

# Junior Graphic

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No. 977

Serving the youth of Ghana



### Celebrating our independence

• Students of the Kwashieman Anglican 'B' Junior High School in Accra rehearsing towards the 63rd Independence Day celebration which falls on Friday, March 6.  
Picture: LYDIA ESSEL-MENSAH

# No disruptions in Ghana school feeding

By Eugenia Asare Tandoh

There will be no disruptions in feeding children under the Ghana School Feeding Programme

(GSFP) this year.

This is because the government has started distributing food items such as rice, cooking oil, tomato paste, maize and texturised soya, which constitute a

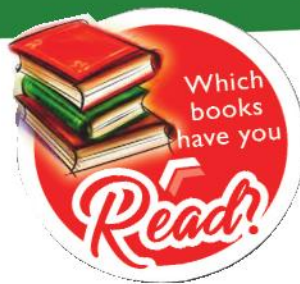
bigger portion of the items used to prepare meals for the beneficiaries.

The assurance was given by the Public Relations Officer of

• Continued on page 3



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The Junior Graphic has started the publication of the summary of books you have read: Which books have you read? The paper invites readers to share information about the book (s) they have read for publication. E-mail to [jgraphic@graphic.com.gh](mailto:jgraphic@graphic.com.gh)

## Step up plans to include JHS in feeding programme

**THE Ghana School Feeding Programme (GSFP) was introduced in the latter part of 2005 and was piloted in 10 schools at the time.**

Since then, the programme has grown to include many more schoolchildren, and now about 2,939,505 schoolchildren from Kindergarten two to primary six are beneficiaries (See page 3).

The GSFP is a good initiative which has relieved many parents of the burden of providing their children with three square meals a day.

Besides, there is evidence to show that the programme has increased enrolment significantly, as well as reduced dropout rates.

The programme has,

however, been characterised by some problems, including irregularities in the payment of caterers, the quality of food and sometimes breaks in cooking for the children as a result of non-payment of caterers.

The overall impact of the programme has, however, been positive and the Junior Graphic is happy that there will be no disruptions in feeding schoolchildren this year since that will defeat the purpose of feeding the children in the first place.

This is because the main aim of the programme is to encourage children in very poor communities to go to school so as to increase the enrolment of children of school-going age.

It is very important for all children to take advantage of this initiative and remain in school while studying hard for a brighter future.

The Junior Graphic, therefore, encourages all children to go to school every day and not be truants as they have been assured that their lunch will be waiting for them.

Parents must also ensure that their children are provided with other needs for school every day so that they will be encouraged to study and enjoy the balanced meals that will be provided.

With all the food items distributed to caterers by the government, the Junior Graphic expects the former to prepare

nutritious meals for the children so they can grow healthily as they study for a better future.

The Junior Graphic appeals to the government to step up plans to include Junior High School (JHS) students since it would be sad for a JHS student to drop out of school because he or she can no longer enjoy the free lunch he or she had from the beginning of his or her education.

We also hope that in the near future, the programme would expand to include all children in public schools in the country and the problem of administration at the secretariat would be resolved in the interest of children.

### Letters



Send your letters and Colour Me to: The Editor, Junior Graphic (Letters), P.O. Box GP 742, Accra, or send an email to: [jgraphic@graphic.com.gh](mailto:jgraphic@graphic.com.gh)

## Stick to preventive tips on Coronavirus

**D**ear Editor, In recent times, there have been frequent news reports of a virus known as the Coronavirus.

From what I gathered in those news reports, the Coronavirus is highly infectious and originated from Wuhan, China.

It has since spread to other parts of China and beyond its borders to several countries.

The sad thing is that the virus has killed many people around the world, while many others who have tested positive to it have been quarantined while

receiving treatment.

Fortunately in

Ghana, we have not recorded anybody testing positive to the virus. However, that does not mean we should sit down unconcerned.

Since the disease broke out, a lot of information has been shared on social media platforms as to what the disease is, its symptoms and preventive tips. For instance, common signs of the disease include fever, shortness of breath, respiratory problems, pneumonia and kidney problems.

Some of the preventive measures include covering one's mouth and nose with tissue when sneezing or sneezing into flexed elbow; frequent hand washing with soap under

running water or alcohol-based hand rub; avoiding contact with anyone with flu-like symptoms and unprotected contact with live animals. Meat and eggs should also be thoroughly cooked.

My advise to Ghanaians, especially children, is that we should follow these preventive tips.

Even though the disease is not here and we thank God for that good news, sticking to the tips can save us from other dangerous infectious diseases.

Natalie Amonoo-Coleman,  
Ancilla Primary/JHS,  
Haatso.



• Sneeze into flexed elbows as shown in this picture.



### Messages from our facebook wall

### How is your school preparing for March 6 Independence Day celebration?

**Derrick Less:** We are preparing well for the March 6 Independence Day Celebration because my school will be taking part in the programme. Hurray!

**Michael Nyamson:** We are training massively for the day because my

school, St Stephen's R/C, is one of the best in the Greater Accra Region and so we are expected to put up our best performance. In fact, there is no time for jokes.

**Ben Gard:** My school is expected to deliver a speech on the topic: "Education is the key," and also

perform a cultural dance. We are, therefore, preparing very well towards the independence day.

**Ohemaa Camsy:** My school cadet and school band are training towards the day in order to raise the name of our school.

Our Cadet training is exceptional. I, therefore, urge all to come and

witness the activities with their own eyes.

**Äyâm Älän Wälkër:** My school will deliver a speech on the day so we are preparing very well for the independence day celebration.

**Joshua Jur:** A policeman is training us and it is tough. If we make a mistake, we will regret it.

# No disruptions in Ghana school feeding this year

NEWS

• Continued from page 1

the GSFP, Mr Siiba Alfa, in an interview in Accra.

He said the move by the government was to relieve the caterers of the high cost involved in pre-financing the meals for the children.

“So now there will be no excuse for caterers to refuse to feed the children because they lack funds, as the bulk of their purchases has already been provided,” he explained.

Mr Alfa said the normal trend in the school feeding process was for the caterers to pre-finance the meals for the children, so that they would be reimbursed when the government released the feeding grants.

