

FEBRUARY 2019

OLASHORE

Alumni Magazine

25th Anniversary Special Edition

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**ALUMNI GRADUATE
WITH FIRST CLASS
DEGREES**

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GIRL RETURNS TO
ALMA MATER**

**OISA SET
TO LAUNCH
FOUNDATION**

**BODE OLANIPEKUN
NIGERIA'S YOUNGEST SENIOR
ADVOCATE OF NIGERIA**





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the dynamic global society.



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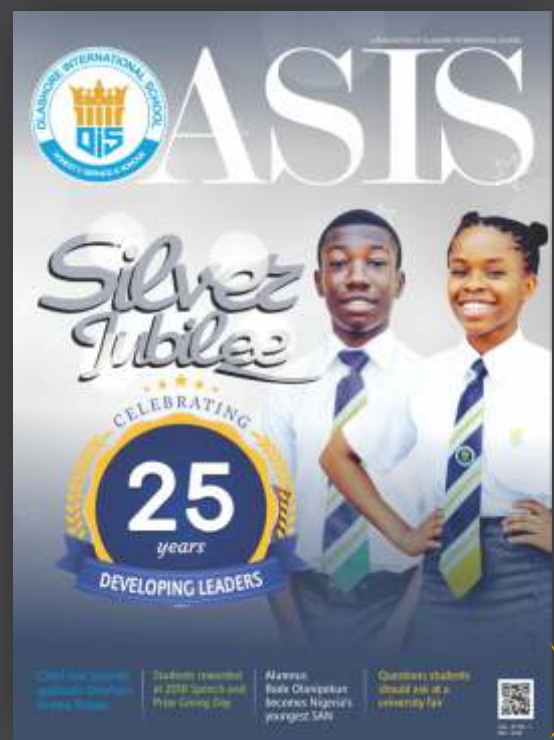
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From the Alumni Director!

It is a new year and I am absolutely delighted to be making this journey of unlimited possibilities with you. I am particularly honoured to have joined the Olashore International School family as Alumni Director at the start of this year. Frankly, I have been pleasantly astonished by the amazing achievements of the alumni of the school; some of which have been captured in this edition of the Olashore Alumni Magazine.

Exactly ten years ago, something that many considered extremely remote, if not impossible happened in the United States of America (USA). A citizen of that great country, grouped within the ethnic minorities, and the son of an African Immigrant, Barack Obama, was sworn in as the 44th President of the USA. Up against established stereotypes and naysayers, Barack mobilized a nation around a common slogan – ‘Yes We Can,’ and together they made history.

The Year 2019 is a landmark year for Olashore International School as it celebrates its 25th anniversary. There are definitely many reasons to celebrate this landmark achievement and to be thankful. The school has truly survived and excelled against all odds. It has kept the cherished values of its pragmatic founder – Oba Oladele Olashore, CON alive. It has been consistently successful at building responsible leaders for the 21st century global community. There is no better way to rate this success than to look at how successful alumni of the school have been in several facets of human endeavour. Our cover story in this edition showcases one of these uplifting success stories – that of Bode Olanipekun, the legal luminary who was recently conferred the rank of Senior Advocate of Nigeria (SAN). He is the youngest person to be so conferred. I am indeed proud to be working with these great men and women to further push the limits of what is possible.

As we begin the journey into the next 25 years, alumni engagement with the school will become one of the most critical pillars of sustainable success. For this reason, we will work with alumni and the School’s governing authorities to design and implement programmes and activities that will create the necessary linkage for engagement. We want to build a visible and vibrant network of old students of the school that will contribute massively to the personal and professional development of all its members, the development of Olashore International School and, of course the advancement of humanity. Looking from afar, this objective seems remote and far-fetched; but having faith in God’s unfailing grace and in our collective will to succeed, we can and we will do it.

Dianabasi Akpainyang
Alumni Director, OIS

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PRINCIPAL'S MESSAGE



D.K.Smith

Welcome to this edition of the alumni magazine which is also a special edition as we celebrate the 25th anniversary of Olashore International School. In addition to being circulated electronically, a hard copy will be given out on Founder's Day to all alumni present.

As you know, Olashore International School was founded in 1994 by Oba Oladele Olashore CON to provide an international standard education in Nigeria and compete with schools around the world. We can be proud that the school has gained a reputation for academic excellence inculcating the values of honesty, service and honour into students and equipping them to be leaders in the 21st century. The academic standard continues to be upheld by students producing excellent results in external examinations, nationally and internationally. However, an Olashore education is about much more than academic excellence, it is about exceptional performance in all areas. We believe in developing leaders who are rooted in Nigeria but are 21st century leaders in the dynamic global society.

Throughout the 25 years of the school's life we have seen numerous achievements, and this is reflected in the outstanding success of our over 2000 alumni. Amongst them are countless first-class graduates from leading universities across the world. Olashore International School has also produced a dynamic group of young leaders who are transforming the

country including Nigeria's youngest SAN, Bode Olanipekun, one of Africa's leading entrepreneurs, Obinna Okwodu and Folarin Falana, one of Nigeria's leading performing artistes recognised across the world.

To launch the 25th anniversary, we hosted a press conference. This was followed by a series of activities in Iloko and across the country including the anniversary school play 'Etiti: All Eyes on you' which was staged in Abuja, Lagos, Ibadan and Osun State. The play was written by Chief Jimi Solanke and it was a pleasure to welcome him and his wife to the performance in Lagos.

The 25th Anniversary Founder's Day takes place on Saturday 9th February 2019 in the school hall. Three alumni will be receiving the Outstanding Alumni Award for their contribution to the school and we invite you to show them your support. Dr and Mrs Burgess won't be able to join us at this stage, but they send their warmest regards and we look forward to welcoming them back to Nigeria later in the year. During the event the school will be unveiling the 25th Anniversary Book, a record of life at the school throughout its 25 years with a foreword written by Dr Burgess.

In addition to the ceremony in the morning, there will be a formal dinner

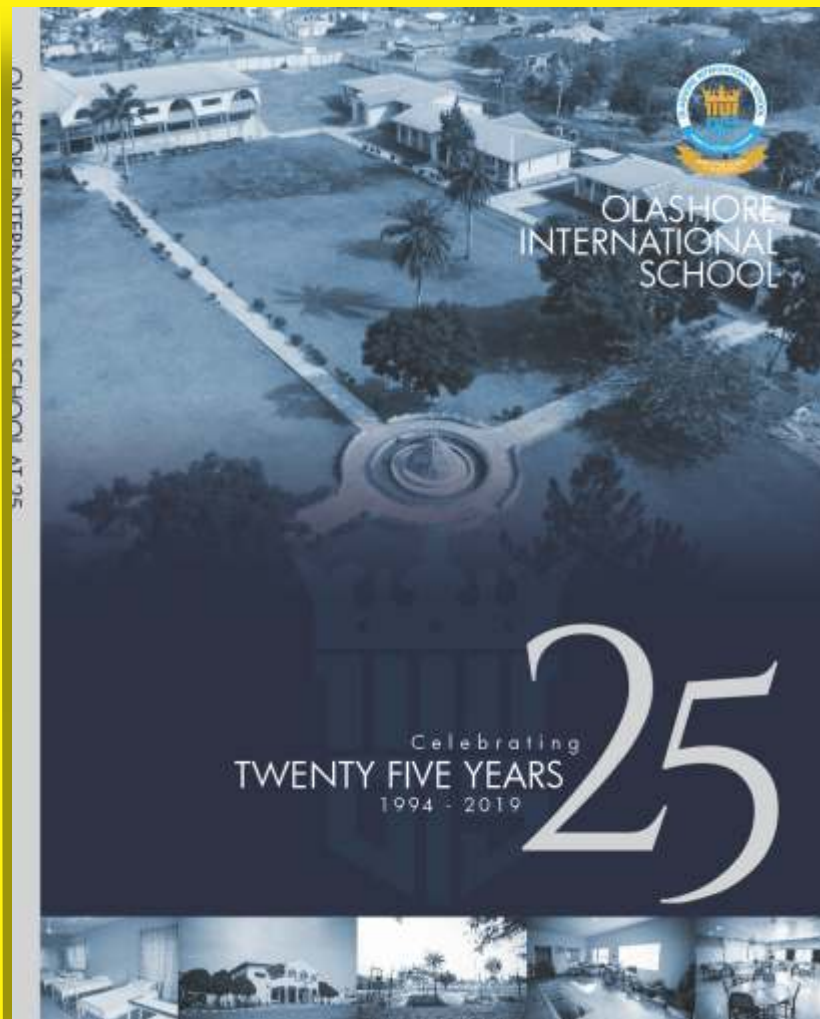
for alumni of the school in the banquet hall at the Royal Park Hotel on Saturday evening and we would love as many of you as possible to attend.

I want to use this opportunity to welcome on board the new Alumni Director, Mr Dianabasi Akpainyang. He has extensive experience developing alumni communities and he will be in touch with you soon. He will be based in our Lagos office where we also have a new Office Manager, Miss Motolani Kolawole who graduated from Olashore in 2002.

We were also pleased to welcome back Olumide Adebayo, Class of 2005, who has joined us to undertake his NYSC year in the school. Mide will be helping us develop the ICT systems in the school to transform the way the students are learning. All alumni who have recently graduated and are looking forward to NYSC, are welcome to carry out their NYSC in the school. If you are posted to Osun State, or would like to be, please email Mr Rufai (hakeem.rufai@olashoreschool.com). There are numerous opportunities for you in the school.

Finally, as we celebrate the vision of our founder, the commitment of the staff who has ensured its implementation and the success of our alumni, I would like to thank all alumni. Your success is the realisation of that vision.

COFFEE TABLE BOOK



Foreward written by Dr David Burgess (Pioneer Principal)

To pre-order
visit www.olashoreschool.com

QUOTES OF THE WEEK

These are the weekly quotes from term 1 presented by the students during whole school assembly.

How many things would you attempt if you knew you could not fail?
Robert Frost

Any fool can know. The point is to understand -
Albert Einstein

I can be changed by what happens to me. But I refuse to be reduced by it - **Maya Angelou**

Don't cry because it's over, smile because it happened - **Dr. Seuss**

Do not go where the path may lead, go instead where there is no path and leave a trail - **Ralph Waldo Emerson**

Destroying things is much easier than making them - **Suzanne Collins**

Everyone thinks of changing the world, but no one thinks of changing himself - **Leo Tolstoy**

It matters not what someone is born, but what they grow to be - **J.K. Rowling**

Because we all share this planet Earth, we have to learn to live in harmony and peace with each other and with nature. This is not just a dream, but a necessity - **Dalai Lama XIV**

It's the possibility of having a dream come true that makes life interesting - **Paulo Coelho**

The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom - **Isaac Asimov**

It isn't what we say or think that defines us, but what we do - **Jane Austen**



Motolani Kolawole

Alumna joins Olashore Staff

An alumna, Motolani Kolawole (Class of 2002) has joined the Olashore International School staff as the Lagos Office Manager. Motolani graduated from Covenant University with a B.A in Mass Communication and also has a master's degree in Human Resource Management from the Heriot-Watt University, Edinburgh, Scotland. Motolani who started work in January describes her work environment as 'a creative and innovative atmosphere where there is room for personal development'. She is looking forward to adding to the school's prestige as well as adding value.

Alumni to be honoured by the school

Three alumni will receive the Outstanding Alumni Award from Olashore International School. The alumni are Gbemileke 'Oscar' Oyinsan, Dr Oladoyin Olaosebikan and Busayo Otuyemi.

The award presentation will take place on the 9th of February during the 25th Anniversary Founder's Day celebration.

The alumni are being recognised for their role in the school after graduation.

Various dignitaries have been slated to attend the Founder's Day ceremony. Among them are The Ooni of Ife, Oba Adeyeye Enitan Ogunwusi; Executive Governor of Ekiti State, Dr Kayode Fayemi; Mr Isiaka Oyetola, the Executive Governor of the State of Osun; Amb. (Dr) Eniola Ajayi, Nigeria's Ambassador to the Republic of Hungary.

25th anniversary celebration kicks off with press conference

Olashore International School has commenced its 25th anniversary celebration with a press conference. The press conference was held on 2nd November, 2018 at the school's liaison office. It was a platform for the members of the board to discuss the progress of the school over the last 25 years as well as let the public into the various activities lined up to

celebrate the school's anniversary.

In attendance were the Chairman, Board of Governors, Prince Abimbola Olashore; Members of Board of Trustees, Prince Taiwo Olashore, Prince Kehinde Olashore; and the Principal & CEO, Mr D.K. Smith.

Sixteen pressmen from the various media houses across the country were in attendance.

Annual Olashore Open Event commences in Port Harcourt

The Annual Olashore Open Event officially commenced in January with the Chairman, Board of Governors, Prince Abimbola Olashore and Principal & CEO, Mr D.K. Smith hosting parents, friends and alumni of the school to a reception in Port Harcourt.

The Open Event will move from Port Harcourt to Abuja, Ibadan, Lagos, Ado-Ekiti, Akure, Warri, and London.

The event, which is one of the school's platforms to relate with stakeholders, creates an avenue for those present to network as well as learn more about what the school offers and the direction of an Olashore education in the 21st century.

Details of the event can be found on the school website, social media or by contacting the school directly.



L-R: Prince Kehinde Olashore; Mr D.K. Smith (Principal & CEO); Prince Abimbola Olashore (Chairman, Board of Governors) and Prince Taiwo Olashore (Vice-Chairman, Board of Governors) at the 25th anniversary press conference.



08

Mayowa Obeisun
Bags PhD in Chemical
Engineering from U.K. Varsity

Dr Mayowa Obeisun is an alumnus of **Olashore International School** (Class of 2005). He recently graduated with a **PhD degree in chemical engineering** from the **University College London**. Prior to this, he obtained a **BEng degree in chemical engineering** and an **MSc in environmental and energy engineering** from the **University of Sheffield**. He works with **Ayming Consulting Group** in the U.K.

Everyone has a story behind their choice of career. Why did you decide to become an engineer?

Societies need engineers that can and will change the world. Meeting today's growing global energy demands, coupled with safeguarding our environment is what intrigues me. I studied chemical engineering because of its increasingly significant role in our society, particularly across a variety of industries from energy generation to environmental technology. It is an extremely versatile subject, which provides a unique opportunity to be involved in the development and manufacture of a wide range of products, an aspect that interests me.

What would you say is the most difficult part of your job?

The most difficult part of the job is interacting with different people and adapting my communication and interaction skills to suit different clients. As we are all aware, everyone is different and what works for one may not work for another. This has however provided me with the key relationship management skills which I believe will help me in the future.

What accomplishments are you most proud of as an individual and on the job?

Earning my PhD degree from University College London which regularly ranks amongst the best 10 universities in the world is my biggest achievement so far. I did this while publishing six papers in highly rated scientific journals and attending scientific conferences around the world (U.S.A., Germany, Mexico, Turkey and Croatia) to present my work. I am very proud of this because I have been able to make significant contributions in my field of study. With respect to my job, my biggest achievement will be that within a short period of time I'm being charged to lead teams and work on massive projects which indicate a high level of trust and respect for me from my bosses.

What are the opportunities for advancement for you in this field?

Huge! There is a professional ladder from a consultant – senior consultant – manager – senior manager – director, but I personally don't see myself climbing through the ladder entirely as that will take the best part of seven to ten years and I have other plans.

What other plans do you have?

Professionally, 10 years from now I see myself in a role (preferably in my own business) where I'm involved in designing strategy and maintaining our operations/clients. Personally, I will be married with kids and be thinking about school fees (laughs).

Do you see yourself returning to Nigeria in the future to contribute to its development?

Definitely! I love my country so much and I would love to contribute to its development.

Aside from engineering, what other things are you interested in?

I have a strong interest in renewable energy (biofuels and fuel cells). Outside of work, I enjoy sports, social activities, fine dining and travelling. I am a big sports fan. I watch football (Liverpool FC), tennis (Rafael Nadal) and Formula 1 (Lewis Hamilton).

Who are your role models?

My father (Asiwaju Rotimi Obeisun), Martin Luther King and Barack Obama are my role models.

How did OIS prepare you for university and the real world?

The biggest thing OIS did was to prepare me for an independent life. I came to OIS as a 10-year-old boy and had to live away from home. I think people underestimate how difficult that can be but what it does is prepare you for life itself. The educational standard is very high and I personally benefitted from that especially in the early years of my university. OIS is above and beyond the current state of the art in terms of secondary schools in Nigeria. You also get to meet and interact with people who are potentially the future leaders of Nigeria.

*MEET OLASHORE ALUMNI
WHO GRADUATED WITH FIRST
CLASS DEGREES RECENTLY...*

Chinazo Peace Eze



Chinazo Peace Eze graduated with a first class degree from the University of Louisiana in Lafayette where she studied geology with a minor in mathematics. She is the university's 2017 Outstanding Graduate, an award given based on leadership, scholarship and service. In this interview, Chinazo Peace Eze speaks of her journey to academic excellence.

