OLASHORE

Alumni Magazine

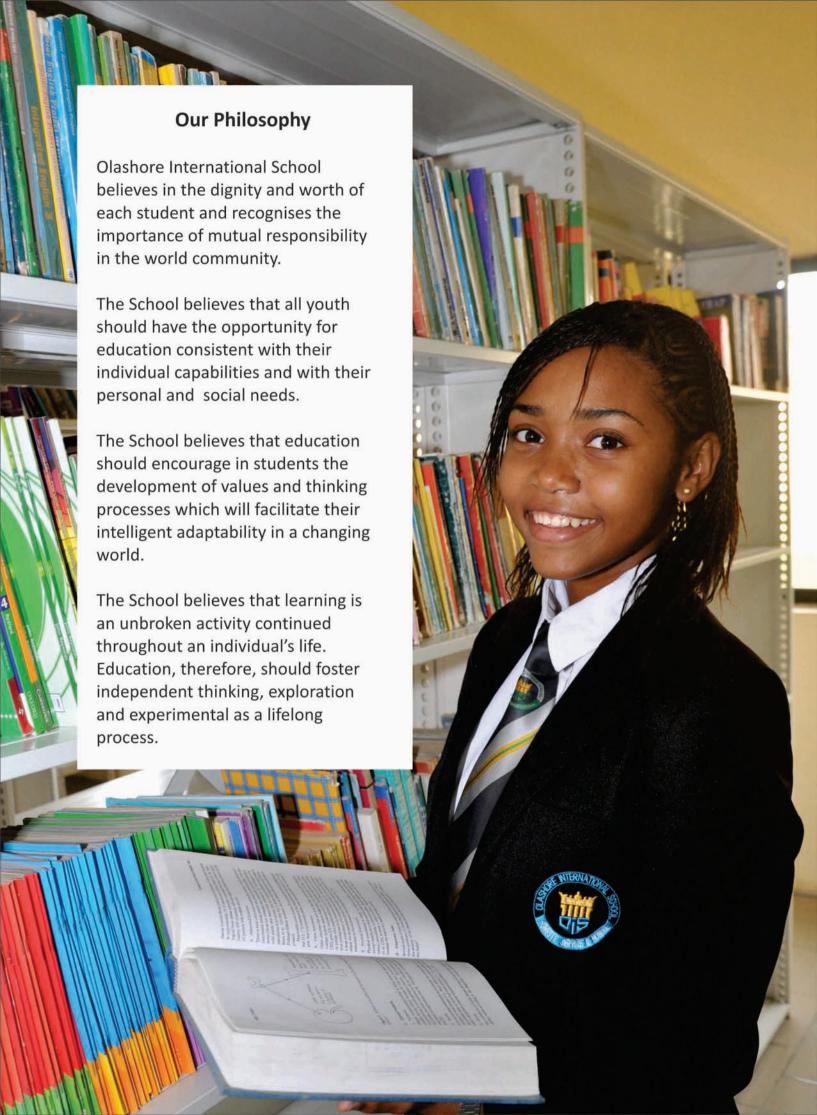
Olashore
Celebrates
20 Years
in Style

Musical Artiste Falz Rocks the Airwayes

> Dental Care 101

Akinade Aderele
IKT Chicago's
FirstAfrican

Student President



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Welcome

elcome to the maiden edition of Olashore Alumni Magazine. This has been an exciting year for the school as you will see when you read this magazine. We have been around for twenty years; as a school, we remain committed to academic excellence and development of life skills of our students whilst improving our offerings to students.

Olashore alumni continue to make us proud in their undertakings and in this edition, we will be showcasing some of these alumni. Akinade Aderele was recently elected as the Student President in Illinois Institute of Technology in Chicago. This feat makes him the first African Student President in the history of the school. Read his interview on page 10. Also on page 18, enjoy another entertaining interview with alumnus Folarin Falana, popularly known as Falz who is currently making waves in the Nigeria Music industry.

We also featured a number of contributions from alumni. Within the year, the school held a series of events to celebrate its 20th anniversary. We bring you pictures from these events to give you a feel of the

celebration mood.

