



College of Champions

DOREGOS PRIVATE ACADEMY

CO-ED DAY & BOARDING SECONDARY SCHOOL

BERNADINO DOREGOS STREET, OFF BO/BQ STREET, FHA ESTATE
AKINOGUN, IPAJA, LAGOS

TEL: 0908 202 8466 | WEB: www.stbes.org | EMAIL: dpa@stbes.org

2019/20
JSS 1
JSS2, SS1 & SS2

ADMISSIONS OPEN



OFFERING:- NIGERIAN, BRITISH & AMERICAN CURRICULUM

DATE: TUESDAY 30TH JULY, 2019

TIME: 8AM

**VENUE: DOREGOS PRIVATE ACADEMY
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DOREGOS POST



College of Champions

2019 EDITION

BI-ANNUAL PUBLICATION OF DOREGOS PRIVATE ACADEMY



An Exclusive Interview with the
TITAN OF OUR TIME,
CLEMENTINA ABEKE
DOREGOS



**Celebration
of a Doyen of
EDUCATION AT 40**

Editor's Note

All praise and adoration to God Almighty for He alone is worthy to be praised for yet another edition of the “Doregos Post”. We have turned 5 and I am so delighted to say that you are holding a very special edition in your hands. We invite you to feast your eyes and warm your soul with this special edition.

We remember our first edition so vividly, how we set about with the designs and layouts till we finally got it published. It has been an extremely exhilarating time as we have learnt so much in this journey.

This year's edition features an interactive session the Student Editorial Board Members had with the Founder, Mrs. C.A. Doregos. They were truly fascinated and inspired by her humble beginning and how steadfast she remained in her belief towards attaining her dreams.

As the tradition goes, each edition is curated by a group of diligent students, who have gained first-hand experience from the citadel of learning (DPA) to lend the spar needed to carry out this good work. Like the five elements of nature: Earth, Air, Water, Fire and Ether, we showcase our young champions who in their own realms have made exceptional contributions thereby educating and informing you about topical issues that relate to their age group and in turn help to shape the future of this glorious nation.

The 2018/2019 edition also showcases interesting social and academic activities the school participated in this session.

Keeping up with the times, DPA created the avenue for her educators to be groomed and trained into becoming exceptional in their fields.

Considering the inquisitive nature of teenagers, the co-curricular activities for this session aimed at addressing most questions they asked. Guest speakers who are vast in knowledge in areas relating to Mental and Emotional Development were available to put the students through whatever questions they required answers to.

DPA's champions, as usual depicted excellence at various competitions they were invited to, bringing back prizes and laurels.

Our profound gratitude goes to our Maker, the Alpha and Omega, the Executive Director, the Leadership Team, the Editorial members and all the members of staff for their support and contributions towards ensuring the success of this year's edition.

Do have a fruitful holiday.

AWELE ADEBISI



AWELE ADEBISI



OGUNLEYE NICHOLAS



KEHINDE ASAOLU



ENIOLA AKANDE



Mrs. Clementina Abeke Doregos is a very successful educationist who has cemented her footprints in the sands of time. Aside being a successful educationist, the woman, fondly known as Mama Doregos, is also a great philanthropist, who has touched many lives through her CADFOD Foundation. In this interview, the quintessential educationist reveals the secrets behind her groundbreaking successes. Excerpts:

Can you tell us about your educational background and childhood, ma?

A: I had to leave the school while I was in Form Two because the tuition fees became unaffordable for my grandma. She withdrew me from the college and took me to another school, Our Lady of Apostles Secondary School, Ijebu-Ode, where I finished in 1965. When I left secondary school in 1965, I could not gain admission into a higher institution immediately. I had to take up a job in the Ministry of Agriculture in Oyo. Part of my duties was to feed farm birds and pigs. Feeding pigs was so irritating to me because of their dirty nature but I had to endure. In the course of working there, I had to learn how to till the ground and plant yam seeds. I had to trek long distances because there were no commercial vehicles the way we have them now. I was able to learn a lot of skills while there. I was able to learn how to make garri and also do some other things. In spite of the fact that I was working in the Ministry, I did not lose sight of my desire to further my education because I knew if I was going to go far in life, I must be well educated. I was with the Ministry of Agriculture from 1966 – 1968. Later on in 1969, I gained admission to Adeyemi College of Education, Ondo State.

While at the College, I was involved in sporting activities and I won laurels for the school. And that is why I am an advocate of extra-curricular

activities in schools. I also had the privilege of traveling to England in my second year in school. I was able to afford the trip because of my culture of saving. I gained life-changing exposures throughout my stay in England. It was this singular experience that spurred me to encourage students' participation in tours and excursions. By the time I graduated in 1971, my Alma Mater employed me based on my sterling contributions to the school. I was offered a teaching job in addition to a conducive accommodation. After five years of teaching, I moved to Lagos to be able to explore more opportunities. I was gainfully employed by Unilag Staff School. While there, I was privileged to meet with enlightened people who made great impacts in my life. It was while I was working at Unilag Staff School that I got married and had my children. Seeing how committed and dedicated I was to work, few of my colleagues approached me and mooted the idea of partnering together in order to establish our own school. By the time I made our intention known to my husband, he discouraged me from partnering with my colleagues because he believed I was more than capable of starting my own school. True to his words, he offered me a small space that I could manage to start a school and the rest is history today.

Q: Were there any challenges when you were about to establish the school?

A: Of course! The beginning was very rough!! It was really rough!!! Through the help of my dear husband, I got a building that we felt was suitable for a school. He renovated the building in order to suit the purpose it was meant for. To my greatest surprise, the moment the landlord got wind of the fact that the building had been renovated for me to start the school, he came up with a bogus claim that he wanted to reserve it for his children that were due back from overseas. He later said that if

we were truly serious about making use of the building, we would need to pay the sum of N10,000 and this was twice the actual rent that we agreed on. My husband was willing to pay the exorbitant amount the landlord demanded but I dissuaded him from doing so. To me, I felt the landlord was not being fair and that was so inhuman. I was to return the keys to the building when I came across one of my neighbours, Mr. Faradoye, of blessed memory. He saw how

embittered I was and he enquired to know what the problem was. I was so reluctant to tell him what had happened but he probed further to know what the problem was and I told him what my landlord did to me.

To my greatest surprise, right on the spot, the late Mr. Faradoye offered to release a vacant flat where he was living which was a third house from ours. I was dumbfounded. I could not contain my joy. It was an evident of merciful God at work. While the renovation of the house was ongoing, I decided to start the school immediately by using my children's study room since some parents had purchased registration forms. The total number of children that started in my own house were four – two of my children including your Executive Director and two other children.

Then close to the beginning of second term, the school grew to the strength of about seventy students in number. Then disaster struck! While the pupils were in school, the school flat I had just renovated and my family house were demolished by the Lagos State government on the same day. They demolished the building on

the premise that the buildings were hindering the channelization of the drainage system in that area. It was a horrible experience for me. Everyone was confused. Everybody was running helter-skelter. It was a dark moment in my life but I thank God because I bounced back three weeks later. I was able to get another place somewhere at Ayetoro in Akoka through the help of some of the parents of my pupils.

As the time we were settling down, we were able to get back thirty-four pupils out of the seventy pupils I had before the demolition. The remaining thirty-six had resumed in other schools. It was that singular experience that spurred me to start looking for a land for the establishment of my own school. My husband said he had a place in Ipaja and we moved there. We were able to buy the land where St. Bernadette is located today. We started with one pupil and by the end of the week, we had ten pupils. Not long after, to the glory of God, I was able to establish Doregos Private Academy. Next year by the grace of God, Doregos will be 30years while St. Bernadette will be 40years.

Q: How much has your faith influenced your life, ma?

