

NEWSLETTER

Easter Term

HIWORTH COLLEGE BULLETIN



MAGNIFICENTIA
PER EXCELLENCIA



PHONE ADDICTION



PHONE ADDICTION

Mobile phone addiction in children is a growing concern, often causing irritability, social withdrawal, poor sleep, and reduced physical activity. Key signs include obsession with screens, neglecting responsibilities and tantrums when denied access. Addressing this requires setting boundaries, promoting outdoor play, and enforcing regular digital detox periods.

KEY CONSEQUENCES OF OVERUSE

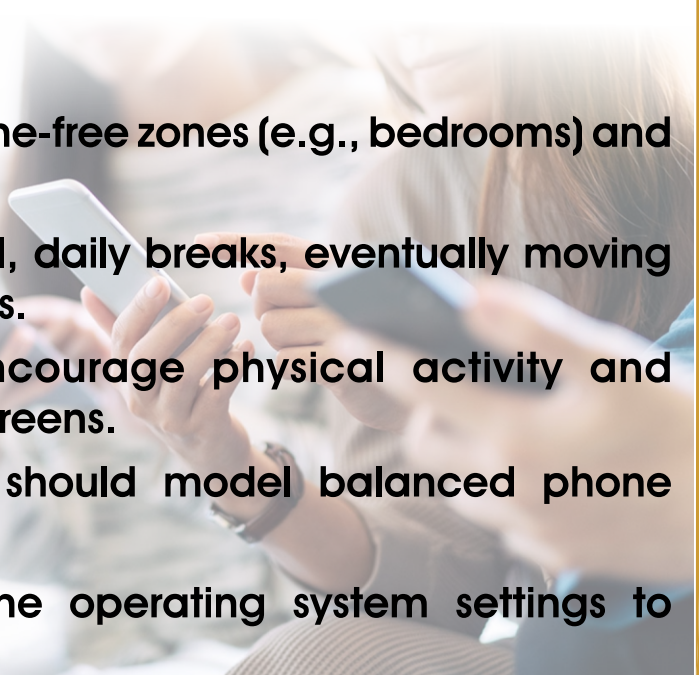
- **Mental Health Issues:** Anxiety, depression and low self-esteem are common due to social media comparisons, reduced face-to-face interaction, and cyber-bullying.
- **Physical Health Problems:** Issues include obesity, poor posture, neck/back pain, and worsened eyesight.
- **Behavioural Issues:** High, uncontrolled usage often leads to reduced attention span and increased tantrums.

WARNING SIGNS OF ADDICTION

- **Physical symptoms:** Cranky, angry, or anxious when not holding the phone.
- **Loss of interest:** Giving up other hobbies to spend time on the phone.
- **Sleep disruption:** Using the phone late into the night.
- **Constant Checking:** Always looking for notifications, chatting, or playing games.

MANAGEMENT AND SOLUTIONS

- **Set Boundaries:** Establish phone-free zones (e.g., bedrooms) and times (e.g., during meals).
- **Digital Detox:** Start with small, daily breaks, eventually moving towards longer tech-free times.
- **Encourage Alternatives:** Encourage physical activity and hobbies that do not involve screens.
- **Lead by Example:** Parents should model balanced phone usage.
- **Parental Controls:** Use phone operating system settings to manage or limit screen time.



SPORTS

Sports in schools do more than build fitness—they foster teamwork, discipline, and resilience. A healthy body supports a sharp mind, and the lessons learned on the field often outlast those in the classroom. At Hiworth College, we prioritize students' health and well-being."



DEBATE

The first stage of the junior school debate was held on 6th February, 2026 at the college hall.

The debate topic was:

'Society, not parents, is to blame for their children's moral decline.'

Debate helps students voice thoughts, gain knowledge beyond textbooks, interact with peers from diverse backgrounds, and build confidence in speaking up.



GLOBAL PERSPECTIVE EDUCATION

Our Global Perspective Education sets us apart - we are one of the few schools in Surulere, Lagos State to incorporate it into our curriculum.

In today's interconnected world, global education is crucial for shaping well-rounded, informed, and adaptable students.

It helps them navigate cultural differences, think critically about global issues, and develop skills for a global workforce.





CAREER DAY

Hiworth's Career Fair, was an immersive event where students dress as professionals to explore future career paths aligning with their interests and passions. This event supports the school's goal of providing a well-rounded education.

KEY FEATURES

- Themed Dress-Up: Students dressed as doctors, entrepreneurs, engineers, musicians, soldiers, teachers, etc.
- Speakers & Interactive Sessions: Engr. Mrs. Folashade Agoro, Dr. Valentine Elugwu, and Barr. Omolola Agoro shared experiences, encouraging students to reflect on their passions and interests to guide their career choices.



School Shuttle System



Our school shuttle system is fully operational. We implore parents/ guardians who are yet to subscribe to do so. Our buses are comfortable, conducive and fully air conditioned.

PAYMENT OF FEES

Payment of School fees is due on or before the date of resumption
(4th May, 2026)

ACCOUNT NO: 1310301450

BANK NAME: **ZENITH BANK PLC**

ACCT NAME: HIWORTH COLLEGE & SIXTH FORM

For More information/ enquires:

MR. OLUWAFEMI ABIOYE - 09037790808

MRS. QUEEN IGHALO - 09062069963

END OF TERM RESULT

Results will be uploaded and available for checks on the school portal
(hwc.edves.net) on Friday 10th April, 2026.

Notification of result upload will be sent to the school's official whatsapp platforms. Parents are advised to login to the portal with their respective child/ward's login details in order to view their academic performance for the term.

Kindly reach out to the school's management should you encounter any difficulty in accessing the portal.

School Resumes 4th of May, 2026



HIWORTH COLLEGE & SIXTH FORM

ADMISSION IN PROGRESS



WHY CHOOSE US?

- Blend of Nigerian & British curriculum with Cambridge teaching methodology.
- Progression and placement into Universities in Nigeria and Worldwide.
- Wide range of extra and co-curricular activities for holistic development.
- Expert coaches for sports and talent development.
- Specialized tutors for visual and creative arts.
- Opportunities for music and instrumentation appreciation.

REGISTRATION
FOR 2026/2027
SESSION IS
ONGOING

ENROLL

NOW

ENTRANCE EXAMINATION DATES

- ☑ Friday 1st May, 2026
- ☑ Saturday 30th May, 2026
- ☑ Saturday 27th June, 2026
- ☑ Saturday 25th July, 2026

CONTACT

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