How does it feel to graduate with a first class degree from a U.S. university?

It feels amazing to know that I have made myself and my family very proud. I consider this one of my greatest achievements.

Did you set out to graduate with a first class?

Yes, I did! Having this mindset from the beginning helped me focus on what was important.

What would you attribute your success to?

I would honestly say it is God. I know I worked very hard but at the end of the day, human effort is nothing without God's favour. I tried to maintain a healthy balance between the academic, social, spiritual and physical aspects of my life. Having a planner was definitely helpful and so

was surrounding myself with focused people who wanted the same thing I did.

Why did you study geology?

I chose to study geology (petroleum) because it is a science that incorporates all the other sciences and some aspects of engineering. I loved that interpretations are backed by data and personal creativity or point of view. The math minor was added because maths had always been my favourite subject.

Why did you choose to study at the University of Louisiana in Lafayette?

It is a university with a good reputation and Louisiana is known for its amazing culture. It helped that the area is warm because I do not like the cold.

You were vice president of the University Honors Council, a multicultural officer for the University Program Council and secretary for the African Students Association to mention a few. How were you able to manage these involvements so it didn't affect school work?

I was very involved in various organisations because I enjoy being a part of something greater and it also helped me develop my leadership and communication skills. My school work got affected sometimes but I was able to manage by planning my day and tasks ahead of time. Sometimes it could mean staying up for a few hours to complete my school work.

Did being female in any way pose a challenge to you?

Yes. As a female in a STEM (Science, Technology, Engineering and Math) field, I was often underestimated by male and even female students, professors and professionals. This is very common in the world today but I am glad that things are changing for the better.

If you had to do it all again, what would you do differently?

I am happy with the decisions I made so far but if I were to change anything, I would have believed in myself earlier.

How do you recall your time as a student at Olashore International School?

Sending me to OIS, in my opinion, was one of the best decisions my parents made for my siblings and I. It was there I learned to be self-driven and motivated. At a very young age I learned that if you don't do something yourself, no one will do it for you. I also made wonderful friends and memories there.

What is your advice to those who want to achieve the same feat as you did?

Always keep your eyes on the prize and learn to have an open mind because you never know where life might take you. Also, make sure to enjoy your journey in the university because you will never get those years back.

Oluwatunmike Ireoluwa Olowe



Oluwatunmike Ireoluwa Olowe graduated with a first class degree in economics from Redeemer's University, Ede.

How did it feel to graduate with a first class degree from a private university?

It felt wonderful to graduate with a first class degree in economics from Redeemer's University, Ede, Osun State. My hard work had finally paid off!

How easy was this feat?

It was easy and at the same time not so easy. It was easy because I set out to

get a first class right from my Year 12 at Olashore International School, and I worked hard by reading and prioritising right from my first semester. On the other hand, it wasn't so easy because of the stress of juggling a lot of courses each semester.

So you had set your target before you gained admission into the university?

Yes, I did. I set out to graduate with a first class right from Year 12 when I heard about some past Olashore students graduating with a first class. I think a number of them graduated with first class degrees that year and I felt like if they could do it so could I.

What did you do differently to accomplish this?

The only thing I did differently was to prioritise. I did what I was meant to do at the right time. I was focused on my goal.

What would you attribute your success to?

I attribute my success to God and hard work. A lot of hard work went along with prayers. Also, I had a good support system.

Why did you choose to study at Redeemer's University and why economics?

I've always loved economics right from my days at Olashore when I offered it as one of many subjects. The moment I knew I was staying back in Nigeria for my first degree, I had to ask myself what I wanted in a university. I wanted a school that will encourage learning without being stuffy, good academic environment with good hostel facilities. Redeemer's University fits the description of what I wanted when I considered the options I had at the time. I also wanted to avoid the delays usually associated with strikes in the public universities. It was my desire to complete the course within the stipulated time and not have to incur extra years due to incessant strikes.

How involved were you in other school activities?

I was involved in a number of leadership activities. I was the president of the Students' Welfare Scheme (STUWES) and the financial secretary of the Redeemer's University Economics Students' Association. I was also the Assistant Course Representative throughout my stay at the university.

What is next phase for you?

I'm gaining a lot of experience that I believe will be useful in my career as a Financial Economist. The next phase is to go for a master's degree in Financial Economics abroad, hopefully on a scholarship.



Abdul-Hafiz Ladipo Alako

Abdul-Hafiz Ladipo Alako graduated in 2017 from Lancaster University in the United Kingdom with a first class degree in mechatronic engineering. He also received the following awards: Best Student Certificate, Lancaster Award Gold Certificate, and Institution of Mechanical Engineering (IMechE) Best Project Award in Mechatronics Engineering. He is currently a graduate intern at Siemens Limited Nigeria.

How did it feel to graduate with a first class degree as well as receive the award for best student in your set from a U.K. university?

I felt relieved. All the hard work, extra effort and long hours I put into it were crowned with success, thanks to God. The course was very demanding. I had to commit long hours especially with challenging projects. I had to work on and deliver tangible innovative results to receive a good grade.

Did you set out from the beginning to graduate with a first class?

Yes, I did. This has always been one of my goals. It was an important stepping stone for me to achieve my long-term life and career goal of becoming a world-renowned scientist, inventor and innovator in my chosen field of study. Goals I am still working towards.

What were some of the challenges you faced while in school?

The main challenge I faced was with my health, both physical and mental. Mental health is often taken for granted in our culture and not acknowledged but I think it's very important because it affects one's confidence, motivation, work ethics, and relationships with others whom we interact with. What helped me was I had people who cared-my parents, the porters in the university and some good friends who supported me one way or another through this journey. To them, I am thankful.

What would you attribute your success to?

God first, putting in the extra effort and hours to make sure I was always on track with my studies and meeting up with course work deadlines. I was bold enough to speak up and approach my professors when I wasn't clear about the course. I also made sure I learnt from my mistakes after each test or coursework feedback in preparation for future examinations.

Why did you choose to study at Lancaster University?

Lancaster University has one of the most conducive atmospheres for academic study and research in the U.K. It is located in the countryside. This made me comfortable to focus on my studies coupled with the fact that I was never far away from any facility I needed during my stay. The collegiate system was also important because it meant I had a dedicated college staff that I could always approach for any advice.

You received the Lancaster Award Gold Certificate. What specific activities did you do to qualify for this?

The Lancaster Award has a defined set of activities required to be completed in fulfilment of the award. These include attending career workshops, participating in volunteer activities within the Lancaster community, helping to run a club or society recognised by the student union, and holding a part time job alongside your university studies. To obtain the award, I had to fulfil all of these requirements, from which I detailed and highlighted instances where I demonstrated a set of skills such as leadership, teamwork and time management which I developed from participating in these activities.

You also received the Institution of Mechanical Engineering (IMechE) Best Project Award in Mechatronics Engineering. What was the project about and what does the award entail?

The project focused on designing and developing key components of a novel microfluidic cellular detection system. I received the award for scoring the highest mark among other Mechatronic Engineering students on my individual dissertation project.

What is the next phase for you?

I am currently working as an intern to gain more professional experience, while I seek admissions and scholarships to pursue a PhD in my intended field of specialisation.



How did it feel to graduate with a first class degree from a U.K. university?

It felt great! It still remains the best day of my life. At that point in my life, that was my biggest goal and it was a very good feeling seeing my hard work pay off.

How easy was this feat?

Well, I wouldn't say it was easy but I wouldn't say it was difficult either. I just believe with the right amount of work put into a degree, it's very achievable for anyone. My plan from the onset was to try as much as possible to get a first class and for a major part of the course, I tried to keep to that plan.

What did you do differently to accomplish this?

I set a lot of targets for myself, some of them unrealistic. At the beginning of my third year, I had a target of 90% in every course I took. And although I eventually didn't come close to meeting this, the fact that I had this target made me put my all into my courses.

You must have encountered some challenges while in school. What were they?

I think my biggest challenge in school was essay writing. By the end of my second year, I realised that I was not doing very well in essays. To this end, in my class selection for my third year, I tried as much as possible to avoid courses which were concentrated on written work, going for courses that had more tests. Also when carrying out my final year project, I developed a close relationship with my supervisor who guided me through the process.

What would you attribute your success to?

My success was as a result of the relationships I had. In third year, I made friends who shared the same objectives as I did and were studying similar courses. My small group had a healthy competition where we would strive to get the highest mark in every test/exam. I always wanted to be ahead in the group, so this fueled me to study more. Even in situations when I was not the best in the group, we all did well so we were happy either way.

How involved were you in other activities as a student?