A: I grew up in a Catholic home. I was privileged to attend Catholic Schools from primary school level to secondary school. Over the years, the Roman Catholic faith has taught me a lot of things in life. I was opportune to receive a lot of Biblical teachings that really built my faith in God. Catholic faith made me to develop the custom of contentment and discipline. Contentment in what I had and discipline in dressing and in the manner I comported myself while growing up. We were highly disciplined and respectful back then when I was in school. The Catholic faith also taught me charity and that prompted me to float CADFOD Foundation to help the indigent ones

and to the glory of God, the achievements are there for all to see. I have been able to touch lives through the Foundation. This attitude of giving was inspired by the tradition of giving the Catholic Church is reputed for. I also cannot forget the act of cleanliness and hard work that groomed my life up till this very moment. The Catholic faith imparted so many skills in me. I was able to learn tailoring while I was in school and that really influenced the introduction of entrepreneurial classes and the establishment of the tailoring department. So, my Catholic faith has made me who I am today.

Q: I watched a documentary where you mentioned your intention to separate the junior school from the senior school. Is the plan still in effect?

A: Of course it is supposed to be in effect but we have been incapacitated by the economic situation in the country. What we have in the pipeline now is to establish a bigger Doregos Private Academy in a nearby location that is developing rapidly at present. The school would

definitely boast of world class facilities like sports field, basketball court, chapel, bigger hostels, etc. We have not agreed on the modality yet and by the time we do, it would be the school two.

Q: Do you plan to establish a university later in the future?

No! I don't have to because after 70 years my dear, I deserve a good rest (laughs). I won't give an outright no but for me, it is not feasible. I don't think the establishment of a university should be

a priority for me now because it is capital intensive. Probably the people I would leave it to might decide to establish one someday.

TITAN OF OUR TIME



Q: I watched a documentary where you mentioned your intention to separate the junior school from the senior school. Is the plan still in effect ma?

Well, you know a tree cannot make a forest. You cannot do things by yourself. You need people to advice you and offer ideas on how to run an establishment of this nature. If I say I'm the only one doing this, I would be deceiving you. I just thank God for the people He has brought my way. I am blessed with teachers that are well read and highly professional in their various fields. They have contributed a lot to the growth

of the school. The parents too are not left out. They have been wonderful and helpful. It is not possible to have a school without people that will form it. So, I always love to work with good people and this has kept us strong and progressing for 30 years now. The school is known all over because of the inputs of the people that have come together to make it a big community and I thank God for that.

Q: There is this perception that private schools pamper students. What is your opinion on this as a school owner, ma?

It depends on the school. I don't subscribe to such. I don't run that kind of school. Part of my principle in life is to ensure that children are nurtured and groomed to be able to be the best they can in life. Although we have schools that pamper their students to the extent of doing their laundry for them but that can never happen in my school. I had a very unique upbringing. I was never pampered, so, why will I encourage such in

my school? I went to a school where discipline was never trivialised. What I always encourage is that students should be corrected with love. Punitive measures should be given with love and such measures should be the ones that would make the students better. Students are meant to be imparted with morals that will make them add considerable values to themselves and the society.

Q: Ma, why do you encourage students' acquisition of entrepreneurial skills?

Thank you very much. During my school days, I learned tailoring and that prompted me to sew the uniforms of my pupils when I started my schools. We are only teaching you to use your brains and your hands so that you will be useful to yourselves in the future. By virtue of my background in tailoring, I was motivated to

establish a tailoring department in the school to save cost. There are so many things I'm capable of doing now that I learned years back. Entrepreneur will reduce a lot of cost for you in life. Whatever skills you acquire right now will add values to you later in the future. It will also help you to be financially independent in life.

Q: St. Bernadette will be 40 years and Doregos will be 30 years next year. What should we expect in terms of celebration, ma?

You should expect a lot of things. A planning committee will be set up to design the programme and the committee is expected to roll out the programmes for the event during the summer holiday. Some of the major events in the school will be incorporated into the celebration. I also intend to celebrate my dedicated and hardworking staff members because they have done well, more than any other things anyway. We will also encourage students' involvement in the planning. There will be a variety night and

invited parents are expected to buy tickets to be able to attend. We intend to give awards to parents and staff members also.

There will be a Cultural Day celebration that will form the main celebration. So many activities are in the offing. We also intend to embark on trips outside the country. We will be visiting places like Disneyland, Rome – to see the Pope, Jerusalem, etc. It promises to be a memorable event.

Q: With all your achievements and awards, ma, what more do you want in life?

I want peace of mind and rest (laughs). I want to come occasionally and see that all the children here are doing great. After 70 years, I deserve

great moments of rest. Thank you!

SCHOOL

EVENTS

YORUBA DUNKA



The maiden edition of Yoruba Danka was very educative, insightful and entertaining. This edition took a new dimension as the invited parents took their time to read Yoruba stories and panegyrics to the students. The students' interests were stirred up as they listened with rapt attention to the parents. Prizes were given by the parents to the students that excelled in the short evaluation exercises they conducted.

SPEECH AND PRIZE GIVING DAY 2019



"Take action to see reward. Do nothing and be ignored"- Matthew E. Fryer. Our 22nd Prize Giving and Speech Making Day was a grand affair. Our annual recognition and celebration of achievement has distinguished itself in terms of appraisal of worthy champions. We recognized our young talents and teachers who have made immense contributions to our school and society. We congratulate the pupils, students and teachers who have contributed to the success of our winners.

ENTREPRENEURIAL FAIR 2019



Every of our annual Entrepreneurial Fair allows our students to showcase a wide array of skills they acquire in the course of their entrepreneurial classes. Apart from this, they are also opportune to exhibit their products to signify the core trade subjects they take part in. The third edition of this year's Entrepreneur Fair produced another set of entrepreneurs who have been adequately groomed and trained through the usual

exposure to the core trade subjects such as bead-making, tailoring, barbing, aluminum, photography and decoration. The Fair was a flurry of activity as there were drama presentation, exhibitions and competitions among students in the six trade subjects. Students with exceptional skills in the six core trade subjects were duly rewarded as a way of encouraging them to sustain their interest in entrepreneurship and skills acquisition.

DOREGOS DECIDES 2019



“In each and every election, it's your right, it's your freedom, it's your interests that are on the ballot”. Students of Doregos Private Academy once again displayed their rights and freedoms by voting for their preferred candidates for various prefectural posts for the 2019/2020 academic session. After weeks of campaign, political intrigues and horse-trading, the much anticipated election into various prefectural positions held on 5th April, 2019 in



the school premises. All the staff members and students were duly accredited by the electoral agents before they were allowed access into the polling areas. The election was violence free as necessary security measures were put in place. To avoid a non-conclusive election, the electoral committee members sprang into action as they ensured the votes were counted and the result released on the election day.

SHOPRITE IN DOREGOS



It was a beehive of trading activities in the school premises as the 3rd edition of Shoprite in Doregos offered the business inclined students of Doregos Private Academy a window of opportunity to explore their marketing, communication, creative and imaginative potentials through the impartation of entrepreneurial mindset that would not only make them self-reliant but also secure their economic future. Two of our esteemed



parents, Mrs. Adetula and Mrs. Odunlami, offered the students nuggets of advice on how they can unveil themselves as Future Entrepreneurs. Trading activities commenced immediately the Head of School, Mr. Adegbulugbe declared the trading arena open. The yearly laudable trading event will culminate in “Walmart in Doregos” next year and foreign entrepreneurs are expected to be part of it.

CHRISTMAS PARTY



The college had its annual Christmas Party in thrills and styles with diverse side attractions that singled the event out as one of the best well-organized social events in the school this session. The social event afforded the students the ample opportunity to savour the

joy of the Yuletide season. Students had great fun playing games, dancing and eating luscious delicacies to their satisfaction. They also took time to take adorable pictures that trended on the social media for weeks.

CHRISTMAS CAROL: A SOLEMN CELEBRATION OF THE MESSIAH



Christmas is always loaded with the ever-exciting and refreshing spirit of the season that takes you to a whole new level. The previous year's in-house Christmas carol was packed with dazzling renditions by the school choir. The school choir displayed their professionalism with mesmerizing songs like “Omolorun seun funmi”, “You are the love of my life” and “Glory to God in the highest”. Some of the choir members gave a wonderful instrumental solo presentation while some of

the students ravished us with refreshing Christmas tunes. The short drama presentations transcended us into the reason for the season. The staff members were not left out either as they displayed their indigenous song with lots of felicitations and dances titled “Olorun Mimo” as composed by Mrs. Adio. The school choir ended the much enjoyed event with “Midnight Summer”. It was a beautiful moment of celebration to behold.

CULTURAL DAY



The rich cultures of Nigeria were again on display as Doregos Private Academy exhibited the country's cultural heritage during its 2019 Cultural Day celebration tagged "IGBOYOHA". In a symbolic depiction of traditional heritage, students, staff and parents were dressed in cultural attires. Different cultural songs and plays were rendered, while traditional wrestling, as a precondition for marriage by a man was also enacted to the amusement of all.

The event was spiced with an array of traditional food brought by the invited parents. The Chairman of the occasion, Chief Dele Odule, urged Nigerians to place

premium on the country's diverse and rich cultural heritage, as culture is a way of life. He explained that Nigeria boasts of diverse rich cultures, with every ethnic group having unique culture with regards to language, dressing, food and shelter, among others. He said culture is so broad that it includes language, dressing, food, buildings, religion and music, among others. He advised parents to inculcate good cultural heritage in their children, as they are the future leaders.

DOREGOS 15TH ANNUAL INTER-SCHOOL BASKETBALL CHAMPIONSHIP FINALS



The 15th annual inter-school basketball championship finals held in the school premises on Thursday 7th February, 2019. It was a great experience as all the young and enthusiastic basketball teams that took part in the grand finale displayed their talents and skills in the court to the amazement and delight of the spectators. In attendance were the crème-de-la-crème in the world of sports. The grand finale was a sight to behold as all the participating schools put all their skills into action and demonstrated commendable sportsmanship throughout the duration of the competition.

GRADUATION OF WORTHY CHAMPIONS



It was a festival of accolades at the graduation and Valedictory Ceremony of the Class of 2018 of Doregos Private Academy. It was a moment of joy for the graduates, their parents and their loved ones for witnessing the end of

a glorious academic era. The Class of 2018 was referred to as a Class of Champions by the school principal going by the many academic records they set in their formative years.

According to him, the Class did not only record excellent results in national and international examinations, they also gave us an inkling of what to expect in their future career by smashing their SSCE examinations, Standardised Aptitude Test (SAT) and TOEFL examinations respectively. The same Class of 2018 'humiliated' UTME (JAMB) with few students scoring above 300 and over 75 per cent of them making 250 and above. The graduation ceremony recorded moments of appreciation, commendation and celebration by all and sundry.

GWIIN



In today's fast-paced world, making a great first impression is more important than ever. At the very heart of Doregos Private Academy's academic philosophy is an absolute conviction that every student – regardless of their background – can learn to master the rules of modern ethics and etiquette. Etiquette is an integral part of our daily lives and mastering the rules will make our students become the best version of themselves. The college's partnership with GWIIN School of Ethics and Etiquette, London has been recording great successes since its inception and this is evident in the transformative demeanor and

carriage of the students that have benefitted from the training. This year's weeklong training programme of the GWIIN School of Ethics and Etiquette ended on a great note on 2nd November, 2019. The training sessions were highly impactful as the students were taken through the importance of having proper moral, social, business and inter-personal relationship as part of the invaluable tools that would help a great deal in shaping their lives.

SOLVE

THE RIDDLES

1. I am something. I am lighter than air but the strongest man cannot carry me. What am I? **Bubble**
2. I have teeth but I cannot bite. What am I? **Comb**
3. I am three letters but pronounced as one letter. What am I? **Eye**
4. I am a country in Europe but if you remove my first and last letters, I become a State in Nigeria. what am I? **Ondo**
5. What can travel round the world while staying in a corner? **A stamp**
6. What gets wetter and wetter the more it dries? **A towel**
7. Paul's height is six feet, he's an assistant at a butcher's shop and wears size 9 shoes. What does he weigh? **Meat**
8. Which word in the dictionary is spelled incorrectly? **Incorrectly.**
9. What gets broken without being held? **A promise**
10. Feed me and I live, yet give me a drink and I die. **(Fire)**
11. Imagine you are in a dark room. How do you get out? **Stop imagining.**
12. What invention lets you look through a wall? **A window**
13. What occurs in every minute, twice in every moment, yet never in a thousand years? The letter 'm'
14. What is always on its way but never arrives? **Tomorrow**
15. What has to be broken before it can be used? **An egg**
16. What begins with T, ends with T and has T in it? **A teapot**
17. What building has the most stories? **A library**
18. What has four fingers and one thumb but isn't alive? **A glove**
19. Three doctors said that Bill was their brother. Bill said he had no brothers. Who was lying? **No one. The doctors were Bill's sisters.**
20. The more that there is of this, the less you see. What is it? **Darkness**
21. Two fathers and two sons are in a car, yet there are only three people in the car. How is this possible? **They are grandfather, father and son.**
22. Can you spell a pretty girl with two letters? **QT**
23. What letter of the alphabet is always waiting in order? **The Q (queue)**
24. Which letters do Tuesday, Thursday, Friday and Saturday have in common? **None! None of them have "c", "o", "m", or "n" in them.**
25. How do you make seven even? **Remove the letter 's'**
26. What five-letter word becomes shorter when you add two letters to it? **Short**
27. Can you spell eighty in two letters? **A-T**
28. Q: How can you add eight 8's to get the number 1,000? (only using addition) A: **888 + 88 + 8 + 8 + 8 = 1,000**
29. Q: How do you make seven even? A: **Remove the 's'**
30. Q: What goes up and never comes down? A: **Your Age**



JOKES

1. Boy: "I got an F in arithmetic." Father: "Why?" Boy: "The teacher asked 'How much is 2×3?' and I said '6'" Father: "But that's right!" Boy: "Then she asked me 'How much is 3×2?'" Father: "What's the fucking difference?" Boy: "That's exactly what I said!"
2. Father to son after exam: "Let me see your report card." Son: "My friend just borrowed it. He wants to scare his parents."
3. This guy went to school and he asked "May I use the bathroom?" The teacher replied, "no not unless you say your abc's." The guy said "a b c d e f g h i j k l m n o q r s t u v w x y z." The teacher asked "Where's the p? He replied, "

running down my leg!"

4. Teacher: "You know you can't sleep in my class." Boy: "I know. But maybe if you were just a little quieter, I could."

5. Mother, "How was school today, Patrick?" Patrick, "It was really great mum! Today we made explosives!" Mother, "Ooh, they do very fancy stuff with you these days. And what will you do at school tomorrow?" Patrick, "What school?"

6. Teacher: If a lion is chasing you, what would you do? Christy: I'd climb a tree. Teacher: if the lion climbs a tree? Christy: I will jump in the lake and swim. Teacher: if the lion also jumps in the water and swims after you? Christy: Teacher,

are you on my side or on the lion's?

7. Teacher: Tell me a sentence that starts with an "I". Student: I is the.... Teacher: Stop! Never put 'is' after an "I". Always put 'am' after an "I". Student: OK. I am the ninth letter of the alphabet.

8. Teacher: "Now class, whatever I ask, I want you to all answer at once. How much is six plus four?" Class: "At once!"

9. Teacher: Billy, name two pronouns. Billy: Who, me? Teacher: Very good!

Teacher: "Johnny, what is the outside of a tree called?" Johnny: "I don't know." Teacher: "Bark, Johnny, bark." Johnny: "Bow, wow, wow

TOURS & LEADERSHIP TRAININGS

SEA SCHOOL LEADERSHIP TRAININGS

As an academic institution that is reputed for exposing students to leadership attributes and knowledge that are capable of preparing them for future responsibilities, our SS3 students attended this year's annual leadership trainings at Sea School, Apapa, Lagos. The lifetime trainings hinged wholly on Citizenship and Leadership Education respectively. The practical trainings were able to positively reshape the character and orientation of the students and also inculcate in them qualities of self-discipline, self-reliance and selfless service.

SONGHAI TOUR



JSS3 students' tour of Songhai in Benin Republic was packaged specially for them to enable the participants benefit from the rich visual experience, exposure to issues, places of geographic and historical significance, as well gain deeper understanding of subjects

learnt at school. The three-day tour exposed the students to a new vista of knowledge especially in their subject area. It also promoted outdoor learning through seeing, which helps in retention of subjects taught in the classroom.



BERNADINO DOREGOS
EXECUTIVE DIRECTOR

Celebration of a Doyen of

EDUCATION AT 40

Born to the prominent family of Doregos 40 years ago in the United Kingdom, he began his primary education at the prestigious University of Lagos Staff School, Akoka but had to complete this at another reputable hallmark of excellence, St. Bernadette Nursery and Primary School, Akoka, Lagos which was established by his dear mother, Mrs. Clementina Abeke Doregos. He gained admission to St. Anthony Grammar School for his secondary school education. He spent a year at the school before he proceeded to St. Gregory College, Ikoyi. He was only able to enjoy a touch of academic excellence there for two years before he advanced to the United Kingdom where he finished his secondary school education at St. Bonaventure Roma Catholic School. He had his Advanced Supplementary Level at Sir George Monuox College, London and also his A/Levels at David Game College, United Kingdom respectively.

Driven by an insatiable quest for knowledge, he continued with his academic pursuits at the University of East London, United Kingdom where he graduated meritoriously with combined Honours degrees in IT and Business Administration respectively. After a successful academic career, Mr. Bernardino Olatokunbo Doregos joined the services of J Barbour and Son Limited, United Kingdom. Definitely through a dint of hard work, irreproachable intelligence and perseverance, he rose to the enviable position of the Retail Operation Manager. His diligence and exceptional contributions to the growth of the organization earned him recommendations, accolades and respects from all and sundry. While at J. Barbour, he found an insatiable passion in education and this spurred him to

assume the position of an Executive Director at St. Bernadette Educational Services, Ipaja, Lagos. Driven by the enthusiasm for the attainment of academic excellence by all the children under his tutelage, the development of education in Lagos State and in Nigeria as a whole has become his major priority. The organisation has enjoyed a tremendous growth through his Midas Touch.

Mr. Bernardino Olatokunbo Doregos has attended a number of international conferences. He is also a familiar voice at several conferences of repute. Mr. Tokunbo is a recipient of several awards for his exemplary contributions to the transformation of the education sector in the country. He is obviously a man of exemplary virtues who stands on the principle of hard work and doggedness.

“ He is also a familiar voice at several conferences of repute. Mr. Tokunbo is a recipient of several awards for his exemplary contributions to the transformation of the education sector in the country. ”

Mr. Bernardino Olatokunbo Doregos, popularly called “Toks” by his peers remains a giant in very many respects, a distinguished personality, a role model who symbolises the finest qualities of the traditional and modern. His insatiable drive for success and accomplishments has propelled him across several frontiers and made

him a shining demonstration of what can be achieved when hard work, perseverance, grit, intelligence with humility are applied to seemingly insoluble problems. More than any of his peers, Mr. Doregos possesses attributes that put him in a class of his own, even in the inner exclusive club of school administrators in Nigeria.

His interests remain travelling, reading, watching football. He is devout supporter of Manchester United. He is a devoted Christian and is married to Dr. Adedunni Doregos, a pediatrician. The marriage is blessed with a daughter.

MOM KILLED MY TOMORROW

They call it spiritual,
They call it ethical.
They call it universal,
They call it motherly.
They call it usual,
They call it mutual.

Shut your eyes and think of your tomorrow.
Shut your mouth and speak less of sorrow.
Take a bold step and aim forward.
You know your tomorrow.

September 1999, it all started.
In the white house of "stitches and newcomers".
My cry filled the theater,
I was successfully born.

Like the three "idiots",
Dad carried me, and called me a doctor,
Mom looked at me, and called me a nurse,
Leaving me with no choice of my own.

I grew up, loving what I hate,
And forced to cherish what gives me agony.
Mom wants me to do her wish,
Dad wouldn't let go off me.

They thought they were making me better,
Rather, they were killing me within.
Call me dad!
For he couldn't see my future.
Call me mom!
For killing my tomorrow.

Chemistry was made breakfast,
And Biology was made my lunch.
Physics was made my dinner,
Wished they made my choice, the last supper.

Mom scolded me for failing,
Dad blasted me for repeating.
Have they forgotten I got an "A" in Literature?
And a distinction in English?

They tore my essays, and called them trash.
They tore my poems, and swept them out.
They sold doughnuts with my storybook,
And turned my drawing book to weed wrappers.

They wasted their money on tutors,
And paid millions on tuitions.

They took me to the best,
While I fell behind the rest.

Suddenly! Michael gained admission.
Mom could no longer watch me, sit my ass at home.
Special center became my home,
And expo my half-brother.

At last I gained admission!
To study Medicine and Surgery.
Daddy was happy,
And mummy was joyous.

I knew I wouldn't make it there,
I knew I was going to fail.
But mom had "long legs",
she could not watch me fail.

I was depressed and dead within,
I smiled and laughed though.
I was not even sure of my future,
Because those I call family tampered with it.
I did 7 courses, but happily, I passed one.
I took interest in GNS101, and got an A.
Medical courses were written in "Latins",
Words my brain couldn't comprehend.

Mom "long legs" pulled enough strings,
And her connection got the right people.
My results were upgraded,
And I was ironically among the best.

Years went by, with no experience.
Semesters went by, with no knowledge of Medicine.
Blame me not, I have no interest.
Laugh me not, mum pushed me into this.

I graduated as one of the best,
Thanks to mum's strings.
I finally fulfilled dad's wish,
And made mom dream come through.

She got the name she craved "iya doctor",
And the praises she had always wanted.
She was exalted as the mother of the best doctor,
Little did they know the magnitude of what she had done.

Finally, the deal day came!
The Senator was rushed in,
They shouted Emergency! Emergency!!
And they called me to prepare for his treatment.

With fear, I cautiously walked to his ward.
And I carefully administered formaldehyde,
glutaraldehyde and methanol to the sick Senator,
Little did I know they were only used in preserving the dead.

The Senator was later reported dead,
And an autopsy was carried out.
They saw my flaws, and got me arrested for manslaughter,
Now I am here awaiting judgement.

The fierce looking judge had no pity,
I saw his scornful face.
Face that spelt death,

And lips that gave judgement.

He blamed me for my ignorance,
And sentenced me to death.
I looked at mom with regrets,
"Had she known"
Thank mom for killing my tomorrow,
Thank dad for sponsoring my death.

I should have resisted when I was old enough,
But my religion said "obey thy mother and thy father, so thy day may be long"

***#FIGHT FOR YOUR FUTURE ***
#MAKE YOUR PASSION YOUR PROFESSION
***#DON'T LET PEOPLE DICTATE YOUR FUTURE, ***
***#LIFE HARDLY GIVES A SECOND CHANCE. ***



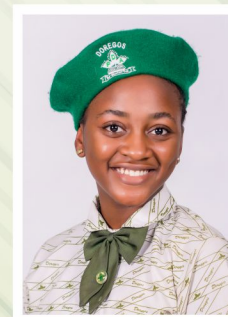
TEAM WORK

The strength of a rope is determined by its weakest point.
Collaboration the mother of teamwork
In a team everyone is important
We are our brother's keeper

United we stand, divided we fall
Teamwork an avenue to inspire others
A commitment we owe each other
The overall way of socializing and

learning new things.
Together everyone achieves more
It is all about us making the difference
It is all about us working together
It is all about us breaking the records

A group that works together stays together
Mr. "I" is always absent in the group
But Mr. "We" is ever present
It's all about teamwork to make the greatest change.



Eyemonu Colette

ODE TO DOREGOS

Inspiring and outstanding
Standing at the pinnacle of education
Is a school that prides itself in nothing but excellence

Doregos is the trailblazer
You lead while others follow
A hallmark of excellence
That remains second to none

Doregos my pride, my joy

An enclave of academic excellence
The College of Champions of world repute
The home of great icons

Doregos you shall forever be my pride
A gem that I shall forever treasure
My love for will never fade
Because you represent a community of achievers.



Iyalagha Deborah

WHEN YOU ARE BORED JUST THINK ABOUT A FEW THINGS THAT DON'T MAKE SENSE ...LIKE

1. If poison expires, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realize that one of them is unplanned?
4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
5. Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
6. Every time you clean something, you just make something else dirty.
7. The word "swims" upside-down is still "swims"
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them

SCHOOL POLL

- ☞ The Abodurin twins and Adeniji Damilola wear the school blazers every day of the week.
- ☞ Obasi Chika is the only student that can seamlessly mimic Mr.Adegbulugbe.
- ☞ Pogu Saratu is addicted to Tatiana songs.
- ☞ Awe Demilade and Ohis Ojeikhodion are the hairiest students.
- ☞ Adetula Angel and Osuji Jessica look like twins.
- ☞ Ojoawo Damola and Damilola are not identical twins.
- ☞ Bello Abubakar can write with both hands.
- ☞ Eyemonu Claire laughs in every situation.
- ☞ There are students that have not used blue pens before.
- ☞ There are students that cannot wink.
- ☞ Abodunrin Faith and Balogun Subomi cannot pronounce the word“parallel”.
- ☞ Agba Abraham is the best bottle flipper in the school.
- ☞ The family that has produced the school Head Boy three consecutive times is the Bello family.
- ☞ Achilefu Desire is the best rapper in the school.
- ☞ Ajibewa Roli has a unibrow.
- ☞ Toyosi Oluwaponmile is the most jovial student.
- ☞ Odusanya David is highly versed in current affairs.

Tongue Twisters that will really get your tongue twisted

1. While we were walking, we were watching window washers wash Washington's windows with warm washing water.
2. Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
3. How much wood would a woodchuck chuck if a woodchuck could chuck wood? If a woodchuck could chuck wood, a woodchuck would chuck as much wood as a woodchuck could chuck.
4. How much cabbage would a rabid rabbit scavenge if a rabid rabbit could scavenge cabbage? If a rabid rabbit could scavenge cabbage, a rabid rabbit would scavenge as much cabbage as a rabid rabbit could scavenge.
5. She sells sea shells by the seashore but the shells that she sells are not such seashore shells.
6. The sixth sheik's sixth sheep is sick. The sixth sheep's sick and it seeks the sixth sheik.
7. How many hairstyles could Harrystyles style if Harrystyles could style hairstyle.
8. Six sticky skeletons.
9. I saw Susie in a shoe shine shop.
10. How can a clan cram in a clean cream can?

WRONG & CORRECT EXPRESSIONS

| WRONG EXPRESSIONS | CORRECT EXPRESSIONS |
|------------------------------------|---|
| You're taking it personal | You're taking it personally |
| He is matured | He is mature He has matured |
| The reason is because | The reason is that |
| My stuffs | My stuff |
| Night vigil | Vigil |
| Traveling bag | Travel Bag |
| As at when due | As and when due |
| Be rest assured | Rest assured |
| I'm hearing you | I can hear you |
| She delivered a baby boy | She was delivered of a baby boy |
| Lacking behind | Lagging behind |
| Crack your brain | Rack your brain |
| All manners of | All manner of |
| Return it back | Return it |
| Wake keeping | Wake keep Wake |
| Exercise patience | Be patient |
| Barbing saloon | Barber shop |
| Borrow me your pen | Lend me your pen May I borrow your pen |
| More grease to your elbow | More power to your elbow |
| Funny enough, I've never liked him | Funnily enough, I've never liked him |
| Clap for him | Give him a clap |

FAMOUS UNSOLVED MATH PROBLEMS.

CAN YOU GIVE THEM A TRY?

**DID YOU KNOW
THESE THINGS
HAD NAMES?**

| THE COLLATZ CONJECTURE | THE COLLATZ CONJECTURE | THE COLLATZ CONJECTURE |
|--|---|---|
| Given a positive integer n , if it is odd then calculate $3n+1$. If it is even, calculate $n/2$. Repeat this process with the resulting value. For example, if you begin with 11, then you obtain the sequence 1, 4, 2, 1, 4, 2, 1, 4, 2, 1, ... which will repeat forever in this way. If you start with a 55, then you obtain the sequence 5, 16, 8, 4, 2, 1, ... and now find yourself in the previous case. The unsolved question about this process is: If you start from any positive integer, does this process always end by cycling through 1, 4, 2, 1, 4, 2, 1, ...? | For every positive integer n greater than or equal to 22, can you write $4n$ as a sum of three positive unit fractions? For example, for $n=3$, we can write $4 \times 3 = 12 = \frac{1}{2} + \frac{1}{6} + \frac{1}{6}$. For $n=5$, we can write $4 \times 5 = 20 = \frac{1}{4} + \frac{1}{5} + \frac{1}{20}$. In other words, if $n \geq 2$ can you always solve the equation $4n = \frac{1}{a} + \frac{1}{b} + \frac{1}{c}$ using positive integers a, b , and c ? | For a positive integer n , let $\sigma(n)$ denote the sum of the positive integers that divide n . For example, $\sigma(4) = 1 + 2 + 4 = 7$, and $\sigma(6) = 1 + 2 + 3 + 6 = 12$. Let H_n denote the n -th harmonic number, i.e. $H_n = 1 + \frac{1}{2} + \frac{1}{3} + \dots + \frac{1}{n}$. Does the following inequality hold for all $n \geq 1$: $\sigma(n) \leq H_n \ln(H_n) e H_n$? |

STUDENT WHO OBTAINED 0% IN AN EXAM.

I would have given him 100%! Would you? Each answer is absolutely grammatically correct and funny too.

Q1: In which battle did Napoleon die?
Ans: **In his last battle.**

Q2: Where was the Declaration of Independence signed?
Ans: **At the bottom of the page.**

Q3: River Ravi flows in which state?
Ans: **Liquid**

Q4: What is the main reason for divorce?
Ans: **Marriage**

Q5: What is the main reason for failure?
Ans: **Examinations**

Q6: What can you never eat for breakfast?
Ans: **Lunch & Dinner**

Q7: What looks like half an apple?
Ans: **The other half**

Q8: If you throw a red stone into the blue sea what will it become?

Ans: **Wet**

Q9: How can a man go eight days without sleeping?
Ans: **No problem, he sleeps at night.**

Q10: How can you lift an elephant with one hand?
Ans: **You will never find an elephant that has one hand.**

Q11: If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have?
Ans: **Very large hands**

Q12: If it took eight men ten hours to build a wall, how long would it take four men to build it?
Ans: **No time at all, the wall is already built.**

Q13: How can u drop a raw egg onto a concrete floor without cracking it?
Ans: **Any way you want; concrete floors are very hard to crack.**

1. The space between your eyebrows is called a **glabella**.
2. The way it smells after the rain is called **petrichor**.
3. The plastic or metallic coating at the end of your shoelaces is called an **aglet**.
4. The rumbling of stomach is actually called a **wamble**.
5. The cry of a new born baby is called a **vagitus**.
6. The prongs on a fork are called **tines**.
7. The sheen or light that you see when you close your eyes and press your hands on them is called **phosphenes**.
8. The tiny plastic table placed in the middle of a pizza box is called a box **tent**.
9. The day after tomorrow is called **overmorrow**.
10. Your tiny toe or finger is called **minimus**.
11. The wired cage that holds the cork in a bottle of champagne is called an **agraffe**.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called **vocables**.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an **interrobang**.
14. The space between your nostrils is called **columella nasi**.
15. The armhole in clothes, where the sleeves are sewn, is called **armscye**.
16. The condition of finding it difficult to get out of the bed in the morning is called **dysania**.
17. Unreadable hand -writing is called **griffonage**.
18. The dot over an "i" or a "j" is called **tittle**.
19. That utterly sick feeling you get after eating or drinking too much is called **crapulence**.
20. The metallic device used to measure your feet at the shoe store is called **Bannock device**.

STAFF ACHIEVEMENTS



Apart from imparting knowledge in the students, our staff members are also reputed for always making efforts in redefining themselves through continuous professional development trainings. This is predominantly for the greater good of the students and for their own career growth in order to maintain on-the-pulse professionalism. This growth mindset spurred two of our staff members to take a leap in ensuring they stay at the top of their game. Towards the tail-end of the previous year, the duo of Mr. Nicholas Ogunleye and Mr. Akinlabi Taoreed were certified by the British Council after their participation in the Core

Skills trainings. The training programme afforded them the tools and packages needed to ensure effective core skills provisions like strategies for planning, monitoring and improving teaching and learning across curriculum. Mr. Akinlabi was also shortlisted as one of the ten awardees for the Inspirational Educators Award at an elaborate ceremony tagged, "Education Conference 2019" that held on 4th May, 2019 at Landmark Centre, Victoria Island, Lagos. The award ceremony was organized by Meadow Hall Foundation.

NATIONAL COMPETITIONS AND OUTCOMES

In constant pursuit of excellence, some of our champions represented the school in various inter-school competitions in the course of the session. The sterling performances of our representatives at the competitions reflected how far the college has gone in imparting creditably on the students in order to produce a TOTAL CHILD. Our representatives were ranked the best in all the Quiz, Essay, Debate and Spelling Bee



The 2018/2019 Session was considerably thrilling in the history of Doregos Private Academy. Among several unmatched academic achievements since the establishment of the college, those of 2018/2019 session were particularly outstanding. Doregos Private Academy representatives made their mark of academic excellence in November, 2018 when the four students presented for the “2nd Belt and Road Teenager Maker Camp and Teacher Workshop” in China recorded an unprecedented success as they won gold medals in all the categories they competed in. The college was also outstandingly represented at the “Child and Adolescents Science and Technology Innovation Contest 2018” (CASTIC China 2018). Our representatives competed with students from over 50 schools in one of the biggest international science competitions in China and performed brilliantly as they won bronze medals.



Competitions they took part in at Townergate College, Dansol College, Grimes College, Home Science College and many more. The college was also represented at the Future Awards Competition in Victoria Island, Lagos. The Head Boy, Bello Abubakar, presented a project titled, “Harvesting”. The project won a sum of 50,000, a microscope and a training tour to Sussex.

INTERNATIONAL COMPETITIONS AND OUTCOMES

As a college that seldom rests on its oars when it comes to the attainment of academic excellence, our representatives recorded a laudable achievement at the “Eskom Expo for Young Scientists” in Johannesburg, South Africa in October, 2018. The school was represented by Abodunrin Favour and Adetula Angel and they were recognized for their outstanding performance. One of our academic prodigies, Faith Odusanya, gave a sterling performance at the “International Student Science Fair 2018” in Illinois, United States of America which took place from June 27th to July 1st, 2018. Her project, “Please, More Noise” was recognized as the “Most Innovative Research” at the competition. The school was represented by Bakare Saddam at the Intel/ISEF in Phoenix, Arizona, United States of America in May 2019. His project was given a special recognition by the organisers.



“Right from the beginning, I’ve always felt this is my place, I need to be here. The college has a remarkable ranking both nationally and internationally when it comes to academic excellence and this really endeared me to it. The singular decision to be part of Doregos community of champions has seen me at the top of my class and this I am proud of.”

Awe Oyinayo (JSS1 Diamond)



“I got a recommendation to study in Doregos while in London and it has been an amazing place to study since I joined this college of champions. The school maintains a legacy of exceptional academic record that remains unquantifiable. I have had the privilege of enjoying a real transformative learning experience that is undoubtedly vital to my successful progression in my academic career”

(Ogunyemi Theresa, JSS3)

“On e unique quality that stands this revered college out is the dedicated student support system. The college is blessed with highly qualified and dedicated academic staff that are ever ready to support students’ success. There is also a provision for academic mentors who advise students on their strengths and weaknesses and areas of development. Doregos is indeed a citadel of study that is second to none when it comes to student support system.”

(Edeoghon Gideon, JSS2)



“Everything we do at Doregos Private Academy is based on one simple but powerful idea: we won’t settle for ordinary. That’s why everyone of our department is a center of excellence. And that is why we have an outstanding track record in every of our endeavor.”

Bello Abubakar (Head Boy)



“My school remains an extraordinary learning environment where excellence thrives. Studying in conducive classes with educators experienced in exposing students to a wide range of learning methods has always set the school apart as a hallmark of excellence. Teachers here delight in monitoring our progress and support us to develop an appropriate pace of study and apply our skills.”

Shittu Imran (SS2 Emerald)

“Doregos remains a dedicated facility where students come to prepare for the challenges of academic life. I got a transfer to the school in order to have an access to the facilities that would make me the best that I used to be. This paid off through the opportunity to represent the school in a science competition in the United States of America. The learning methods here are simply designed to give students the necessary confidence and the skills to stand out anywhere in the world. Thank you Doregos”



Odusanya Faith (SS2 Sapphire)

"Doregos Private Academy stands out in terms of academic activities and achievements respectively. It is an academic environment where everyone would love to be. One of my happiest moments was when I travelled with other students to Belgium and China to represent the college at the 22nd annual Roadbelt Teenagers Makers Camp and the Expo Sciences International respectively.

Our best paid off at the competition and we won gold medals and that singular experience has since then helped me to discover my innate potentials. I shall forever remain a proud ambassador of this college. I love my school!"



"From the moment you confirm your place at Doregos Private Academy, arrival events and activities are always made available to help you get settled in, as well as orientation to make sure you complete all the steps of enrolment. You'll thereafter be exposed to new ways of teaching and more independent learning. This will continue throughout your time at the college even as you work towards progressing to the University."



Adetula Angel (Head Girl)

WWW INTERNET HAS DONE MORE HARM THAN GOOD IN OUR SOCIETY.

The creation of the INTERNET was aimed at creating and acquiring information and to have vast amount of various forms of knowledge provided on this platform. One cannot overlook the fact that the internet is a very rich source of one getting educated and informed. It increases students' interest in learning and it is undeniable that the internet brings lots of benefits to students because it provides them with a quick access to the vast amount of resources that could attract them to studying.

But taking a look at the society nowadays, I wonder if the internet is actually used positively or negatively among the youths and even the society at large. To be sincere, internet has done so much good for humanity and also a hell of a lot bad. The influence of the internet has deeply impacted lives in a negative way. So much negatively comes from the internet. Really it is sad that an interesting platform such as the internet which is meant to educate and help people to acquire information is used for the development of social vices in the society.

First of all, internet does not help most teenagers to make their fortune. In a recent world-wide survey on a website, it was discovered that eighty-seven percent of teenagers choose "chilling on the internet" as their first thing to do when they are at home. "chilling on the internet" does not help one to achieve success or make fortune, it's a waste of time. If the time used by teenagers to "chill on the internet" is utilized to do something meaningful, then a lot of things will be achieved.

Also, pornography is another harmful effect of the

internet to the teenagers. For youths to be exposed to pornography can cause stress and increases the risk for developing negative attitudes about the nature and purpose of humanity sexuality. Pornographic pictures and videos can be viewed by many people irrespective of the age on the internet. This serves as a form of distraction and stops teenagers and youths from focusing on their dreams.

Furthermore, personal information is accidentally leaked through the internet. Personal information can be leaked through the internet which can be in form of opening accounts on social networks or even meeting people that ask for personal information. Millions of people use the internet and if personal details about individuals are leaked on social network, it gives access to other people to go through your personal life which is wrong. The account can be hacked and the individual's credit card can suffer a cyber-attack. It also gives room for armed robbery operations to take place due to people placing pictures or videos of their achievements or activities. Through these, criminals get first-hand information about such individuals and thereby leading to them being robbed.

It's unfortunate that the internet has come to stay and even developing by the day, but we as individuals should be mindful of whatever we post on social media and also guided by principles of not searching illicit sites.



UCHE ANWUZIA



JESSICA OSUJI

THE EVILS OF BULLYING

"Always give a smile and throw out compliments because you never know who needs it", these are words of Christie Brinkley. She utterly and hundred percent right. These days, people don't have the words, 'I am being bullied' on their foreheads but they are. Then, we go around throwing out a snide, harmless comment and laughing about it. Unknown to you, you have ripped out another layer of someone's self-esteem.

Bullying means the oppression of another person either physically, socially or emotionally and sometimes, all at once. There are two types of bullies; those who intentionally oppress others; and those who watch and don't act. You may not be a doer of the action but as far as you don't find a way to stop the action, you are a bully. A whole lot of us find ourselves in that category. We sit and watch our classmates being teased and we don't talk. Some of us don't want to be insulted as well but is wrong. Very wrong | it is better to join the victim than join the bullies.

