see everything around her. She saw the sunlight, the sky, the people, and most importantly, she saw her boyfriend standing in front of her.

With excitement and hope in his heart, her boyfriend asked her, "Now that you can see the world, will you marry me?"

At that moment, the girl noticed something she had never known before. She realized that her boyfriend was blind too. Shocked and disturbed by what she saw, she felt disappointed and afraid. Instead of remembering his love and sacrifices, she focused only on his blindness. She refused to marry him and turned her back on the man who had given her everything.

Heartbroken and in tears, the boyfriend quietly walked away. He did not argue or beg. Later, he wrote her a simple letter that said, "Just take care of my eyes, dear."

**"AS WE EXPRESS OUR GRATITUDE, WE MUST
NEVER FORGET THAT THE HIGHEST
APPRECIATION IS NOT TO UTTER WORDS
BUT TO LIVE BY THEM."**

— John F. Kennedy



RICHES AND EFFORTS

By Favour Kachingwe— Form 1 Student

Once upon a time, in a small but lively town, there lived two girls whose lives were very different from each other. One was named Ndazona, and she was born into a very rich family. The other was named Mwai, and she was born into a poor family that struggled to meet daily needs.

Although they came from opposite backgrounds, they both attended the same school. Every morning, Ndazona arrived at school in her parents' shiny car, wearing clean uniforms and carrying expensive bags. Meanwhile, Mwai walked almost four kilometres to school every day. Along the dusty road, she sometimes kicked stones, killed ants with a small stick, and thought about her dreams while wiping sweat from her face.

At school, Ndazona often laughed at Mwai because of her torn shoes and old uniform. She called her names and reminded her that she was poor. However, Mwai never allowed those insults to distract her. She believed that education was her only way out of poverty.



Mwai worked very hard in class. She listened carefully to her teachers, completed all her homework, and asked questions whenever she did not understand. Ndazona, on the other hand, did not take school seriously. She believed that since her parents were rich, she would always live a good life without putting in any effort.

"HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD."

—Tim Notke

One day, Ndazona fought with Mwai after class and insulted her again. Mwai felt hurt and went home crying. When she told her mother everything, her mother simply hugged her and said, "My child, do not waste your time on fights. Focus on your studies, because education is your true wealth."

Mwai took her mother's advice to heart and continued working even harder. Years passed, and the two girls grew older. Sadly, Ndazona's parents died in an accident, leaving her with nothing. The wealth she depended on disappeared.

Meanwhile, Mwai completed her education and became a successful doctor. She built a good life through discipline and determination.

In a surprising turn of events, Ndazona ended up becoming a house worker in Mwai's home. She now realized that riches without effort can fade, but hard work and education create a future that lasts.



GREATNESS OF HARD WORK

By Christina Misili— Form 1 Student

Long time ago, in a small and quiet village, there lived a girl named Ariana. She was a pupil at Chimutu Primary School, where many children went to learn and prepare for their future. However, Ariana did not value her education at all. She took school for granted and believed it was not important. Because of this careless attitude, she often failed her exams and performed poorly in most subjects.

Instead of trying to improve, Ariana told herself that she was born that way and that nothing could change her situation. She believed that some people were meant to pass and others were meant to fail. This wrong belief made her even lazier, and she spent most of her time playing and laughing instead of studying.

The class teacher noticed Ariana's poor performance and became concerned. One afternoon, the teacher called Ariana aside and gently advised her on how she could pass her exams just like the other girls in class. The teacher encouraged her to revise her notes, do her homework, and listen carefully during lessons. Sadly, Ariana did not listen. She told her teacher that she was born that way and that the only thing she knew how to do well was to play Jingo.

Ariana had a friend named Favour, who was also not doing well in class. When the teacher called Favour to give her advice, she listened carefully and decided to change. Favour started waking up early to study, completed all her homework, and paid close attention in class. Slowly, her marks began to improve.

Ariana was not happy when she saw Favour passing her exams. She even told her friend that too much school work could make someone mad. However, Favour did not stop working hard because she was happy with her progress and proud of herself.

When Ariana saw how much Favour had improved, she began to realize that her old belief was not true. She understood that she had been failing not because she was born that way, but because she had not been working hard. With this new understanding, Ariana decided to change.

She started studying seriously, listening to her teachers, and completing her assignments on time. After some time, Ariana began to pass her exams with good grades. She became very happy and confident, and she eventually turned into one of the best students in her class.

"THE ONLY PLACE WHERE SUCCESS COMES BEFORE WORK IS IN THE DICTIONARY."

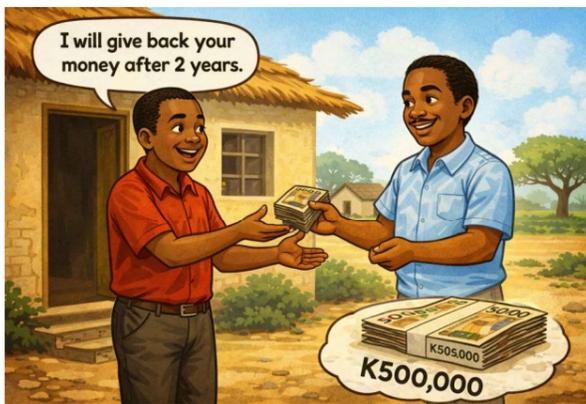
—Vidal Sassoon

IN THE COURT



By Miaonzie Mkondiwa— Form 1 Student

In a certain town, there was a village named Mgawanyemba. In this village lived Mr. Chakudza, his wife Nansuzi, and their child.



One day, Mr. Chakudza went to borrow money from his best friend since primary school, Mr. Mwai. He said, "I will give back your money after 2 years."

Mr. Mwai lent his best friend K500,000. Mr. Chakudza used the money only to drink wine, but his wife Nansuzi stopped him from wasting it. "You can use this money to start a business," Nansuzi said.

After 2 years had passed, Mr. Mwai went to collect his money, but Mr. Chakudza had none. Mr. Mwai started sending messages to Mr. Chakudza concerning the money. Later, Mr. Chakudza returned K100,000, with a balance of K400,000, and promised to pay the rest after two months. After the two months passed, he did not send any money. Mr. Mwai told his best friend to give him the money, and Mr. Chakudza replied, "I did not take any money from you." So Mr. Mwai reported the case to the court.

**"HONESTY IS THE FIRST
CHAPTER IN THE BOOK OF
WISDOM."**

—Thomas Jefferson

Mr. Chakudza and Mr. Mwai were called to court the next day. They went there.

