



# NEWSLETTER

## BEYOND THE WALLS OF THE LABORATORY



## EXPLORING SCIENCE AT ST. JOHN GIRLS' SECONDARY SCHOOL



24<sup>th</sup> April, 2026

By Bettie Mkusa | Form 3 Student

### AN OUTLOOK OF SCIENCE CLUB

was the first scientist who legitimately tried to find an explanation as to why every object held at a height plummet toward the ground. He was driven by curiosity and is regarded today as one of the best scientists with major discoveries.

**S**cience is knowledge about the structure and behavior of the natural and physical world, based on facts that you can prove. Many scientific discoveries have resulted from curiosity. You might observe something you cannot explain. For example, Isaac Newton was the first scientist who

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

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## KEY DATES

- 1** 1<sup>ST</sup> MAY, 2026  
LABOUR DAY—PUBLIC HOLIDAY  
FORM IV PICKNICK
- 2** 2<sup>ND</sup> MAY, 2026  
YCS INNING—ST. JOSEPH CDSS
- 3** 4<sup>TH</sup> MAY, 2026  
MSCE EXTERNAL MOCK EXAMS BEGIN
- 4** 8<sup>TH</sup> MAY, 2026  
GENERAL CLEANING DAY—AFTER CLASSES
- 5** 9<sup>TH</sup> MAY, 2026  
INSPIRATION TALK (PRIMARY & SECONDARY)
- 6** 14<sup>TH</sup> MAY, 2026  
KAMUZU DAY—PUBLIC HOLIDAY  
INTER SCHOOL SPORTS (PRI & SEC)
- 7** 16<sup>TH</sup> MAY, 2026  
SCOM TRIP TO DOMASI SECONDARY SCHOOL
- 8** 29<sup>TH</sup> MAY, 2026  
RELEASE OF EXTERNAL MOCK EXAM RESULTS  
GENERAL CLEANING DAY—AFTER CLASSES
- 9** 30<sup>TH</sup> MAY, 2026  
VISITING DAY

**"EVERY SCHOOL DAY IS ANOTHER STEP TOWARD A BRIGHTER FUTURE."**  
— Anonymous

## DID YOU KNOW

**A SCHOOL NEWSLETTER SHINES A LIGHT ON THE TALENTS, SUCCESSES AND STORIES THAT DESERVE TO BE REMEMBERED.**

# EXPLORING SCIENCE AT ST. JOHN GIRLS' SECONDARY SCHOOL

## STORY FROM FRONT PAGE

St. John Girls' Secondary School provides an environment where young scientists express their ideas and work together toward creative inventions and creativity that nourishes minds for mind-blowing discoveries. Most experiments and activities take place in the school's science laboratory. The lab is big and spacious, and all the apparatus and specimens are kept inside the lab's storage room. The lab is a place where all esteemed scientists explore and conduct their theories through different experiments.

***"THE IMPORTANT THING IS NOT TO STOP QUESTIONING. CURIOSITY HAS ITS OWN REASON FOR EXISTING."***  
**— Albert Einstein**

Inside the lab store, we have various specimens and apparatus grouped and arranged according to a specific subject. In Biology, we have skulls and lizards in jars filled with phosphorus. The lab also has a specific section filled with different apparatus, for example, burettes, flasks, beakers, ammeters, and voltmeters and tongs etc.



### SCIENCE WITHOUT LIMITS

Regardless of the fun experiments and explorations, students are mandated to follow rules and safeguarding measures which reduce the occurrence of accidents in the lab. Some of the important rules to follow include: entering the lab only with authorized permission, conducting experiments under the supervision of a teacher, and avoiding the consumption of chemicals in the lab.

As weeks pass, every Friday after classes, Science Club members meet and share different knowledge and various inventions. One member from each class showcases their ideas on how best we can help change and make a conducive, comfortable environment. Occasionally, our club has outings where we interact with other schools. We are able to learn many things in the process while others learn from us. We have quizzes and compete against other schools to have a clear champion. These interactions help to foster team spirit, full participation, and contribution among members.

On one of our outings, we visited Liwonde Secondary School. One of our active members, Xavier Mcuanga, made an outstanding presentation of her experiment. At the end of it, people gave her a loud cheer and applauded, asking her questions with keen interest. In one of her answers, she admitted, "Teamwork makes perfection. I wouldn't have done it without my fellow members."



### FROM THE LABORATORY TO THE FUTURE

Science is something that resurfaces to stay locked away in a laboratory. In both the "Science and Society" and "Technology" features, you will learn how science impacts the world you live in today. One of the most common things we do is observe the objects around us and how they seem to work. We are in a constant process of change; we ride in cars on the Earth's surface while it spins and rotates around the Sun. Seasons change, and organisms and the Earth change too. Expand your view on science and think of science-related questions that may affect your life fifty years from now.

***"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH."***  
**— Helen Keller**

## REV. FR. JOSEPH KIMU - DIRECTOR

Dear teachers, students, and cherished readers,

**W**ith renewed hope and joy in the risen Lord, I warmly welcome you to the April 2026 edition of St. John Girls' Secondary School Newsletter. As we return from Easter break, I trust this sacred season has brought new life, fresh hope, and renewed vision to our school community. Saint Augustine of Hippo beautifully reminds us, "We are Easter People and Alleluia is our song!" The word ALLELUIA means PRAISE THE LORD! Let this joyful proclamation echo in our hearts and actions. Let us praise the Lord continually in our studies, friendships, challenges, and triumphs for all the days of our lives here on earth!

I must address our examination classes with urgency and encouragement. Very soon, our JCE and MSCE students will face their MANEB examinations. The time has come for total focus and commitment. Work hard, pray hard, Play hard and balance your efforts with adequate rest. There is no time to waste. Remember the wise saying: "You don't fatten a pig on the market day." Success comes from consistent, disciplined effort throughout your journey, not last-minute cramming. Use carefully the little time remaining, review notes thoroughly, practice past papers diligently, seek clarification on challenging concepts, form study groups, and maintain a positive mindset. We believe in you, and with God's help and your determination, you will excel. The 33 out of 49 girls who have been selected to public universities should inspire more the MSCE class to do even better!!

It is with profound sadness that I inform our community of the passing on of our former administrator, Mrs. Ornella Masamba Doctor, who departed from this life on 15th April 2026 at Kamuzu Central Hospital in Lilongwe. This news has hit us particularly hard, as Mrs. Masamba Doctor was instrumental in establishing St. John Girls' Secondary School in October 2020. Her vision, dedication, and unwavering commitment to quality education laid the foundation upon which our institution stands today. She believed deeply in the potential of young women and worked tirelessly to create an environment where they could flourish. She was a fighter and an icon of hard work and resilience for many young women. We owe her a debt of gratitude that can never be fully repaid. May her soul rest in eternal peace, and may the Lord grant comfort to her family and all who loved her. Let us honor her memory by continuing the work she began and striving for the excellence she championed.

On a brighter note, I express sincere appreciation for our outstanding participation in the National Vocation Sunday Celebration on 26th April at DMI Saint John the Baptist University. This auspicious event provided a wonderful opportunity to showcase our school's existence and visibility.



Your full participation through choir performances, processions, and exemplary conduct brought honor to St. John's. More importantly, this celebration invited young people to reflect seriously on God's call in their

lives. I am confident that some of our girls are now thinking more deeply about their future vocations whether as religious sisters, consecrated lay persons, dedicated professionals, or faithful Christian wives and mothers. Whatever path God calls you to, every vocation is sacred. Listen to the Holy Spirit, pray for discernment, and trust that God will guide you toward the vocation that brings greatest fulfillment.

As we embark on the third and final term of the 2025/26 academic year, I extend my warmest wishes for success to every student, teacher, and staff member. This term is crucial for examination classes, it marks the final stretch before the defining moment of your secondary education. For other classes, it is an opportunity to consolidate learning and prepare for end-of-year assessments. Let us approach this term with renewed energy, focused determination, and unwavering commitment to excellence.

Remember always that at St. John's, we are committed to integral education nurturing minds, hearts, spirits, and character. As you prepare for examinations, do not neglect your spiritual life. Continue to pray, attend Mass, and maintain your relationship with God. This foundation of faith will sustain you through difficulties and guide you toward true success.

May our Lord Jesus Christ continue to bless St. John Girls' Secondary School abundantly, granting wisdom to educators, diligence to students, comfort to those who mourn, and success to all our endeavors.

With gratitude and Easter blessings,

**The Director**

**St. John Girls' Secondary School.**

**ST. JOHN INTEGRAL EDUCATION CENTRE**

**ST. JOHN GIRLS' SECONDARY SCHOOL MOURNS THE PASSING OF MRS. ORNELLA MASAMBA DOCTOR**



**20<sup>th</sup> April, 2026**

*By Samuel Mpando | Teacher*

**S**t. John Girls' Secondary School deeply mourns the passing of Mrs. Ornella Masamba Doctor, a former Administrator and one of the pioneering figures in the establishment and growth of our beloved St. John Integral Education Centre.

