



EVELYN (CATALYST)

Life would not be meaningful without learning.

AN ACT OF HONESTY



COMFORT, 13 Y/O

Honesty creates space for a man wherever he gets to.

Long ago in the village of Oretu, there lived a poor man named Mr Okoro. Mr Okoro is married to his dear wife Nike and they have three children, Sade, Ayo, and Shina respectively. Ayo and Shina attend the community primary school while Sade has stopped going to school because her father couldn't pay for her school fees anymore.

Sade would pray to God every day for provision so that she could further her education. She promised herself she was not going to end her whole life in the village. She had read about women who had done great things in society and she wish she to be one of them.

Sade's teacher once told her that she could only achieve her purpose through education. Education is the key, Sade's teacher would say.

On a hot Monday afternoon, while Sade's Father was working on his farm, he saw an object a few meters from where he was working. He dropped his hoe and walked towards the object. When he got to where the object was, it was a big bag filled with money. Mr Okoro screamed when he saw the money. He looked left and right to see if anyone was around, but no one was there.

He carried the bag home and explained what happened to his wife. They both agreed to return the money to the King's palace and inform the King. They believed they should not keep whatever is not their own. The King was happy to see such an honest act in the village.

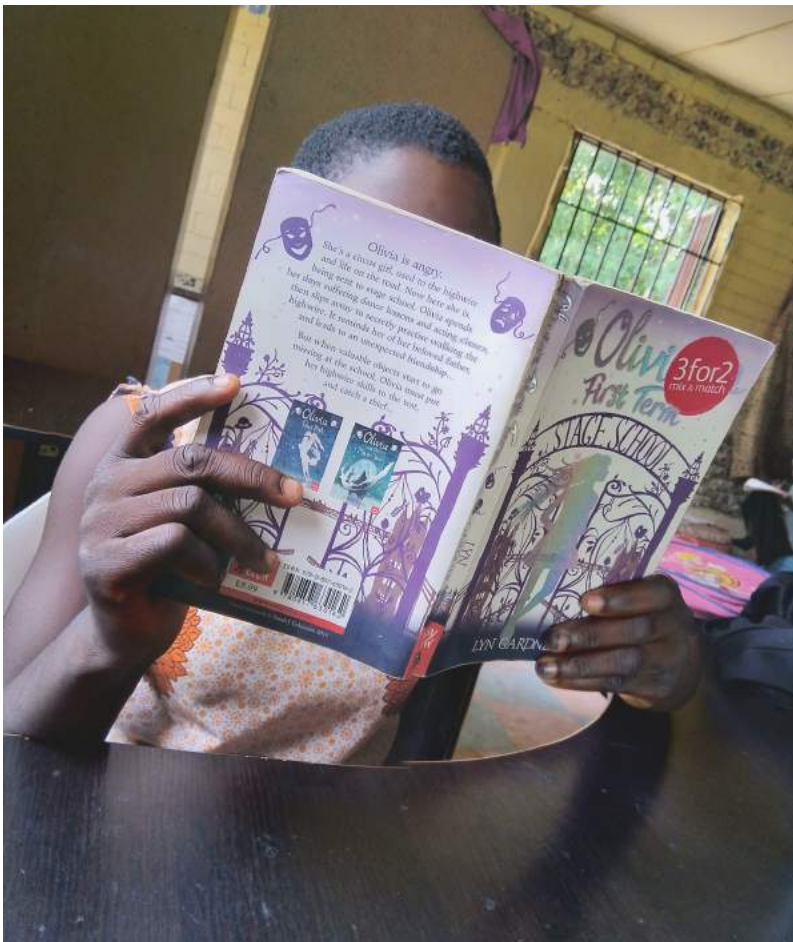
The King explained to Mr Okoro that some robbers came to the villagers the previous night and stole a bag of money from one of the villagers. The King called the man whose money was stolen to confirm if the bag of money was for him. The man confirmed and was happy to find his money. He gave Mr Okoro half of the money as a token of appreciation.

Mr. Okoro was happy and ran home with the home. He paid his children school fees and started a new business with part of the money.

Sade was glad that her prayer has been answered and praised God.

Mr. Okoro called his family together after dinner on one Sunday and encourage them to always show the act of honesty.

Honesty creates space for a man wherever he gets



ALWAYS ASK QUESTION

Story written by Comfort, 15 Y/O

Why are you crying, victor? What is the problem? sister Comfort asked. In my class today we had an assessment, I didn't do well, but every other person did well.

