

THANK YOU

Thank You.

These could easily be the most powerful words ever. They bring great benefits such as greater happiness, positive emotions, good health, strength to deal with challenges and strong relationships to both the giver and the receiver.

Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami found out that saying thank you brings about happiness which leads to healthier behaviors that help stave off high blood pressure and excess body fat, resulting in lower risk of stroke and cardiovascular disease. They found out that people who consistently and genuinely say thank you visited their doctors less. Dr. Martin E. P. Seligman, a psychologist at the University of Pennsylvania discovered that when one writes a thank you note to someone that had never been properly thanked for his or her kindness, the writer experiences greater happiness.

At Rainbow, everyday, we have at least 700 opportunities to say thank you and enjoy unprecedented happiness. Aristotle, an ancient Greek philosopher said, "Happiness is the meaning and the purpose of life, the whole aim and end of human existence." Can you imagine that we can get it just by saying, Thank you.

In this issue:

- Thank You.
- Ski Trip 2023
- UGMUN
- BOOKFLIX
- Games
- Quote of the Week

Felix Biteetsigirwe

SKITRIP 2023



As you may know on Saturday 18th February of this year 24 students, myself included, went on a trip to Geneva in Switzerland, specifically Verbier where we had skiing and other activities. The focus of the trip was skiing. Because of this, at the beginning of the trip for the people who were skiing for the first time, we had to learn the basics of skiing, like braking and turning. We then in the period of 4 days proceeded to go onto the higher slopes bit by bit before arriving at the mountains to join the rest who had gone earlier.



On Thursday, while at the mountains there was a ski race. We also had activities like ice skating, where many of us were bad at it but some of us were good. One of the other activities we had was sledging. It was a lot of fun, especially with the snowball fight we had during sledging. In the snowball fight, we teamed up against one of the instructors.

Another one of the activities we had was a torch walk. In this activity we were in teams of two and they gave us a stick. They would then light the stick on fire and whichever team's stick had burnt the least would win.

We also had an activity called the cube which was several activities joined together into one. It was us against the other school that was there. And similar to the cube we had a quiz night where we were in teams of 8.

On the excursion day, we went to the Cailler chocolate factory and a cheese factory. Both were amazing tours, with the chocolate factory telling us about its history, and the cheese factory telling us about how the cheese was made. In conclusion, I personally enjoyed this and would highly recommend this trip to anyone wanting to go next time.

By Patrick 7MO

UGMUN 2023-ISU



Last weekend, the tenth annual UGMUN (Uganda Model United Nations) conference was hosted at ISU, where students from various international schools in Uganda acted as delegates and discussed and presented solutions to existing global issues. This article is about my first experience at a UGMUN conference. The conference was held over two days, during which I had the opportunity to represent my assigned country and engage in debates and negotiations with other delegates



On the first day of the conference, we participated in the opening ceremony, where we were welcomed by the organizers and introduced to other delegates. After the ceremony, we separated into our respective committees – mine was the Refugee Committee – and the debates began.

During the debates, delegates worked to build alliances with other countries that shared their views on the issue at hand. This was all going on as press corps, who were covering the event, and admins, who ensured that all was progressing smoothly, moved from committee to committee.

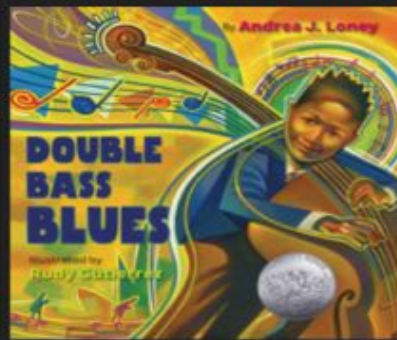
The conference concluded with a closing ceremony, during which we were congratulated on our hard work and dedication. Looking back, I realize that the conference has taught me many valuable lessons. I learned the importance of research, communication, and collaboration in international relations. I also developed my public speaking and negotiation skills, which I believe will be useful in many different contexts.