Mrs. Ornella Masamba Doctor was born on 7th January 1985 and passed away on 15th April 2026 at Kamuzu Central Hospital. She was laid to rest on Monday, 20th April 2026, at her home village cemetery in Luwalika Village, under Senior Chief Katuli in Mangochi District.

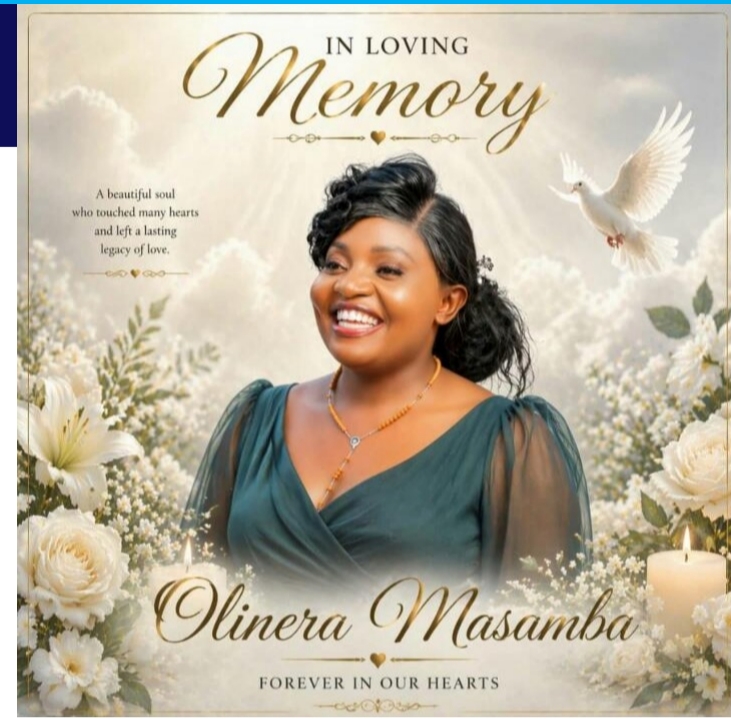


Mrs. Doctor played a significant role in laying the foundation of St. John Girls' Secondary School after its establishment in October 2020. Through her vision, dedication and unwavering commitment to quality education, she contributed immensely to shaping the institution into what it is today. She believed deeply in the potential of young women and worked tirelessly to create an environment where they could flourish academically, spiritually and socially.

After serving at St. John Integral Education Centre, she continued her passion for education by establishing Vinrica Private Secondary School, situated in Mpima just after Mangochi Forest Reserve. Through this institution, she continued transforming the lives of many learners and families.

Ornella was the youngest in a family of eight children. She was widely known for helping others regardless of their background, tribe, religion, or social status. Her generosity

knew no boundaries and throughout her life, she remained devoted to charity work, community service, and the uplifting of the needy.



The funeral ceremony was attended by several church, government and community leaders, including Bishop Montfort Stima of Mangochi Diocese and a number of priests: Rev. Fr. Joseph Kimu, Director of St. John Integral Education Centre; Rev. Fr. Ernest Mwengenyama, Parish Priest of Kausi Parish; Fr. Medric Mlava; Fr. Richard Mbando; and Vicar General of Mangochi Diocese Fr. Davie Mambo. Also present were representatives from the Mangochi District Council, councillors, selected student representatives from Vinrica Private Secondary School, Senior Chief Mapira, Sub Traditional Authority Mbaluka, Deputy Minister of Gender Martha Ngwira, and representatives from ISAMA, an association in which Ornella actively participated through her school.



During the funeral service, Bishop Montfort Stima emphasized that the funeral should not only be a moment of sorrow, but also a celebration of the good works Ornella accomplished during her lifetime. He

encouraged people to embrace and continue the spirit of service she demonstrated to the Church, the community, and the needy.

Speaking on behalf of the St. John community, Rev. Fr. Joseph Kimu expressed profound sorrow over her passing: "Mrs. Masamba Doctor was instrumental in

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ST. JOHN INTEGRAL EDUCATION CENTRE  
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**ST. JOHN GIRLS' SECONDARY SCHOOL MOURNS THE PASSING OF MRS. ORNELLA MASAMBA DOCTOR**

**STORY FROM PAGE 5**



establishing St. John Girls' Secondary School in October 2020. Her vision, dedication, and unwavering commitment to quality education laid the foundation upon which our institution stands today.

She believed deeply in the potential of young women and worked tirelessly to create an environment where they could flourish. She was a fighter and an icon of hard work and resilience for many young women. We owe her a debt of gratitude that can never be fully repaid.

May her soul rest in eternal peace, and may the Lord grant comfort to her family and all who loved her. Let us honor her memory by continuing the work she began and striving for the excellence she championed."

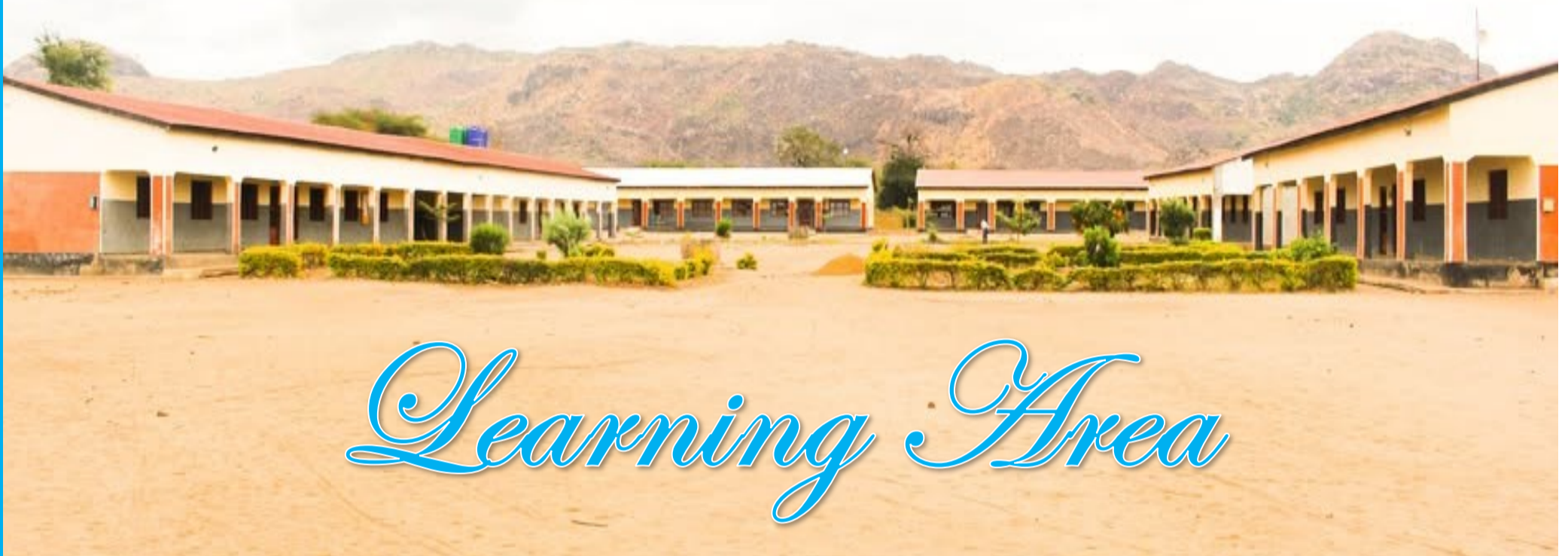
As a school community, we will always remember Mrs. Ornella Masamba Doctor as one of the founders who helped establish St. John Girls' Secondary School. Her legacy will continue to live on through the lives she touched, the institutions she helped build, and the countless people inspired by her compassion, hard work, and dedication to education.

May her soul rest in eternal peace.



# S. JOHN GIRLS' SECONDARY SCHOOL

## *Integral Education For Girls*



## *Learning Area*



### 2026 FORM ONE ADMISSIONS NOW OPEN FOR REGISTRATION



Give your daughter the gift of quality education at St. John Girls' Boarding School—a Catholic private institution committed to Integral Education for Girls in Malawi and beyond.