Hmmm... It is well, Victor. Let me see your note, sister Comfort said. I don't understand what we were being taught and I am shy to ask questions because I don't want my mates laughing at me.

Victor dear, being quiet will not help you said Sister Comfort who draws him close to her and wipe his tears. That is okay, you don't have to beat yourself up.



I want you to know not asking questions during sessions can be related to pride. You need to build enough confidence and boldness. Ask questions when necessary and ensure you ask the right questions.

I am sure your catalyst will be glad to attend to all your question and explain all that you need to know. You also need to read and think critically to answer your questions

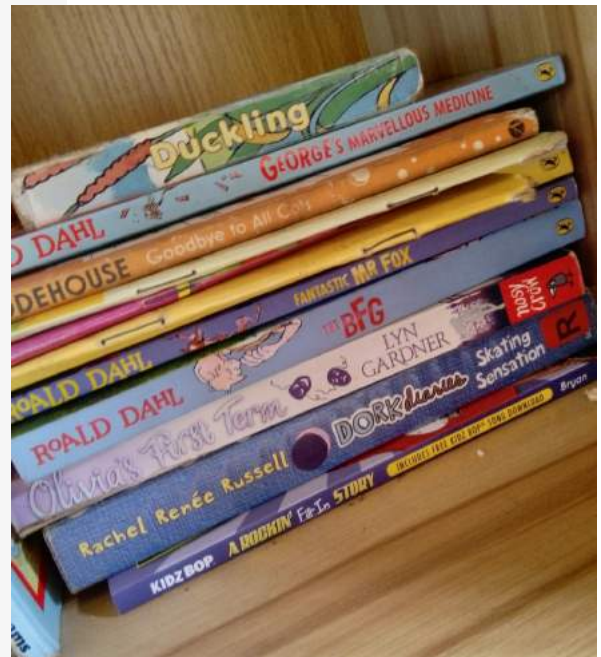
Don't feel bad anymore. You can do better next time. Work hard and work smart. You can do better, Sister Comfort consoled Victor and he promised to always ask questions and never hold back.

It is good to always ask questions.

LEARNING

Poem written by Evelyn (Catalyst)

Oh, beat the sound of nature
light of the morning wakes me up
time to learn mother said
a new day to reflect, solve, create, and
grow
life couldn't be made without learning
the pleasure of searching to understand
The love of finding out
even in our old age.



we're going on a journey
like a passenger in a plane
we'll fly in the cloud of learning
gaining knowledge on the trip
we are always hoping for a safe journey
a journey where landing isn't visible
the joy of learning is an everlasting joy.

HEALTH TALK

Written by Evelyn (Catalyst)

What is Personal Hygiene? "Personal Hygiene is the way we take care of our body." it sounds sweet when some of the learners define it this way. I can hear their beautiful voices in my head as I write this.

Every day, we come in contact with millions of germs and viruses. They can stay on our body and many a time, they make us sick. Personal hygiene practices will help you and everyone around you stay healthy. It also gives you confidence in your appearance.

The world at large has been fighting Corona Virus and it sometimes feels it won't be coming to an end. There have been a lot of talks on how to prevent the transmission of this deadly virus and much information is being passed every day. The transmission of this virus can only be prevented through Personal hygiene.

There are different parts of hygiene. We have toilet hygiene which requires you to wash your hands after using the restroom. Scrub with soap for 20 to 30 seconds, be sure to clean between your fingers, on the back of your hands and under your nails. Rinse with warm water and dry using a towel.

If you don't have running water or soap, an alcohol-based hand sanitiser is important.

Shower hygiene is a very important part of hygiene. To prevent body odour, it is important to take our baths daily. It is advisable to take a shower after a stressful day or after work. Our body secretes sweat and showering will help to wash the sweat away. Showering with soap helps to rinse away dead skin cells, bacteria, and oils.

You should also wash your hair at least twice a week. Shampooing your hair and scalp helps remove skin buildup and protect against oily residues that can irritate your skin.

Nail hygiene is also another part of hygiene that requires you to trim your nails regularly to keep them short and clean. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs. Avoid putting your fingers into your mouth to prevent the spreading of germs into your mouth and other body openings.

Good teeth hygiene. Good dental hygiene is about more than just having white teeth. Brush your teeth at least twice a day for two minutes. Aim to brush after you wake up and before bed. Caring for your teeth and gum is a smart way to prevent gum diseases and cavities.

Other parts of personal hygiene are sickness hygiene, hands hygiene, and environmental hygiene.



THANK YOU FOR READING!



CONTACT US

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