On page 20, we have a list of alumni whose birthdays fall later this year. We hope other alumni would call them. This is saying a big thank you to all those who have contributed to the success of this publication through your articles and support.

We would love to hear from you as your thoughts, contributions and suggestions are important to us. Please send us a mail at alumni@olashoreschool.com. You can like our Facebook page at

https://www.facebook.com/Ol ashoreInternationalSchool, and join the alumni group on the page. Also follow us on twitter at @olashore_s and you can connect with us on LinkedIn at https://www.linkedin.com/OlashoreInternationalSchool.

Happy reading!

Jennifer Obi- Orumgbe Alumni Officer



During the school's 20th anniversary celebrations, it was great to meet so many of you and hear of your successes around the world.

elcome to the first edition of the Olashore International School Alumni magazine.

During the school's 20th anniversary celebrations it was great to meet so many of you and hear of your successes around the world. Through this we realised that there are so many activities going on in school that you might be interested in hearing about. As a consequence we decided to develop a quarterly magazine to keep you updated.

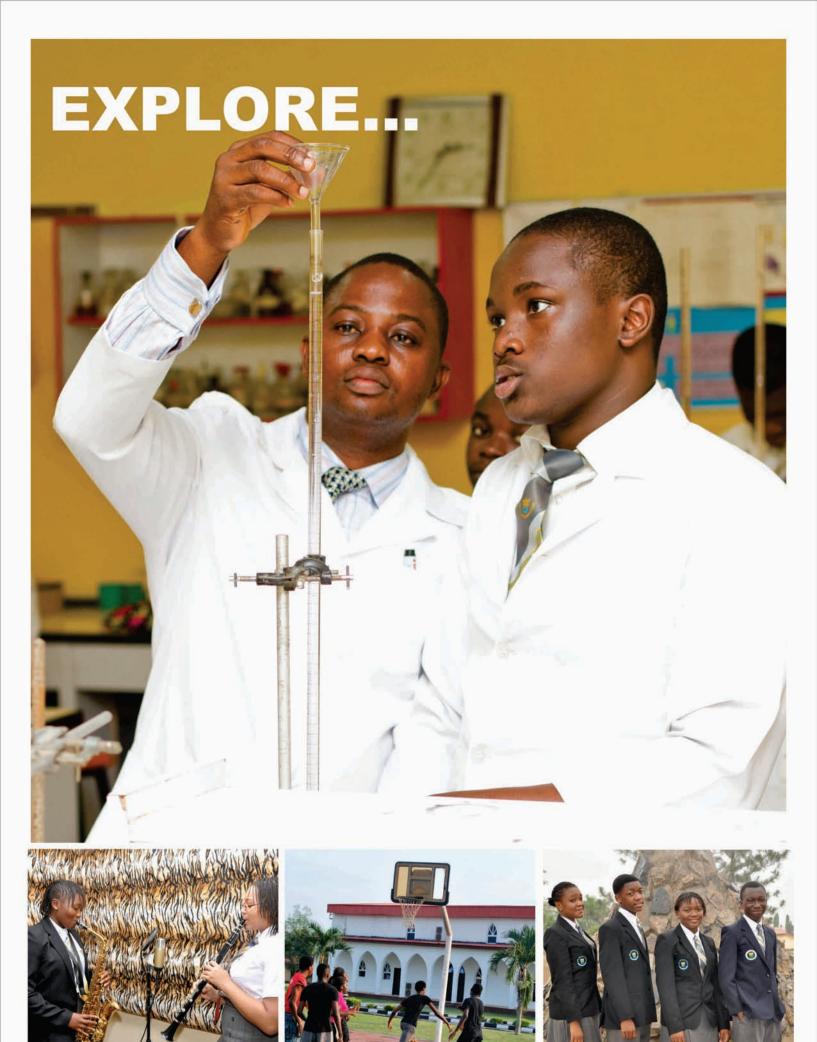
This first edition covers some of the exciting events which took place from our 20th Anniversary launch in October 2013 through to the Valedictory Ceremony in June 2014 where our sixteenth set graduated taking our alumni numbers to over 1300.