During my final year, I tried to make my time as productive as possible. I wanted to be in a situation where when I was not doing school work, I was doing something that would still benefit me positively, taking on roles including being a student ambassador at the management school, a student mentor to two first-year students, volunteering at UNICEF on campus, analyst at the investment and finance society etc. I particularly liked doing these things because they got me out of the library (all work and no play makes Jack a dull boy) and they also impacted me positively. They didn't affect my school work because I used them as a break from school work.

What is the next phase for you?

I plan on doing a post-graduate degree, either a master's degree or an MBA right after or in the near future and I have started working on some applications.

Oluwatobi Agbaje

Oluwatobi Oluwatoki Agbaje graduated from Lancaster University in the United Kingdom with a first class degree in accounting and finance. He also received the Lancaster University Award.

Similoluwa Oladimeji

Similoluwa Oladimeji graduated with a first class honours degree in law from the University of Birmingham. In this interview, she speaks about her feat and her plans as a graduate.

Did you set out to graduate with a first class degree?

Before I began my degree, I aspired to graduate with a first class, however, I found my first year results to be very disappointing, this experience really affected my confidence. By my second year, I still maintained the desire of just wanting a reasonable 2.1, as I considered my law degree to be too challenging. It was at the beginning of my third year that I had a game-changing experience. I was challenged by one of my close friends, Eniti, to aim for a first class, she told me that I was already working so hard and all I needed was to believe in myself and God more. This experience helped change my mind and really inspired me to aim to graduate with a first class.

What would you attribute your success to?

First, I believe my success in school is an outcome of God's immeasurable kindness and faithfulness towards my family and me. A key thing I learnt during my degree is the ability to work smart alongside working hard. I became friends with a lot of law students in the year above mine. I received a lot of advice and insight from them. I was also very privileged that a good number of them gave me some of their written works, so I was able to compare in my own little way, what makes a first-class work different from a 2.1 work and below. My entire family were also very supportive, especially my parents and my older brother. Finally, my friends acted as the best support system, we are all very driven and ambitious, we spent countless hours working together, in and out of the library.

What were some of the challenges you encountered while in school and how did you deal with them?

In my first year, I really struggled to understand the university system. Studying law was very different from any other thing I had studied in my life.

While in my first year, we were already expected to think very analytically and write legal essays. However for me, it was still a very new experience. A good number of people I knew already studied law during their A-Level education, so they didn't struggle as much. During that period, I tried my best to focus on developing myself and my own understanding. I attended a lot of extra-teaching sessions organised by the law school. I also always asked for advice on how to improve from my mates who did better than me and especially from senior law students who were already on course for a first-class degree.

Why did you choose to study at the University of Birmingham?

After deciding to study law, I wanted to study at a top university of law, not only within the U.K. but in the world as well, the University of Birmingham is a very good fit. The law school at Birmingham is one of the oldest and most respected law schools within the U.K. and my university has maintained a strong tradition of providing world-class degree education for over 100 years. I also really liked the fact that the university is in the young, vibrant, ever-evolving city of Birmingham.

How involved were you in other school activities at Birmingham?

I would say I was very involved with other school activities during my time in the university. Carrying on with my love for debating, I immediately joined the university's debating society once I began my degree. In my second year, I was an elected Member of the Public Debates Sub-committee of the debating society. I placed as a finalist at the Union of West Midlands



Similoluwa Oladimeji

Universities Pro-Am Debating Competition and as a semi-finalist at the Nottingham Open Debating Competition. I was also the brand ambassador of Hogan Lovell's law firm at the University of Birmingham during my second year. In my final year, I acted as the treasurer of the University's Sickle Cell Awareness Society. I really wanted to learn about other cultures when I began my degree, so I was a member of both the Chinese and Korean Society. These experiences improved my cultural intelligence greatly. During my time at university, I also successfully completed the University of Birmingham Free Language Programme Chinese Mandarin Level 1 and Level 2 Course.

What are your plans for the future?

I aspire to either end up in the legal or the business sector later in life. During my degree, I enjoyed working for my university and I currently have a full-time summer job with the university. After 2018 summer, I most likely might continue to work for my university and develop skills in the higher education sector or I might decide to go into the legal world directly in hopes of becoming a solicitor in the U.K.

Are you looking to return home?

At the moment, I do not have plans to return to Nigeria to work. I am going to begin my career journey in the U.K. I would still hopefully come home to visit as many times as I can while living in the U.K.

Emmanuel Pius-Ogiji

Emmanuel Pius-Ogiji (Class of 2012) graduated with a first class honours degree in engineering from the University of Manchester. In this interview, he speaks about his feat and his time in school.

How did it feel to graduate with a first class degree?

It felt really great. It was a huge sigh of relief knowing those 5 years in the university and in fact, 20 years of education as a whole was crystallized at that moment. All the hard work, sacrifice and all that went into the degree yielded a favourable outcome.

Did you set out from the beginning to graduate with a first class?

I always want to come out with the best possible result from anything I go into and really a part of me felt that not aiming and doing all that is necessary to make a first class would be a disservice to the results and accolades I have luckily been able to gather in my lifetime especially from Olashore. In fact, setting targets is something I started whilst at Olashore as in Year 7; my dorm tutor Mr Desalu had us submit targets at the start of a new CA session or just before exams.

What were some of the challenges you faced while in school?

There were quite a number of challenges, I think the major ones that come to mind are, first of all, dealing with adapting to a new country and everything that comes with in terms of different weather, and the way of life to mention a few. In addition to that, another real challenge at least initially was with some practical work. I always tell the story of how on my second day at the university, I stepped into my first lab session and was asked to start soldering components on a board. I kept expecting someone to come in front of everyone and explain how to do it, only to look around and see most of the class going on like they had been doing this for years. That moment kind of let me know that I had some catching up to do at least on that front. Another slight challenge is that I was brought up with the idea of tests and these tests do kind of force you to study and the advantage of that is when you get to studying for an exam, there is only a small portion of the



Emmanuel Pius-Ogiji (Class of 2012)

material that you have not gone over before but in university here, it is not the same and as such you have to take that into account in terms of how you strategise.

What would you attribute your success to?

Well, God first of all. After that, however, I think the main factors were the regular things you hear like hard work, being organised which is of course very important but aside from those, key things for me would be the support from my family. Whenever I had issues or hit any roadblock, my parents were always on the phone to listen to these issues, offer advice, encourage me and essentially do whatever was necessary. Again, keeping a close relationship with God helped as it kept me level-headed. I'd also add that in terms of being organised, establishing a daily routine is something I cannot recommend enough as it's an easy way to get yourself to always do what is necessary at a set time which in turn allows you enjoy your free time more which is also important as things can get overwhelming sometimes and making maximum use of free time to recover was key.

Why did you choose to study at the University of Manchester?

It was sort of a gradual choice. I knew I wanted to study in the U.K. if possible and when I spoke with my family and they supported the notion, I looked up the top ranking U.K. universities in Electrical and Electronic Engineering which I wanted to study. From that search, I gathered some candidates and

when I added in the fact that I wanted to do a foundation year rather than A-levels, that list shortened and at that point, given the history and employability rate of graduates, the University of Manchester rose to the top of the list.

How would you recall your time as a student at Olashore International School?

I still remember my time at Olashore a lot and find myself reminiscing on it from time to time. So much so that it is hard to believe that it was about 12 years ago that I stepped in as a fresh Year 7 Student. I still remember crying about missing home and struggling to adjust like it was a few days ago. My Olashore journey from that point to Year 12 when I was Deputy Head Boy is something that will always stick with me because I would always say those 6 years are really responsible for so many parts of who I am as a person now.

What impact did Olashore have on you?

Olashore has a mantra that always stuck out to my father and was probably one of, if not, the main reason he decided to send me there and that is how the school aims towards building total children. The school's emphasis on not just academics, but also social and moral aspects were key for me and those sort of social skills helped me whilst settling down into a strange environment. Also, I mentioned how important I think having a daily routine is and essentially, Olashore built that into me with prep times, sports and all that built into a well set up schedule that allows you to be productive whilst not feeling like you are overworked.

What is the next phase for you?

Right now, I am looking to secure a graduate engineering role which centres on either software development, embedded systems or IT in general here in the U.K. where I can hopefully put my skills to good use whilst also gaining new ones as well as just general experience in the professional work environment.

Do you have any plans to return to Nigeria?

Home is home for a reason and the door is always open if the opportunity is right. I want to be a positive asset to wherever I go next and if that happens to be going back home, so be it.