“That was where the problem lay because pre-financing the meals was quite expensive and so if the feeding grants delayed, most of the caterers were unable to prepare meals, resulting in disruptions,” he

explained.

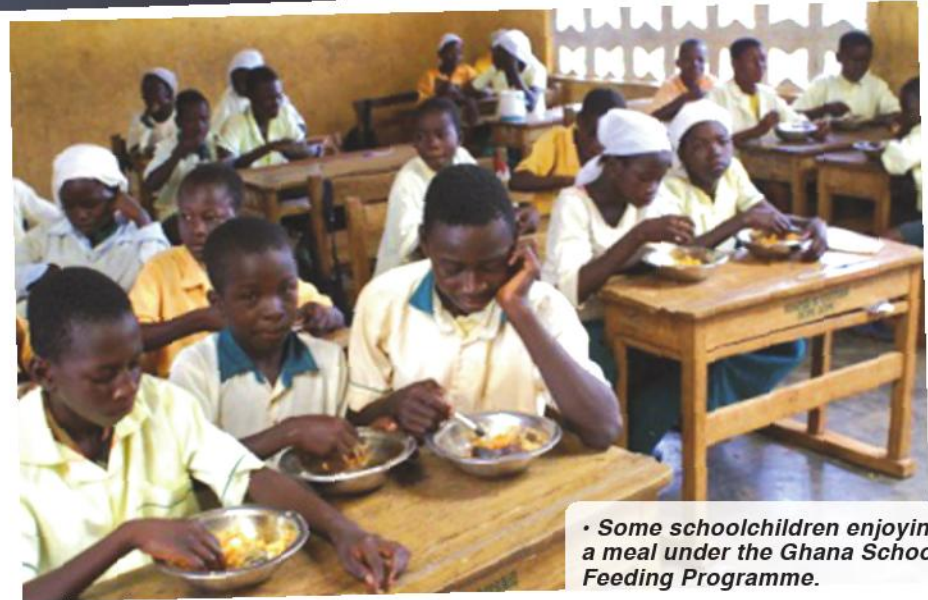
He encouraged all children whose schools were under the programme not to miss school for even one day, since their meals would be waiting for them at school.

He said as of now, the number of schoolchildren under the programme was about 2,939,505, all being Kindergarten Two to Primary Six pupils.

Mr Alfa pointed out that plans were far advanced to add all public basic schools in the country to the programme, adding: “From there, we will include all junior high school (JHS) students as well.”

He announced that cocoa drinks would be added to the meals, but was quick to point out that the initiative would start from cocoa-growing areas on a pilot basis before it became nationwide.

He said the GSFP had provided job opportunities for a good number of people, especially caterers and farmers, and asked all stakeholders to support the



• Some schoolchildren enjoying a meal under the Ghana School Feeding Programme.

government in the quest to keep children in school.

A source at the Abossey Okai One and Two Basic School, Accra, said the GSFP had relieved most parents of the burden of feeding their children three times a day, since the parents knew that when the children went to school, they would be fed lunch.

“It is good that there will be no breaks in feeding schoolchildren

this year because sometimes we (teachers) have to keep gari, sugar and groundnuts with us, so that we can feed the children who are sometimes so hungry that learning becomes a nuisance to them,” the source said.

He appealed to the government to step up plans to include JHS students, since they were the same people who were fed in primary school.

## JHSs/SHSs to receive training in STEM



By Yolander J. Parker-Allotey

**W**eGo Innovate, an Edutech platform, the Ghana Association of Science Teachers (GAST) and Ghana STEM Network and Exploratory will assist both junior and senior high school students to use science experiments to explain and solve complicated occurrences in society.

To this end, the GH4STEM campaign has been launched to help address the challenges of poor learning outcomes in Science, Technology, Engineering and Mathematics (STEM) in schools.

Actress and Broadcaster, Ms Naa Ashorkor Mensah-Doku, is the voice of the campaign.

These institutions have designed a programme dubbed the JUNEOS and SENEOS challenge, which is experiment-based to help teachers and students find out different ways to teach and learn STEM.

The JUNEOS challenge targets junior high school students between the ages of 11 and 15 and the SENEOS challenge focuses on senior high school students between 15 and 18 years.

The Founder of WeGo Innovate, Mr Charles Selorm Agbemashior, said the challenge was to inspire and

motivate schoolchildren to be innovative since STEM would help change their lives and impact their career choices.

The project's Public Relations Manager, Ms Mensah-Doku, in an interview said 60 per cent of the 100 science experiments performed by schoolchildren across the country under the GH4STEM project were from girls.

“We are yet to roll out on TV, but we are excited to show Ghana what our children in the remotest areas are doing in their classrooms,” she added.

The JUNEOS and SENEOS challenge is slated to begin in March this year.

Scan to listen to Ms Naa Ashorkor



• Ms Naa Ashorkor Mensah-Doku, actress and broadcaster, is the voice of GH4STEM campaign.

# Institutions recognised for contribution to open defecation-free campaign

By Augustina Tawiah

**T**he Ministry of Sanitation and Water Resources has presented certificates to children, corporate bodies, district assemblies, individuals and traditional rulers who have made contributions towards the fight to make Ghana open defecation-free.

It did this in collaboration with the Ministry of Local Government and Rural Development with the support of other partners.

The ceremony, which saw drama performances from Abibigroma and solidarity messages from key personalities, was chaired by the Paramount Chief of the Essikado Traditional Area, Nana Kobina Nketsia V, who called for action to be taken now to end open defecation.

He stated that if as a country we failed to take bold action towards

ending the practice, we might end up having a polluted environment in which diseases spread fast.

"Either we clear it and do something about it or we will not survive as a people. It is as simple as that," he admonished.

Nana Nketsia V pointed out that ending open defecation required the efforts of all because it affected everybody, whether they had toilets in their homes or not.

He called for every household in the country to have a toilet and for the nation to invest in building some and ensuring that they were

used.

The UNICEF Representative in Ghana, Ms Anne-Claire Dufay, congratulated the champions and

remarked that about 22 per cent of people in the country still practised open defecation.

She said in 2019, 960 communities in the country were declared open defecation-free.

"If we want to achieve the Sustainable Development Goal target 6.2, then we need to get to zero per cent. There is, therefore, the need to take action now," she stressed.

She commended the Netherlands

Embassy in Ghana, Global Affairs Canada and the World Bank for supporting the campaign.

In a video-recorded message, the Minister of Gender, Children and Social Protection, Mrs Cynthia Morrison, stated that open defecation posed a health and security risk to women and children, adding that for children, it exposed them to diseases and infections.

In a keynote address read on her behalf, the Minister of Sanitation and Water Resources, Ms Cecilia Dapaah, said open defecation should not be seen as a government-alone programme but rather as the collective national responsibility of every citizen.

She said beyond ensuring that all households had their own toilets, the ministry was also considering having all institutions, workplaces and public places getting clean and accessible toilets to

*The Minister of Sanitation and Water Resources, Ms Cecilia Dapaah, said open defecation should not be seen as a government-alone programme but rather as the collective national responsibility of every citizen.*



Scan to listen Ms. Wendy De Youngster-Bastine



Some executives of De Youngster's International School and Akropong School of the Blind with the students after the donation.

## De Youngster's Int donates to 3 schools

By Emmanuella Asare and Yolander J.Parker-Allotey

**D**e Youngster's International school has donated some items to three institutions as part of its social responsibility.

The beneficiaries were the Akropong School for the Blind, the Mampong Demonstration School

for the Deaf and Dzorwulu Special School.

The items included canned foods, toiletries, bags of maize, gari, beans, gallons of cooking oil and loaves of bread.

The annual outreach programme is to teach the schoolchildren how to give back to the society.

It is also aimed at teaching the children how to be grateful for what

they have since there are other children who are less privileged.

The Deputy Director General of the school, Ms. Wendy De Youngster- Bastine, said the donation was to let the schoolchildren appreciate what they had and interact with other children with special needs.

The Headmistress of the Akropong School for the blind,

Madam Mahela Narh, the Headmaster of Mampong Demonstration School for the Deaf, Mr Yemoson Annang and a student of the Dzorwulu Special School Emmanuel Adum-Twum, received the items on behalf of their schools.

They expressed their gratitude to the school for their support and promised that the items would be put to good use.



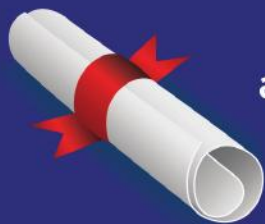
THE WEST AFRICAN EXAMINATIONS COUNCIL

# DISTINCTION AWARDS CEREMONY

## WASSCE FOR SCHOOL CANDIDATES, 2019

The West African Examinations Council will present awards to candidates who excelled in the West African Senior School Certificate Examination (WASSCE) for School Candidates, 2019 on Wednesday, 11th March, 2020 at 10:00 a.m.

at the Sakyi Asare-Menako (WAEC) Hall, Switchback Road, Cantonments



*Special Guest:*

**Hon. Dr. Matthew Opoku Prempeh**, Minister for Education



*Committed to Excellence*



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**Talk to Auntie Betty**



Write to Auntie Betty: **JUNIOR GRAPHIC**,  
P. O. BOX 742, ACCRA or E-mail: [jgraphic@graphic.com.gh](mailto:jgraphic@graphic.com.gh).  
You can text to, call or whatsapp Tel: 0205213881 and 0302 - 684022

# My friend doesn't want to see me

**D**ear Auntie Betty, I had a fight with my friend. Unfortunately, after the fight, he does not want to even see my face or say 'hi'.

I have apologised to him on many occasions and he always claims he has forgiven me, but he still does not want to have anything to do with me.

What should I do?

*Worried Guy,  
Lakeside, Accra.*

Dear Worried Guy, I suggest you take your friend's word for it and not fret too much over him not wanting to be close to you any longer. Your friend says he has forgiven you and so accept that and move on.

I understand it is a difficult situation for you, but for how long will you continue to apologise? I suggest you have one more chat with him and let him know how you feel. If after that he does not change his

attitude, then you would have to advise yourself.

For all you know, he does not want to continue the friendship, so please give him space. Friendship is a mutual relationship and so if the other person is not willing to be a part of it, you cannot force it. Maybe after a while he may change his mind.

**I**n the meantime, you just have to be yourself and be cordial with him. Try

and interact and socialise with other people. Make time for the things you love doing or learn a new skill. You may also join a club or group in your school or place of worship to gain new insights and meet other people.

It is important that you are cautious of the people you get close to. Be with people who will encourage and inspire you to be the best.

I wish you the very best.



**Jehoshaphat Baddo, Abeka, Accra, happy ninth birthday.**



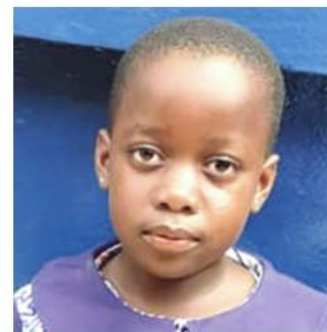
**George Gad Hanson, Accra, It's your seventh birthday.**



**Grace Oforl, Accra, belated 15th birthday.**



**Alex Egyre, Kwashlema, Accra, you marked your 10th birthday recently.**



**Naa Lamley Lamptey, Adabraka, Accra, you celebrated your seventh birthday recently.**

Scan and listen to a birthday song.



**Kayee Oforlwaa Adonteng, New Achimota, Accra, you turned seven recently.**

**Kendra Henritta Akweley Halm-Lutterodt and Kendrick Henry Oka Halm-Lutterodt, Accra. You are two years old, hurray!**

**Harry Blesson Yeboah, Accra, It's your fifth birthday.**



**James Osel Atinkah, Accra, you are 10 years old.**

### March birthday coupon

Name: .....

Date of birth: .....

Age: .....

Tel: .....

School: .....

Region: .....



# Take personal precaution to prevent coronavirus

Compiled by Rebecca Kwei

**The coronavirus, COVID-19, is spreading fast and the World Health Organisation (WHO) is advising that we all take personal precaution to reduce the risk of infection.**

According to the *BBC*, globally, more than 80,000 people in about 40 countries have been infected with the new coronavirus which emerged in December. The vast majority remain in China.

The respiratory disease caused by the virus, has killed more than 2,700 people so far.

In Africa, Algeria, Egypt and Nigeria have reported coronavirus infections.

No suspected case of COVID-19 has been confirmed in Ghana but the Head of the WHO, Dr Tedros Adhanom Ghebreyesus warns that "it would be 'fatal' for any country to assume it will not get cases.

Several European countries have announced new cases, traced to

Italy.

Saudi Arabia is stopping foreign pilgrims from entering the country, while Japan plans to close all schools from March 2.

According to the WHO, there is no evidence that your pet dog or cat can be infected with the new coronavirus.

But that does not mean you should not regularly wash your hands with soap and water after touching them.

There are no specific medicines or vaccines for the new virus and antibiotics do not work either (they fight off bacteria).

Treatment options do exist but most people get better on their own.

Scientists are working hard to develop a vaccine, but this will have to be tested in trials first, so it could be some time before it is ready.

### Prevention tips

Here are some tips provided by the WHO to help you stay safe:

Clean hands with soap and water or alcohol-based hand rub.

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow. Wash your hands afterwards to prevent the virus from spreading.

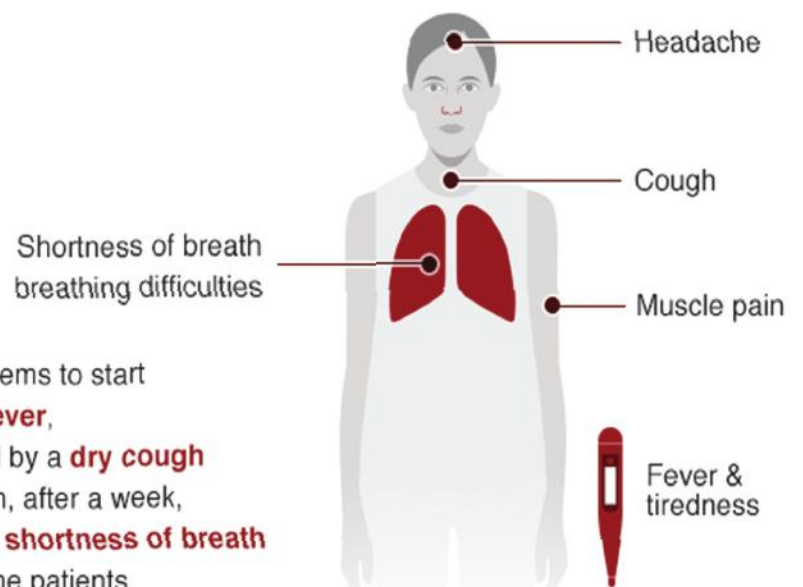
Avoid close contact with anyone with cold or flu-like symptoms.

Avoid touching your eyes, nose

and mouth - if your hands touch a surface contaminated by the virus, this could transfer it to your body.

Thoroughly cook meat and eggs. Avoid unprotected contact with live wild or farm animals.

### Symptoms of coronavirus (Covid-19)



Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

Source: WHO

## Fan Club Corner

### Ancilla Catholic School gets Fan Club

Emmanuel Modey, Wa

**The Ancilla Catholic School Junior Graphic Fan Club in Wa in the Upper West Region has been inaugurated with a call on the students to take reading and writing seriously.**

The call was made by the Accounts Officer at the Wa

office of the Graphic Communications Group Limited, Mr Charles Kyeremanteng, during the swearing in of the executive members of the club.

He said reading and writing regularly enhanced skills and also improved one's capacity in the English Language, which formed the basics in excelling in other subjects.

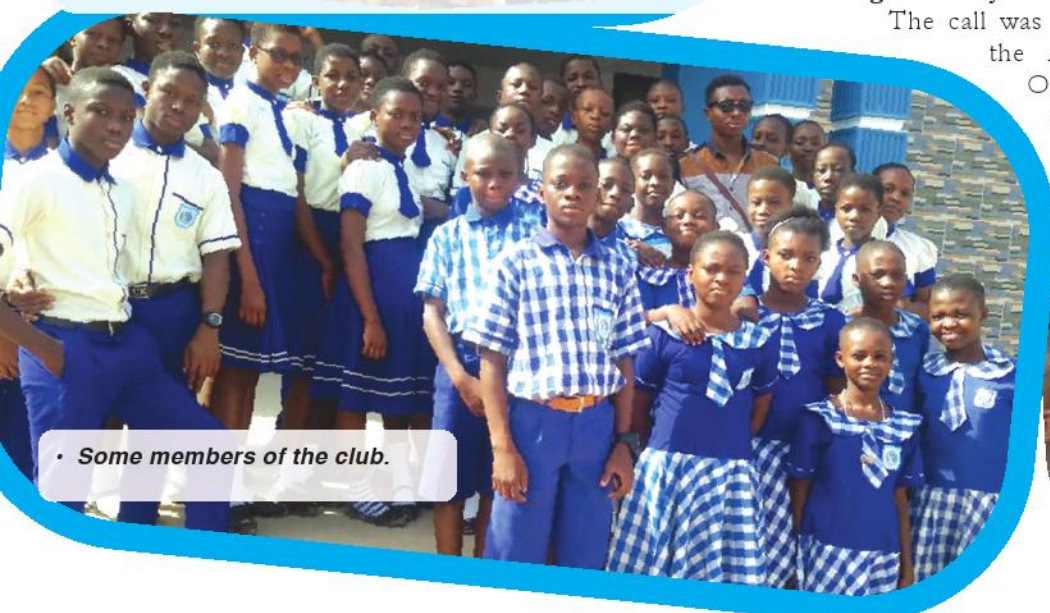
The Patron of the school,

Mr Maxwell Donkpiire, pledged to continue to encourage the students to read the *Junior Graphic* to broaden their horizon.

The executive members of the club include President, Nurideen Hikma; Vice President, Galaa Shadrach; Secretary, Puopele Cinderella; Vice Secretary, Walaman-l Mariwan; Organiser, Monique and Porter, Pearl Anglamwine.



• Mr Charles Kyeremanteng (left), the Regional Accounts Officer of the Graphic Communications Group Limited (GCGL), members of the club and Mr Maxwell Donkpiire (extreme right), the Patron of the club.



• Some members of the club.



• Some of the pupils during the inauguration of the club.



Dr Mahamudu Bawumia (seated 4th left), the Vice-President, with Prof. Kwesi Yankah (3rd left), Minister of State in-charge of Tertiary Education, Ms Philomena Tan (seated 3rd right), MD Nestle Ghana and other officials from the ministry with winners of the President's Independence Day Awards in Accra. Picture by SAMUEL TEI ADANO

**We make progress every day**

1  
9  
5  
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It was creativity period for the Kindergarten pupils of the Young Ambassadors International School at Been-To in Accra.



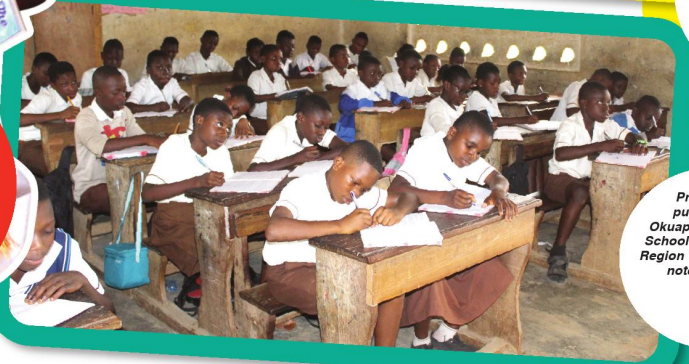
These students and pupils of Uncle Rich Preparatory School in Winneba in the Central Region visited Radio Windy Bay, an FM station at the University of Education Winneba (UEW), as part of their educational tour.



Form Two students of God's Glory Academy in Accra listening to their teacher, Mr Safo Ofori Godson, as he projects an object on the board for them to draw during their Basic Design and Technology (BDT) period.



Meet Kezia Pokuah Owusu, Miss KIDDAFEST 2019. She is the Senior Girls' Prefect of Family Life International School at New Achimota in Accra. Kezia was also crowned Miss Eloquence during the programme which was held recently at the National Theatre.



Primary Six pupils of the Okuapemman Basic School in the Eastern Region writing Science notes in class.





Dr Mahamudu Bawumia (seated 4th left), the Vice-President, with Prof. Kwesi Yankah (3rd left), Minister of State in-charge of Tertiary Education, Ms Philomena Tan (seated 3rd right), MD Nestle Ghana and other officials from the ministry with winners of the President's Independence Day Awards in Accra. Picture by SAMUEL TEI ADANO

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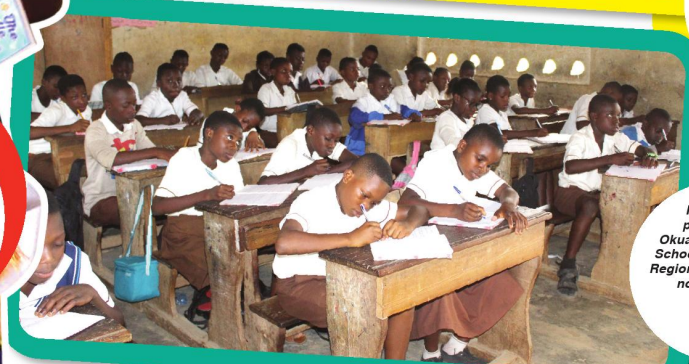
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Primary Six pupils of the Okuapemman Basic School in the Eastern Region writing Science notes in class.

# Rack your brain

## Mathematics

25 students in a class took an examination in Mathematics and Science. 17 of them passed in Science and 8 passed in both Mathematics and Science. 3 students did not pass in any of the subjects.

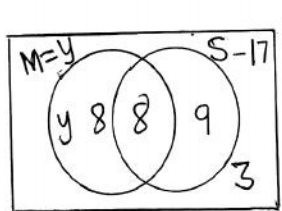
(i) How many passed in mathematics?

(ii) Find the probability of meeting a student who passed in one subject only.

### Suggested solution

$$n(U) = 25, n(\text{Mathematics}) = y$$

$$n(\text{Science}) = 17, n(\text{MNS}) = 8$$



$n(U) = 25$   
 (i) From the Venn diagram  
 $9 + 8 + y - 8 = 25$   
 $y + 9 = 25$   
 $y = 25 - 9 = 16$   
 $\therefore 16$  students passed a mathematics

(ii) Students who passed one subject only  
 $= 9 + (y - 8)$

$$= 9 + 16 - 8 = 17$$

Probability of meeting a student who passed in one subject only

$$= \frac{\text{Students who passed one subject only}}{\text{Total students in class}}$$

$$= \frac{17}{25}$$

Credit: Mr Michael Addo

## Integrated Science

1. Which of the following is believed to be a factor that causes haemorrhoids?

- A. Constipation
- B. Persistent cough
- C. Regular discharge of faeces
- D. Frequent urination

2. Clayey soil holds more water than any other type of soil because it has .....

- A. Larger air spaces
- B. Greater attraction for water
- C. Reduced air spaces
- D. Medium air spaces

3. The process whereby soil is formed by the breakdown of rocks is called .....

- A. Erosion
- B. Weathering
- C. Fertilisation
- D. Leaching

4. Soil aeration can be improved by .....

- A. Activities of earthworm
- B. Adding minerals to the soil
- C. Manuring
- D. Weathering

5. The soil type which is able to retain the highest amount of water is .....

- A. Clay
- B. Loam
- C. Gravel
- D. Sand

6. The first step to take when there is an electrical fault is to .....

- A. Call the fire service
- B. Switch off the electrical mains
- C. Call an electrical engineer
- D. Vacate the premises

7. Electricity is used by an appliance to do work. This means that electricity is a form of .....

- A. Energy
- B. Force
- C. Generator
- D. Machine

### Answers to the questions above

1.A 2.C 3.B 4.A 5.A 6.B 7.A

### Section B

1a. What are the four major blood types?

- Blood Group A
- Blood Group B
- Blood Group AB
- Blood Group O

b. What is blood transfusion?

Blood transfusion is the technique of transferring blood from one person to another person in need of blood.

c. Differentiate between blood recipient and blood donor.

Blood recipient is the person who receives blood by transfusion while blood donor is the person who donates the blood during blood transfusion.

d. Differentiate between universal recipient and universal donor.

Universal recipient is a person who could receive blood from any of the blood groups but cannot donate to any person except a person with his own blood group, while universal donor is the person who is able to donate blood to a recipient of any blood group but cannot receive blood from any person except a person with the same blood group as his.

2a. What is soil? How is soil formed?

Soil is the accumulation of loose, weathered material that covers much of the land surface of the earth. Soil is formed from the gradual breakdown of rocks into smaller particles by agents such as water, temperature, oxygen, wind etc.

b. State five components of soil. Inorganic components

- Water
- Soil particles
- Air
- Mineral salt

Organic components

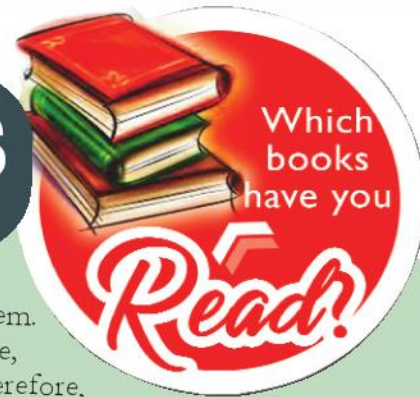
- Living organism
- Humus

c. State the importance of the soil to plants and animals.

- Soil provides shelter for some animals like earthworm, mites, ants etc which help to fertilise the soil.
- Soil provides water and mineral salts for plants.
- Soil provides support for plant growth.

Credit: Mr George Kwesi Amoah

# The Girl Who Can & Other Stories



**Author:** Ama Ata Aidoo  
**Pages:** 151

ease. Maame did not feel comfortable with those comments Nana made. In fact, she saw nothing wrong with Adjoa's legs.

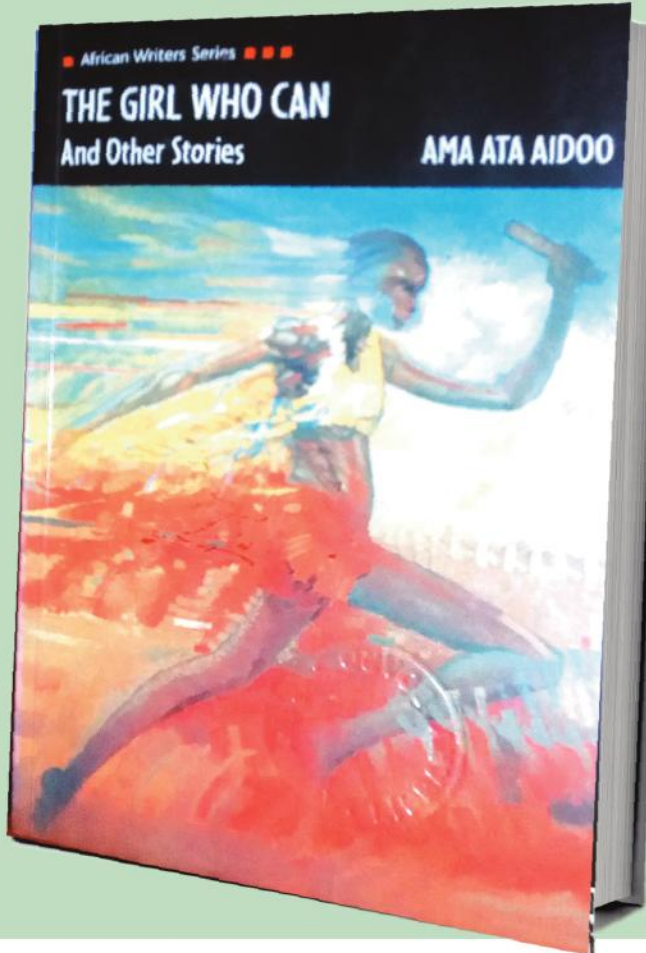
Adjoa loved school and even walked to school just like the other children. Strangely, Nana has a problem with that too. She

perceived the girl-child going to school as a waste of time. Maame disagreed and insisted that if Adjoa learns to read and write, it would be good.

Adjoa was a good athlete and so she participated in athletic competitions organised in the school but she did not say anything about this to her mother and grandmother. She kept it a secret from them. One day, her teachers agreed that she represented her school in the district games. This time, she informed her mother and grandmother about it when she got home.

Surprisingly, neither of them believed her. Maame even went ahead to verify the information from her teachers who repeated exactly what Adjoa had told

them. She, therefore, came back to inform Nana that, truly, Adjoa had been chosen to represent her school as an athlete. Ever since she told her mother and grandmother about the athletic competition, she often caught Nana staring at her legs strangely but Adjoa pretended not to be looking. Finally, the day for the competition came and Adjoa won in her category. Nana carried the trophy that was given to her at her back like a baby and went to show it to Maame before returning it to the headmaster of the school.



**A**DJOA was a seven-year-old girl who lived in Hasodzi in the Central Region.

Nana and Maame were Adjoa's grandmother and mother respectively. The two constantly argued about Adjoa's legs.

Nana felt that Adjoa's legs were too thin and long and as a result, she always expressed her disgust about it. In her special voice that is able to shut the toughest person up, she always insisted that, that should not be the case for a girl because a girl's legs should have flesh on them with good calves that would support her hips. That way, they would be able to bring forth children with

## POEM

### Talkative Tracy

“Chit and chat” she starts again  
It is too hard to explain  
She is talkative  
Tracy starting again  
She gossips over the hills or starts a stampede  
About the fast trends or Fashion  
What a fuss she makes  
• • •  
She cares about ant details  
She seems so stubborn  
She is a manager in sales  
She is too mouthy, she is garrulous  
She is chatty and loquacious  
Well, she has a mouth on fire.  
• • •  
Her voice, as squeaky as a mouse  
And her lips dark red

She is never ending  
And cannot stop dreaming in bed  
She wears a black jacket  
With pearls as costly as platinum  
Mmm, she knows what to say.  
• • •  
Well, she also has a good side  
As everyone says  
She can explain in details  
She is expressive, she is talented  
Her creativity runs out of the box  
She takes her opinion to the top  
She is the glue to make a group.