One of the highlights of the year for me was our Founder's Day Celebration. As well as celebrating staff who have served the school diligently throughout its twenty years, we welcomed two renowned Nigerians to the school. Professor Bolaji Akinyemi, who went on this year to serve as vice-chairman of the National Conference and Mrs. Bola Adesola, CEO of Standard Chartered Bank of Nigeria and recipient of the 2013 Africa Business award for Most **Outstanding Woman in Business** were the Special Guest of Honour and Guest Speaker respectively. Their presence in the school and counsel to staff and students shows that Olashore International School continues to stand out as Nigeria's premier school for leaders and an alma mater you can be proud of.

Also in the magazine we have contributions and interviews with some of our alumni. It is a pleasure for all of us in school to read of the success of Folarin, Yetunde and Akinade across a range of disciplines. They are a credit to the school and I look forward to reading more profiles and articles in future editions.

I hope you will enjoy reading this and future magazines as we aim to keep you updated of the activities going on in the school and the progress of our alumni and look forward to seeing as many of you as possible at future events.

D. K. Smith Principal and CEO











DENTAL CARE 101

By Dr. Yetunde Odusanya

ur teeth are an important part of our body which most times we overlook. Lack of proper dental care can lead to serious illness. This article explains what dental care involves and how an individual can ensure proper dental health.

your toothbrush cannot reach. It can be done with the aid of a dental floss which is a rope-like material designed to slide in between two teeth to clean and remove plague from there or

caused by tea, coffee, cigarettes, red wine etc. Scaling and polishing is recommended for all, at least every six months.

(iv) Regular dental check-up: A visit to the dentist, at least every six months, is very important for the prevention and early treatment of oral diseases.

There are many habits that people indulge in but that should be discouraged as they harm the teeth. The common ones include:

(I) Tooth picking: The use of toothpicks causes subtle injury and eventual damage to the gums that support the teeth. Interdental cleaning aids such as dental floss and/or interdental brushes should be used instead of toothpicks.

(ii) Use of hard toothbrush: The regular use of soft-textured or medium-textured toothbrush is adequate for cleaning the teeth.

The use of hard toothbrush (e.g. smokers' toothbrush) causes gradual wearing away of the enamel, thereby exposing the inner sensitive hard tissues of the teeth which eventually leads to ill dental health.

(iii) Consumption of refined sugars and acidic foods: The habitual consumption of foods that contain refined sugars such as biscuits, chocolates, candies and soft drinks can lead to dental cavities. The bacteria in the mouth breakdown the sugars into weak acids which gradually destroy the teeth and cause cavities in teeth. Soon after consuming foods that are rich in refined sugars, brush your teeth to remove sugary food particles effectively and soon after consuming soft drinks or acidic fruits/juice, rinse your mouth with water.

What is dental care?

Dental care is simply the maintenance of healthy teeth and more comprehensively, the gums and other tissues of the oral cavity.

Dental care is done in order to prevent caries, that is dental cavities, gum disease and other dental disorders.

Dental care
can take two formsthe one done
personally by
individuals to maintain
regular and good dental
hygiene and that which
requires the professional
involvement of a dentist.



What does proper dental hygiene involve?

Basically, proper dental hygiene involve the following:

- (i) Tooth brushing: This is done with the aid of a toothbrush and fluoridated toothpaste to effectively remove plaque from surfaces of the teeth and the tongue too. This should be done twice daily, in the morning and before bedtime at night.
- (ii) Interdental cleaning: This is the act of removing debris or plaque accumulating in between the teeth, where the thistles of

interdental brushes. Constant accumulation of plaque in between teeth can lead to tooth decay and gum disease. Interdental cleaning should be done at least once daily.

iii) Scaling and polishing: This is usually done by a dental care professional called a dental hygienist. Scaling is done to thoroughly clean the teeth by removing the hard tartar that builds up around the teeth like scale inside a kettle, and polishing is done to remove extrinsic stains

This may then be followed with the use of flouridated mouthwash to rinse.

