

THE WEEKLY RAINBOW



RAINBOW
INTERNATIONAL SCHOOL UGANDA

Vol.22 Iss.10

ISSAK Swimming Gala

The ISSAK Swimming Gala was extremely competitive this year round, as Rainbow were the defending champions. The swimmers went all out and performed highly. We outperformed the competition and snagged first place in the boys category, but the girls had a fierce battle against the ISU girls, coming second place in the girls category. Overall, Rainbow was in second place out of the six schools, losing to ISU by a slight margin.

The relays were a treat to watch, as the squad of swimmers gave it their absolute best to emerge victorious. The canon relay was the most intense of all, because it was worth the most points and the winner between Rainbow and ISU would secure first place. The swimmers gave it all they had after the long and exhausting day and managed to get second place, crowning ISU as the new champions.

It was a wake up call to all the swimmers to train harder, as ISU came well prepared and guns blazing, but I am sure we will retrieve our title and trophy from ISU next year.

Anirudha Chowdhury 11MO



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HIV and AIDS Prevalence

As we commemorate World AIDS Day on 1st December, we can't help but look back and celebrate the many achievements made in the fight against HIV and AIDS. The infection is no longer a death sentence as it used to be, thanks to the many inventions that have reduced the veracity of the virus. Prevention efforts have been effective also. Trends show a steady and notable decline in the prevalence of infection across the world.

In Uganda for instance, significant strides have been made on different fronts of the war against HIV and AIDS. Recently released data show a reduction in HIV prevalence from 18% in the '80s to 5.5%. Today people can talk openly about the disease including their status without fear of rejection and ostracism. Though not completely eliminated, stigma has effectively reduced. However, to many young people, these statistics can just pass as ordinary numbers. After all, they have no idea of how the wind of HIV and AIDS swept across Uganda ravaging lives and pushing communities to the precipice of extinction.

On the flip side of the positive trends being recorded, there lies a rather disturbing reality about the spread of HIV and AIDS. For a long time HIV

prevalence was reported more among people above the age of 20 years old. It is surprising that as the general prevalence is declining in the country the rate of infection and prevalence among adolescents and young people is on the increase. As part of the experiences of adolescence and teenage, risk-taking tendencies and the inclination to want to experiment especially on matters of sexuality is partly responsible for this unfortunate trend. Inequality in different aspects of HIV is also to blame for the increasing number of infections among adolescents and young people. For a long time, young people have been left out of the various strategies for combating HIV and AIDS. Nonprofit organizations and government agencies have not been deliberate and aggressive in designing programs that address the unique needs of adolescents and young people. That is why this year the theme for World AIDS Day is **"Ending inequalities among Adolescent girls, young women, and boys"**. Young people are encouraged to wear a red ribbon: the universal symbol of awareness, support for, and solidarity with people living with HIV. Young people are especially challenged to behave responsibly because HIV and AIDS are still a grim reality in our society.

Leticia Miriam Alamo
School Counsellor

Newspapers, let's go back in time?

I'm sure most of you already know what a newspaper is: just a booklet of current events, sold and distributed to the general public. But where did it all start? Did it just spawn out of nowhere?

Johann Carolus. Never heard of him? Well, he is the one who invented newspapers back in 1609 in Strasbourg. He invented the idea of the newspaper through a business mindset. He knew that if people wanted to get access to current affairs, it needed to be spread. So he thought of newspapers. He could make them in bulk, sell them to the public and, in return, fill his pockets. Smart guy.

At first, it was just a few bullet points and summarised stuff, but over time approaching the 1620s, it started to grow. Bullet points evolved into paragraphs, and paragraphs grew into 4-8 pages of just current affairs! This whole newspaper idea travelled continents, for instance, to the UK.

The first newspaper in the UK was from a company called Oxford Gazette. Establishing themselves in 1655, they were the first company to sell newspapers. Following them came the Daily Courant, in the 1700s.



The cover of one of the newspapers back then; looks plain and boring compared to the newspapers we have now.