Located in Mangochi District, along Mangochi–Blantyre Road (next to DMI – St. John the Baptist University)

#### ENROLMENT DETAILS – 2026/2027 ACADEMIC YEAR

**Entrance Examinations:** Saturday, 13th June 2026

**Results Release:** 30th June 2026

**Admission is through Entrance Examinations  
(Primary & Secondary)**

#### REGISTRATION PROCESS

1. Obtain and complete the Registration Form at our exam centres
2. Pay a non-refundable fee of MK15,000
3. Bring proof of payment on exam day

#### EXAMINATION CENTRES

1. Mangochi – St. John Girls' Secondary School
2. Blantyre – James Chiona Catholic High School
3. Dedza – Dedza Roman Catholic Primary School
4. Lilongwe – St. Johns Catholic Secondary School (near Msamba Parish)

#### WHAT TO BRING

1. Passport size photo
2. Pen, pencil, ruler & eraser
3. Deposit slip (registration fee proof)
4. Printed registration form
5. Recent school report

#### WHY CHOOSE US?

From early childhood to secondary level, St. John has grown into a centre of excellence dedicated to empowering the girl child through holistic education.

*Thank you for choosing St. John Girls' Boarding School.*

**MORE DETAILS ON PAGE 8**

ST. JOHN INTEGRAL EDUCATION CENTRE  
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# ST. JOHN GIRLS' SECONDARY SCHOOL

*Integral Education for Girls*

## 2026 FORM ONE ADMISSIONS OPEN

### REQUIREMENTS

- ✓ Registration fee of **MK15,000**
- ✓ Recent passport size photo
- ✓ Black pen| Pencil| Ruller
- ✓ Proof of registration fee

### ELIGIBILITY

- ✓ Must be a female student
- ✓ Must be in Standard 8 or have written PSLCE

### BANK ACCOUNTS

The registration fee must be deposited into the School Bank Accounts below before the 10<sup>th</sup> of June, 2026

#### NATIONAL BANK OF MALAWI

**Account Name:** St. John Girls' Secondary School

**Account Number:** 784958

**Account Type:** Current Account

**Service Centre:** Mangochi

#### STANDARD BANK

**Account Name:** St. John Integral Education Centre

**Account Number:** 9100006618852

**Account Type:** Current Account

**Name of Branch:** Mangochi



**DATE** SATURDAY  
13TH JUNE, 2026



**TIME** MORNING  
09:00 AM

### EXAMINABLE SUBJECTS

- ✓ English
- ✓ Mathematics
- ✓ General Science

## HOW TO GET REGISTRATION FORMS VISIT OR CONTACT THE FOLLOWING EXAMINATION CENTRES

LILONGWE	KASUNGU	DEDZA	BLANTYRE	MANGOCHI
St. Johns Catholic Primary School (Near Msamba Parish) Contact - Arthur Kanyenge 0888 033 645 0999 210 285 Lilongwe Centre	St. Joseph Catholic Primary School Contact - Godfrey Nkhata 0999 266 504 Kasungu Centre	Dedza Catholic Primary School Contact - Jacob Nembo 0995 887 803 0990 212 365 Dedza Centre	James Chiona Catholic High School Contact - Lawrence Khaorea 0999 614 683 Blantyre Centre	St. John Girls' Secondary School Contact - Moses Mwamwadi 0899 519 999 0993 080 162 Mangochi Main Centre

### How to Apply?

- ✓ Visit your nearest Examination Centre for Registration Form or **CALL** on the details provided above.
- ✓ Complete the application **FORM** with necessary details and bring it on the day of Entrance Examinations.

#Join a school that is driven by purpose and not by profit

### FOR ENQUIRIES

Phone 0992 595 452/0993 683 249

Email info@saintjohnmw.org

Website www.saintjohnmw.org

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# ST. JOHN GIRLS' BOARDING PRIMARY SCHOOL

*Integral Education for Girls*



## 2026 ADMISSION OPEN

**APPLY NOW**

**ENTRY INTO STANDARDS 6, 7 & 8**

**ELIGIBILITY**

- Must be a female student
- Must be qualified to join Standards 6, 7 & 8

**REQUIREMENTS**

- Registration fee of MK15,000
- Recent passport size photo
- Black pen | Pencil | Rubber | Ruler

**DEADLINE DATE**

- Wednesday 10th June, 2026 (Close of Business)

**EXAMINABLE SUBJECTS**

- English
- Mathematics
- General Science

**BANK ACCOUNTS**

Registration fee must be deposited into School Bank Accounts below before 10th June, 2026.

**NATIONAL BANK OF MALAWI**

**Account Name:** St. John Girls' Primary School  
**Account Number:** 1006788404  
**Account Type:** Current Account  
**Service Centre:** Mangochi

**STANDARD BANK**

**Account Name:** St. John Integral Education Centre  
**Account Number:** 9100006618852  
**Account Type:** Current Account  
**Name of Branch:** Mangochi

**EXAMINATION CENTRES**

**LILONGWE - ST. JOHNS CATHOLIC PRIMARY SCHOOL**  
 Arthur Kanyenge  
 Contact: 0888 033 645/0999 212 285

**KASUNGU - ST. JOSEPH CATHOLIC PRIMARY SCHOOL**  
 Godfrey Nkhata  
 Contact: 0999 266 504

**DEDZA - DEDZA CATHOLIC PRIMARY SCHOOL**  
 Jacob Nembo  
 Contact: 0995 887 803/0990 212 365

**BLANTYRE - JAMES CHIONA CATHOLIC HIGH SCHOOL**  
 Lawrence Khaorea  
 Contact: 0999 614 683

**MANGOCHI - ST. JOHN GIRLS' SECONDARY SCHOOL**  
 Moses Mwamadi  
 Contact: 0899 519 999/0993 080 162

**DATE**  
 13TH JUNE, 2026

**TIME**  
 09:00 AM

# Join a school that is driven by PURPOSE and not PROFIT

**MORE DETAILS**

Phone 0998 222 222/0881 486 810

Email info@saintjohnmw.org

Website www.saintjohnmw.org

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

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**“PEOPLE THINK FOCUS MEANS SAYING YES TO THE THING YOU’VE GOT TO FOCUS ON. IT MEANS SAYING NO TO THE HUNDRED OTHER GOOD IDEAS THAT THERE ARE. YOU HAVE TO PICK CAREFULLY.”**  
**—STEVE JOBS**



By Samuel Mpando | Teacher



## SYNOPSIS

Steve Jobs instilled a vital lesson on the importance of focus. He posited that true success involves the courage to decline numerous tempting ideas. This mindset streamlined Apple's offerings, transforming the company and paving the way for legendary products. His philosophy illustrates that meticulously selecting where to channel our efforts is essential for attaining greatness.

**W**ith his innovative devices, black turtlenecks and brightly lit stage presentations, Steve Jobs became known as the visionary who transformed the way people use technology, communicate and listen to music. From the Macintosh to the iPhone, Jobs came to symbolize innovation itself. Yet one of his most powerful lessons had little to do with invention. It was about discipline, focus and the ability to ignore distractions.

The quote comes from one of Jobs’ most widely shared reflections on creativity and leadership. At a time when Apple was growing into one of the world’s most influential companies, Jobs explained what focus truly meant behind the scenes.

“People think focus means saying yes to the thing you’ve got to focus on. It means saying no to the hundred other good ideas that there are. You have to pick carefully.”

For many people, the quote challenges the traditional understanding of success. Most imagine successful individuals constantly chasing new opportunities, saying yes to every exciting possibility and trying to do everything at once. Jobs believed the opposite. He understood that greatness often comes from elimination, not accumulation.

That philosophy shaped nearly every major chapter of his career. When Jobs returned to Apple in 1997, the company was struggling financially and overwhelmed by a confusing range of products. Instead of expanding further, he drastically simplified Apple’s lineup. He cut projects, reduced distractions and forced the company to focus on only a handful of products that truly mattered. That decision helped save Apple from collapse and eventually led to groundbreaking products such as the iMac, iPod, iPhone and iPad.

The quote continues to resonate because it challenges modern culture’s obsession with doing more. Today, people are constantly encouraged to multitask, chase every opportunity and remain endlessly productive. Jobs believed that real progress comes from clarity. Every “yes” carries a hidden cost because it takes time, energy and attention away from something else.

That is what gives the quote its emotional weight. Steve Jobs was not speaking about laziness or fear of taking risks. He was describing the difficult discipline of choosing what truly deserves attention. Sometimes the hardest decisions are not rejecting bad ideas, but rejecting good ones in order to protect a great one.

The lesson also reflected Jobs’ personality. He was known for being

intense, demanding and obsessively detail oriented. Former employees often described him as difficult, yet many also admitted that his relentless focus pushed Apple toward products that changed entire industries. Jobs wanted technology to feel elegant, simple and almost artistic. He believed people did not need endless features; they needed devices that worked beautifully.

Born in San Francisco in 1955 and raised in Cupertino, Jobs cofounded Apple with Steve Wozniak in his family garage in 1976. After early success with the Apple II and Macintosh, he was forced out of the company in 1985 following internal tensions. Even that setback, however, became part of his legacy.