- (iv) Using the teeth as tools: Our teeth should not be used as bottle openers, hard-nut crackers, cloth-tearing apparatus, thread-cutters, pliers or knives. Using the teeth as such can lead to micro-cracks in the teeth that will progress to dental diseases later on.
- (v) Crunching hard substances: Our

fortifying the chemical component of the enamel.

- (ii) Dental floss or interdental brush for interdental cleaning: This should be done at least once daily.
- (iii) Mouthwash: This is an optional addendum. It is not so effective in removing food debris and plaque but some have antibacterial properties and help to freshen breath. It can be used after lunch.

The habitual consumption of foods that contain refined sugars such as biscuits, chocolates, candies and soft drinks can lead to dental cavities.

teeth should not be used to crunch hard substances like strong bones, and should not be used to bite and crunch pens or other handy rigid substances. Such habits can lead to obvious cracks or micro-cracks in the teeth that will cause dental diseases.

(vi) Sucking habits: Habitual sucking of the thumb, tongue or lip over a long period of time can affect the orofacial musculo-skeletal pattern leading to some forms of misaligned dentition that will need specialist (orthodontic) intervention.

Tools for proper dental care

There are home-based tools and clinic-based tools used to maintain proper dental care. For the purpose of simplicity, I will like to address only the home-based tools which include the following:

 (i) Soft-textured or medium-textured toothbrush and fluoride-containing toothpaste for brushing twice daily:
 Fluoride imparts strength to teeth by

- (iv) Tongue scraper: This is also an optional addendum as brushing the tongue during tooth brushing is effective for clean breath.
- (v) A willing mind to pursue a good oral hygiene: Our teeth are designed to serve us well and outlast us but they can cause us severe pain and be short-lived if we are not willing to take proper care of them regularly.



Dr. Yetunde Odusanya nee Osehundunsi is an alumnus and currently works at the dental clinic of the State Specialist Hospital in Ondo State.

Make hay

By Oyewumi Olawale Azeez

The vice of all vices is wanting to succeed without any effort. A person who does so has planned their future, a future of failure. I would like to narrate the story of a young man who planned to fail.

Femi was a vibrant and ambitious twenty year old, who lived alone in a rented apartment his parents struggled to acquire. He knew what he wanted in life, "I want to be the another Steve Jobs!" he fantasised as he consumed bottles of alcohol. Femi was not a man of bad character, but he was not determined to achieve his goal. Education was the least of his priorities and preferred sitting in front of his tv at home with his bottles instead of attending lectures and had fame as a computer programmer in mind during tests rather than how to produce the best results.

Femi, with the aid of his bottles, lost sight of his ambition even though he started off on a good note in university. He never planned how he would achieve his goal and never prepared for anything in school. He was a man with a dream but did not know how to reach for it and soon dropped out of school with no degree. Many years after he still found himself in that same old rented apartments his parents acquired, with his bottles.

We can't have a dream without a plan on how to get there and stick to it. It is like a plant growing without a root, you can't succeed this way. If you do, you will end up like Femi, who managed to succeed in only one thing, failing.



STUDENT PRESIDENT

kinade Aderele graduated from Olashore International School in 2010. He currently studies Architecture at the Illinois Institute of Technology in Chicago. He was recently elected as the President of the student body, making him the first African to occupy this position. In this interview, he tells us about the responsibilities involved and how his stay at OIS shaped who he has become. Enjoy excerpts:

Tell us about yourself

I am a fourth year Architecture Student and I am working on a masters in Construction Engineering and Management. I live in Chicago, Illinois and study at the Illinois Institute of Technology.

Can you share with us your experience

as an international student in Illinois?

At first it comes with different challenges like the weather because Chicago's weather is quite intense and then acclimating to a different culture, accent and people can take some time. but on the other hand, there are a lot of opportunities and new experiences to engage in. Chicago is a very beautiful city

so studying Architecture here has been special.

What are some of your fond memories as a student in Olashore?

My fond memories include the team sports. Playing football on the field in front of Senior House Boys.



I learnt at Olashore that diversifying your activities, skill sets and involvement is always important. The word well-rounded is a cliché but finding things you enjoy doing and doing them to the best of your abilities is key.

Dashing across the field with my friends from the TD Block to make classes in the old classroom block and studying in the library.

Is there any special reason you are studying Architecture in Illinois?

I enjoy building oriented design and activities oriented towards creativity and that is why I decided to study Architecture. Chicago, Illinois is arguably the most diverse and impressive urban lab of Architecture in the world so the city in itself made for incredibly compelling influence on my decision to study there.

You were recently elected as President of the student body in school making you the first African to occupy this position. What does this position entail?

It is an incredible responsibility and a great privilege as well to serve in this capacity. The job has a lot of unwritten details but simply put I am the primary representative of the student body in all aspects. I lead an administration over 40 strong actively involved in judicial, financial and senatorial activities. I am involved in all of the key decisions that affect the Student body. It is really a blessing to be the first African to serve in this capacity and I look to have my performance reflect positively on the African Image.

Can you share the entire election process?

It starts with a one month nomination window where in any member of the student body can be nominated preferably someone with experience within the student government. There is then another month of campaigning, speaking to large student groups, fraternities and sororities. The next phase is a candidate debate which is an outlet to judge the candidates side by side, the

school newspapers use this as an opportunity to endorse or review the candidates in the upcoming editions.

So far, how has the experience been?

The experience has been enlightening and amazing. I have had the privilege of meeting incredible people, I get to represent the student body and I lead another set of leaders that work towards improving the university.

Can you also share with us some of the key things that you learnt while in OIS?

I learnt at OIS that diversifying your activities, skill sets and involvement is always important. The word well-rounded is a cliché but finding things you enjoy doing and doing them to the best of your abilities is key. A lot of the key principles and structures on discipline and self-control that I hold dear started budding in OIS.

How did your stay at OIS contribute to who you are today?

My stay at OIS helped me to learn a lot about myself and how to relate with others as a result of that. I learnt a lot about respect and self-worth that are important to how I have chosen to live my life.

How do you juggle your responsibility as student president and as a student so one doesn't affect the other?

A lot of scheduling, I use google calendars and pre schedule every important event or task before hand, everything from meetings to classes to amount of hours I need to do school projects and the amount of time I need to be at work go into my calendar.

How do you unwind?

I go to the gym a few times every week, I

play football from time to time, I sometimes go out in the city and I get to sleep once in a while.

Describe a typical day?

My days are not particularly typical but my day may involve waking up at 7am give or take 1 hour. Going to the Gym early in the morning. Responding and sending out emails, memos and task lists. Going to class in the morning after breakfast. Having mid-day/lunch meetings with faculty, staff and administration. More classes and responding and sending out more emails. Doing school work or going to work. Having evening meetings with students and doing more school work.

After Illinois, what next for you?

I am not completely sure yet, I intend to work for a Design and Construction firm on the East Coast of the United States before eventually moving back to Nigeria.

Your message to the OIS Community

To the students I say enjoy your stay, make friends, learn lessons, but most importantly start to observe and understand yourself. Before you control the world I believe you must learn to control yourself like somebody wiser than I am once said. Don't let yourself be discouraged by your current situation, instead develop yourself so that when you do reach your peak you will be the most incredible version of yourself. To the Faculty and Administration I say Inspire these students to push themselves, to try harder than they usually would and enjoy the process. To the parents I would say sometimes it is important to believe in your child more than they would ever believe in themselves. I am a testament to parents who have bigger dreams for me than I could ever have for myself.



Olashore International School Celebrates 20 years in Style

t was an exciting year as Olashore International School celebrated its 20th anniversary in grand style. Not many schools stay around this long and so we rolled out the drums and announced to all that we were here to stay.

A line up of activities were put in place to celebrate, prominent among them were the Speech and Prize Giving day which had president of the CIBN Segun Aina as special guest, the Anniversary play which had the school troupe perform Chief Rasheed Gbadamosi 's play Echoes of the Lagoon in Lagos, Ibadan, Abuja and Osun state.

There was also the Founder's day with CEO of Standard Chartered bank Mrs. Bola Adesola and former External Minister of Foreign Affairs Professor Bolaji Akinyemi in attendance, the Scholarship Concert with artiste Dbanj to help raise funds for the scholarship and the Valedictory Service.

