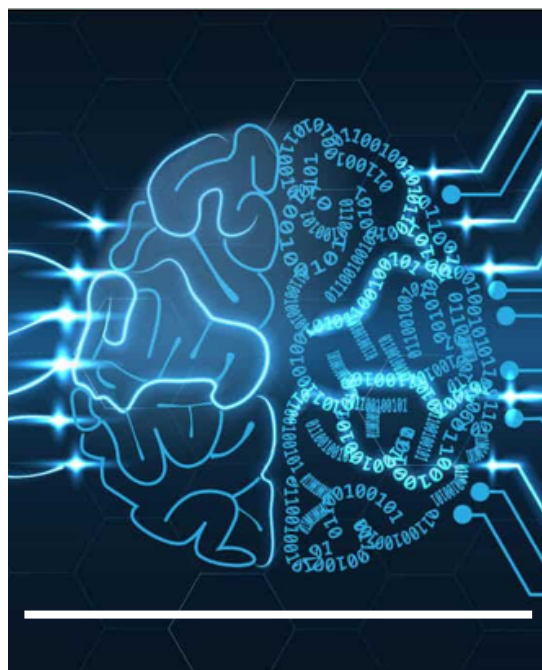


THE WEEKLY RAINBOW

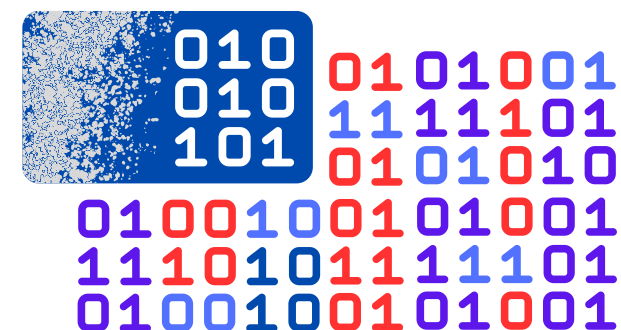


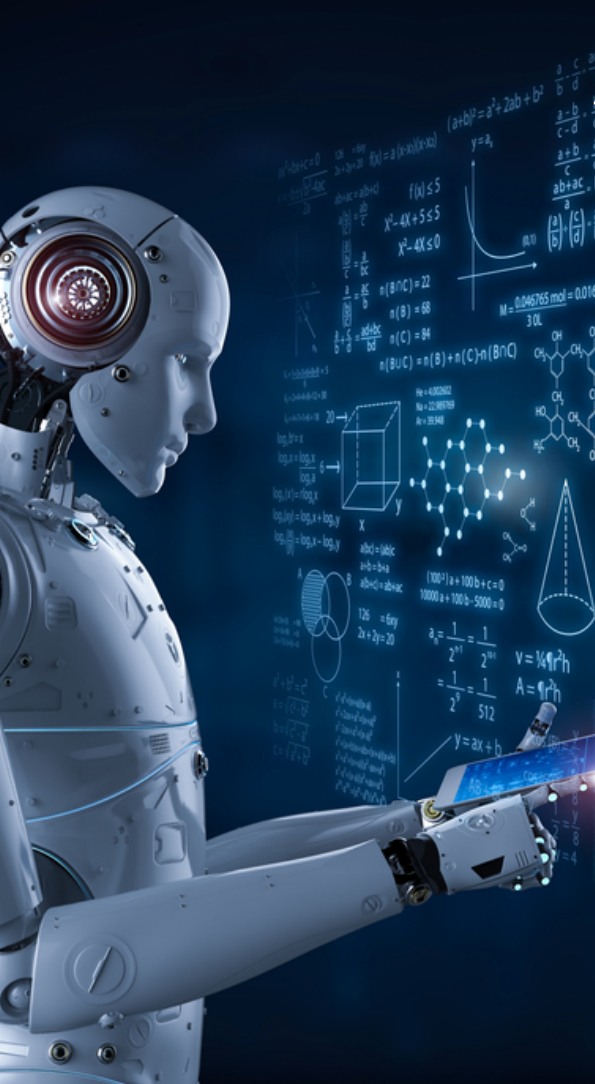
ARTIFICIAL INTELLIGENCE

Artificial Intelligence (AI) refers to the development of computer systems that can perform tasks that typically require human intelligence, such as understanding natural language, recognizing images and patterns, making decisions, and solving problems. AI involves the development of algorithms and models that can learn from data and make predictions or decisions based on that learning. There are several branches of AI, including machine learning, natural language processing, computer vision, robotics, and expert systems.