*Raga Aswitha Gunda,  
The Roman Ridge School,  
Accra.*

## COLOUR ME

### I saw it in the Daily Graphic

This is a drawing of the President, Nana Addo Dankwa Akufo-Addo. This photograph was published in the Tuesday, February 11, 2020 issue of the *Daily Graphic*. Colour it nicely.

Courtesy:  
Samuel Tetteh Perprem,  
Beautiful Morning Glory School,  
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# Speak good English

## Get it correct

By Quame Asomaning

**L**ast week we examined why the sentences: **The headmaster and the patron of the club are accompanying the students on the trip, and The headmaster and patron of the club is accompanying the students on the trip** are both correct, even though we use a plural verb in the first sentence and a singular verb in the second. We said by preceding both **headmaster** and **patron** with the article **the** in the first sentence, we make them plural, for which reason we have to use a plural verb, **are**. Meanwhile, in the second sentence, only **headmaster** is preceded by the article **the**, meaning that both **headmaster** and **patron** refer

to the same person and that is why we use a singular verb, **is**.

Now, apart from the articles **the** and **a/an**, there are also the possessive pronouns **my, their, your, his, her, our** which we can use to precede nouns to make those nouns stand as individuals or joined to others.

For instance, if I write or say:

**My mum and my father.....**

I'm referring to two separate individuals, but if I write or say:

**My mum and dad.....**

grammar says I'm referring to only one person because the noun **dad** is not preceded by any pronoun — **my, her, their, etc.**

So while it is correct to write or say:

**My mum and my dad have travelled abroad,**

it is incorrect to write or say:

**My mum and dad have travelled abroad.**

Since we understand that **my mum and dad** refers to one and the same person, the verb we use for that sentence should be **singular**:

**My mum and dad has travelled abroad.**

Note that if a person has a

mum or a dad who is responsible for everything concerning that person, then that person can conveniently and logically refer to that mum or dad as **my mum and dad** (or **my dad and mum**).

The same applies to a person who has only one sibling, male or female — that sibling can double as a brother and sister (or sister and brother), for which reason that person can talk about '**my brother and sister**'.

So it is correct to write or say:

**My brother and friend is coming home for holidays soon** (my brother who doubles as my friend).

**Kofi's teacher and friend has come to visit him** (Kofi's teacher who is at the same time his friend).

**Becky's sister and confidante deserves some praise** (the sister who is also the person Becky confides in).

Note that in all the sentences above, if two separate persons are involved, then we must precede those persons with pronouns to make them separate entities, so that we can use plural verbs, as in:

**My brother and my friend are coming home for holidays.**

**Kofi's teacher and his friend have come to visit him.**

(To be continued)

# Getting along with the opposite sex

**F**OR many young people, getting along with the opposite sex is hard. They don't know how to treat each other respectfully and appropriately, and they don't know how to be themselves around the opposite sex. Here are some tips for boys.

- Don't stare or whistle at a girl because of her looks, dress or style of walking

- Listen to what your girlfriend says, and take her "No" to mean "No". Don't try to convince yourself that she means "Maybe" or "Yes" when she says "No".

- Don't loiter near girls' toilets or block their path.

- Don't intentionally harass or scare girls at night or in a lonely places.

- Don't start rumours about girls.

**Girls can also have a bad attitude towards boys. Here are some tips on getting along with boys:**

- Don't exploit boys for money and gifts.

- Accept that boys are also sensitive and have feelings too. Don't laugh at boys or make fun of them.

- Be straight with

boys. Be clear about what you do or do not want. Say what you really think, and don't be afraid to express yourself. Be assertive! When you don't want to do something, say "No!" and stick to it.

- Don't start about boys.

- Girls and boys often end up in bad relationships because they don't have a good understanding of the opposite sex, and they find it hard to be friends.

Boys often don't know what girls want from boys. Girls don't always know what boys want from girls either. Here are some tips.

- Girls want love, care, trust and respect: Girls get worried if boys do not respect them. They like boys who make time to listen to them and take them seriously.

- Company: Girls find that boys are fun and exciting. They like boys who can support them when they are in trouble and with whom they can have fun and share jokes and laughter.

(To be continued)

*Credit: You, Your Life, Your Dream*



# Build your vocabulary

**1. Nook – (nʊk):** A small quiet place or corner that is sheltered or hidden from other people. *Eg: They saw the child in a shady nook in the garden and he was crying.*

**2. Cranny – ('kræni):** A very small hole or opening, especially in a wall. *Eg: A cranny in the rock surface caused the biker to twist his ankle.*

**3. Purlieus – ('pɜ:lju:):** The area near or surrounding a place.

*Eg: Their mansion was a fashionable residence in the purlieus of the capital.*

**4. Itinerant – (aɪ'tɪnərənt):** Travelling from place to place, especially to find work. *Eg: Jim loves the itinerant lifestyle of a musician because of the opportunities he gets from travelling from city to city.*

**5. Surmount – (sə'maʊnt):** To deal successfully with a difficult situation. *Eg: She went to the village,*

*fully aware of the difficulties that had to be surmounted.*

**6. Purview – ('pɜ:vju:):** (Within or outside the purview of something): Within the limits of what a person, an organisation, etc. is responsible for. *Eg: The police officer's purview is limited to the city in which he works.*

**7. Retrograde – ('retrəgræd):** Making a situation worse or

returning to how something was in the past. *Eg: The closure of the factory is a retrograde step.*

**8. Subjugate – (s'ʌbdʒuɡeɪt):** To defeat somebody or something, to gain control over somebody or something. *Eg: When the settlers first landed on the continent, they tried to subjugate the natives and turn them into slaves.*

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# Wetlands

## • Critical home for fish and wildlife

By Rebecca Kwei

**World Wetlands Day is celebrated on February 2 every year but do you know what wetlands are?**

Wetlands are areas of land where water covers the soil. This could be all-year-round or just certain times of the year.