There were other internal events such as the school trips to Cross River state, Benin Republic, South Africa and UK.

In all , it was an exciting year and as a school we remain committed to academic excellence and producing 21 st century leaders .

In the next few pages, we bring you pictures from some of these events.





Press

Conference







Speech & Prize Giving Day

















20th Anniversary School Play













Inter-Primary School Challenge











20th Anniversary Founder's Day











PTA Scholarship Concert











Prom 2014













16th Valedictory Service



















1-5: UK Trip 6-10: Cross River Trip 11- 15: South Africa Trip



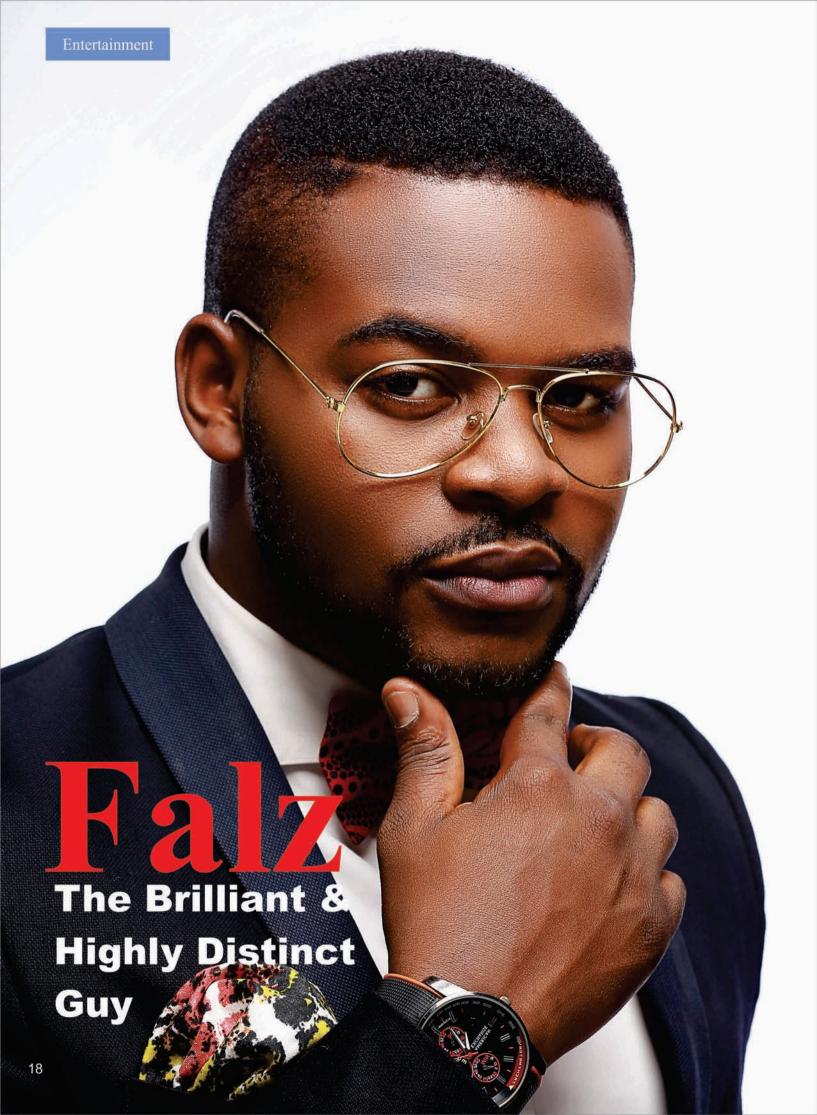












FALZROCKS!

olarin Falana popularly known as Falz the b.a.h.d guy is one musical artiste making a bold statement with his brand. Folarin, an alumnus of Olashore International School and only son of Lagos popular lawyer and civil right activist Femi Falana, has continually made an impression with each release. His trademark rap style has been described as an infusion of witty lines, local dialects and comedic tones thus setting him on a lane of his own.