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Bode Olanipekun is the Managing Partner in the law firm of Wole Olanipekun & Co. He is currently the youngest Senior Advocate of Nigeria. A feat he achieved before his 12 year post call as a qualified lawyer. He was a pioneer student of Olashore International School and graduated in 1999. In this interview, Bode talks about his decision to become a lawyer and more.

Bode Olanipekun

Nigeria's Youngest SAN



You come from a family of lawyers; did this influence your decision to become one?

Yes, my dad is a lawyer and all four children are lawyers. My sister who was also at Olashore International School is now a lawyer. Let me put it this way, I have never thought I was going to go into a different profession, though my dad did not insist that I should be a lawyer but I cannot write off his influence because I grew up to see him as a very hardworking professional and to the glory of God he succeeded at it. I think I just chose this line, there was no compulsion.

What did you do differently to become a senior advocate at a young age?

I don't know about doing things differently, but I have always aspired to become a Senior Advocate of Nigeria, even before I became a lawyer. More importantly, I have also always known that all power belongs to God and that elevation is His exclusive preserve. Therefore I have always committed the aspiration into God's able and ever efficacious hands. I remained conversant over the years with all the guidelines for the award of the rank of SAN even before I was 10 years as a lawyer, which is the minimum post call age to apply for the rank, through all the changes and additions to the requirements. Fortunately, God in His benevolence created the opportunities and also endowed me with capacity to service the challenges of the

The Nigerian Judiciary has fared well considering resources at its disposal....

opportunities so as to meet the qualification requirements for the rank of SAN. It's a rank and office I have inflexibly kept my mind and eyes on and also retained my drive and ambition towards attaining it without wavering.

As a lawyer, how will you describe the Nigeria judiciary system? Will you say it has fared well and is there room for improvement?

Even where you are the best, there is always room for improvement. I'm a person that believes that excellence has no upper limits so there is always something ahead of being the best that must be aspired to. The Nigerian Judiciary has fared well considering resources at its disposal and the peculiar Nigerian clime within which the Judiciary operates and where the Judiciary is expected to be isolated or immune from the penetrative

influences of some not so good aspects of our public life. The Judiciary is always evolving to meet changing realities and has on a lot of occasions done so with considerable admiration.

There is a saying justice delayed is justice denied. However, in this part of the world, that seems to be the case leading many to lose faith in the judiciary system. What is your take on this ?

You should realise that justice rushed just for the sake of speed can also produce calamitous results. This however should not be a justification for delay in the delivery of justice. You must note that in delivering justice through the courts, there are some basic timelines that cannot be compromised as conditions to certain things happening. For instance, a case in court might not take off until the time allotted for all defendants to present a defence has expired. This timeline can also be extended. On the other side, there are certain classes of cases that the law imposes a maximum timeline for its determination and such cases end up being determined faster than others. In all, there must be an innovative approach to justice delivery. Technology support tools must be embraced on a larger scale and increased funding, not just for the judiciary, but across the entire law enforcement chain which will invariably lead to better working resources, motivation and more qualitative outputs.



Bode Olanipekun

People refer to you as a chip off the old block. Is this a true representation of you?

If people refer to me like that, then it is a thing of great pride for me. This is because it signifies that some traits in my dad are being identified in me. There is no doubt about the fact that after the Holy Trinity, my father is the greatest influence on me. I'm driven in most things I do to impress my parents or rather not to disappoint them. So I always aspire to either equal my father's monumental achievements or exceed them. So, if I'm so described, it is only because there is someone who has walked the path before me, set a minimum standard (which is very high) and also made things a bit easier.

With all of your siblings as lawyers, what kind of relationship do you have and how has this influenced you as a lawyer?

Apart from when we have professional engagements, we don't discuss as lawyers. Remember, we have all been siblings with a very closely knit relationship even before we became lawyers. So primarily, we engage as people who have been brought up to subscribe to certain values and with a lot of internal cohesion amongst us.

If you did not become a lawyer, what career path would you have chosen?

To be honest, I really do not know because I had always aspired to be a lawyer right from when I was in Olashore International School. In fact, my classmates back then in school held a session for me and all of them were just talking about our secondary school days when they used to refer to me as the Senior Advocate of Nigeria, so I did not consider any other option.

What are your defining moments in life?

There are quite a number of them, but one that stands out was when I was announced a Senior Advocate of Nigeria on 12th July 2018. My dad became a SAN about 27 years earlier - in July, 1991, when I was 8 years old plus. I did exactly what my dad did almost three decades before then; which is, called my wife and children into a private assembly,

broke the news to them and gave thanks to God Almighty who alone made it possible.

How will you describe yourself?

That will be a difficult one to answer. I think my wife will be the most appropriate judge of the right words to describe me.

What is your definition of success?

What I consider as success is the nobility of impact any person wants to make on humanity and level of commitment to making the impact. You might not always achieve what you set out to but the real satisfaction is in honestly trying. Whether you achieve the end result or not, your attempts will either be a lesson for yourself or for others and by that way, a practical contribution would have been made to the body of knowledge.

What is the real secret to your success?

The grace and mercy of God through Jesus my Christ.

What in your opinion is the difference between a lawyer and a great lawyer?

The quality of values subscribed and ambitions aspired to couple with the level of fidelity to the means of retaining those values and achieving the ambitions.

Who are your role models and why?

Clearly, my father is my biggest role model because he is a man that I have been very close to. I have been watching him, not cut corners, but climb the ladder to success patiently, diligently and also building his life on values such as integrity, hard work and inflexible faith in God. I can write volumes of books about my father because like I have said, he is the biggest influence on my life.

Where do you see yourself 10 years from now?

I will keep improving myself and I will always keep looking for the best for me. Excellence has no maximum achievement.

RECIPE FOR SUCCESS

By Bode Olanipekun

- ◆ Trust in God and commit all your ways to Him.
- ◆ Respect and love your family because they are the ones you always fall back to.
- ◆ Be very appreciative of the opportunities that life provides - friends, families, schools and all.
- ◆ Aspire to be great at good things. There is a saying that we should always aspire for perfection. Aside that even if you do not acquire perfection you can always attain excellence.
- ◆ In all your aspiration to succeed, make sure they are based on an honest and publicly defensible means.

EVENT

Students organise malaria awareness campaign in Iloko

Year 11 students organised a malaria awareness programme in the Iloko Community Health Centre. Everyone present was tested for

malaria by the school medical staff which included Dr Olowe (Class of 2009) undergoing her National Youth Service Corps programme in the school.

The students created posters with a malaria theme and presented a drama that showed how to stay protected against malaria.





Students rewarded at Speech and Prize Giving Day



By Fisayo Aromolaran

Academic excellence is the foundation of an Olashore education and Speech and Prize Giving Day allows the school to give recognition to students who have excelled in individual subjects, shown all-round

academic ability, as well as those who have excelled in activities that develop 21st century skills.

Bode Olanipekun, the Managing Partner of Wole Olanipekun and Co., was the guest speaker at the event. Bode is the youngest Senior Advocate of Nigeria (SAN)

and an alumnus of Olashore International School. In his address, he urged the students not to let anything hinder them from being successful.

The highpoint of the day was the award ceremony where scholarships were given to top performing

students.

The event also featured musical and dance performances by the students.

Chief Jimi Solanke applauds Olashore drama troupe

By Precedence Unuma Michael and
Netochukwu Kalu

Chief Jimi Solanke has applauded the drama troupe of Olashore International School. He spoke glowingly of the troupe after watching their performance of his work - 'Etiti: All eyes on you' at the Muson Centre in Lagos.

Chief Jimi Solanke, who was present with his wife, couldn't hold back his emotions as he addressed the audience after the play. He commended the students for a job well done.

The play 'Etiti: All eyes on you' highlights the mistakes of our elders as they make secret the most important aspects of our culture that should have been kept open for the youths and everybody to understudy. Etiti represents both the spiritual and overall belief of people anywhere in the world. In this play, Etiti has been physically brought down to deliver messages from the author on various issues but most especially the problems confronting our youths, as well as the nonchalant attitude of some elderly people in power concerning the present-day predicament of the youths.

The drama troupe performed Chief Jimi Solanke's work twice in Lagos. They performed for a younger audience in the morning and an older audience in the evening and both performances were well received. The play which was also staged in Ibadan, Abuja and Osun forms part of activities lined up to celebrate the school's 25th anniversary.





OISA set to launch Foundation



The Olashore International School Association, OISA is set to launch its Foundation-OISA Foundation in February. The official launch of the Foundation will take place during the 25th Anniversary Founder's Day.

According to the Chairman, Board of Governors of Olashore International School, Prince Abimbola Olashore who is also a member of the Board of Trustees of the Foundation, the Foundation is a philanthropic response to the social needs in the school's host community as well as neighbouring communities. He explained that the Foundation will remain focused on giving back to the community.