IN THIS ISSUE:

- Artificial Intelligence
- The Benefits of Cold Showers
- Reading workshop
- Primary
- Games
- Quote of the week





Some Uses

AI technologies are becoming more and more common in our world. They are being used in many different ways, like in medicine, education, transportation, and entertainment. In healthcare, AI-powered medical devices and software can help doctors diagnose and treat diseases more accurately and quickly. AI can also help people who live far from medical centers get basic healthcare through chatbots. In schools, AI-powered tools can personalize learning for students based on their learning style, preferences, and abilities. AI algorithms can analyze students performance data to identify their strengths and weaknesses, and create individualized study plans that can help them achieve their academic goals. AI is also being used in the entertainment industry to create more fun and exciting video games and movies.

Concerns over AI

Although there are many potential good uses of AI, there is concern that it might cause some problems too. One of the main worries is the possibility of job losses due to automation. Many workers in industries like manufacturing and transportation, are expected to lose jobs with the adoption of AI technologies. This means that governments must develop programs to help people transition to new jobs. Another concern is the potential misuse of AI technologies. AI-powered weapons, for example, could present a serious threat to national security if they fall into the wrong hands. There is also a risk of biased decision-making by AI algorithms, which could lead to discrimination and unfairness. In conclusion, the impact of AI technologies on our society is significant and far-reaching. While there are many benefits to be gained from AI, there are also concerns about potential negative impacts. So, it's important to be careful when using AI and make sure it is being used in ways that are ethical and helpful to humans.

The Benefits of Cold Showers



While many people tremble and shiver at the thought of taking a cold shower, it turns out that there are quite a few benefits in taking a cold bath.

Read on and see if you agree...

Increased alertness: Cold water can help increase alertness. The shock of the cold water on your skin stimulates your nervous system and increases your heart rate, which can lead to greater alertness and mental clarity.

Improved circulation: Cold water can help improve circulation by constricting blood vessels and increasing blood flow to your vital organs. This can help improve overall heart health and reduce inflammation.

Increased metabolism: Exposure to cold temperatures can improve digestion, as your body works to break down food to generate heat to warm you up. This can help boost your energy levels and support weight loss efforts.

Reduced muscle soreness: Cold water therapy can help reduce muscle soreness and inflammation, particularly after exercise. Cold water can help constrict blood vessels and reduce swelling, which can help alleviate pain and promote healing.

Improved skin and hair health: Cold water can help improve the appearance of your skin and hair by reducing inflammation and promoting blood flow. It can also help tighten pores and reduce oil production, which can lead to clearer skin and less greasy hair.

There are some precautions to be observed when it comes to cold showers.

Ease into it: If you are not used to cold showers, it is best to ease into it over time. Gradually reduce the temperature of the water over a period of time. This is to allow your body to adjust to the cooler temperature and reduce the risk of shock.

Keep it short: Cold showers should be shorter than hot showers. Prolonged exposure to cold water can cause hypothermia – a condition that occurs when your body loses heat faster than it can produce it, causing a dangerously low body temperature.

So there you go. Who is ready to give it a try?

4SM

In Year 4, we have enjoyed learning and have had the best of our time in school. We have kept our brains and minds busy and broadened our knowledge in different subjects.

In English, we learnt about News paper reports in term 2a. We looked at their features in depth and wrote our own articles that we linked to IPC because we wrote about chocolate.

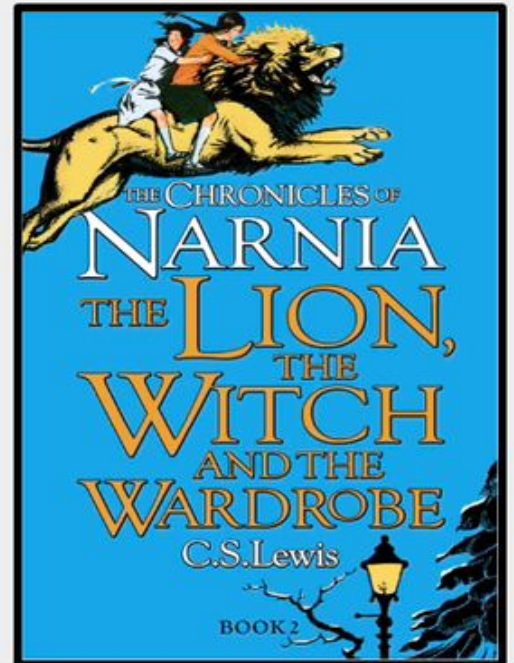
Ariel

Our IPC journey has been an exciting one from **CHOCOLATE** to making waves which is about Sound and Light dark. We learnt about the journey of chocolate, fair trade and culminated it off with a trip to the chocolate Factory. We even got a chance to make our own chocolate.

Aliyah

From News paper Reports, we switched to fiction in term 2b. We are learning about Fantasy stories and their Features. We are reading the Lion, the witch and the Wardrobe by C.S Lewis which is a very captivating and fascinating book. It introduced us to Mr. