

NEWS LETTER

A PROMISE TO THE ELECTORATE

Our candidates delivered their manifestos this Wednesday. They were eloquent and honest. They made promises like keeping up with good behavior, supporting the management, and doing their best to be the best examples of OMC they can be.

Election Day 2026

Friday brought us clear skies and ballot boxes. Voting started with year 8 as each class cast their votes for the best student council government. The process went smoothly, with votes counted on the spot. Stay tuned for the swearing in.



MATH AND SCIENCE QUIZ

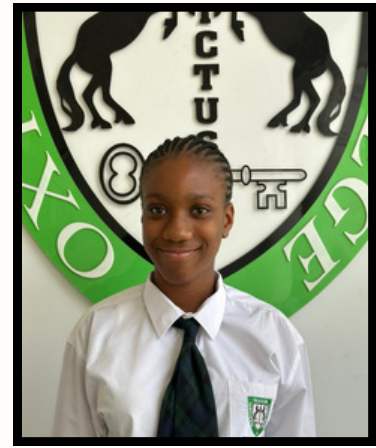
This was the first-ever all-tech quiz held at OMC. If you missed it follow our social handles to catch the highlights. It was electric! The cheering and applause were so loud that you believed you were at an El-Classico match in Spain. Hidden skills were revealed and old ones reaffirmed. Well done to the OMC for setting up and implementing this fantastic project. Final scores are:

Green House emerged in 1st place with 285 points, followed by Blue House in 2nd place with 220 points, Red House in 3rd place with 215 points, and Yellow House in 4th place with 150 points.

SCHOLARS OF THE MONTH

Every month scholars are observed and key indicators, such as behavior, academic achievement etc, are noted. The top scholars for each class for the month of January are:





Top-performing students by year group are: Tunde Popoola (Year 11), Agbonma Kanu (Year 10), Oluwatojuola Olufemi (Year 9), and Zinachidi Nwaogu (Year 8).

PARENTS CORNER

Hi! This week we have sites to make Science easier to learn at home.

CAMBRIDGE GO (CAMBRIDGE'S OWN DIGITAL PLATFORM)

You can find digital coursebooks and learner resources specific to Cambridge IGCSE Physics, Chemistry and Biology here. This is directly from Cambridge and aligned to the syllabuses. ([cambridgegohelp.cambridge.org](https://www.cambridgegohelp.cambridge.org))

- Useful for: clear explanations, practice questions, digital textbook content.
- Coursenotes and Topic Summaries
- SparkL (Revision Notes, Questions, Videos)

IGCSE Physics, Chemistry & Biology Notes and Flashcards – covers key topics in each science with **revision notes, flashcards, practice problems and video lessons.**

vUseful for: catching up or reviewing whole topics in digestible chunks.

Checkpoint Science Resources

For **Cambridge Secondary Checkpoint** (younger school years):

- You can find **Science revision PDFs with practice tasks and structured topic review online** – though these aren't official Cambridge pages, they are designed around the Checkpoint syllabus. ([CES Funai](#))
- **Useful for:** summarizing facts and concepts in Stage 7–9 (Checkpoint level).

PARENTING OUR GEN ZS AND ALPHAS (3)

Supporting Today's Learners: Identity, Self-Esteem & Peer Influence

Welcome back as we delve into another two topics in our on-going segment of parenting our Gen Zs and Alphas. So far, we have discovered that they are easily anxious, they react to authority in ways we feel are alien (could they be from a different planet, I wonder?). We also tried to figure out how to get them to use their screens less (even if a few of us are just as bad).

SUPPORTING STUDENT IDENTITY, SELF-ESTEEM AND PEER INFLUENCE

As children and young people grow, they naturally begin to explore who they are and where they belong. Today, this journey is strongly shaped by peer influence and social media, which can affect confidence and self-esteem.

Many students feel a strong need for approval and compare themselves to others online. Exposure to carefully curated images and influencer culture can create unrealistic expectations and confusion about identity.

Schools and families play a vital role in supporting students by focusing on character rather than popularity, encouraging balanced use of social media, and helping young people value what makes them unique. When students feel accepted for who they are, they are better able to manage peer pressure and build resilience.

TOP TIPS FOR PARENTS AND CARERS

- Praise effort, kindness, and character, not likes or appearance
- Encourage offline activities such as sports, arts, clubs, or volunteering
- Talk openly about the difference between online images and real life
- Help children recognise and celebrate their individual strengths

I hear you asking; where can I read more.
Ask no more:

MENTAL WELL-BEING, CONFIDENCE & PEER SUPPORT

MINDED FOR FAMILIES

Information on supporting children's emotional and psychological wellbeing.

● <https://minded.org.uk/families>

YOUNGMINDS – PARENT HELPLINE & GUIDES

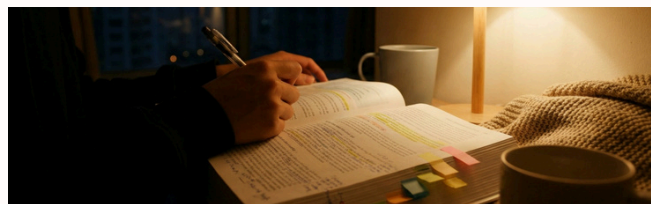
Advice on supporting young people's mental health and confidence.

● <https://youngminds.org.uk/find-help/for-parents/>

KIDSHEALTH – PARENTS SECTION

Articles on self-esteem, friendships, body image, and teen social challenges.

● <https://kidshealth.org/parent/>



STUDY TIP OF THE WEEK

Active Recall & Self-Testing:

Instead of just reading notes, quiz yourself on the material. Write questions from your syllabus and try to answer them without looking. This strengthens memory retention and helps you identify weak areas faster.



HEALTH TIP OF THE WEEK

Move & Breathe:

Take short breaks to stretch or walk every hour, and practice deep breathing for 2–3 minutes. This improves circulation, reduces stress, and boosts focus and energy throughout the day.



INTERNATIONAL NEWS

Premier League action: Oxlade-Chamberlain is set to join Celtic, and James Milner could reach the record for most Premier League appearances. Spurs' talents like Xavi Simons are improving, and managerial changes are discussed at top clubs.