The OISA Foundation projects will fall under two categories: health and education. Through the health projects, the Foundation will be able to improve the health care system in Iloko and extend it to other communities in Oriade Local Government Area by providing access to clean water and upgrading the health centres with standard facilities. On the other hand, the education projects aim at developing the local primary schools in the communities and providing scholarship opportunities.

Alumna returns 17 years after graduation

Mrs Kikelomo Banjo nee Abiola Cudjoe was a pioneer student and first Head Girl of Olashore International School. She is the first female Operations Manager for Maersk Line in Nigeria covering operations in Lagos and Port Harcourt. She returned to her alma mater as guest speaker during the 2017 Speech & Prize Giving Day. During her visit, she was given a tour of the school. She stated how impressed she was with the transformation and level of development the school has attained. Isibhakhhome Ijewere spoke to her in this interview.

You have a very successful career at Maersk Line. How did you end up at Maersk Line?

That is a very good question because my career in shipping wasn't planned at all. I studied in the U.K. and I got a degree in law and international relations. When I returned to Nigeria, I wanted to go to law school but was informed that I needed a pure LLB degree. At this point, it was either go back to the U.K. or study for an LLB for three years and then go to law school for another two years. I thought to myself, 'five years of studying again, no way'. I was already working in a law firm just to gain courtroom experience. I thought of contacting some barristers I met for a job in their law firm while I decide what I wanted to do. Since I was in Nigeria, the easy option was to do my NYSC. I don't know if it's different now but then corps members were posted to different companies for their service year and I was sent to Maersk Line. That's how my journey in shipping began. I was posted to Maersk Line as a personal assistant to the M.D. That position gave me an overview of shipping activities and logistics. I thought to myself, 'this might not be bad' so I indicated my interest and the company identified my willingness to learn.



Kikelomo Banjo

They then put me on the management training programme within the Maersk group where I got to understand the cross-sectional knowledge of the business. I spent some time in trade and marketing. I also did a little stint in customer service and then, for the most part, I worked in operations. These are the core areas of business in logistics. I've been in Maersk Line now for close to ten years and I've put the legal ambition aside. Having gathered so much knowledge in the marine industry, maybe I can someday go back to law, for example, to learn marine law and take that path. That's how I ended up at Maersk Line.

What are the perks of the job?

I have done quite a few roles at Maersk Line and like I said, I was the personal assistant to the M.D. then I went on to the corporate communications role, after that I was in trade and marketing where I was a communications manager. I had this hunger for knowledge of the core shipping business and I wasn't satisfied with what I had been doing so I went into operations. I started my job was on a large scale. The first job I had was in Dubai and this was the liner operations cluster where we had the entire operations of all our offices in West Central Asia reporting to.

It was quite a wide scope for me. I was just starting in operations and handling twenty-three ports. We have ports in every country, in over one hundred and fifty-five countries in the world so you can imagine not knowing anything about operations and then taking twenty-three ports under my portfolio. You asked me about the perks but I would first talk about the challenges and then talk about the perks. That job was quite challenging but one good thing about Maersk Line is that they really invest in their staff. If an individual exhibits leadership qualities, you are identified and placed on management training programme which is one thing I'm really impressed to see that Olashore International School is focusing on. There are so many perks, you get to travel a lot, there is this level of accountability given to you so you are responsible for the decisions you make. If you are the manager of a team, you are accountable for the decisions you make, and the results your team deliver. This puts that additional level of responsibility on your shoulders where you know that you have to take things up a notch and then deliver. You also have good people relations. The staff at Maersk Line are dedicated and committed people so when you work with them, there is no way you won't become like that. Another perk is the salary, it is sufficient to keep you going. For me, it is being able to go to work in a good environment with good people, and with people from multi-cultural backgrounds.

What do you think led to your success in this traditionally male-dominated world?

It comes down to my formative years at Olashore, the fact that I started off as a leader at a young age, having that 'can do' attitude, being committed and dedicated. In my current role, I am the first woman to hold such a position. They were very sceptical at first to appoint me for the role because I am a woman and they wondered if I would be pushed over but I think as a woman one gets what she wants more easily. There are challenges because the shipping industry is a male-dominated industry. In a management team of forty people, you may only find



three women. However, I feel we are equals as long as you can get the job done. We all have our targets irrespective of gender and we all do the needful to meet our targets. You just have to be hardworking, keep moving, striving hard, learning, reinventing yourself, and before you know it, you become a star performer. It has a lot to do with your personal traits and quality and how you develop them over the years and you will see that you will be able to thrive in any environment.

What accomplishments are you most proud of?

The very first one was being the Head Girl in Olashore at a very young age. That I would say was one of my key accomplishments. Joining Maersk Line in my service year was another accomplishment. I also got in to do my postgraduate course and it was really challenging but I was able to sit all six exams and pass with flying colours. Unknown to me, it was what I needed to position me for my next level at Maersk Line as I was then selected to be on the management team training programme.

What has been the greatest challenge in your career and how did you overcome it?

The shipping industry, especially my role in operations, has been quite challenging because as you know the operations in every company is the engine room of the company. Being in a position where I manage operations from Lagos and in Port Harcourt, it can

be a challenge in terms of location. Generally dealing with the kind of people in this industry; being the link between my company and the Nigerian Ports Authority can be very challenging sometimes. There are some concessions I have been trying to get from the government and it can be very difficult to put those things through. You win some, you lose some but you have to keep trying and striving to see what you can really get out of it. I have not been able to overcome all the challenges, some are still there but I have a never give up attitude.

How do you balance your life, family and career?

I don't know how I do it but I do it. I just had a baby who is almost two years old now. It is my husband and my daughter thankfully on the home front. I have a nanny that helps when I am at work. Being in operations is a 24/7 thing so I try to maintain work-life balance. I must say that it's not 100% but I try to make time for family as much as I can. There are times in the middle of the night, when I wake up and get some calls and attend to some issues or sometimes when I have to attend to my daughter. It was very challenging in the early days but now she is grown, I'm better able to manage her as well as work. It can be challenging but there are other women that have done it so I am sure I can do what is expected of me.

My Olashore Experience

Olumide Adebayo, an alumnus, shares his NYSC experience in Olashore International School



Olumide Adebayo

My experience so far having been officially posted to Olashore International School for my National Youth Service Corps (NYSC) has been nothing short of teeming excitement. The opportunity to come back to my alma mater gave me the chance to not only see how much I have grown personally over the years but also the opportunity to challenge myself professionally.

I heard about the opening for corp members in the school during a brief visit to the school after my redeployment to Osun State from Katsina State where I had my NYSC Orientation. My primary responsibilities in the school lie in both the Marketing and ICT departments where I was delegated with the school's social marketing as well as the integration of the Learning Management Systems respectively.

The school has undergone numerous changes over the years from my time here which is evident

not only in the day to day running of the school but also in the school environment. A lot of work has been done to bring the school up to date with the challenges of running a first class institution in the dynamic global 21st century.

The school is also developing individuals for the dynamic global society in the 21st century through blending learning with the technology programme initiated by the current principal Mr D.K. Smith. In the past 4 years, OIS have rolled out the iPad 1:1 programme, set up to give every learner their own personalised courses tailored specifically to reinforce their strengths, address their weaknesses and support their individual academic goals.

Example of these innovations include the use of Khan Academy to support the leaning of Mathematics in junior schools while duolingo is being used to enhance understanding of French and the Moodle LMS is being used to develop tailored online courses to increase engagement with students.

The school has taken its leadership programme a step further by formally embedding leadership into the curriculum using the social change model of leadership development. Leadership classes are held daily and students are taught leadership using the Social Change Model (SCM).

The school is now a member of the Council of British International Schools and will be inspected by COBIS to ensure all international standards are met. Other notable changes include: the Senior House

Girls Hostel, the AISEN sports competitions, the administrative staff quarters, and the ISO accreditation embarked upon by the school.

Finally, from the first day of my arrival, the reception from all staff and students has been nothing short of remarkable. It has done nothing other than to encourage me to give the school the best of my abilities as well as to help impart the knowledge I have gained over the years on the new generation of graduates from Olashore most especially when it comes to facing real world challenges during my service year.

**Olumide Peter Adebayo
(Class of 2005)**



Olumide at his graduation dinner



Olashore International School appoints Alumni Director

Dianabasi Akpainyang is the new Alumni Director of Olashore International School. He has had an illustrious career in alumni relations and relationship management. He started his career in June 2003 as a Banking Officer at Ecobank Nigeria Limited, working in the Customer Service Unit, and rose to the position of Customer Service Manager. He set up a solid foundation for branch operations as the pioneer Customer Service Manager at Obudu branch of the bank in Cross River State.