Sergeant-at-Arms: Silence in court! Please rise as the judge enters. Remain standing until she is seated... You may sit.

Judge: In the matter between Mr. Chakudza and Mr. Mwai of Mgawanyemba.

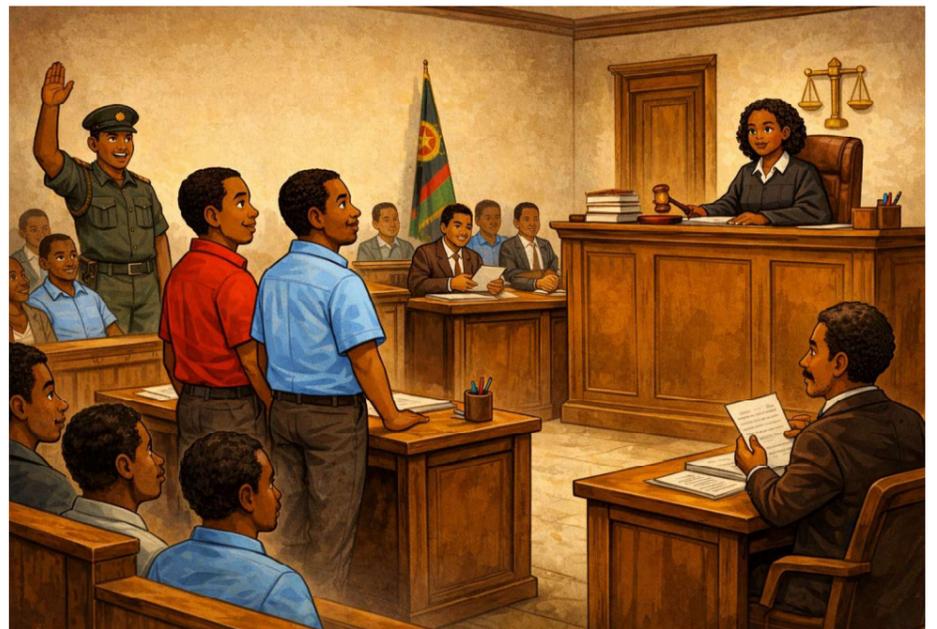
Mr. Chakudza & Mr. Mwai: We are here, Your Honour.

Judge: State Prosecutor, please present your case.

Prosecutor: Your Honour, on 22 January, I received information that Mr. Chakudza borrowed money from Mr. Mwai, but Mr. Chakudza only sent K100,000 and is refusing to pay the rest.

Judge: How much was the total amount?

Prosecutor: It was K500,000, Your Honour.



Judge: Mr. Chakudza, how do you plead: guilty or not guilty?

Mr. Chakudza: Not guilty, My Lord. On the day in question, I went to Mr. Mwai and told him I wanted to borrow money but would return it after 2 years. After 2 years had passed, I gave him all the money with no balance.

Audience: (They made a lot of noise)

Judge: (She hit the hammer) Silence, please. Let's hear from the second person. Mr. Mwai, how do you plead: guilty or not guilty?

Mr. Mwai: Not guilty, My Lord. This man came to my house to borrow some money. I gave it to him because he is my best friend. When I asked for my money back, he gave me K100,000, with a balance of K400,000, and said he would give it to me after two months.

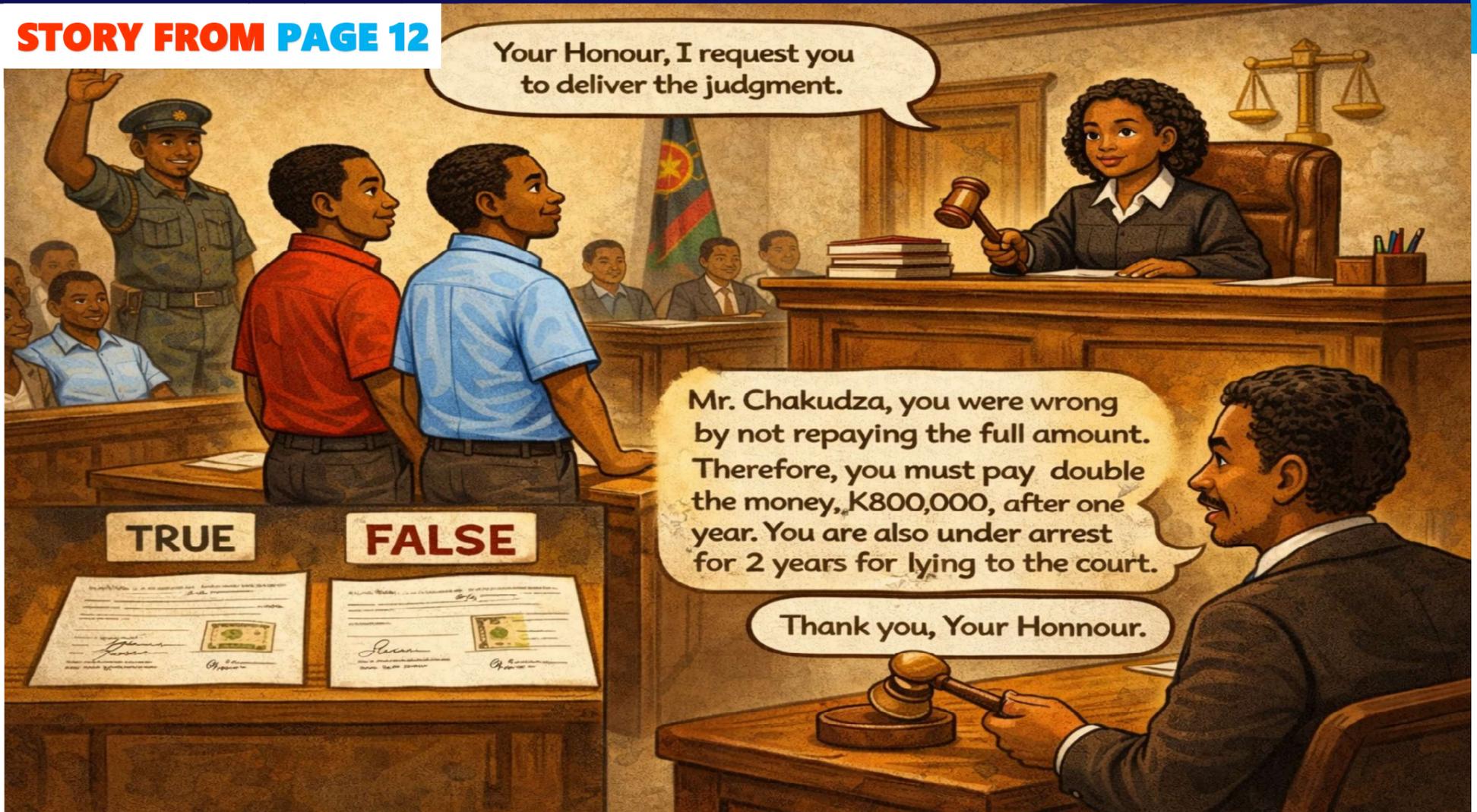
**"INTEGRITY IS DOING THE
RIGHT THING, EVEN WHEN NO
ONE IS WATCHING."**

—CS Lewis

STORY CONTINUED TO PAGE 13

IN THE COURT

STORY FROM PAGE 12



Mr. Chakudza: He is lying.

Judge: Keep quiet! (She shouted) Proceed, Mr. Mwai.

Mr. Mwai: When the time came, he said he didn't borrow any money from me.

Prosecutor: Your Honour, any questions?

Judge: Yes, do you have proof?

Mr. Mwai & Chakudza: Yes, My Lord. They showed their proof. Mr. Mwai's proof was true, while Mr. Chakudza's proof was false.

Prosecutor: Thank you, Your Honour.

Judge: Case dismissed. Come tomorrow morning at 9:00. (hit the hammer)

Sergeant-at-Arms: Please rise as the judge leaves the room.

The next day at 9:00, all the people were in court.

Sergeant-at-Arms: Silence in the court! Please rise as the judge enters. Remain standing until she is seated... You may sit.

Judge: In the matter between Mr. Chakudza and Mr. Mwai of Mgawanyemba.

Mr. Mwai & Chakudza: We are here, Your Honour.

Prosecutor: Your Honour, I request you to deliver the judgment.

Judge: Mr. Chakudza, you were wrong by not repaying the full amount. Therefore, you must pay double the money, K800,000, after one year. You are also under arrest for 2 years for lying to the court. You will serve 2 years in jail and have one year to search for the money. The full amount will be required after 3 years.

Prosecutor: Thank you, Your Honour.

Judge: Case dismissed. (hits the hammer)

Sergeant-at-Arms: Please rise as the judge leaves the room.

**"WHAT YOU DO MAKES A DIFFERENCE,
AND YOU HAVE TO DECIDE WHAT KIND
OF DIFFERENCE YOU WANT TO MAKE."**

— Jane Goodall

THE RED SCARF



By Ellen Kamanga— Form 3 Student

The red scarf seemed to have a story of its own. I finally asked her, "Why is that red scarf always on your head?" She gently replied, "It is just that I'm used to wearing it since my childhood, and it's my favourite."

It started on the first day of our married life. It was time for dinner. My wife served me food while tying the red scarf around her head. It seemed normal since it was our first



day, and I did not want to ruin the happiness of our first night together. I started eating, thinking my wife was eating too, but she wasn't. She watched me closely as I ate.

"Why aren't you eating? Should I serve you some food or snacks?" I asked.

"No! No! No! It's okay. You go ahead with your food. Finish and then freshen up because I know you are tired from today's events," she said.

"Yes, you're right, I must eat."

"THE BEST THING TO HOLD ONTO IN LIFE IS EACH OTHER."

—Audrey Hepburn

I ate my food and freshened up. My wife did the same. We went to bed. It was a peaceful night with the love of my life sleeping beside me. The next day, I woke up to find my wife already awake.

"Oh! You're awake," I said.

"Yes, go and take a bath. You might be late for work today."

I took a bath and went to the dining room, where my wife was waiting to serve me food. She served me with the red scarf on her head. I didn't ask about the scarf; I kept quiet. I finished breakfast, said goodbye, and went to work.

"LOVE IS NOT ABOUT HOW MANY DAYS, MONTHS, OR YEARS YOU HAVE BEEN TOGETHER. LOVE IS ABOUT HOW MUCH YOU LOVE EACH OTHER EVERY SINGLE DAY."

—Unknown

This behaviour continued, and I became very confused. I suspected my wife was hiding something behind the red scarf. I had many questions: What is the use of that scarf? What if it gets lost? What if she serves me without it? What will happen? Should I ask her?

I had no other choice but to ask my wife about the red scarf and get my answers.

"Why do you tie that red scarf every day while serving me food?" I asked.

"Because it is my favourite colour and I'm used to wearing it."

"Oh, is that so?"

"Yes, do you doubt me? I'm your wife."

"No, I'm not doubting you. I was just trying to understand."

One day, I went to a close friend and told him about it. "My wife always ties a red scarf on her head before serving me food. I don't know why. Do you have any idea?"

"What if you replace her red scarf with another and see what happens?"

"Yes, you're right. I will do that."

So I went back home for lunch. Another day, I decided to replace the scarf. I went to a shop and found a scarf similar to my wife's. I bought it, packed it in a small package, and entered the house. My wife was sitting on a chair.

"What's that?" she asked.

"It's nothing, just a small thing for myself," I said, forcing a smile.

"Alright."

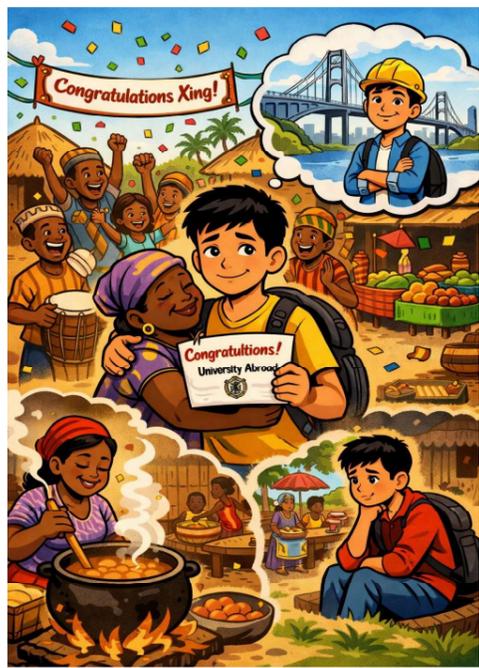
I entered my room and replaced the red scarf.