During his years away from Apple, Jobs founded NeXT and helped transform Pixar into one of the world’s most successful animation studios with films like Toy Story. When he returned to Apple in the late 1990s, the company was close to collapse. Within a decade, he turned it into one of the most valuable and influential companies in the world.

In later years, Jobs battled serious health problems after being diagnosed with a rare form of pancreatic cancer in 2003. Despite multiple medical leaves and a liver transplant, he continued leading Apple through some of its most groundbreaking years. He resigned as CEO in 2011 and died later that same year at the age of 56.

Even today, Steve Jobs remains one of the most quoted figures in business and technology. His presentations, interviews, and product launches continue to circulate widely online, especially among entrepreneurs, designers, and young innovators searching for inspiration.

Yet this particular quote stands out because it reveals something deeper than ambition. It reminds people that success is not only about talent or intelligence. Sometimes it is about having the courage to ignore noise, protect your vision, and choose carefully where your energy goes.

Not because Steve Jobs said yes to everything, but because he understood the power of saying no.

Source—<https://economictimes.indiatimes.com/news>

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

10/28



By Vanessa Phiri — Form 1 Student

## WHAT IS MY CAREER

Once upon a time, there was a young boy named Dembele who lived with his loving family in the beautiful and busy city of Chicago. Chicago was a lively place filled with tall buildings, crowded streets, schools, parks and football grounds where many young people spent their time playing different sports. Dembele lived in a small but peaceful home with his parents and his younger sister. Although his family was not very rich, they always supported and encouraged one another.



Dembele was a humble, respectful and hardworking boy who attended Its Me High School. From the time he was very

young, he had a deep love for football. Every evening after school, he could be seen kicking a ball around the neighborhood with his friends. Sometimes he even used old plastic bags tied together to make a football whenever he did not have a real one. Football made him happy and he dreamed of becoming one of the greatest football players in the world.

At school, Dembele worked very hard in his studies because he knew that education was important for his future. He listened carefully to his teachers, completed his homework on time, and respected everyone around him. His teachers liked him because he was disciplined and focused. Even though football was his greatest passion, Dembele understood that success required both education and talent.

**"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP."**

— Confucius

However, Dembele's journey was not always easy. His family sometimes struggled to buy school materials, football boots, and training clothes. There were days when he walked long distances to school and to the football ground because his parents could not afford transport money. Some children laughed at him because his football boots were old and worn out. Others told him that he would never become a famous

football player. Those words hurt him deeply, but Dembele refused to lose hope. Instead of giving up, he became even more determined to prove that hard work could change his life.

Every Saturday morning, Dembele woke up very early

and prepared himself for football training. Before leaving home, he helped his mother with some household chores and then rushed to the football ground carrying his old football



boots in a small bag. At the training ground, he practiced seriously with other young players. He learned how to pass the ball properly, defend, dribble, and score goals. His coach noticed that Dembele was different from the others because he was hardworking, disciplined, and eager to improve every day.

**"I'VE FAILED OVER AND OVER AND OVER AGAIN IN MY LIFE. AND THAT IS WHY I SUCCEED."**

— Michael Jordan

One afternoon after training, the coach called Dembele aside. The coach smiled proudly and said, "Dembele, I have been watching your progress for a long time. You are talented and determined. I want you to try out for a football team here in Chicago." Dembele became very excited and thanked his coach for believing in him. From that day, he trained even harder because he did not want to disappoint the people who supported him.

Finally, the day of the football trials arrived. Many talented young players gathered at the stadium to showcase their skills. Dembele felt nervous when he saw the large crowd and the experienced coaches watching from the sidelines. However, he remembered his dream and encouraged himself to stay confident. As the match began, Dembele played with great energy and determination. He passed the ball accurately, defended strongly and scored two beautiful goals that amazed everyone watching.



STORY CONTINUED TO PAGE 12

ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

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## WHAT IS MY CAREER

## STORY FROM PAGE 11

After the trials ended, the coaches discussed the performances of all the players. A few days later, Dembele received wonderful news. He had been selected as one of the best players and was offered a chance to travel to England for further studies and advanced football training. When he shared the news with his family, they were filled with joy and tears of happiness. His parents hugged him proudly because they knew their son's hard work was finally paying off.

**"SUCCESS IS WHERE PREPARATION  
AND OPPORTUNITY MEET."**

— Bobby Unser

Traveling to England was a completely new experience for Dembele. Everything looked different from Chicago. The weather was colder, the buildings were larger, and the football competition was much tougher. At first, Dembele struggled to adapt to the new environment. He missed his family and friends back home, and sometimes he felt lonely. However, he reminded himself why he had come to England. He knew that success required sacrifice, patience, and determination.



In England, Dembele attended school during the day and trained in football during the afternoons and evenings. The training sessions were

very difficult and demanding. The coaches expected players to be disciplined, fast, and physically strong. Some players gave up because the training was too hard, but Dembele continued pushing himself every single day. He woke up early to exercise, practiced regularly, and carefully followed every instruction given by his coaches.

Apart from football, Dembele also focused on his education. He spent long hours studying in the library and preparing for examinations. His teachers admired his determination because he balanced both academics and sports successfully. Even when he became tired, he never stopped working hard. He believed that education and football could both help him build a successful future.

As months and years passed, Dembele improved greatly in football. He became faster, stronger, and more skillful. During tournaments, he played exceptionally well and became famous among young football players in England. Crowds cheered loudly whenever he touched the ball because he played with confidence and intelligence. His coaches were proud of him

and often praised his hardworking spirit.

Eventually, Dembele sat for his final examinations and passed with excellent results. His success in school made his parents very proud because they had always wanted him to value education. At the same time, his football career continued to shine brightly. He won several awards for being one of the best young players in England. During one special ceremony, the coaches gave him medals and trophies to recognize his dedication, discipline, and outstanding talent.



One day, Dembele received the biggest news of his life. He had been selected to play for Manchester City, one of the greatest football clubs in the world. When he heard the news, tears of joy filled his eyes. He remembered all the struggles he had faced as a young boy in Chicago — the old football boots, the long walks to training, the laughter from other children, and the difficult moments his family had experienced. All those challenges had made him stronger.

Dembele officially joined Manchester City and quickly became one of the team's most hardworking players. Fans loved him because he was humble, respectful, and talented. During matches, he played with passion and always gave his best effort for the team. His success inspired many young people who dreamed of becoming football players someday.

To celebrate his achievements, Dembele organized a big party for his parents, relatives, friends, teachers and coaches. The celebration was filled with music, dancing, laughter and delicious food. During the party, Dembele stood up and gave a heartfelt speech. He thanked his parents for supporting him during difficult times, his teachers for encouraging his education, and his coaches for believing in his football talent.

Dembele also encouraged young people never to give up on their dreams. He told them that success does not come easily, but with hard work, discipline, determination, patience, and faith, anything is possible. He reminded them that challenges are part of life and should never stop someone from pursuing their goals. From that day onward, Dembele became an inspiration to many children around the world. His story showed that a person can rise from humble beginnings and achieve greatness through dedication and perseverance. Many young football players looked up to him and worked harder after hearing his story.

The story of Dembele teaches us an important lesson: no matter how difficult life may seem, we should never give up on our dreams. Through hard work, determination, education, and self-belief, anyone can achieve success and make their family proud.



# THE LIGHT THAT REFUSED TO GO OUT

By Shadreck Mazengera—Deputy Headteacher

**D**ikireni was a girl who truly loved school. For her, education was not just a daily routine, it was a dream, a hope and a pathway to a better future. Every morning before sunrise, she would wake up quietly, wash her face with cold water and carefully iron her school uniform with small, gentle hands. She would then walk along the dusty road to school with determination in her heart. Her teachers often admired her discipline and quiet focus. They believed she was one of those learners who were destined for something great in life.

Dikireni always believed that education was the key that could open doors to a different life. She imagined a future where she would solve problems, help her family and live a peaceful life free from struggle. At that time, everything in her life seemed to support her dream.



But everything began to change during the year her parents separated.

At first, it started as small misunderstandings in the home, quiet arguments that she tried to ignore. Later, those whispers turned into painful shouting matches that filled the house with tension. The warmth of her home slowly disappeared, and silence became more common than laughter. Then, one day, her father left home. He did not return.

That moment marked the beginning of a difficult season in Dikireni's life.

**"THE WORLD BREAKS EVERYONE, AND AFTERWARD, SOME ARE STRONG AT THE BROKEN PLACES."**

— Ernest Hemingway

After her father left, the balance in the family collapsed completely. Her mother, who once cared for her with love and attention, suddenly became overwhelmed by the pressure of survival. She worked long hours every day just to provide food and basic needs. Because of this, she had very little time and energy left to guide or encourage Dikireni. Meals became uncertain, sometimes skipping entirely. School fees became a heavy burden that was difficult to manage. The home that once felt safe slowly became filled with worry and stress.