Wetlands include swamps, marshes, lakes, lagoons, saltmarshes, mudflats, mangroves, coral reefs, bogs and fens.

Wetlands may be natural or artificial and the water within a wetland may be static or flowing, fresh, salty or saline. There are two general categories of wetlands: coastal or tidal wetlands and inland or non-tidal wetlands.

### Ramsar sites

These are wetlands set aside for conservation because of their international importance. They are managed to provide maximum benefits to the local communities living within and around the area.

In Ghana, there are five designated coastal wetlands, namely Keta Lagoon Complex, Songor, Sakumo, Densu Delta and Muni-Pomadze Ramsar Sites. A sixth one, Owabi Wildlife Sanctuary, near Kumasi is the only inland Ramsar site in Ghana.

### Sakumo

The Sakumo is located in the West of Tema and comprises an open lagoon and surrounding flood plains. It has high educational and recreational value. It is one of the few open 'green' areas in the Tema area.

### Songor

The site is a brackish water lagoon with extensive mudflats and islands, salt pans, a broad sandy beach and flood plains which drains directly into the Songor lagoon. It is the second of most important water bird site on the coast of Ghana.

### Muni-Pomadze

This is located in Winneba in the Central Region of Ghana. It is made up of the Muni lagoon, the surrounding flood plains and the adjacent sandy beach on the seafront. It provides feeding or staging habitats for migrating waders (birds commonly found along coastal habitats shorelines) that spend the non-breeding season in Ghana and as roosting site for terns (seabirds).

### Keta Lagoon Complex

The Keta lagoon is the largest lagoon in Ghana comprising an open water, surrounding flood plains and mangrove swamps east of the Volta River. It is the most important wetland along the coast of Ghana for waterbirds.

### Densu Delta

The site encompasses an open lagoon, salt pans, freshwater marsh and scrub and sand dunes. It is important for species of resident and migratory waterbirds.

### Why are wetlands important?

- They protect shores from wave action, prevent flooding, absorb pollutants and improve water quality. Wetlands prevent flooding by holding water much like a sponge. By doing so, wetlands help keep river levels normal and filter and purify the surface water.
- Wetlands accept water during storms and whenever water levels are high. When water levels are low, wetlands slowly release water.
- They also provide home for a variety of animals and plants, supporting plants and animals that are found nowhere else.

- Wetlands provide environmental, social and economic services. Many wetlands are areas of great natural beauty.

- Wetlands also provide important benefits for industry. For example, they form nurseries for fish and other freshwater and marine life.

- Wetlands are the most productive habitats on the planet as they contain a high number of plant and animal species including mammals, bird, fish and invertebrates (animals without a backbone or bony skeleton).

- Wetlands also control erosion.

### Wetlands under threat

Despite the fact that wetlands are a critical part of our natural environment and provide great benefits, some of the world's wetlands are under threat because of human activity. Very often, wetlands are drained and then houses and other buildings are put up on the land which used to house different species of birds, fish and amphibians (animals that live part of their lives in water and part on land).

### Protect wetlands

- As young people, it is important that you become environmentally conscious and do your part to protect and preserve the environment.
- You may join programmes or activities that help protect and restore wetlands.
- Report illegal activities such as filling, clearing or dumping in wetlands to the appropriate authorities.
- Pick up litter and dispose off in the appropriate trash bins. Environmentalists also advise that we keep surfaces that wash into storm drains clean of faeces, toxic chemicals, fertilisers and motor oil which eventually wash into wetlands and pollute them.



• The Owabi Wildlife Sanctuary is home to various species of birds.



• Muni-Pomadze Ramsar Site



• Sakumo Ramsar Site

March 4 — 10, 2020



• The four members of the DDG Charitable Trust presenting the cheque to Dr Lawrence Sereboe.

## Child with hole in heart gets help

By Kwame Larweh

The DDG Charitable Trust, a Ghana-based Indian philanthropic society, has donated US\$6,000 to pay for the surgery for two-year-old Solomon Obeng's hole-in-heart disease.

The presentation was made last week by four members of the Trust, namely Shyam Lakhwani, Ashok Amin, Neelesh Bhatia and Prakash Khanchandani, to Dr Lawrence Sereboe, the Head of the National Cardiothoracic Centre at the Korle Bu Teaching Hospital in Accra.

Dr Sereboe received the cheque on behalf of Solomon and thanked the members of the DDG for coming to Solomon's aid.

Solomon, who hails from Cape Coast, was diagnosed with a hole-in-heart disease when he was born but had not been able to undergo surgery because of

financial constraints faced by his parents.

The Trust is the brainchild of 10 Indian trustees aimed at addressing social concerns and doing charitable work in the country.

In 2018, the Trust paid a similar amount to help with the surgery of another child at the National Cardiothoracic Centre.

The group is currently supporting the construction of classrooms and lavatories as well as a borehole for the inhabitants of Memia, a town in the Western Region.



## The national anthem

First stanza

God bless our homeland Ghana  
And make our nation great and strong,  
Bold to defend forever  
The cause of Freedom and of Right;  
Fill our hearts with true humility,  
Make us cherish fearless honesty,  
And help us to resist oppressors' rule  
With all our will and might evermore.

Second stanza

Hail to thy name, O Ghana,  
To thee we make our solemn vow:  
Steadfast to build together  
A nation strong in Unity;  
With our gifts of mind

and strength of arm,  
Whether night or day, in the midst of storm,  
In every need, whate'er the call may be,  
To serve thee, Ghana, now and for evermore.

Third stanza

Raise high the flag of Ghana  
and one with Africa advance;  
Black star of hope and honour  
To all who thirst for liberty;  
Where the banner of Ghana freely flies,  
May the way to freedom truly lie;  
Arise, arise, O sons of Ghana land,  
And under God march on for evermore!