By Vanessa Phiri— Form 1 Student

THE COLOUR OF LONELINESS

Once upon a time, in a vibrant town in Ghan, there lived a thoughtful and gentle boy named Xing. He shared a small, sunlit home with his mother, a dedicated and compassionate doctor at the local hospital. From a young age, Xing was deeply curious and hard-working. In the classroom, his hand was always the first to rise, eager to answer questions and engage in discussions. Outside of school, he was beloved by many—chatting warmly with friends, sharing stories with relatives, and offering kind words to neighbours and strangers alike. His mother often told him he had a gift for bringing people together.



Xing's dream was to study engineering, to build bridges not just of steel, but between communities. So when the letter arrived announcing his acceptance to a prestigious university overseas, his village celebrated. Yet, beneath the pride and excitement, Xing felt a knot of sadness. He had never been so far from home, from the familiar sounds of the market, the taste of his mother's cooking, and the comforting rhythm of life in Ghan.

the market, the taste of his mother's cooking, and the comforting rhythm of life in Ghan.

"DREAMS DON'T WORK UNLESS YOU DO."

— John C Maxwell

With a heavy heart but a hopeful spirit, Xing packed his bags and embarked on the long journey to a distant, colder country. From the moment he stepped onto the campus, he felt out of place. The buildings were grand but impersonal, the weather was grey, and the faces around him were of a different skin colour—a sea of unfamiliarity that seemed to look right through him. People did not return his smiles; they averted their eyes when he greeted them. In lectures, when he spoke,



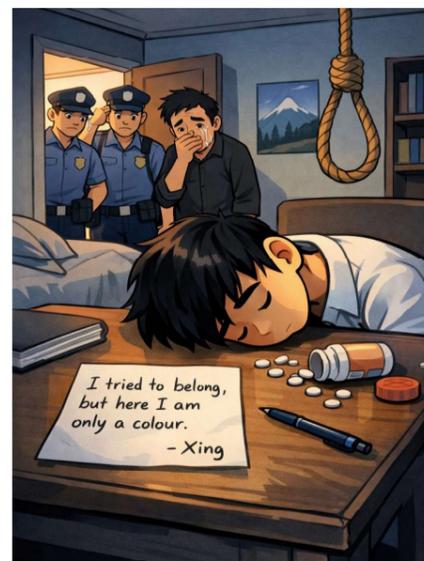
his accent was met with stifled laughter or blank stares. Group projects left him standing alone until a teacher intervened.

The isolation carved a hollow space inside him. Stress became his constant companion—sleepless nights, loss of appetite, a sinking feeling in his chest. He tried to reach out, joining clubs and attending social events, but conversations were polite and brief, never deepening into friendship. Slowly, the indifference around him turned into something sharper—whispers in hallways, exclusion from study groups, and sometimes open mockery of his customs and speech.

"BE KIND, FOR EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT."

— Ian MacLaren

One chilly evening, after a particularly cruel encounter with a group of dormmates who had hidden his textbooks, Xing sat alone in his room. The walls felt like they were closing in. The voice of his mother on the phone, always so full of hope, now felt like an unbearable pressure. He had promised her he would succeed, but how could he, when every day was a battle against loneliness and rejection? The boy who once believed in bridges now saw only divides—wide, uncrossable, and dark.



In his final moments, Xing wrote a short note: "I tried to belong, but here I am only a colour." The next morning, he was found, having taken his own life.

News travelled slowly back to Ghan, where a community that had once cheered for him now gathered in silent grief. His mother's eyes, once bright with pride, now held a sorrow too deep for words. Far away, the university campus continued its routines, largely unchanged—but somewhere, a light had gone out, a voice had been silenced, all because the world had refused to see the boy behind the colour of his skin.



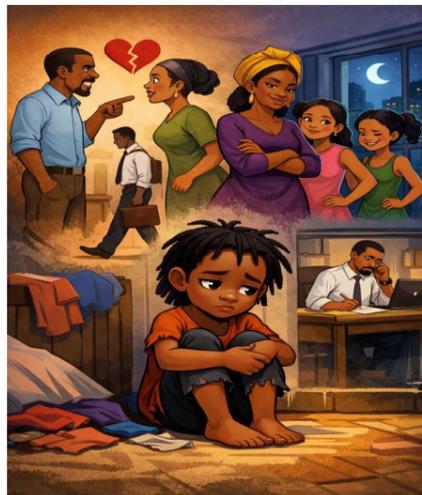
THE TURN FOR THE BETTER

By Annabel Balaka— Form 1 Student

In the middle of the night, I heard the voices of my mother and father. They were fighting as usual, but this time my mother was packing and planning to leave me and my father.

I tried my level best to stop her, but she did not listen. I also tried to talk to my father to stop her, but he did not care.

On that day, my life took a turn. My parents divorced, and my father remarried a woman who had two daughters. From then on, I started living with my stepmother. She and her daughters were the worst nightmare of my life. My father spent almost all his time at work and did not have time to talk to me.



On the other hand, my stepmother and her children made my life worse day by day. They used to treat me as their maid. Although I told my father, he could not believe me. He just said that I was doing all that because I did not like them and wanted them out of the house.

One day at school, the teacher saw that my performance was going down, so she asked me what the problem was. I explained everything to her, and she reported it to the responsible authorities in the area. After some time, my teacher took me into her house. I was fully adopted, and the others were arrested for child abuse. My teacher did not have children because she was not married, so she treated me as her own flesh and blood.

“WHAT WE DO FOR OURSELVES DIES WITH US. WHAT WE DO FOR OTHERS REMAINS AND IS IMMORTAL.”

—Albert Pike

I did not want to make her ashamed. I studied extra hard day and night until I wrote my MSCE exams, and I got the chance to study abroad. My teacher—I mean my new mother—was really proud of me and did not regret calling me her daughter. Although my real parents were not with me, she was always there to help, support, and encourage me.



FALSE PROMISES

By Joyce Chiramo— Form 3 Student

In a small, bustling town, people eagerly watched as a man arrived, full of charm and promises. He spoke of new roads to be built, of schools and markets, and of wealth that would lift the community. He offered money and goods, winning hearts and trust, and everyone believed in the brighter future he painted.



They followed him blindly, drawn in by his confidence and generosity. Everything he did seemed to work perfectly, and people marveled at his control and cunning. They praised him, laughed with him, and celebrated every small success as if it were their own.

“WHEN A LIE IS DRESSED IN CONFIDENCE, IT OFTEN WALKS AMONG US AS TRUTH.”