Tell us about yourself

My name is Folarin Falana. I'm a musician/entertainer and Co-CEO of B.a.h.d guys Records.

How did you come about your stage name?

It's a nickname that I picked up while in school and it has just stuck since then.

You studied Law at the University of Reading, England and now you are an artiste. What is the correlation?

No correlation really. Music is just something that I've always been passionate about and I decided to follow my dream after I finished studying.

When did you realise you wanted to do music?

While I was in the University. I continued writing and recording music and realised I had really grown in the art so I decided to take it very serious then.

What was it like growing up as the son of Falana?

It was interesting because he is a popular and influential person. I learnt a lot from the way he lived his life and I've always aspired to be like him.

What is your brand of music?

My brand of music portrays young, witty and 'yuppy'. That element of 'raz' in my music always makes my stuff stand out among others.

How supportive is your family of your music career?

They have been very supportive so far. They have never actually been against me doing music and I appreciate them for that.

Should we expect any release very soon from you?

I just put out my debut album so I'm going to be releasing videos for songs off the album, so yes stay tuned!

How has music been for you especially when compared to your counterpart outside Nigeria?

There has been a lot of progress definitely. I think being on ground is a great advantage because it exposes me to first hand information about how a lot of things work in the industry and helps me to adjust accordingly.

Where do you draw inspiration for your songs from?

From my immediate environment mostly. I just observe people and look at situations, then I try to make art out of them.

Where do you see yourself 10 years from now?

I see myself as an internationally renowned superstar.

If not music, what will you be doing?

I would be working as a barrister.

Words to upcoming artistes

Stay hardworking and dedicated. If you

do, there is no limit to what you can achieve.

Brief Profile

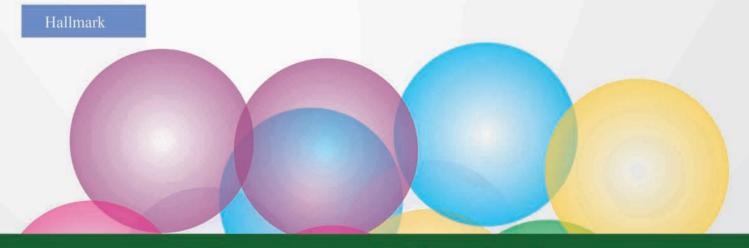
Folarin Falana, popularly known as Falz the Bahdguy, is a recording rap artiste as well as the C.E.O of B.a.h.d guys Records.

He took up music as a hobby in his later secondary school days.

He decided to pursue the art seriously and in 2009, he strung together his much acclaimed mix tape "Shakara: The Mixtape" which proved to be a massive introduction of Falz to the public.

He later released hit songs like "Wazup Guy", "Cool Parry", "123" and most recently "High Class" and "Currency" all from his album, and these have enjoyed constant radio play and attracted a much wider audience.

He has been recognised and touted as a great talent by various veterans in the musical industry including el Dee, whom he credits as one of his biggest influences, Don Jazzy and MI to name a few. He has also collaborated with numerous artistes including Oyinkansola, Seon, Ajebutter22,General Pype, Lynxxx, Dr. Sid and released his debut album "WAZUP GUY" on the 30th of May 2014.



Happy Birthday

lashore International School Alumni Association wishes alumni born in September, October, November and December a happy birthday. May your light continue to shine brighter and brighter with each passing day. We love you all!

SEPTEMBER

Koleoluwa Atinuke Esther Ohen Geoffrey Esekhile Ehizokhale Towuru Afoke Oso Akintola Olanipekun Olabode O Saa- Aondo Wandoo Cynthia Abidoye Olusegun Okubanjo Temitope Enenmoh Ikechukwu Akingbola Olubunmi Leye Sydenham Juliana Anwuli Okwuonu Chinonso Juliana Oduwole Feyisayo Ataiyero Samson Ahmadu Iyunola Folasewa Abdulazeez Fauzivah Akingboye Temitayo Raji Ridwan Oginni Debo

OCTOBER

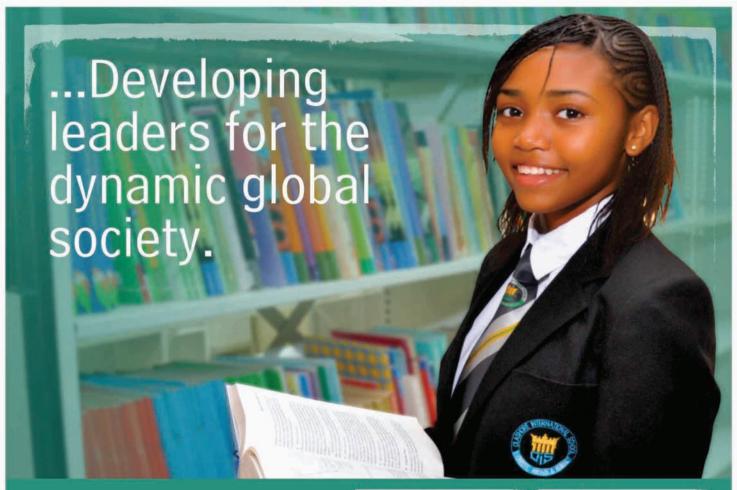
Olatunji Oluwaseun Dayo Orekoya Morolake Oyebola Ogundeji Ayoade Oluwaseun Dixion Olumuyiwa Ifeanyi Akerele Adetokunbo Folabi Aderogba Shakera Abudu Boluwatife Rasheed Abdurrahman Abdulaziz Opadere Adebola Toyin Ezekiel-hart Sofiri
Adediji Adebisi Modinat
Onipede Oluwabusola Y.
Osedahunsi Yetunde I.
Oke Dorcas Oluwaseyitan
Obi Chuka
Ogunye Ayokunle
Akano Adeoye
Ogunniyi Adedamola A.
Evulukwu Ugonwanyi Ekele
Aboderin Yewande Yemisi
Bamgbose Olumide Omololu
Adekanye Oluseyi
Odunmbaku Abimbola

NOVEMBER

Akah Nwadiuto C. Akinola Akinseve Modupe Adeyemi Olamide Temilolu Alalade Abayomi Runsewe Temitope Adenuga Adegboyega Oyeyemi Oyewale Hafeez Adeoye Adeyinka Bello Abdulrahman Kola Gbadebo Adenowo Kayode Olanrewaju Omotoyo Mosuro Folarin Falaye Eyitoyosi Funmi Oni Ifedolapo Oluwayemi Ozule Ifelunwa Ifeoma Araoye Mojisola Omotayo Okunade Adeyemi Adetokunbo Okpuno Ifeomachukwu N. Lawson Jack Selema Ogunnaike Afolabi Agboade Babatunde

DECEMBER

Adefemiwa Aramide Nwokogba Onyinye Ladoja Adejoke R Abidemi Arivibi Ebunola Temitope Oluwasanmi Oyeleke Bola Onigbogi Jumoke Mary Alonge Oluwasetemi Isiolaotan Olatunde Bayo Adenrele Adebimpe T Ifaloye Olufemi Amole Adesiji Adekunle Lawson-jack Soibi Ann Edeki Olohirhre Omotayo Ogunsanwo Adefoluke Taiwo Ogunsanwo Adefolake Kehinde Ayegbusi Odunayo Anyanwu Ihueze Jnr Igbojekwe Christopher Olasope Aramide Bisola Obi Adaobi Nwamaka Oduwole Oladayo Aloba Oluwafeyifunmi Akintunde Ayodeji Wuyi Awolumate Abiodun Segun Ashir Abdulrasheed Ayileka Oluseye Famojuro Oladapo Olumide



Olashore International School is a private co-educational school, which offers high calibre education in a wide range of subjects at junior secondary, senior secondary and a university foundation programme in partnership with Lancaster University, UK.

Nurture your children to their full potential















OLASHORE INTERNATIONAL SCHOOL

Iloko-ljesa

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Email: principal@olashoreschool.com, admission@olashoreschool.com





OLASHORE INTERNATIONAL SCHOOL



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- Study skills course with visiting UK lecturers
- UK academic orientation trip
- · Visa processing support