All in all, I really enjoyed myself, and hope to do it again next year.

BOOKFLIX

Each week we will show you new books available in our primary library as well as what is popular right now with our primary children.

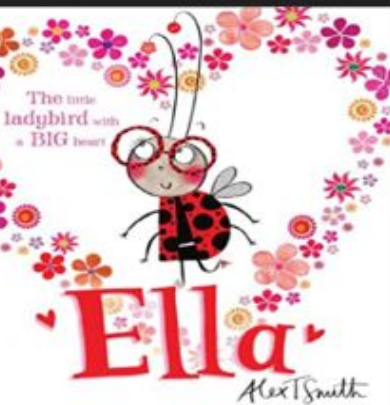
NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

TRENDING NOW



REVIEWS



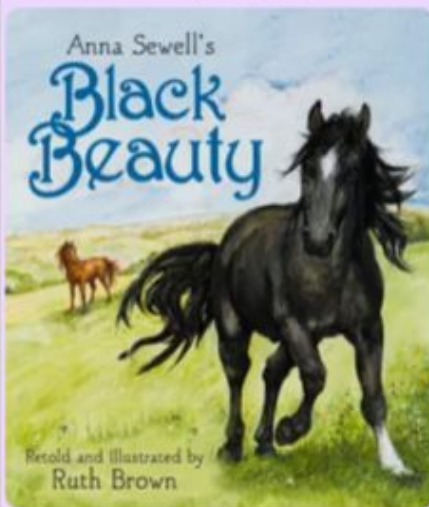
the book is about a bear named Grunt and he is not grateful but at the end his friends tech him to be grateful.

I learnt that you should be grateful for everything you have.

recommended to people that aren't grateful

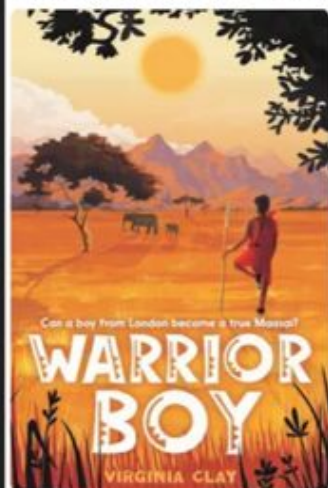
By Adam 4SK

Black Beauty by Alyssa



Black Beauty was a well – loved horse however after his owner is forced to sell him, his life took awful turn . This book is very inspirational and tells us about the circumstances that come with life. Author is Anna Sewell

WARRIOR BOY by Halvard



This book is about a boy from London who came to Kenya to meet his fathers family side he gows through danger fear the burning sun and at the end of it he because a warrior and he is not scared of blood when he saw a bowl full of blood he fainted into cow poop. This book is amazing it is sow nice that when you are at the end you want it to continue.

GAMES

LAST WEEK'S ANSWERS:

1- J.K Rowling

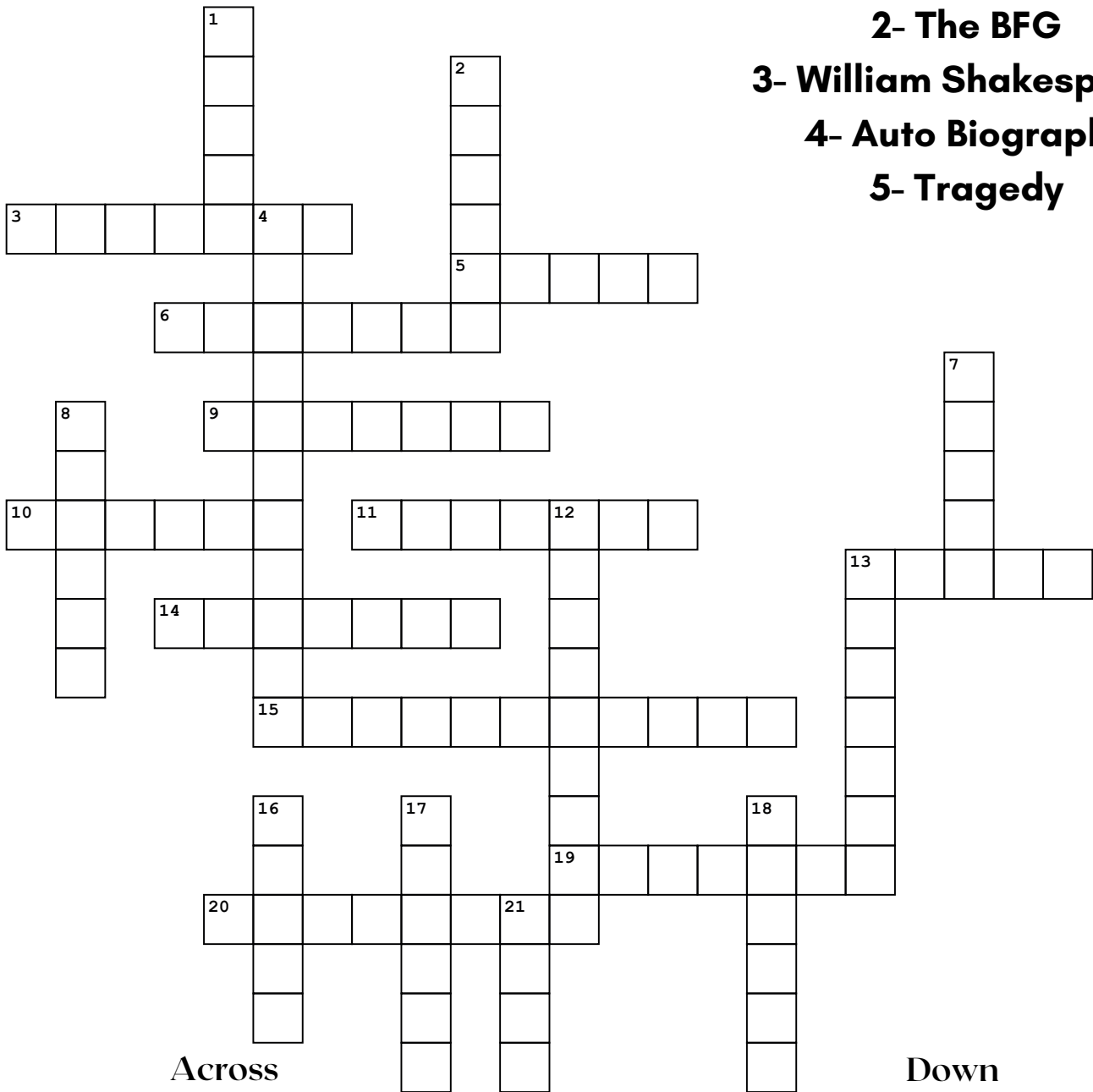
2- The BFG

3- William Shakespeare

4- Auto Biography

5- Tragedy

countries



Across

Down

3. The home of Nokia.
5. Home of the Ancient Pyramids.
6. The home of the Pope, the _____ city.
9. This country is also the name of a U.S. state, G_____.
10. The Amazon River flows through this country.
11. The country in which the Autobahn runs through.
13. Pizza and pasta are sometimes tied with this country.
14. The home of Lego.
15. Famous for chocolate and
19. banks. The home of St. Patrick.
20. Czecho_____.

1. Everything is made in _____.
2. The home of IKEA.
4. Amsterdam is in this country.
7. The home of the Mahatma Gandhi.
8. This is also the name of a Thanksgiving Day
12. bird. The home of the kangaroo.
13. The land of Ice.
16. This also sound like the name of a marine mammal.
17. The home of the Eiffel Tower.
18. The land of maple syrup and maple
21. leaves. Fast version of Iwalked.

Please send your answers to quiz@risu.sc.ug by 4:30 PM

and the winner will receive a prize!

QUOTE OF THE WEEK

“You cannot do kindness too soon, for you never know how soon it will be too late.”
—Ralph Waldo Emerson