—Anonymous

Yet, behind the smiles and excitement, a quiet unease grew. The projects never truly materialized, the contributions were only to serve his own ends, and the promises that had once felt so real began to crumble.



One by one, the town realized that their joy had been borrowed, a fleeting illusion. The laughter that once filled the streets turned to whispers of disappointment and betrayal.



If only they had known, if only they had looked closer, they would have seen the truth: all those grand gestures, all those gifts, had been nothing more than false promises.

“NOT EVERYTHING THAT GLITTERS IS GOLD.”

—William Shakespeare



A TRUE FRIEND

By Atutule Sichali
Form 1 Student

A true friend
She wakes me up every morning,
She makes sure I get ready for classes.
She is a true friend.
In time of need she will be there,
In time of happiness she will be there.
That's what I call a true friend.

A true friend
He is a true friend
Who advises me anytime,
Who teaches me what's bad
And what's wrong.
A true friend.

A true friend
Protects me in danger,
Who sacrifices himself for me.
That's what I call a true friend.

True friends
They are true friends
Who play with me
When I feel lonely,
Who comfort me
In times of sadness.
Yes, indeed, they are true friends.



A TRUE FRIEND

By Angel Mang'anda
Form 1 Student

A true friend
Is a person who gives you
The right direction
For your destination;
Who loves you
Without any conditions.

A true friend
Shows you the right path,
Gives you the right advice,
Shares knowledge,
And speaks without fear.

A true friend
Is someone you can call your sister,
Someone who helps when things are bitter,
Someone as sweet as a mother's love,
Brighter than a morning star.

A true friend
Is one who doesn't consider failure
As a barrier;
Someone who makes you laugh
In times of mourning;
One who doesn't doubt your dreams but
Instead cherishes them.
Wow! What a friend indeed.

A GOOD FRIEND

By Divine Ishimwe
Form 1 Student



She is smart, clean and neat.
She has a good smile and is very cute.
She always makes me happy
A good friend.

She always helps me when
I am wrong. She always advises
Me to do good things and
She supports the truth.
A good friend.

She always takes care of me.
She helps me in my studies,
And she always sacrifices herself
For me.
A good friend.

She always makes my bad mood go away.
She always prays to God
For everyone, even her enemies, and
She doesn't let me fail, but only pass.
A good friend.

**"A REAL FRIEND IS ONE WHO
WALKS IN WHEN THE REST OF
THE WORLD WALKS OUT."**

—Walter Winchell



MY FUTURE

By Vanessa Phiri
Form 1 Student

My future
My future is to
Become a doctor
To help sick people.
My future.

My future
My future is to
Become a CEO,
To do business with
People abroad.
My future.

My future
My future is to
Become a pilot
To fly in the sky
As birds do.
My future.

My future
My future is to
Become the first
International hacker,
Using my beautiful
Computer as
K-Drama kids do.
My future.

My future
My future is to
Become a soldier to
Fight wars for my country.
My future.

My future
My future is to
Become a teacher
To teach learners.
My future.

My future
My future is to
Become a nurse to
Treat people who
Are sick.
My future.



A CRY OF A LOVING TEACHER

By Divine Ishimwe
Form 1 Student

Hello learners, holiday is over.
Playing and enjoying is over too.
Now come and do your business.
Remember that once time is gone,
It never comes again.
Hear the cry of a loving teacher.

Keep away from smoking and drinking,
Which can cause you problems.
Refuse to be with friends who
Can force you to do bad things.
Please concentrate on your studies.
Hear the cry of a loving teacher.

A good student is the one who
Encourages his/her friends to go to
School. So you too, be good
Students. Especially encourage those
Who don't know what school is.
Hear the cry of a loving teacher.

Please come as soon as possible.
I am waiting for you and the
School is waiting for you too.
And remember to respect your
Parents and your elders.
Hear the cry of a loving teacher.

"DREAM BIG DREAMS, FOR YOUR DREAMS WILL SHAPE THE PERSON YOU BECOME. EACH DREAM CARRIES A PURPOSE, EACH GOAL HOLDS A PROMISE, AND WITHIN YOU LIES THE POWER TO TURN POSSIBILITY INTO REALITY IF YOU ARE WILLING TO WORK, BELIEVE, AND NEVER GIVE UP."

—Unknown



INDEED I WAS

By Bethany Daud
Form 1 Student

I was once like you,
Beautiful like a rose flower.
Indeed I was. ★1

I was once like you,
Attractive like gold. ★2
Indeed I was.

I was once like you,
Taking men's attention.
Indeed I was. ★3

Boys fought for me.
I changed men,
Like my own clothes. ★4
Indeed it was great.

Now my beauty has faded,
My attractiveness is gone,
And attention? Don't even mention it.
Indeed I was. ★5

I wish time could come back.
For me to correct my mistakes.
But there is no time. ★6

"THE BEAUTY OF THE SOUL SHINES OUT WHEN A PERSON ACTS WITH MORAL CHARACTER."

—Aristotle



MOTHER

By Stella Douglas
Form 3 Student

★1

A woman with four children,
Wakes up every morning
And does some chores at home,
Prepares herself, and goes to work.

★2

How good she is,
Working each and every day
To help her children survive
And make them learn.

★3

What I want to say is just thanks
For whatever you do for me.
Without you, I am doomed.
You always advise me to do good things.

★4

May God bless you
And keep you safe,
For your safety is my strength.
This is my mother,
My role model.



"ALL THAT I AM, OR EVER HOPE TO BE, I OWE TO MY ANGEL MOTHER."

—Abraham Lincoln

**MZATI**

By Caroline Phiri

Form 1 Student

Mzati

Ndiwe phata la moyo wanga
Chitsime chosaphwera
Gwero latsogolo langa

Mzati

Ndikasangulumwa undi tsitsimula
Malikhwelu m'mimba akalira
undimwetsa phala
Ndikalema mundigoneka.

Mzati

Ndikasochera undilondela njira
kukada kunja uwalitsa
usana ndi usiku undikhetsera thukuta
kuti ungwiro wa wanga umoyo
ukhazikike m'chimake nuimba nyimbo

Mzati

Ndiwe pothawira panga
undipatsa ndiwe mbuto yanga
Zikoti suumira pamoyo wanga
kuongoladi mtengo nuimba nyimbo.

**MAYI PEPANI**

By Caroline Phiri

Form 1 Student

Kuyambira ndili kapsyulupsyulu

Inu ndi chikondi mudandilera

usiku tulo simudatipeze

Ndi chikondi choyaka mudapilira

Lero chikondi choyaka mudapirira

Lero ndevu zili chibwano fwaa

Malumo onse psyiti atha kusitob

Ntchito nkuthyola phala,

Nsanza zili kholophethe

Nsabwe ndiye zankhaninkhani

Bulangete mchiguduli, ine mayi

Mtsamiro ndi dzanjali amayi

Mchere ngochitadi kupempha

Ine ntchito nkukhathira osafuna

Mpang'ono pomwe kuthokoza osafuna

Mukandidzudzula, ineyo koma ntudzu

"A POEM IS THE RHYTHMICAL CREATION OF BEAUTY IN WORDS. IT IS A WONDERFUL TAPESTRY WOVEN OUT OF SENSE AND SOUND, AND ITS PURPOSE IS TO DELIGHT, TO ELEVATE, AND TO TRANSMIT THE ESSENTIAL TRUTHS OF LIFE THROUGH AN EXPERIENCE OF IMAGINATIVE INTENSITY."

— Unknown



LOVE

By Victoria Jim
Form 1 Student

Love is a river,
calm and deep,
A promise that
the heart will keep.
It sings in laughter,
shines in tears,
It bridges souls
and quiets fears.
A light that glows
through all our years.

It grows in patience,
strong and true,
It lifts the soul
in all we do.
A gentle touch,
a knowing glance,
A fleeting moment,
a lasting dance.
Love is life's most
precious chance.



I AM THE BEST

By Leticia Matewera
Form 1 Student

I am the best there is,
The best there was,
And the best there shall ever be.
And no one,
I say no one,
Can deny me this.

I am created to become a mountain,
Not to shrink to a grain of sand,
Not to shrink to a pond of dirt,
But to be as great as Lake Malawi.
And I will let no one deny me this.

I am created to be a home for some animals,
Not to receive fire every time,
Not to be carelessly removed.
And I will not let
Anyone deny this to me.
I am the best.

**"THE POET'S VOICE NEED NOT MERELY BE
THE ECHO OF WHAT HAS BEEN SAID
BEFORE; RATHER, IT MUST BE THE VOICE
THROUGH WHICH WE HEAR THOSE THINGS
WE HAVE ALWAYS FELT BUT NEVER KNOWN
HOW TO EXPRESS — AND IN THAT
UTTERANCE WE TASTE THE BEAUTY OF OUR
OWN HIDDEN DEPTHS."**

— Anonymous



MY SCHOOL

By Lukia Stamper
Form 1 Student

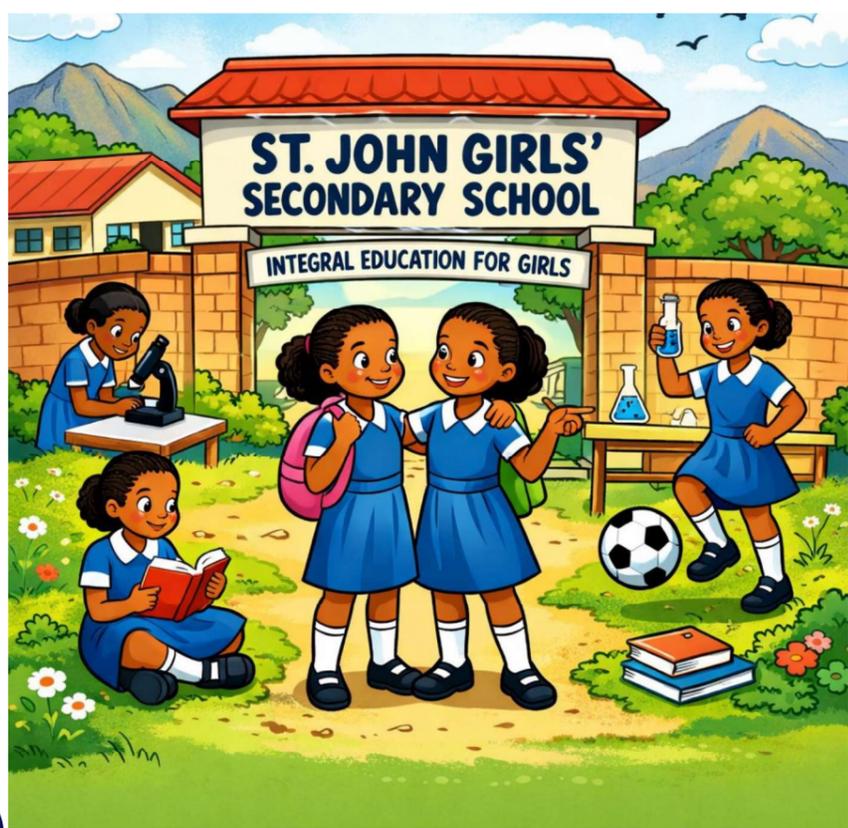
My school
Has beautiful buildings,
And it is in Mangochi district.
My school.

My school is cool
And a best school
With blue as its uniform.
My school.

My school
Has skillful teachers
And even intelligent learners.
How great it is,
My school.

My school,
My school of course!
It's that school.
Being five years is not
A problem to it.
My school.

My school
The best in Malawi, yes!
The name of my school is
St. John Girls' Secondary School,
Integral education for girls.
My school.



MY FUTURE

By Rabecca Edward
Form 1 Student

I want to make my future bright,
Bright as shining stars in the sky.
Make your own future
To get a better life.

My future is the most important
Thing in my life.
Everyone has their own future.
Don't rely on someone
To make your own future.

Future doesn't matter
If you are poor or rich;
It depends on your hard work.
They say you are poor,
You don't have a future
That's a big lie.

If you are a hardworking person,
You have a bright future,
Even more than bright.
Make your future today.



HATE

By Victoria Jim
Form 2 Student

Hate is a storm that tears apart,
A shadow creeping in the heart.
It whispers lies,
it feeds on pain,
It binds the soul in bitter chain.
A fire that burns,
But leaves no gain.

It spreads in anger,
Harsh and wild,
It poisons thought,
it blinds the mild.
It feeds on fear and bitter pride,
It leaves no peace,
No place to hide.
Hate's harsh grip will not subside.



FALSE PROMISES

By Joyce Chirambo

Form 3 Student

Roads, buildings you
Promised to construct.

Money, goods
You contributed,
Just for you to get
What you wanted.

Blindly we followed.

In your control
We were.