At school, Dikireni's bright spirit began to fade. She could no longer concentrate well in class. Her mind was often distracted by thoughts of home and the struggles her mother was

facing. Homework felt meaningless because there was no one at home to help or even check her work. Some classmates started to notice her worn-out shoes and faded uniform, and they began to mock her silently. Others whispered cruel words about her "broken home." These things hurt her deeply, even though she tried not to show it.

Slowly, Dikireni began missing school. One day of absence turned into two, then many more followed. She started feeling like school was no longer important compared to the urgent need to survive at home. A neighbor even suggested that she should stop attending school and start helping to earn money instead of "wasting time in education." That statement stayed in her mind like a seed that was growing in the wrong direction.

**"A CHILD MISEDUCATED IS A CHILD LOST."**

— John F. Kennedy

Dikireni began to question everything. Was education really more important than survival? Could dreams still matter when life was already so difficult?

This is how many young girls quietly lose their chance at education, not because they are not intelligent, but because life circumstances push them away from their dreams.

But Dikireni's story did not end there. One afternoon, her teacher, Sir Shamke, noticed that she had been absent from

**STORY CONTINUED TO PAGE 14**

ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

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# THE LIGHT THAT REFUSED TO GO OUT

## STORY FROM PAGE 13

school for many days. Concerned, he decided to visit her home. When he arrived, he found Dikireni sitting outside, washing clothes by the roadside. Her school books were neatly packed away, as though they had been forgotten.

Instead of scolding her, Sir Shamke sat beside her quietly. He looked at her with kindness and spoke gently.

"You are not alone," he said. "I understand that life is difficult right now, but your future still belongs to you. Do not let your situation take your dreams away."



Later, he spoke with Dikireni's mother, not with blame or criticism, but with understanding and compassion. He listened carefully to their

challenges and together they began to find solutions. They arranged flexible study times for Dikireni. A small community group offered support to help with school needs. Most importantly, they made a promise that her education would not be completely lost.

**"CHILDREN ARE LIKELY TO LIVE UP TO WHAT YOU BELIEVE OF THEM."**

— Lady Bird Johnson

The journey forward was still not easy. There were still days when there was not enough food. There were moments when Dikireni felt tired, discouraged, and ready to give up again. Sometimes she questioned whether she truly belonged in school anymore. But something had changed inside her, she was no longer alone. She now had people who believed in her, guided her and reminded her of her worth.

Slowly, she began to return to school. At first, it was difficult to catch up with lessons she had missed. But she tried her best, day by day. Her teachers supported her and she slowly regained her confidence. Her grades improved gradually, not instantly, but steadily over time. She began to smile again, and the light in her eyes started to return.

As she continued learning, Dikireni also became stronger emotionally. She understood the pain of other learners who were facing similar challenges. Instead of staying silent, she began encouraging them. She would tell them, "Your home situation is not your final destination. Do not give up on yourself."



Years passed, and Dikireni completed her education successfully.

**"SUCCESS IS TO BE MEASURED NOT SO MUCH BY THE POSITION THAT ONE HAS REACHED IN LIFE AS BY THE OBSTACLES WHICH HE HAS OVERCOME."**

— Booker T. Washington

One day, she stood in front of a classroom, not as a struggling student, but as a confident teacher. The same girl who once nearly dropped out of school was now guiding other learners toward their dreams.

She understood deeply the dangerous effects of broken family situations on a child's education: emotional stress, financial hardship, loss of direction, and the temptation to abandon dreams. But she also knew something more powerful, that with timely support, compassion, encouragement, and practical help, a child's future can still be restored.



By Samuel Mpando — Teacher

## THE HUNTER OF THE HUNTED (PART 3)

**A**fter bringing peace to the people of Dzalanyama and driving fear out of Sapitwa Forest, Saweta quietly returned to his home village of Chikanda. The people of Dzalanyama had offered him riches, goats, money and land as payment for protecting them from the evil men who once terrorized the forest paths. But Saweta refused every reward.

"This gift was given to me freely by God," he told them.



"How then can I charge people who truly appreciate and respect it?"

The villagers admired him even more. To them, Saweta was not only a fearless hunter but also a man with a humble heart.

**"NOT ALL OF US CAN DO GREAT THINGS. BUT WE CAN DO SMALL THINGS WITH GREAT LOVE."**

— Mother Teresa

Years passed and the great hunter continued to live among his people, hunting in the forests and providing meat for families as he always had. But age slowly crept upon him like the evening shadow that stretches across the land before darkness falls. His hair turned gray, his steps became slower and the hands that once held a rifle with unshaken strength began to tremble with time.



At the age of fifty, Saweta died. The news spread across Chikanda like wildfire carried by the wind. Men lowered their heads in sorrow. Women cried openly. Children who had grown up hearing stories of the lion slayer could hardly believe the legend was gone. For days, mourning songs filled the village air as people gathered to honor the man who had protected both people and animals from senseless destruction.

They buried him beneath a large masuku tree near the edge of the forest he loved so dearly.



But many villagers whispered the same painful thought: "Who will carry on the legacy of Saweta? The hunter has died without a son."

Yet unknown to the people of Chikanda, Saweta had left behind more than stories.



The night he first arrived in Dzalanyama to cleanse Sapitwa Forest of evil, the village elders and

group headmen had honored him in a special way. In gratitude for saving generations yet unborn from fear, they offered him hospitality and celebration. Among those gifts was a beautiful young woman chosen to spend the night with the great hunter.

Months later, that woman gave birth to a handsome baby boy. She named him Kammalunje.

**"THE LEGACY OF HEROES IS THE MEMORY OF A GREAT NAME AND THE INHERITANCE OF A GREAT EXAMPLE."**

— Benjamin Disraeli

As the boy grew, the people of Dzalanyama noticed something extraordinary about him. He walked with confidence, feared neither darkness nor forests and possessed sharp eyes that seemed to notice everything around him. Even as a child, he loved the wilderness more than village games. While other boys chased birds with sticks, Kammalunje wandered deep into the forest without fear.

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ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

# THE HUNTER OF THE HUNTED (PART 3)

## STORY FROM PAGE 15

When news of Saweta's death finally reached Dzalanyama, the elders gathered beneath the ancient baobab tree and spoke in hushed voices.



"The legend has not died," one elder said softly. "It lives within the son."

Soon after, a delegation traveled from Dzalanyama to Chikanda. They carried gifts, respect and an important message for Saweta's people. Standing before the villagers, the elders revealed the truth: Saweta had a son.

**"THE CHILD IS THE FATHER OF THE MAN."**

— William Wordsworth

The people of Chikanda were astonished. "A son?" they repeated in disbelief.



"Yes," the elder answered proudly. "His name is Kammalunje. The blood of the hunter still flows."

Joy spread through both villages. Since Chikanda and Dzalanyama were neighboring communities bound together by history and sacrifice, the boy was welcomed by both peoples. From that day, Kammalunje belonged not to one village alone, but to two.

As he grew older, Kammalunje became known for his courage and love for hunting. Like his father, he could walk deep into the forest without trembling.



He learned to follow footprints in soft soil, identify animal sounds from afar and move silently through the bushes.

But there was one strange thing about him. Kammalunje hated vegetables.

He loved meat with all his heart. Roasted meat, smoked meat, boiled meat, it did not matter to him. As long as it came from the hunt, he enjoyed it. Whenever his mother cooked vegetables, he complained loudly and pushed the plate away.



"I am the son of Saweta," he would boast. "Hunters eat meat, not leaves."

His mother would only smile patiently and shake her head. One rainy season, Kammalunje fell terribly ill with malaria. His once energetic body became weak and powerless. For days he lay on a mat inside the house, sweating and shivering. He could no longer hunt, no longer roam the forest, no longer boast of his strength.

**"HEALTH IS THE GREATEST GIFT, CONTENTMENT THE GREATEST WEALTH, FAITHFULNESS THE BEST RELATIONSHIP."**

— Buddha

His mother prepared vegetables to help him recover, but he still refused them stubbornly.

One morning, despite his weakness, Kammalunje secretly left home and walked toward the Dambo, the fertile farming area far from the village where people cultivated cassava, maize, bananas and vegetables. He hoped to catch an animal so he could avoid eating his mother's vegetables once again.



He carried only a hoe and an axe. "If I cannot hunt properly," he told himself, "perhaps I can dig out mbewa from their holes."

But the day humbled him. He searched tirelessly, digging holes and chasing small animals, but his sickness had drained all his strength. Even the smallest creatures escaped him.

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ST. JOHN INTEGRAL EDUCATION CENTRE

LET THE CHILDREN COME TO ME

# THE HUNTER OF THE HUNTED (PART 3)

## STORY FROM PAGE 16

The mbewa disappeared into narrow tunnels and the clever kalulu darted into thick grass before he could get close.

