



# OXFORD MANOR COLLEGE NEWSLETTER

## NATIONAL CHESS COMPETITION



The OMC chess team has been again, done us proud. They competed in the just concluded annual National Chess Competition for Secondary Schools, held at Olumawu School. Our team of 3 won individual medals and came 5<sup>th</sup> place overall out of about 26 schools. Chess is a game of strategy, critical thinking and patience. These skills are needed to forge ahead in our global village.

## PREFECT SHIP SWEARING IN

The batons have been passed, as the next set of student leaders take the helm. The new prefects were sworn in on Friday with their parents, faculty and other scholars present to bear witness. Congratulations to them all.



## INTERHOUSE CHESS COMPETITION

What better way is there to groom the next generation of chess masters than to host our in-house competitions? None, will be the answer. On Wednesday, OMC held its interhouse chess competition. It was quite riveting as plays and strategies were on display. At the end, the standings are as follows:

- First Place – Blue House (**6 points**)
- Second Place – Red House (**4 points**)
- Third Place – Yellow House (2 points)
- Fourth Place – Green House (0 points)



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## FROM THEIR MOUTHS TO YOUR EARS



### *What they really want to say*

Coming off our last series – Parenting Gen Zs and Alphas, our focus is shifting from how we can parent to what are they really saying. For the next few weeks, we will be discussing what they want us to know.

We asked a couple of scholars a question- **What would you like to ask your parents, but haven't gotten the chance?** Here are their responses:

1. They feel they aren't trusted even to experience what their parents did (within the confines of our current circumstances).
2. They wonder why there seems to be double standards when it comes to freedom (their words not mine). Sometimes they feel their male siblings are allowed to do more. Other times they feel their older siblings were given more freedom to explore and interact with their peers.

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## PARENTS' CORNER



### **What Gen Zs and Alphas Are Really Saying**

Hey students, parents, and guardians!

We're flipping the script on parenting advice and giving you a peek into the minds of our scholars. Over the next few weeks, we'll be sharing what our Gen Zs and Alphas want you to know.

This week, we asked: **What's something you'd like to ask your parents, but haven't gotten the chance?**

Here are their honest responses:

- "I want to experience what you did, but with today's realities. Trust me, I'll be okay!"
- "Why do I feel like there are different rules for me compared to my siblings? It feels unfair."

These concerns highlight the importance of trust, communication, and understanding in parent-child relationships.

What do you think? Share your thoughts and let's start the conversation!

Here are some suggestions to address the questions from the scholars:

#### **1. "I want to experience what you did, but with today's realities. Trust me, I'll be okay!"**

- Parents can start by having open conversations with their children about their own experiences and the differences in today's world.
- Set clear boundaries and expectations while giving them autonomy to make some decisions.
- Encourage them to take calculated risks and learn from their mistakes.

## 2. "Why do I feel like there are different rules for me compared to my siblings? It feels unfair."

- Parents can explain the reasons behind the rules and how they apply to each child's unique needs and circumstances.
- Establish clear expectations and consequences, and be consistent in enforcing them.
- Listen to their concerns and be willing to adjust rules as they demonstrate responsibility and maturity.

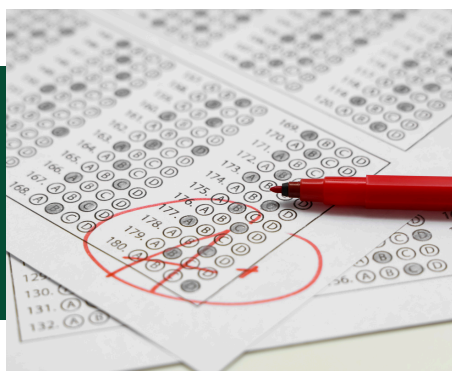
Some potential conversation starters:

- "What do you think is fair about our rules, and what doesn't feel fair to you?"
- "How can we work together to create rules that feel fair and safe for everyone?"
- "What responsibilities do you think you can handle, and how can we support you in that?"

Stay tuned for more insights from our scholars.



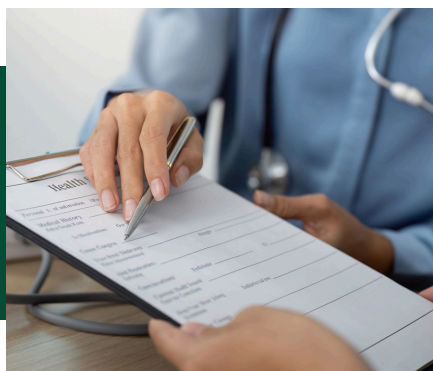
## SCHOLARS' CORNER



### Study tip

#### Learn by Teaching

One effective way to improve learning is by explaining what you study in simple terms, as if you are teaching someone else. When students simplify ideas and identify areas they struggle with, it helps deepen understanding and strengthens memory.



### Health tip

#### Start the Day with Water

Drinking one or two glasses of water in the morning helps the body recover from overnight dehydration. Proper hydration improves concentration, boosts energy levels, and supports overall physical health throughout the day.



### International News

Recent global developments continue to shape international discussions. The ongoing conflict between Russia and Ukraine remains a major concern for global security and economic stability. In West Africa, Ghana is making progress toward economic recovery with support from the International Monetary Fund.

## THANKS FOR READING