The first newspaper in Uganda was written by Mengo Nores, in the 1900s. Over 122 years, the changes we have seen in newspapers are fascinating. Pictures, quizzes, games etc. Uganda's leading newspaper is The Monitor, with newspapers being published every day.

Here's a question to ask yourself: as technology and social media grow, do you think newspapers will even exist for coming generations?

Rishi Venugopal 11KM

ISSAK Football Performance

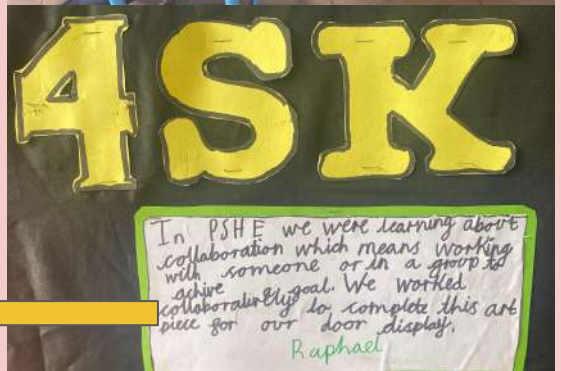
The football season ended very well with all our teams performing well and up to the standards we envisioned. All our teams ripped apart defences with fantastic play and went on to play in the finals last Saturday, which was excellent as we won all 5 games and added 5 more trophies to our collection. However, there were some close calls. Two of our teams had to go to penalties and we emerged victorious in both of them as our players won the inner battle against pressure. The U20 boys in spite of not making the finals, still played well all season and we are proud of having such young talents in the team. With 5 trophies won, we can truly say that the football teams of this year succeeded well and deserve a high amount of praise.

With the basketball season around the corner, it's time we switch our focus from football to basketball. Hoping for another 6 trophies from basketball!!

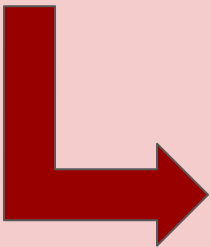
Bivan Kumar Das 11MO

This term in our IPC unit 'Bright Sparks', Year 4 children have built their knowledge, skills and understanding of the subject, electricity. They have engaged in science investigations involving making simple electric circuits, investigating magnetic and non-magnetic materials and are now looking forward to making doll houses and lighting them up with a bulb.

We have made cross curricular links in IPC and English. In English we have studied the book, 'The boy who harnessed the wind' and learnt that wind is another source of energy. To conclude this unit, the children will be making a 3D- print Windmill. They are super excited!



Making simple electric circuits



Secret Santa

3C PRESENTS..

Secret Santa

GIFT YOUR LOVED ONES!

SILVER PACKAGE @10K:

CHOCOLATE(3), COOKIES(2), SECRET SANTA NOTE

GOLDEN PACKAGE @15K:

CHOCOLATES(6) COOKIES(4), SECRET SANTA NOTE

PLATINUM PACKAGE @25K:

CHOCOLATES(8) COOKIES(6), TEDDY BEAR/
BOUQUET OF FLOWERS, SECRET SANTA NOTE



PLACE YOUR ORDERS WITH
ASHLEY, MARK. PIUS AND
JORDAN (YEAR 13)

CUSTOM PACKAGES
AVAILABLE TOO!



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Quiz Time!

1. On what day is Christmas celebrated?
2. Identify the aircraft shown below:
(Hint: It made its debut flight on the 15th of December 2009)



3. Name the artist who made the World Cup song 'Dreamers'
4. In which game did Robert Lewandowski score his first world cup goal?
5. Which team got knocked out of the 2022 Football World Cup group stages first?

6. Which sunglasses is Tom Cruise wearing? (Specify the model)



Please send your answers to quiz@risu.sc.ug by 4:30 pm and the winner will receive a prize!

Last Week's Answers

Last Week's Quiz:

1. PSP
2. IShowSpeed
3. 340 m/s
4. Concorde
5. Puma
6. Avatar

QUOTE OF THE WEEK

“Awareness is like the sun. When it shines on things, they are transformed.”

– Thich Nhat Hanh