Dianabasi worked as Programmes and Business Development Manager at Strategic Business School, Lagos, before joining Lagos Business School as Alumni Relations Administrator in June 2011. At Lagos Business School, he was responsible for creating and implementing alumni engagement strategies for the school, alumni relationship management, events and programmes management, fundraising, and strategic communications. As the arrowhead of the communications arm of the LBS Alumni Relations Team, Dianabasi is credited with handling professionally the publication of the LBS Alumni Magazine, Footprints for many years as the magazine's Production Manager.

Dianabasi holds a BA degree in English and Literary Studies from the University of Calabar and an MSc in Management from Kent Business School, University of Kent at Canterbury, England. He is an associate member of the Nigerian Institute of Management (Chartered) and the winner of the best graduating student awards of the Department of English and Literary Studies and Faculty of Arts of the University of Calabar, 1999/2000.

Coping with work-related stress

In this article, Dr Olowe (Class of 2009) explains how to handle work-related stress.

Most of the alumni of Olashore International School are in the working class category or age, so I decided to write about work-related stress and ways to cope with it. Job stress or work stress results when there is a poor match between job demands and the capabilities, resources and needs of the workers. Getting stressed at work or due to work is commonplace and if not controlled or handled properly, it can lead to burnout and a negative effect on the total health of the worker. Health according to the World Health Organisation is defined as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'. This means that stress at work can have a negative effect on the physical, mental and social wellbeing of the worker.

Health problems associated with the inability to cope with stress include:

- Psychological disorders such as depression, anxiety, post-traumatic stress disorders and sleeping difficulties.
- Maladaptive behaviours such as aggression and substance abuse (alcohol, drug abuse etc.)
- Cognitive impairment which include concentration and memory problems
- Cardiovascular problems such as heart diseases and hypertension
- Obesity
- Gastric problems such as chronic heartburn, gastritis and ulcer.
- Headaches

These problems in turn may lead to poor work place performance or even injury which will negatively affect the productivity of the workers and eventually cause a reduction in profits.

Ways you can manage work-related stress include:

- **Limit the amount of work you take home-** if possible avoid taking work home. Try to complete your work at the office so as to avoid conflict within the work-home balance. If it can't be avoided, try dedicating set

times to do such work and avoid it spilling into quality time spent with loved ones or personal time.

- **Track your stressors-** this can be through journaling or even a recording of the day and times when you negatively react to a situation and what triggered the negative response. This helps you to avoid the triggers and even find solutions to the problems.
- **Exercise-** this is very important as taking time to exercise helps to put things into perspective, reduce emotional intensity and helps you



feel calmer.

- **Eat right and sleep well-** a low sugar, high protein diet rich in vegetables is recommended and at least 6-8 hours of sleep per day.
- **Establish boundaries and limits-** due to technology, it's easy to feel pressured to be available 24 hours a day. It's important to establish some work-life boundaries for yourself for example by refusing to answer the phone during dinner or check work related emails from home in the evenings. Creating these boundaries helps to reduce the potential for work-life conflict and the stress that goes along with it.
- **Take time off work-** make use of vacation time, public holidays and work free days as this enables you to spend time away from the office

and spend time doing more relaxing activities.

- **Learn to relax-** this can be done by listening to soothing music, learning simple breathing exercises, practising 'office yoga' or even treating oneself to a nice meal during lunch time.
- **Speak to your employer-** talk to your employer about any reoccurring problems you have noticed and ways to solve them. You can also suggest team bonding activities and outings, work place health benefits or privileges and also ensure your employer obeys basic occupational health rules and regulations.
- **Spend quality time with family and friends-** this helps to build and sustain social support which is crucial when dealing with stress.
- **Personal time-** it is necessary to make out personal time. Time just spent on you alone. Having a hobby will also help especially when it's not related to the work that you are doing.
- **Take control-** take control of the way you behave, the way you react to triggers or circumstances. The act of taking control is also empowering, and a crucial part of finding a solution that satisfies you and not someone else.
- **Regular health check-ups-** this is important especially as you grow older. It's important to make sure every part of the body is functioning as optimally as possible. Also, if any sickness is detected, it can be treated as fast as possible to prevent any complications from developing.

All these are steps that you can take to manage work related stress and prevent a burnout. These steps are also useful for those schooling as stress can develop in any demanding situation. It's important to recognise triggers and also to know when you are stressed as it makes it easier to be able to take a step back, observe the situation and apply the appropriate steps to relieve the stress.

Olashore alumni make AFRICA Forbes Under 30 list in 2018



Each year, Forbes features some of the brightest young minds in the Under 30 list across various continents. The people that make the list cut across three categories- business, technology and creative.

In 2018, two alumni made it to the list: Obinna Okwodu and Folarin Falana known as Falz.

Obinna Okwodu, the founder of Fibre, was listed in the technology category. Obinna graduated from Olashore International School in 2008. On graduation, he went on to study at the Massachusetts Institute of Technology, MIT. While at MIT, Obinna co-founded Exposure Robotics Academy, a six-week summer robotics training camp that teaches secondary school students how to program robots. After graduation, he worked with Morgan Stanley in New York before returning to Nigeria. In 2016, he founded Fibre, a real estate booking startup that allows middle-

income tenants to rent homes and pay monthly. The company is said to employ 11 people, and have raised 630,000 dollars in funding as well as booked over a million dollars in tenant revenue.

Folarin Falana, was listed in the creative category. The creatives are young people making waves across different industries such as music, art, media, film and fashion. Folarin graduated from Olashore International School in 2006. He is the founder of Bahd Guys Records. Falz started singing as a hobby while at Olashore where he formed a music group with a friend called 'The School Boys'. As an artiste, he has received various nominations and awards both locally and internationally including the International Viewers' Choice Award from BET in 2016 and AFRIMMA for 'Best Male Act in West Africa' in 2017. He has appeared in a number of movies and series. He won the 2016 Africa Magic Viewers' Choice

Award for 'Best Actor in a Comedy' and 2018 won the Award for 'Best Supporting Actor'.

According to Forbes, "We put in months of rigorous research, sifting through over 600 nominations, vetting them for weeks, verifying and investigating them. We favoured entrepreneurs with fresh ideas and took into account their business size, revenue, location, potential, struggles, social impact and resilience. A panel of judges then debated the final 90. You may not know many of their names now and they may not be richest people in Africa, but they could be the billionaires of tomorrow gracing our future covers. This compilation is exciting, inspiring and offers a sneak peek into Africa's future."

The Forbes Africa Under 30 is Forbes's authentic and most definitive list of Africa's most promising young change-makers.

Gbemileke Oyinsan

Gbemileke 'Oscar' Oyinsan is a media personality. He is popularly known as Oscar in the City. He has a career in media that spans over 10 years. In 2011, he and his wife Titi Oyinsan founded Amber 11 Media, a creative group for crafting stories for advertising and entertainment. He also founded The MC Company in 2016 as a platform for bespoke Masters of Ceremonies.

HAPPY BIRTHDAY

January

Kikelomo Abiola-
Cudjoe
Funanya Achi
Boluwatife Ade-
Adedeji
Feranmi Adebisi
Oluseun
Adegbulubge
Adebusola Adegbuyi
Moses Adekola
Abimbola Adejo
Adetunke Adewole
Olugbenga Afolabi
Oluwadare Agbelese
Funmiola Agbetunsin
Osagie Agbonlahor
Olutunde Agboola
Nwamaka Agu
Yemisi Augusto
Funke Aiyegbusi
Abiola Ajanaku
Folarinwa Ajibade
Toyole Akinluyi
Tosin Akinnigbagbe
Adebola Akisanya
Somtochukwu
Akobundu
Amaka Akobundu
Onyekachi
Akpotohwo
Oluwafolarinmi Alabi
Marie-Louisa Awolaja
Ayotunde Ayodele
Olumide Bolu
Olujimi Bolu
Abiye Braide
Boma Cooke-Gam
Emokiniovo Dafe-
Akpedeeye
Olubukola Ebnulomo
Solomon Edwin
Nsikakabasi Ekong
Olusola Fadipe
Olaniran Falore
Tare-Ebi Guanah
Olumide Idowu
Florence Jaja
Mariam Jimoh
Lisa Johnson
Anthony Johnson
Mary Johnson
Ayodeji Kayode
Ifeoluwa Mayadenu
Ogochukwu Ndukwe
Marian Nuhu
Uche Obijaku
Chidinma Obioha
Ginikanwa Obioha
Victor Odeyemi
Evans Odiaka
Olufemi Odunaiya
Olayomi Odusanya
Ajiroghene Ogedegbe
Abimbola Ogidan