Physically bullying someone is when you hurt the person externally. You may think you are the person up just to intimidate them, but you are doing a lot worse. You are damaging the person internally as well. The victim would not like to speak up for fear of being beaten or hurt. This doesn't only occur in schools. it occurs at home too. A parent might beat a child violently just to shut him up but the parent doesn't know that he/she is slowly losing the child.

Emotional bullying is the worst and most dangerous kind of bullying. This occurs all around us. In school, at home, in church and

even, on the road. Society has made it a habit of criticizing people for every little thing. This happens mostly in school. If you are the type that wants to answer a question in the class but hesitates, then you have been emotionally bullied at one time or the other. What we have failed to understand is, words scar more than knives or blades. They dig deep into you and stay for life. It is easy to get over an injury but it takes a warrior, to get over words. Emotional bullying can lead to depression. When you taunt a person continuously for a thing or the other, you are removing bits of that person and before you can say jack, that person is a shadow of him/herself.

Depression leads to suicide. That is what we must all understand. Before you call that boy's name for being fat or ugly, remember, depression leads to suicide. In school, most of us are bullied and we don't even know it. We may just say a few things to somebody and sleep at night meanwhile the person is wide awake. We must learn to choose our words carefully.

Cyber bullying is under emotional bullying. Most times, being behind a screen is easier than reality. So, we say things to people knowing you can't, doesn't make it right. If someone posts a picture and gives a rude comment just because you don't favor it, you're a bully. Some people think about how they'll feel when they see a comment that reads, 'ugly'.

Bullying is evil. Sometimes we are ignorant, other times we aren't. let's put an end to bullying.

SAY NO TO BULLYING



Eyemonu Clare

SEXUAL ABUSE

was only six years old when he was sexually abused by Luke, his babysitter. Unlike Jake, Luke was fifteen years when the abuse started.

'Let us play a game or watch a movie together' Luke often said and afterwards abuse Jake. Nobody caught him out, no one expected it was happening-well why would they? They all really trusted Luke.

Luke threatened Jake that he should keep it a secret and that if it leaked, they'd both get into trouble and Jake believed and was scared. But when Jake got a bit older and learnt a bit about sexual things, he thought that what was happening to him could not be right. He then told his elder brother who then told his mum who wanted to speak to Jake about it.

Jake's mum was very upset. At first, she wasn't sure if it was true but of course nine-year-old boys don't make this sort of things up, so she knew he was telling the truth. About a year later, after the story got out, there was a court case. The abuser got fourteen years in prison and Jake was not just happy because it was justice he felt good because he stopped it from happening to other boys.

When we say sexual abuse, we are not just talking about molestation. It is when someone is forced, pressurized or tricked into taking part in any kind of sexual activity with another person. 'Any kind' is emphasized because it could include being

Jake touched in a way you don't like and most certainly without giving permission or consent; being forced to have sex(intercourse), look at sexual pictures or videos, do something sexual; rape and sexual assault; sexual harassment or even domestic abuse or violence. It can also include sexual exploitation (i.e. being pressurized into having sex with someone in return for getting something like money or drugs), sexting or child pornography.

It is also very surprising to know that sexual abuse does not have to be physical act and it can happen on-line. Sometimes, the child will not understand that what is happening to him is abuse. He may not even understand that it is wrong and in most cases he may be afraid to speak out like Jake in the story above.

Here are six facts about sexual abuse: sexual abuse can happen to both boys and girls at anywhere and at any time; someone could be sexually abused by a stranger, somebody you love and trust; someone could be sexually abused by a person of the same sex; sexual abuse is not always 'full sex'- it can also include kissing, touching, oral sex, or anything sexual; sexual abuse can happen online as well as offline and most importantly, you are not alone and there are people who can help you.

Have you ever wondered why sexual abuse can happen? It is perfectly normal to want to know why it can or has happened and it has nothing to do with who you

are, or what you have done because some people just want to feel power and control. They know what they are doing is wrong. They might tell you to keep it a secret like Luke did or try to make you believe that it is okay. This is called 'grooming' it also happens online.

Other factors that cause sexual abuse are alcohol and drugs. This is because it has been observed that sexual assaults are more likely to occur in settings where alcohol is being consumed.

Another factor is peer influence. Research has shown that in some groups, sexual aggression can be a defining characteristic of manhood. Research has also shown that men with such peer consider this form of abuse as a legitimate means of punishing women with 'immoral' behavior such as wearing short skirts, being in love, drinking. For this reason, they do not even see sexual abuse as crime or menace and this is very bad.

In the aftermath of a sexual assault or rape, survivors and not victims can face extremely difficult and painful emotions and experiences. Every survivor responds to traumatic events in their own way and these effects could be short or long term.

Physical effects of sexual abuse are: bruising, bleeding (vaginal or anal), difficulty in walking, soreness, broken or dislocated bones(rape), sexually transmitted infections and unwanted pregnancy.

Mental effects are: post-traumatic stress disorder including: flashbacks,

nightmares, severe anxiety and uncontrollable thought; depression including prolonged sadness, feelings of hopelessness or even unexplained crying, suicidal thoughts; dissociation, including not being able to focus in work or on school work.

Emotional effects are: changes in trusting others, anger and blame; shock; numbness; loss of control, disorientation, self-blame or guilt for 'allowing' the crime to happen; fear, feeling of weakness, vulnerability and soon.

Sexual abuse is terrible and

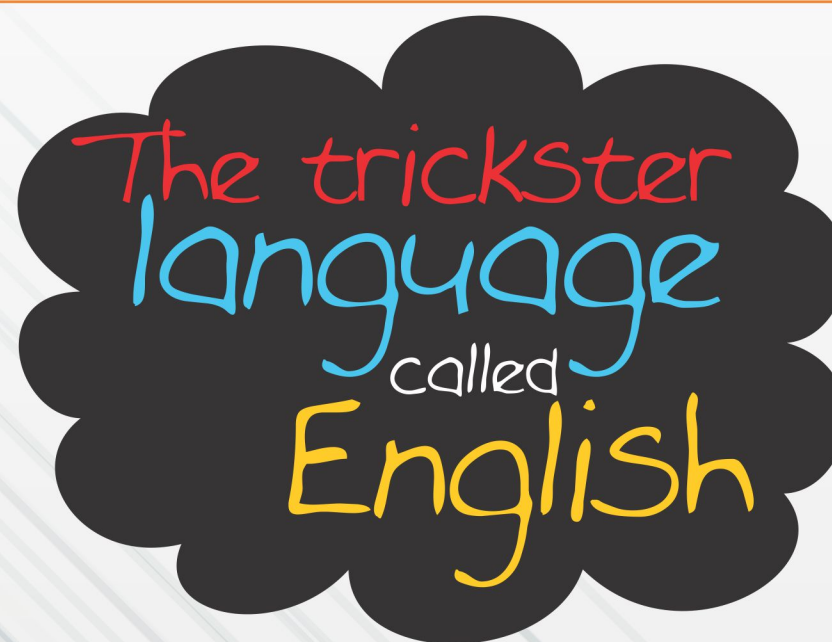
should be prevented. In order to prevent sexual abuse as students or children, you can ask them to stop or you can tell someone who can help you if you feel unsafe confronting them. In a nutshell let them know that you don't like what they are doing to you.

Also assertiveness is highly important. Find out about being assertive so you can say how you feel. Other ways are: to know your rights; supporting others; keeping record and most importantly reporting it. Do not be scared to voice out because the moment you share your

problem, your freedom begins. As parents, you can learn as much information as you can about physical and sexual abuse and also listen and talk with the children as communication is the most important principle.

To the government or people in power, seminars should be organized and adequate punishment should be given to offenders.

In conclusion, sexual abuse is an obstacle to peace, happiness and normalcy in the society and should not be practiced.



Let's look at a man.
Two of them become men.
But the plural of pan is not
the same as pen. You may
show me your foot,
And wear shoes on feet,
If I give you a boot,
Will a pair be called a beet?

One may be that.
And a dozen may be those,
But the plural of hat is not
hose.

A person who bakes is
known as a baker but the
person who cooks is not a cooker.