Exhausted and frustrated, Kammalunje sat beneath a tree and wiped sweat from his face.



Then suddenly, he noticed a monkey sitting high above him, eating wild fruits carelessly.

Hope returned to his heart.

Quickly, he stood up and began chopping down the tree with his axe, believing the monkey would fall together with it. But just as the tree leaned dangerously to one side, the monkey realized what was happening and jumped gracefully onto another tree nearby.

**“SLOW IS SMOOTH, AND SMOOTH IS FAST.”**

— U.S. Navy SEALs

Kammalunje stared helplessly. Too weak to continue, he dropped the axe onto the ground.

Defeated, he began the long walk home. Along the way, he noticed a small bird's nest resting low in a bush. Inside were tiny baby birds chirping softly while their mother searched for food elsewhere.



At least I will not return empty handed, he thought. Carefully, he took

the nest and continued home.

When he arrived, his mother listened quietly as he explained everything including the failed hunting, the escaped monkey and the weakness in his body.

Instead of laughing at him, she felt pity for her son. “My child,” she said gently, “God did not create only animals for people to eat. He also created vegetables to give strength

and healing to the body.”

That evening, she prepared mpiru with nsinjiro alongside the small birds Kammalunje had brought home.

Hungry and tired, he reluctantly tasted the vegetables. To his surprise, they were delicious.



For the first time in his life, Kammalunje enjoyed vegetables more than meat.

**“THE GREATEST DISCOVERY OF ALL TIME IS THAT A PERSON CAN CHANGE HIS FUTURE BY MERELY CHANGING HIS ATTITUDE.”**

— Oprah Winfrey

As the weeks passed, his health slowly returned. His strength grew again and wisdom began to grow inside him as well. He finally understood that true strength does not come only from hunting or eating meat, but from balance, discipline and wisdom.

And so, through Kammalunje, the spirit of Saweta continued to live on.

The hunter of the hunted had not truly died. His legacy walked once more beneath the forests of Chikanda and Dzalanyama.

**“LEGENDS DO NOT LIVE FOREVER IN FLESH, BUT IN THE LIVES THEY INSPIRE.”**



**FREE MIND**

By Eliana Ajusu  
*Form 3 Student*

I doubt, doubt and doubt all day  
Trying to keep my fears at bay  
For they say  
Trusting is harder than finding a needle in a stack of hay  
And everything has a price to pay

Even though some situations may be tricky  
And some events get messy  
I'm honestly a fan of this version of me  
And I'll leave no space for anyone to disagree

I try to keep track  
And always watch my back  
And always be ready for any attack  
Trust me....that's my best life hack

Speaking hypothetically  
Do those fake friends really make you happy  
Do you give a genuine smile and get filled with glee  
Tell me honestly  
Do you not feel guilty

I may look like I'm always in a state of confusion  
Or maybe I recently got a concussion  
But trust me I've got a solution  
So take a free ride to my conclusion

It's good to loose friends and find peace  
Because honestly that sounds like a fair trade to me

**"TRUST THYSELF: EVERY HEART VIBRATES TO THAT IRON STRING. ACCEPT THE PLACE THE DIVINE PROVIDENCE HAS FOUND FOR YOU, THE SOCIETY OF YOUR CONTEMPORARIES, THE CONNECTION OF EVENTS. GREAT MEN HAVE ALWAYS DONE SO AND CONFIDED THEMSELVES CHILDLIKE TO THE GENIUS OF THEIR AGE, BETRAYING THEIR PERCEPTION THAT THE ABSOLUTELY TRUSTWORTHY WAS SEATED AT THEIR HEART, WORKING THROUGH THEIR HANDS, PREDOMINATING IN ALL THEIR BEING. WHAT I MUST DO IS ALL THAT CONCERNS ME, NOT WHAT THE PEOPLE THINK. THIS ABOVE ALL: TO REFUSE TO BE GOVERNED BY THE OPINIONS OF OTHERS AND TO STAND FIRM IN THE TRUTH OF YOUR OWN MIND."**

—Ralph Waldo Emerson



**LEADERS OF TOMORROW**

By Lucy Mbite  
*Form 1 Student*

You leaders of tomorrow,  
On what corner stones,  
Are you going to build?

Running away from school,  
Where true leaders are baked,  
You hide in dark corners.

Can one find happiness,  
In sex, drink and smoke,  
The very horns of death.

But time will not wait for you,  
The seeds you plant in youth today  
Will decide how you stand or fall.



**MY DREAM**

By Annabel Chalinda  
*Form 1 Student*

I'm a girl  
A girl with talent  
A girl with beauty  
A girl with intelligence

I'm a girl  
A girl whose a friend to all  
A girl who has a future  
A girl who is brave

I'm a girl  
A girl whose goal is to become a journalist  
A girl who is trying to work hard  
A girl to live for a new chapter and that is me

I'm a girl  
A girl who believes in her dreams  
A girl who dares to speak her truth  
A girl who will shape her own destiny



**I AM MY WORST ENEMY**

By Chawanangwa Harawa  
*Form 2 Student*

“She is an angel,” they would say. “I wish my child was like her.” That was a song sung by the people of my town. They said I was a blessing from the gods. “Which gods? You are just like me and I am just like you. Take a sip, it won’t hurt to try, will it?”

That was my influencer, Liv. I did not know her, but I wanted to be like her because I hated the real me. The glass cup my mother had kept safe for 18 years broke the day that seed was planted in my womb. I don’t think I could have imagined it would come to this. She came to my house and helped me like she did every weekend. Who knew that would be our last time? In my eyes, there was nothing wrong with it. I was having fun... was I?

He came to me and said he had missed me. “I missed you too,” I lied—to myself and to him. The next thing I knew, I was too drunk to speak a word. Like a lion, he took advantage of me, the lamp, his prey of the day. My virginity was lost in a matter of hours.

I was the talk of the town. My mother could not believe I had been found in bed with a father of two children, older enough to be my big brother.

Where were you, my influencer and my love? They were all gone, as if they had never been there, like my future.

“Why my child? Why make me a grandmother to your sister?” she asked, her hot tears falling as she looked at my one-month-old womb.

“Whoever did this to you is your worst enemy,” she said. I answered with so much regret, “I am my worst

**“MOST PEOPLE ARE OTHER PEOPLE. THEIR THOUGHTS ARE SOMEONE ELSE’S OPINIONS, THEIR LIVES A MIMICRY, THEIR PASSIONS A QUOTATION.”**  
— Oscar Wilde



**DEAR FUTURE ME**

By Karen Chiwaula  
*Form 1 Student*

Dear future me  
How I can’t wait to meet my future  
To see how I would be doing  
Gratefully or miserably

Dear future me  
To be a doctor is my top most goal  
The only thing I thought of since I was a child  
How I can’t wait  
To see my parents faces  
Proud or disappointed

Dear future me  
When I look into a mirror  
All I say is “you can do it, you got this”  
Can I manage to focus on my goal?  
Yes, yes, I can

Dear future me  
To help patients, cure the sick  
Give out medicine  
all of that will be me  
Oh! Dear future me



**SUCCESS**

By Ruth Malitino  
*Form 1 Student*

Success is slow,  
But steady flow,  
It starts in hearts  
That choose to grow.  
Through dark of night  
And fearsome fight,  
We rise again and chase the light.  
With sweat and tears  
We break our chains,  
Through silent storms and endless rains.  
No easy road, no silver prize,  
Just burning will that never dies.  
Step by step, we climb and rise,  
Until we touch the endless skies.