Opeyemi Ogunlode
Adebisi Oje
Oluwadamolami
Ojurongbe
Amy Okodaso
Jubril Okunade
Juliana Okunola
Christopher Olagoke
Akintomide Olayisade
Bolanle Olowu
Folakemi Olugboyega
Babatunde Omoniyi
Mofehintoluwa
Omotoso
Bankole Oni
Chukwumuanaya
Onyiuke
Toluwalope
Oshobusola
Oludemilade Raji
Ololade Yusuf

February

Abdulrasaq
Abdulrasaq
Kunle Adams
Folahunmi Adegbuyi
Adebola Adejumo
Oluwaseun Adekanye
Ruth Adeosun
Adetoro Adewola
Bamidele Adewola
Abdualwahab Adi
Micheal Agboola
Fiyinfoluwa Agboola
Oluwakanyinsola
Ajayi
Moyosore Ajeigbe
Olisaemeka Ajufo
Naribo Ajumogobia
Temitope Akin-
Olugbemi
Ayokunmi Akin-Bello
Blessed Akinlabi
Ebnuluwa Akinsanya
Adetayo Akisanya
Oluwatobi Alabi
Tomisin Alabi
Oluwafunmilayo Alabi
Ololade Alalade
Adefunke Alimi-
Omidiara
Yetunde Amodu
Elizabeth Arowolo
Oluwatosin Ashebu
Zaynab Ashir
Christianah Ayinuowo
Francis Ayinuowo
Erioluwa Babalola
Oyinkansola Bello
Saratu Danjuma
Afolabi Daramola
Nnadozie Ekeocha
Angel Ekpagha
Omoyemen Esekhi

Zeena Fajemisin
Oluwajomiloju Fayose
Adesoji Folowosele
Ghubemi Fregene
Elizabeth Haastrup
Afolabi Ige
Oluwadamilare Job
Solomon Johnson
Ayokunmi Kolawole
Onisobilemen Kolofah
Halimah Lawal
Bamiduro Makinde
Emiope Mimiko
Mahmud Niniola
Onyinye Nnamdi-
Nwosu
Kemjika Nwokogba
Ajiri Ogeh
Bambo Oginni
Patrick Ogunbunmi
Christopher
Ogunbunmi
Olanike Ogunsanya
Amarachi Ohanwe
Frederick Ohen
Opeyemi Oke
Ololade Oladejo
Oluwapamimo
Oladunjoye
Christianah Omolafe
Ifeoluwa Onigbogi
Olaoluwaamide
Orekunrin
Chukwuemeka
Osadebe
Dumbi Otunyo
Temidayo Oyedeji
Ayinke Oyekan
Olawale Oyewumi
Omobolanle Spaine
Adedapo Sule
Ebiyemi Tosan-Egbe
Oreori Towuru
Ayomide Tubi
Beko Wood
Yusuf Yusuf-Awari

March

Omolorisunayowa
Abayomi
Ramat Abdulrazaq
Samuel Abolade
Abduljabbar
Abudurrahman
Barakat Adeniran
Akinade Aderele
Precious Adeyemi
Olanrewaju Adeyeye
Lande Augusto
Ayinke Augusto
Kazeem Ahmadu
Boluwatife Aiki-Raji
Olaeye Ajaja
Mokunfede Ajayi
Oluwakanyinsola

Ajayi
Mayomi Olushola
Akinnigbagbe Akinola
Olusola Alagbe
Bankole Alao
Emmanuel Alejo
Mohammed Ally
Sijibomi Aluko
Atinuke Amodu
Adedigba Ande
Moyosore Arayemi-
Omisore
Abiola Ashaolu
Ayomide Atewologun
Adeleke Ayoade
Msendoo Ayu
Ahemen Azoom
Adeniji Babalola
Woleola Bakare
Abrak Balla
Ibifubara Boyle
Onyekachi Chilo-
Offiah
Motunrayo Etti
Morounkeji Faloughi
Titilayo Filani
Peter Ibang
Oluwaseun Ifaturoti
Ebehi Ijewere
Owobu Ijewere
Vanessa Labesa
Folarin Lawal
Osiano Momoh
Fehintoluwa Obakin
Efosa Obaseki
Chidinma Obidegwu
Femi Odeyemi
Oghale Ogedegbe
Morenike Ogunbode
Tony Okafor
Chukwuka Okoli
Mofiyinfoluwa Okupe
Oluwafunmilola
Okuyemi
Obinna Okwodu
Ayomide Oladapo
Priscillia Oladimeji
Ayodeji Olagoke
Oyindamola Olakunri
David Olaofe
Oluwatomisin Olapoju
Oluwatomilola
Olapoju
Olawale Olawole
Mohammed Oloko
Oluwayanmike Olowe
Oluwagbemike Olowe
Sophia Olugbodi
Arafat Omidiran
Olusola Omobomi
Gbemisola Omolara
Abimbola Omoniyi
Raymond Omoniyi
Oluwatosin Omotosho
Oladimeji Omoya

Oluwabukola
Oshunmakinde
Abimbola Osunsanya
Kofoworola Owolabi
Olorunfemi Owolade
Olumide Ozolua
Adetoun Sijuwade
Adekunbi Sijuwade
Oluwakemi Tadese
Udeme Udott
Muktar Umar
Patrick Unokiwedi
Matthew Uzoho
Aminat Yakubu

April

Oluwatosin Abidoye
Oluwabosoye Abitoye
Oluwatobi Adedeji
Oluwaseun Adebayo
Adedamola Adegbuyi
Adebisi Adegoke
Theophilus Ade-Ojo
Oyinkansola Aderele
Kolade Aderele
Korede Aderele
Jane Ade-Unuigbe
Oluyemi Adeyemi
Abimbola Adeyemi
Ademidun Agbola
Tiwalolu Agboola
Onajite Aghwana
Oreofe Agunloye
Olaoluwa Ajifowobaje
Iyiola Ajijola
Abiodun Akangbe
Babaseindemi Akanji
Oluwadamilare
Akinwale
Oluwatosin Akinyemi
Ayobami Akomolafe
Abimbola Alabi
Olaoluwa Alabi
Omowumi Alli
Karachi Anyanwu
Ekiye Aprezi
Oluwatosin Arokodare
Faderera Aromolaran
Gbolahan Arowolo
Oluwabunkunmi
Arowolo
Omolade Aruna
Nguveren Azoom
Ifeoluwa Bola-Sadipe
Edmund Braide
Bassey Ekanem
Motunrola Elegbede
Olakunle Eso
Uchenna Ezugworie
Tinuola Fagbemi
Tolulope Fagboyegun
Oluwatobi Fashola
Omolayo Fatola
Olumide Fayemi
Aishat Giwa

Sharon Green
Oluwasoromidayo
Hassan
Ayoola Igbalaye
Ikechukwu Izuogu
Olasunkanmi Jojola
Aderonke Kester
Opeyemi Keye
Omotosho Kola-
Adefemi
Idowu Koyenikan
Adebola Ladoja
Oluwarotimi Mayers
Ukela Michael
Oluwamayowa
Obeisun
Ugochi Obiejesi
Nnamdi Obiora
Yejide Oginni
Kasope Ogundipe
Abimbola Ogunlesi
Oreoluwa Ogunniran
Stephanie Ohamara
Temitope Ojodu
Ajewole Oke
Everest Okoli
Moses Oladejo
Oladoyin Olaosebikan
Folanmi Olayiwola
Olujimi Olugboyega
Foluseke Olujimi
Elizabeth Omodon
Oluwabusayo
Omoleye
Morolake Omoya
Funmilola Onigbogi
Damilare Onigbogi
Folashade Opadere
Osazemen Osayande
Adedamola
Ososanya
Helen Owolabi
Ruth Oyediran
Olufolakanmi
Oyeleke
Oluwagbemileke
Oyinsan
Anthony Peterside
Olufunmilola
Runsewe
Ismail Sanni
Motopeda Sivebukola
Oluwagbeminiyi
Sofowora
Anjolaoluwa Tope-
Babalola
Laura Wopara



SAVE THE DATE

Upcoming school events

For details, additional events and latest information, visit www.olashoreschool.com or send an email to info@olashoreschool.com

Feb.
9

Founder's Day

Feb.
9

Alumni Dinner

March
14

Anniversary play in
Akure

June
1

Vision Day

June
8

Valedictory Service

June
28

Anniversary Lecture

June
28

Friend of Olashore
Dinner