Words like honest and hour both have
silent "h" but imagine saying hook and
hood without the sound of "h".

Don't you agree with me that English
language is indeed the trickiest language of
all?

It begins with a mouse
And two are called mice
But the plural of house is houses and not
hice.

You may keep your things in a box
And I might keep mine in three boxes,
Yet, the plural of an ox is oxen and not
oxes.

If the plural of goose is called geese,
wouldn't the plural of choose then be
cheese?

WHERE ARE THEY NOW?

We felt the need to take a peep into the present status of a few ex-students of Doregos Private Academy and it is our absolute believe that you would be able to draw an inspiration from what they have been able to make of themselves in terms of academic, business, career,sports and so on.

**Dr. Shittu
(2009 Set)**



Dr. Yusuf Shittu graduated from Doregos Private Academy in 2009. A former Head Boy of the school. He was the best Graduating Student, SSCE, DPA Class of 2009. He holds a Bachelor of Medicine; Bachelor of Surgery (MB; BS) from the University of Lagos.

A Medical Doctor trained at the Lagos University Teaching Hospital. Dr. Yusuf is passionate about empowering the next generation to attain their fullest potential and he believes sound health and quality education are essential determination of their success as change makers in future. He is the Founder, The Nigerian Child Initiative and Executive Director of NEO CHILDCARE. He is a recipient of the Talent of the Future by Ideation Hub Africa, Global Schools Amabassador, UN Sustainable Development Solutions Network and Fellow of the Carrington Youth Fellowship of the US Consulate. He is also a 2017 Fellow of the Social Innovation of LEAP AFRICA.

She was part of the innovative team that invented a urine powered generator which could provide safer, affordable and more access to electricity a few years ago. The outstanding invention won a gold medal at the prestigious Intel/ISEF competition in the USA IN 2012. The laudable feat was featured on national and international media.

Adebola is now a graduate of Bioengineering from Temple University, USA. While there, she proved her worth as a great ambassador of Doregos. She was a senior Bioengineering student with a pre-health pathway. As the Energy Intern at the Office of Sustainability, Debola was responsible for managing the documentation of the Energy systems at the Tiny House and also pursuing the Energy Petal Certification for the Living Building Challenge.

Adebola also developed an interest in studying the effects of Energy Supply on Health Care provision.

She hopes to be able to improve health care provision in rural African countries by harnessing renewable energy sources.



**Adebola
Duro-Aina
(2014 Set)**

She was part of the innovative team that invented a urine powered generator which could provide safer, affordable and more access to electricity a few years ago. The outstanding invention won a gold medal at the prestigious Intel/ISEF competition in the USA IN 2012. The laudable feat was featured on national and international media.

She recently graduated summa cum laude (having two 5.00 semesters) with a Bachelor's Degree in Zoology, Obafemi Awolowo University, Ile-Ife. Despite being a science major, she currently works as a writer for BellaNaija Weddings as well as the Marketing Coordinator for Hausse Hospitality, Victoria Island where she does digital marketing. She is a prolific writer and a recipient of Witty Sally's award for Most Creative Writer for her short story, "Born and Broken".

Also, her poem, 'Savage' was shortlisted for Whyke Anthology League. As a spoken word poet, she has performed at dinners, conferences and open mics.

Currently, she volunteers for Ecowarriors Nigeria (where she also doubles as the Head of Content and Research) and Earthplus Africa. Both are environmental conservation organizations. She intends to bag her Master's Degree in the UK in Environmental Science and Management.

**Oluwatoyin
Faleke
(2014 Set)**



WHERE ARE THEY NOW?

**Favour
Popoola graduated from
Doregos Private Academy in 2015.**

He's a student of Law at Obafemi Awolowo University, Ile Ife. He is a member of the Equity Chambers at OAU as well as the Maritime Law Society, OAU. He has interned at the George- Taylor Ashiru and co Chambers. Favour is an attendee of the Microsoft Artificial Intelligence Virtual Conference and is a member of the Microsoft Cloud society. He has a keen interest in Leadership and Development and holds a basic Leadership certificate from the Daystar Leadership Academy.

In a bid to give back to society, Favour runs a Non-profit organization known as "The Think Like a Seed initiative." The initiative aims to provide care for children and to actively participate in community development initiatives.

Favour intends to specialize in Arbitration and Lawchnology- a fusion between Law and Technology. He is also a prospective legal intern at Oracle.



**Favour
Popoola
(2015 Set)**

**Rafiat
Shittu
(2015 Set)**



Rafiat Shittu makes a unique blend of the astuteness of a budding professional and the tenacity of a growing entrepreneur. A Lawyer in training and Culinary Entrepreneur, she is passionate about changing the world with her voice and her actions. She's a food enthusiast, who runs a food blog – www.raffiscuisine.wordpress.com and offers outdoor catering services at pop-up events. She graduated from Doregos Private Academy in 2015 and got admitted into the Faculty of Law, University of Lagos and is currently in her 4th year. She has represented the University of Lagos at 2 International Model United Nations Conferences (National Model United Nations) in Washington, USA in 2018 and New York in 2019 respectively. At the last Conference, she bagged the Outstanding Delegation Award - the first of its kind to an African Delegation and she also won an individual award for the Best Position Paper. She has held several leadership positions in the University; serving as the Public Relations Officer in 2018 and now Deputy Head of Chamber both of the Taslim Elias Student's Chamber @t_e_chambers. She is also the Vice Chair of the UNICEF Committee at the Lagos Model United Nations 2019 @lmun_ng.

WHERE ARE THEY NOW?

Shaniyi Oluwaseye (2015 Set)



Oluwaseye finished from Doregos Private Academy in 2015. Oluwaseye is currently a 400Level Medicine and Surgery student at the prestigious University of Lagos, Akoka. He was a bronze medalist at the 2018 Nigerian Medical Student Association Games (NIMSA Games) in basketball – an indisputable evidence that he was thoroughly groomed to be a basketball whizkid during his academic sojourn at Doregos. He is currently an entrepreneur of great repute. He is the Chairman/CEO of @the_hydra_company. A reputable company that deals in the sales of phones and automobiles.

Tomisin finished from Doregos Private Academy in 2015. He was one of the highly cerebral students in his Set that were placed on a pedestal for their exceptional contributions to the school's recognition as a second to none hallmark of excellence. He represented the college in several competitions nationally and internationally and prominent of them was the INTEL/ISEF Competition in the United States of America in 2014 where he won a bronze medal. Tomisin is currently a 400L Chemical Engineering student of the prestigious University of Lagos.



Tomisin Daniel (2015 Set)

Praise Davies (2016 Set)



Praise finished from Doregos Private Academy in 2016. A distinguished and studious former Head Girl of the school who also doubled as a multiple award winner. She was popularly known as a wordsmith during her academic days at Doregos owing to the impeccable and flawless manner she used the English expressions. She was a delight of every member of the Doregos community before she graduated high flying results in 2016. Praise is currently studying Law at Cardiff University, United Kingdom.

WHERE ARE THEY NOW?

Menyaga Collins (2017 Set)



A former Head Girl of the school. Ebunoluwa Tunde-Oguntade finished from Doregos Private Academy in 2018. Ebunoluwa distinguished herself as an academic prodigy while she was at Doregos through the countless academic records she broke. She proved her mettle on all fronts and thereby etched her name in the school's Hall of Fame as the 2018 Most Outstanding student just as she made nine distinctions in the 2018 West African Senior School Certificate Examination (WASSCE). She is currently studying Pharmacy at the prestigious University of Ibadan, Oyo State.



Ebunoluwa Tunde-Oguntade (2018 Set)

Collins finished from Doregos Private Academy in 2017. He is at present a student of the University of Ottawa, Canada, studying Biology. Highly enterprising while he was at Doregos Private Academy, he and his brothers who are also ex-students of Doregos Private Academy are at the verge of setting up a large Agro based multinational conglomerate here in Lagos and in Canada. The idea of setting up the conglomerate is to proffer a lasting solution to Nigeria's food deficit by providing low cost foods with great quality to the Nigerian populace. According to Collins, the exceptional business idea was borne out of the entrepreneurial trainings they were exposed to at Doregos Private Academy.