The BRAIN Behind Samlena School

Mad. Helena Akiti

Madam Helena Enyonam Akiti the proprietress of Samlena International School (SIS) is a mother of three biological children and several adopted children. She started her formal education in Tema Community 2 at Aggrey Road No. 2, sat her Common Entrance Exams in form two (2) and continued to Our Lady of Apostles Secondary School (OLA), Ho to acquire her O’ level certificate.

She later enrolled in Accra Polytechnic to be trained as a secretary, she pursued fashion at Kumasi Polytechnic and proceeded to the University of Education (Winneba) for a degree in early Childhood Education.

She aspires to become an Educational Consultant some day.

Sir Matthew Erzuah
(The OLE teacher of the Term)

Sir Matthew Nana Kwame Erzuah is the primary two (2) class teacher. He was born in Tema in the Greater Accra region. He attended his Basic Education at Creator Preparatory School and later enrolled in Wesley Grammar High School to read Science.

Sir Matthew has now gained four (4) years experience in the field of teaching which has helped him acquired the necessary skills in managing behaviors, improved his communication skills and as well as making him a good time manager.

Besides his teaching life, he is also an active footballer who has made a great impart in the sports of Samlena School. He captained Christ Embassy Church (Michel Camp Branch) to win the 2nd Edition of the Greater Accra Regional football tournament in the year 2013.

By the close of the Second Academic Term 2014, Samlena School was leading in the preparation of the lesson notes using the laptop among all the phase two(2) schools and Sir Matthew was the teacher with the highest score among all the teachers in Phase 2. 

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On Wednesday, 26th of March 2014, some personnel from Ghana Fire Service paid our school a visit to give us a training about fire and how to prevent fire outbreak.

What is fire?
Fire is the process in which substances combine chemically with oxygen from air, and typically give out bright light, heat and smoke; combustion or burning.

Is fire a friend or an enemy?
Fire has its advantages such as keeping warm, in welding, cooking and even lighting. However fire is also very dangerous and causes death and destruction of property. Fires are made more lethal by smoke and poisonous gases emitted from consumed materials.

How to prevent fire outbreak
1. Fit smoke alarms and make sure they have a BS kitemark. Test monthly and change batteries annually.
2. Chip-pan fires are the most frequent type of fire - take care and never leave the stove unattended.
3. Always use a proper candleholder, and keep candles away from draughts, or anything flammable.
4. Keep portable heaters away from furniture, furnishings and flammable items, and switch them off every time you leave the house.
5. Buy a fixed fire guard to place around an open fire.
6. Don’t use a hot or sparking power tool, and don’t leave a soldering iron, or any DIY equipment on and unattended.
7. At night, before you go to bed, unplug all electrical items not in use.
8. Always use correctly rated fuses in all electrical appliances.
9. Avoid using multi-way plug socket adapters, if possible.
10. Never run electrical cables/leads under carpets.

How to use fire extinguisher to quench fire
1. Call for help before attempting to extinguish a serious fire.
2. Check for your own safety before starting to extinguish a fire.
3. Check the type of extinguisher. In the USA, there are five main classes of fire extinguisher (note that the classes and nomenclature can vary from country to country): A, B, C, and the less common classes D and K. The extinguishing agent might be water, dry chemical, halon, CO₂, or a spe-
4. Ready the fire extinguisher.
5. Aim for the base of the fire.
6. Remember the simple acronym P.A.S.S. to help you use the fire extinguisher effectively. P.A.S.S. stands for: Pull, Aim, Squeeze, Sweep.

Samlena pupil practicing how to use fire extinguisher to quench fire.
Poems, Riddles, Tips & Jokes

Poem: Love Is Strong
I hunted your love to feed my heart
I lost my soul trying to save yours
In this world where we are seen as enemies
For our belief in love
Although this trouble
My heart kept on beating
But my eyes stopped blinking
When I looked into your eyes
I didn't bother the colour because I was watching the story deep inside.

By: Winfred Amoah (P. 4)

Poème: Mon plaisir
Mon plaisir,
C'est d'apprendre chaque jour.
Apprendre pour réussir,
Réussir pour faire l'honneur de mes parents.
Nous devons apprendre chaque jour.
Etant qu'élève, il est de notre premier devoir d'apprendre.
Nous devons apprendre pour être à l'abri
De l'ennui du vice et du besoin.
Notre effort d'aujourd'hui,
Détermine notre personnage de demain.
Apprenons donc pour un avenir meilleur.

By: Belinda Kusi (P. 4)

Joke
After a quarrel,
a husband said to his wife,
"You know, I was a fool when I married you."
She replied, "Yes, dear, but I was in love & didn't notice"

By: Lois Tetteh (P. 5)

Riddles
1. What goes up and doesn’t come back down?
2. What belongs to you but is used more by others?
3. What has a face and two hands but no arms or legs?
4. What has a thumb and four fingers but is not alive?
5. Everyone has it and no one can lose it, what is it?

Diet tips
Eat 10 to 12 fully grown curry leaves every morning to loose weight. You should do this for three months to see results

Beauty tips
Drink plenty of water for a beautiful complexion.
Get eight hours of sleep everyday.
Not enough sleep will make you look tired and older.

Answers to the Riddles
1. Your age
2. Your name
3. A clock
4. A glove
5. A shadow

Health tips
Get 10-15 minutes of sunlight and fresh air daily

Attitude
Get inspired from others but don’t follow the queue, Live your life in your own unique style and you will see people getting inspired and following you.
INSPIRATION
Comparing yourself to others gets you nowhere
Work on being the best YOU
You Can Be.....

INTERVIEW SECTION
An interview with a student about Madam Helena Akiti

**Interviewer:** What do you admire about Madam Helena?

**Student:** The way she walks, her dressing and the motherly advice she gives us

**Interviewer:** What about her that you would like her to change?

**Student:** The way she screams at us when she is upset

**Interviewer:** Describe madam Helena in one word

**Student:** Hardworking

An interview with a student about Sir Matthew Erzuah

**Interviewer:** Describe Sir Matthew in two words?

**Student:** Handsome and hardworking

**Interviewer:** What do you admire about him?

**Student:** He takes his time to teach us and awards us when we perform well

**Interviewer:** How do you wish to see him in the next 10 years?

**Student:** A resource person making impart in the life of children globally

Editorial team: All teacher

*Designed by: James Daniel Arbuah*