Contravene ways you used,
And everything worked out
As you planned.

Jolly and cheerful
We were, just to
Hear about your success.
But little did we know
That our joy would
Turn to sadness.

If we could only
Have known that all those
Were false promises.



MOTHER

By Stella Douglas

Form 3 Student

Mother

A woman with four children,
Wakes up every morning
And does some chores at home,
Prepares herself, and goes to work.

Mother

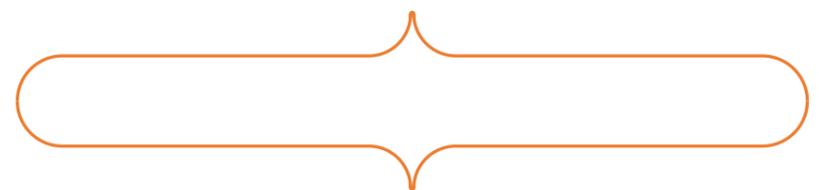
How good she is,
Working each and every day
To help her children survive
And make them learn.

Mother

What I want to say is just thanks
For whatever you do for me.
Without you, I am doomed.
You always advise me to do good things.

Mother

May God bless you
And keep you safe,
For your safety is my strength.
This is my mother,
My role model.



**“THE INFLUENCE
OF A MOTHER IN
THE LIVES OF HER
CHILDREN IS
BEYOND
CALCULATION.”**

— James E. Faust





MELINDA MPHAKO

Future Medical Doctor

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

When I complete my studies, I want to become a **Medical Doctor** because I want to help sick people.

I am working hard to make my dream come true so that I can make my parents, family, and friends proud by becoming a Medical Doctor and changing the lives of people in Malawi and beyond.



ANNABEL BALAKA

Future Surgeon Doctor

My name is **Annabel Balaka**. I am 13 years old. I learn at St. John Girls' Secondary School and I am in Form 1.

In my life, I have one goal to achieve, and that is to be a **Surgeon Doctor**. I want to help people with internal diseases.

I know I can be who I want to be if I work hard, and I know that this will happen if I just stand firm to my goal.

"WHEN GIRLS ARE EDUCATED, THEIR COUNTRIES BECOME STRONGER AND MORE PROSPEROUS."

— Michelle Obama



ESTELE KASAMBALA

Future Surgical Doctor

My name is **Estele Kasambala**, and I am 13 years old. I learn as St. John Girls' Secondary School and I am in Form 2.

I dream on becoming a **Surgical Doctor**. I want to save lives, reduce pain and give hope to people who are suffering. Seeing how doctors help the sick has inspired me to choose this path. I believe that through dedication, compassion, and hard work, I can make a difference in hospitals and communities.

I pray that God will guide me in my studies and give me strength and wisdom as I prepare for this noble profession, so that one day I may serve humanity with skill, kindness and courage.



ABGAIL WILLIAM

Future Medical Doctor

My name is **Abgail William**, and I am 13 years old. I am a student at St. John Girls' Secondary School and I am in Form 2.

I on becoming a **Medical Doctor**. I want to help sick people recover, comfort those in pain, and bring hope to families in difficult times. I have always admired how doctors work with dedication and compassion to save lives. This has inspired me to choose medicine as my future career.

I pray that God will guide me in my studies and give me knowledge, strength, and discipline so that one day I can serve my community and the world as a caring and committed Medical Doctor.



MARGRET BOMA

Future Economist

My name is **Margret Boma** and I am a former student of St. John Girls' Secondary School.

I am passionate about understanding economic challenges and finding solutions that promote development. This drive led me to pursue **Bachelor of Development Economics** at **LUANAR**. I am committed to gaining the expertise necessary to contribute to economic growth and improve the livelihoods of people in Malawi.

With determination, diligence, and God's guidance, I aim to make a meaningful impact in my country.



VICTORIA CHIKALUMA

Future Banker

My name is **Victoria Chikaluma** and I am a former student of St. John Girls' Secondary School.

I have always been fascinated by business, entrepreneurship and the role commerce plays in economic development. This interest has inspired me to pursue **Bachelor of Business Studies** at **LUANAR**. I am committed to developing the knowledge and skills needed to drive business growth and create opportunities for others.

With hard work, dedication, and God's guidance, I hope to make a meaningful impact in Malawi's business sector.

"EDUCATING GIRLS IS NOT ONLY THE RIGHT THING TO DO, IT'S THE SMART THING TO DO"

— Barack Obama



DORCUS MWAFUMU

Future NGO Field Officer

My name is **Dorcus Mwafumu** and I am a former student of St. John Girls' Secondary School.

I have always been motivated to support farmers and communities in improving agricultural practices. This passion inspired me to study **Bachelor of Science in Agricultural Extension** at **LUANAR**. I am committed to acquiring the knowledge and skills needed to empower farmers and enhance agricultural productivity.

Through dedication, hard work, and God's guidance, I hope to make a lasting contribution to agriculture in Malawi.



LISA KAMANGA

Future Public Health Officer

My name is **Lisa Kamanga** and I am a former student of St. John Girls' Secondary School.

I have always been passionate about maternal and child health and supporting families during childbirth. This passion has guided me to pursue **Bachelor of Science in Midwifery** at **KUHES**. I am committed to gaining the expertise needed to provide quality care to mothers and infants.

With dedication, compassion, and God's guidance, I hope to make a meaningful difference in the health and wellbeing of my community.



NOT EVERYTHING IS UP FOR DISCUSSION

BY SAMUEL MPANDO | TEACHER

Have we ever been at a party or in a social gathering when someone suddenly turns to us and asks, "So, how much do you make at work each month?"

Some people start conversations not out of genuine interest, but to test us, hoping we will slip up and reveal something private. The truth is, not everything about our lives is meant to be shared. Some things are best kept to ourselves and there is absolutely nothing wrong with that. Choosing what to share and what to keep private is not being secretive—it's a way for us to respect ourselves and protect our peace.

There are topics that we simply won't discuss, even when asked directly. We know that not every detail about our lives is for public consumption. Protecting our personal boundaries helps us maintain dignity, self-respect and a sense of control over our own lives.

Here is what we refuse to discuss and for good reason:

1. **Our salary and financial details**

Money talk makes most of us uncomfortable, yet some people don't hesitate to ask, "What's your monthly income?" or "How much did that cost?"

Our financial situation is nobody's business unless we choose to make it their business. We know that discussing money can create tension, breed judgment or invite unwanted advice.

A simple "We prefer not to discuss that" is enough. We don't owe anyone an explanation about our salary, savings, or spending habits. Our bank account balances don't define our worth—protecting that information is simply being sensible.

2. **Intimate details about our relationships**

Questions like "Are you two trying for a baby?" or "Why did your last relationship really end?" cross a line, even when asked politely.

Our relationships—our private moments, plans, and struggles—belong to us and our partners. We understand that our romantic lives aren't

entertainment for others. A simple "We're keeping that private" is enough to acknowledge curiosity without oversharing.

"PRIVACY IS NOT SOMETHING THAT I'M MERELY ENTITLED TO, IT'S AN ABSOLUTE PREREQUISITE."

— Marlon Brando

3. **Our medical history and health conditions**

Unless we're talking to our doctor or a very close loved one who truly needs to know, our health information is private.

We don't feel pressured to explain medications, conditions, or time off work for medical reasons. Whether it's mental health, a chronic condition, or recovery from surgery, "That's personal" is a complete sentence. We decide who knows what about our health.

4. **Family drama and dysfunction**

Every family has its challenges, but sharing every argument, misunderstanding, or struggle isn't mandatory—even when someone asks directly.

We protect our family's privacy while maintaining our own boundaries. We can acknowledge complexity without diving into specifics: "We're working through some things" gives enough information without opening the floodgates.

"SELF—CARE IS NOT SELFISH. YOU CANNOT SERVE FROM AN EMPTY VESSEL."

— Eleanor Brown

5. **Political beliefs and voting choices**

Politics can be divisive. We know we're never obligated to defend our stance or reveal who we voted for.

STORY CONTINUED TO PAGE 27

ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

NOT EVERYTHING IS UP FOR DISCUSSION

STORY FROM PAGE 26



A simple “We prefer to keep our political views private” is enough. Our beliefs are ours, and it’s perfectly fine to keep them out of casual conversation or professional settings.

6. Other people’s secrets

Questions like “Can you tell me what really happened with Sarah?” put us in a tricky position. When someone trusts us with information, that trust is sacred.

We don’t spill secrets, even under pressure. A calm, firm response like “that’s not our story to tell” protects others and maintains our integrity.

“WHOEVER IS CARELESS WITH THE TRUTH IN SMALL MATTERS CANNOT BE TRUSTED WITH IMPORTANT MATTERS.”

— Albert Einstein

7. Personal struggles and vulnerabilities

Our anxieties, past traumas, or current challenges aren’t conversation fodder for everyone. Sharing too much with the wrong people can backfire, as we’ve learned from experience.

We share our struggles only with those who have earned our trust. Depth matters more than breadth when deciding who sees us at our most vulnerable.

8. Future plans before we’re ready

Questions like “When are you having kids?” or “Are you planning to move?” can feel intrusive. Our plans and dreams belong to us and only us, until we are ready to share.

We know that discussing our future too early can invite pressure, judgment or unsolicited advice. “We’re still figuring that out” is enough.

9. Reasons for saying no

“No” is a complete sentence. We don’t owe anyone an elaborate explanation when declining a request, refusing an invitation or setting a limit.

We know that over-explaining often leads to negotiation, guilt, or pressure. “That won’t work for us” or “We can’t commit to that” is all we need.

IS IT IMPORTANT TO DO SO?

Setting these conversational boundaries is about respecting ourselves in a world that often encourages oversharing.

If we are not used to asserting these boundaries, we can start small. The discomfort of saying “we would rather not discuss that” is temporary, but the self-respect we gain is lasting.

True connection doesn’t require total transparency. The people who respect our boundaries are the ones worth keeping close. Everyone else? Well, they can wonder all they want.

MR. CLEMENT CHIGALAGALA - HEADTEACHER

Dear Students, Esteemed Members of Staff, Parents and Guardians, and Valued Readers,

As we begin Term Two, I would like to extend a sincere and heartfelt welcome to all our students. In a special way, I warmly welcome back our Form 1 and Form 3 students who were on Christmas break. We are delighted to have you safely back at school and ready to continue with your academic journey.

I wish to highly commend our Form 2 and Form 4 students for their perseverance, discipline, and commitment during the two weeks of holiday teaching. Your resilience and dedication to learning are truly admirable. I also extend my deepest appreciation to your parents and guardians for the

sacrifices they continue to make and for their unwavering support towards your education.

This term has been carefully planned to ensure that learners have a productive, engaging, and memorable stay at school. Various academic enrichment programmes, co-curricular activities, values-based life skills sessions, and guidance initiatives have been organized to promote the holistic development of our students while respecting our diverse backgrounds.

I would also like to sincerely appreciate all students for their active participation in the tree planting exercise that was successfully conducted. Your enthusiasm and sense of responsibility towards environmental conservation are commendable. I encourage you to continue taking good care of the planted trees so that they grow and stand as a lasting legacy of our collective effort.

To our teaching and support staff, I express my heartfelt gratitude for your dedication, professionalism, and unwavering commitment to duty. Your hard work and selfless service continue to positively shape the academic and moral character of our learners.

Dear students, I encourage you to remain focused and work hard in your studies. Those who may not have performed to their expectations in the previous term should view this term as a fresh opportunity to improve and achieve better results. To our examination classes, Form 2 and especially, Form 4, time is cruising. I strongly encourage the Form 4 students to make effective use of the skills, strategies, and insights gained during the special coaching sessions with Mrs. Magret Musyani as you prepare for your examinations. Apply what you have learned with discipline, confidence, and determination for improved performance

Finally, I urge all students to maintain high standards of discipline, take good care of school property, and safeguard your personal belongings. Discipline, responsibility, and respect remain the foundation of success and good character.

As we journey together through this term, let us remain committed to excellence in all that we do.

“SUCCESS IS THE RESULT OF PREPARATION, HARD WORK AND LEARNING FROM FAILURE.”

I wish you all a fruitful and successful term two.

Headteacher

St. John Girls' Secondary School



1

FORM 4 STUDENTS LEAD THE CHOIR DURING THE HOLY MASS AS ST. JOHN GIRLS' SECONDARY SCHOOL BEGINS TERM TWO WITH A WEEK OF PRAYER



2

MOMENTS OF HAPPINESS CAPTURED AS STUDENTS ENJOY THEIR SWIM TOGETHER

ST. JOHN GIRLS' SECONDARY SCHOOL
INTEGRAL EDUCATION FOR GIRLS

29/29

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