**OUR SCHOOL**

By Jessica Kanyinji  
*Form 3 Student*

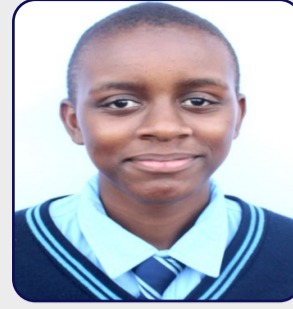
A land of pasture  
A home far from home  
A place of peace and unity  
A breath-taking place it is

A land of wonders  
A place worth searching for  
A place to call home  
A land of creation

Hope it brings to one's mind  
A place of comfort and treasure  
Love it holds for one's heart  
A place where bonds are made

A land of warm horizons  
Where dreams begin to grow  
Where every step feels lighter  
And gentle rivers flow

A place where voices gather  
In harmony and grace  
Reminding every wandering soul  
This is a sacred place



**TO MY DYING SOUL**

By Honour Brasho  
*Form 3 Student*

I know you are already dying  
And it might be a bit late  
But we can give it our best  
Let's have fun one last time  
Maybe even waste every little dime left

The beach could be nice  
We can at least swim once  
Maybe get to feel how it is  
To have tears wiped and carried away

Something to keep you up  
When the ground feels too heavy  
To stand on  
And you lay down on your back  
Letting waves push you further  
The silent and calm motivation we need

Even if the sky begins to fall  
We'll still find laughter in it all  
The pain may whisper, sharp and cold  
But love still warms what we once hold  
For even fading hearts can see  
A softer light in memory

**DID YOU KNOW**

**POEMS HAVE A QUIET WAY OF REACHING THE PLACES INSIDE US THAT ORDINARY WORDS OFTEN MISS. THEY DON'T RUSH TO FIX EVERYTHING OR EXPLAIN LIFE IN A STRAIGHT LINE; INSTEAD, THEY SLOW THINGS DOWN, LETTING EMOTIONS BREATHE AND SETTLE. IN A POEM, PAIN CAN BE HELD GENTLY, BEAUTY CAN BE NOTICED IN SMALL FORGOTTEN THINGS, AND HOPE CAN RETURN WITHOUT FORCING ITS WAY IN.**

**SOMETIMES YOU READ A LINE AND FEEL UNDERSTOOD IN A WAY YOU DIDN'T EXPECT, AS IF SOMEONE HAS MANAGED TO SPEAK WHAT YOUR HEART WAS CARRYING IN SILENCE. THAT IS THE HEALING NATURE OF POETRY—IT MAKES YOU FEEL LESS ALONE IN WHAT YOU'RE GOING THROUGH, WHILE ALSO REMINDING YOU THAT WHAT YOU FEEL IS HUMAN, SHARED, AND REAL.**

**POEMS ALSO CREATE SPACE FOR REFLECTION. THEY ALLOW BROKEN THOUGHTS TO BECOME ART, AND HEAVY MOMENTS TO BECOME MEANING. EVEN SADNESS, WHEN SHAPED INTO WORDS, BEGINS TO SOFTEN. AND IN THAT SOFTNESS, HEALING QUIETLY BEGINS—NOT BY ERASING WHAT HURT, BUT BY HELPING YOU CARRY IT WITH MORE GRACE.**

**THAT IS THE BEAUTY OF POEMS: THEY DON'T JUST DESCRIBE LIFE, THEY GENTLY HOLD IT WITH YOU.**



**SHAMELESS COUNTRY**

By Prisca Ndamundamu  
*Form 3 Student*

Malawi was never like this  
And those who fought for it's  
Freedom never hoped for  
What it has come to be today

Our heroes sacrificed  
Their lives for  
Malawi's equality, justice  
And hope but what turned to be  
Malawi today is only corruption

instead of honoring  
Our heroes, we have even forgotten  
Their names not even to remember  
The day they died, but we still  
Rejoice on independence day  
What a shameless country



**TWIN LOVE**

By Jessica Kanyinji  
*Form 3 Student*

White as a snow flake  
A treasure never lost  
But for you am grateful  
Crazy is the love you spread

Sharing a day with you is precious  
Being part of your special day is a blessing beyond  
I cherish the bond we share  
Never will it fade away

Our love is strong  
Strong enough to overcome troubles  
For your my twin  
Though from different mothers we came

But united we stand  
Together we are fearless  
For I have my twin by my side



**MALAWI**

By Clara Rashid  
*Form 1 Student*

Malawi  
Where every dawn feels new  
With skies so wide and oceans blue  
The earth still sings in quiet grace  
In every smile, in every face  
A nation stitched in love so true

People rise with smiles each day  
Sharing kindness along the way  
From village paths to city light  
They carry courage through the night  
Malawi shines in love so strong

In every storm, the spirit stays  
Guiding hearts through winding ways  
Hope still grows in fields of gold  
In stories our elders told  
Malawi lives in endless praise



**MANGOCHI**

By Peace Mwango  
*Form 1 Student*

Mangochi  
Glow where waters meet the shore  
Lake Malawi sings forevermore  
Soft winds whisper through the trees  
Carrying stories across the breeze  
A place where beauty opens every door

St. John Girls stands proud and high  
Under Mangochi's golden sky  
Where young dreams learn how to fly  
And futures rise, never shy  
The warm heart lives where hopes don't die

Sunlight rests on every wave  
As learners grow both strong and brave  
In every class, a future blooms  
Chasing away all silent glooms  
Mangochi teaches hearts to save



## ANGELLA KAFUNYA

*Future Lawyer*

**M**y name is **Angella Kafunya**. I am 14 years old and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I want to become a **Lawyer**. I want to become a lawyer because I would like to help fight corruption and injustice in society. I believe that everyone deserves fairness, equal treatment and justice.

I know that becoming a lawyer requires hard work, dedication and determination. However, I am ready to work hard and stay focused on my education so that one day I can help people, defend the truth and make my family proud.



## CHRISTINA MISILI

*Future Medical Doctor*

**M**y name is **Christina Misili**. I am 13 years old and I am a Form 1 student at St. John Girls' Secondary School.

Since I was a child, I have always wanted to become a **Doctor**, not just any doctor, but a **Medical Doctor**. I want to become a medical doctor because I would like to save people's lives and help cure diseases. I believe that helping sick people recover is one of the most important jobs in the world.

I know that achieving this dream requires hard work, discipline and determination in my studies. However, I am ready to work extra hard so that one day I can achieve my goal, help many people and make my family proud.



## VALENTINA MBENDERA

*Future Physician*

**M**y name is **Valentina Mbendera**. I am 13 years old and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I want to become a **Physician**. I am deeply attracted to the idea of studying chemicals and understanding natural world phenomena. I hope that one day I will be able to create a theory that explains chemicals and different species in the world. I also want to inspire other young people to follow their dreams and never give up on their goals.

I believe that confidence has been my bridge from misery to hope. I know that achieving my dream will require hard work, discipline and determination. However, I will continue to trust in God to guide me through this journey, and I will work hard to finish what I have started so that I can achieve my goals and make my family proud.



## PRAISE ULAMBO

*Future Lecturer*

**M**y name is **Praise Ulambo**. I am 15 years old and I am a Form 2 student at St. John Girls' Secondary School.

When I finish school, I want to become a **Lecturer** and a businesswoman. I want to become a lecturer because I would like to share knowledge with others and help students achieve their goals in life. I also dream of becoming a successful businesswoman so that I can become independent, create opportunities for others and contribute positively to society.

I know that achieving these dreams requires hard work, determination and discipline. Therefore, I work extra hard in my studies in order to fulfil my wishes and make myself, my family and everyone around me proud. I believe that with dedication, confidence and faith in God, I will achieve my goals in the future.



## TENDAI GEORGE

*Future Soldier*

**M**y name is **Tendai George**. I am 15 years old and I am a Form 2 student at St. John Girls' Secondary School.

Ever since I was in Standard 6 at primary school, I have dreamed of becoming a **Soldier**. I want to serve my country with courage, discipline and dedication. I believe that being a soldier is a great responsibility because it involves protecting people and maintaining peace and security.

I know that achieving this dream will require hard work, determination and discipline in my studies and daily life. However, I believe that with the help of God, my parents, everyone around me and my own hard work, I will achieve my goals and make my family proud one day.



## ZODWA CHINYAMA

*Future Medical Doctor & Chef*

**M**y name is **Zodwa Chinyama**. I am 12 years old and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I dream of becoming a **Chef** and a **Medical Doctor**. I want to become a chef because I enjoy preparing food and making people happy through delicious meals. I also want to become a medical doctor because I would like to help sick people recover and teach others how to live healthy lives.

I know that achieving these dreams will require hard work, dedication and determination in my studies. However, I am ready to work hard and remain focused on my goals. I believe that with faith in God and confidence in myself, I will achieve my dreams and make my family and everyone around me proud one day.



## REJOICE KANDUKU

*Future Medical Doctor*

**M**y name is **Rejoice Kanduku**. I am 13 years old and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I would like to become a **Medical Doctor**. I want to become a doctor because I would like to help sick people recover and improve their health. I believe that medical doctors play an important role in saving lives and bringing hope to families and communities.

I know that becoming a medical doctor requires hard work, discipline and determination in my studies. However, I am ready to work hard and stay focused on my goals so that one day I can achieve my dream, help many people and make my family proud.



## ANNABEL CHALINDA

*Future Journalist*

**M**y name is **Annabel Chalinda**. I am 13 years old and I am a Form 1 student at St. John Girls' Secondary School.

When I grow up, I would like to become a **Journalist**. I want to become a journalist because I would like to inform people about important events happening in society and give a voice to those who are not heard. I believe that journalism is important because it helps people learn the truth and stay informed about the world around them.

I know that becoming a successful journalist requires hard work, confidence, creativity and good communication skills. However, I am ready to work hard in my studies and remain focused on my goals so that one day I can achieve my dream, inspire others and make my family proud.



By Samuel Mpando | Teacher

## THE HIDDEN COST OF FREE APPS

**W**e downloaded the app this morning. It was free. We tapped "Accept" on the terms and conditions without reading them. Almost all of us do.

What many of us probably did not realise is that, within minutes of installation, that app may already have started sending information about us including our location, device identifiers, browsing habits, contacts and behaviour, to companies we have never heard of and will probably never encounter directly.

Legally, this is allowed because we agreed to it. Technically, we consented. But the more we look into how this system actually works, the harder it becomes to believe that this resembles meaningful consent in any ordinary sense of the word.

The agreement was hidden inside documents so long and complicated that reading them carefully would take longer than most of us spend using the app itself.

And yet we keep agreeing to them, over and over again, without ever fully understanding what we are giving away in exchange for something labelled "free."

### THE COMPANIES WE NEVER SEE

One of the strangest parts of the modern internet is that the companies collecting our data are often invisible to us.

People analysing nearly one million apps on the Google Play Store discovered that the average app connects to multiple third party tracking companies whose entire business model revolves around collecting information about users.

Family apps were found to contain an average of seven trackers per app. Games and entertainment apps averaged six. News apps were often worse, regularly exceeding ten. Other studies estimated averages of 8.64 trackers per Android app and 5.52 per iOS app.

The more we read those numbers, the less the word "free" seems accurate.

These trackers are not accidental flaws in the software. They are the business model. The app survives because

someone else is paying for access to us.

That old line that says "If the product is free, we are the product", sounds almost cliché now, but it turns out to be disturbingly literal.

People suggests that more than 70% of mobile apps share user data with at least one third party tracker, while around 15% share data with five or more. Alphabet, Google's parent company, was found to receive data from nearly half of all apps studied.

Most of us are not consciously agreeing to this arrangement. Most of us are tired, busy, distracted or simply trying to use an app quickly. We tap "Accept" because that is the only realistic way to continue.

And because everyone else seems to be doing the same thing, the behaviour starts to feel normal.

### THE NOVELS NOBODY READS

The second half of the problem is the document itself. In theory, privacy policies and terms of service exist to inform us before we consent. In practice, almost nobody reads them. Studies estimate that more than 90% of users accept terms without reading them at all.

At first, many of us might assume this is laziness. Then we look at the numbers.

Some calculated that if the average person attempted to read every privacy policy encountered in a year, it would require roughly 244 hours which is about six full working weeks spent reading legal documents. That is not a reasonable expectation for ordinary people.

Some companies push this absurdity even further. Meta's privacy policy exceeds 19,000 words, requiring more than an hour to read at average speed.

For comparison, many novels range between 17,500 and 40,000 words.

A privacy policy should not resemble literature. And the uncomfortable truth is that these documents are not really designed to be read carefully. They are designed to satisfy legal requirements by proving that users had the opportunity

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# THE HIDDEN COST OF FREE APPS

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to read them. But that is a very different thing.

### WHY PRIVACY POLICIES KEEP GETTING WORSE

What surprises many of us most is that stronger privacy regulation has, in some ways, made these documents even harder to understand.

When the General Data Protection Regulation (GDPR), a major privacy law created by the European Union that took effect in 2018, companies were required to disclose more information about how they handled user data. That sounds positive in theory.

But many companies responded by producing longer, denser and more technical privacy policies. People found that numerous policies increased in length by more than 25% after GDPR implementation. The intention behind the regulation was transparency. The result, in many cases, was simply more text. And perhaps that reveals something important about the internet as it currently exists: disclosure is not the same thing as understanding.

A company can tell us exactly what it is doing in language so technical and overwhelming that almost nobody can realistically process it. Legally, that counts as informed consent. Practically, it does not feel informed at all.

### WHAT DATA IS ACTUALLY BEING COLLECTED

It is also easy for us to underestimate the kind of information these apps collect. It is not just our names or email addresses. Many apps gather device identifiers that includes the unique strings of numbers and letters assigned specifically to our phones. These identifiers allow companies to combine data from different apps and websites into a single profile that follows us almost everywhere online.

Someone's phone transmitted more than 600 location coordinates to a third party advertising company during a the past. The implications of that are difficult to ignore. Six hundred location points are not abstract metadata. They form a map of someone's life. They can reveal where we sleep, work, pray, shop, exercise, study or spend time alone.

And most of us have no real sense that this level of tracking is happening quietly in the background apps. The

frightening part is not that this is unusual. The frightening part is that it is normal.

### WHAT WE CAN ACTUALLY DO

We probably cannot solve this problem individually. The system is far larger than any one person's choices. Still, there are ways we can reduce our exposure.

Apple's App Tracking Transparency allows users to reject requests for cross app tracking. Android users can revoke tracking permissions and reset advertising identifiers through system settings.

We can also become more selective about the apps we install. Statistics consistently shows that some of the worst tracking practices appear in free games, children's apps and ad supported news aggregators. Paid apps often collect less data because they rely less heavily on advertising revenue.

But even after all the settings changes and privacy controls, many of us may still return to the same uncomfortable conclusion.

The agreement itself is fundamentally uneven. Reading the contract often takes longer than using the service. The language is deliberately technical. The companies presenting it almost certainly know that most users will never read it carefully.

Yet the button remains there: "Accept." And most of us press it automatically because participating in modern digital life increasingly requires us to.

That may satisfy the legal definition of consent. But it does not always feel like genuine understanding.

The next time an app asks for permission, we do not have to say yes immediately. We can deny the request. We can delete the app. We can decide that convenience is not always worth the trade.

The internet still works with fewer apps than most of us carry in our pockets.

And many of the most invasive ones are not the ones we truly need at all.

**MR. CLEMENT CHIGALAGALA - HEADTEACHER****Dear Esteemed Readers, Parents and Guardians, Staff and Students,**

**I**welcome you all to yet another edition of our monthly newsletter for the month of April. As we step into this season of renewal and reflection, I would like to take a moment to discuss the significance of Easter and share some encouraging thoughts as we prepare for the holiday break.

Easter is a time that invites us to reflect on themes of hope, resilience and renewal. As we celebrate this special season, let us remember the powerful words of Thomas Edison: "Many of life's failures are people who did not realize how close they were to success when they gave up." This spirit of perseverance is something we can all embody, especially as we navigate the challenges of our academic and personal lives.

I wish all our students a blessed Easter holiday. This break offers a valuable chance to recharge and spend quality time with family and friends. As we reflect on our journeys, may we find inspiration in the promise of new beginnings that this season brings.

I want to take this opportunity to extend my heartfelt appreciation to our parents and guardians for your unwavering support throughout Term Two. Your active involvement and dedication to your children's education make an immense difference in fostering a nurturing learning environment.

To our remarkable students, I commend your incredible perseverance in overcoming the various challenges encountered this term. Your hard work and determination are the bedrock of your success, and I am immensely proud of each one of you. In the words of Colin Powell, "There are no secrets to success. It is the result of preparation, hard work, and learning from failure." Keep pushing forward, as you are capable of great achievements.

I am especially excited to congratulate the MSCE Class of 2025 on their outstanding achievement in the public university selection process! We celebrate the fact that 33 out of 49 students have been selected to pursue various courses in public universities throughout Malawi. This accomplishment is a testament to your hard work and the support of our dedicated faculty.

As we look ahead to the final term, I encourage our Form 2 and Form 4 students to remain focused and dedicated in their studies as national examinations approach. Remember, success is not just about talent; it is the result of consistent effort. As the famous author John C. Maxwell said, "The difference between average people and achieving people is their perception of and response to failure." Keep pushing boundaries; your hard work will undoubtedly pay off.

To our Form 1 and Form 3 students, I urge you to make the most of this holiday. Continue to work diligently in your studies and strive to live morally and exemplarily. This is a time for growth not just academically, but also personally. As you embrace the challenges of learning, remember that "Success is the sum of small efforts, repeated day in and day out" (Robert Collier).

Thank you all for your commitment and contributions to our school community. May you enjoy a joyful and fulfilling Easter break, and return re-energized for the challenges ahead.

Thank you all

**Headteacher**

**St. John Girls' Secondary School**



**1** FORM 2 GIRLS POSE FOR THE LOVE OF THE CAMERA



**2** BISHOP MONTFORT STIMA DELIVERING WORDS OF HOPE AND TRIBUTE DURING THE FUNERAL MASS OF MRS. ORNELLA MASAMBA DOCTOR IN MANGOCHI

3

STUDENTS GATHER DURING THE GENERAL OPENING ASSEMBLY AS ST. JOHN GIRLS' SECONDARY SCHOOL WARMLY WELCOMES LEARNERS BACK FROM THE EASTER HOLIDAY.



4

FORM 3 STUDENTS ENGAGED IN A COMPUTER LESSON WITH THEIR TEACHER DURING A PRACTICAL COMPUTER STUDIES CLASS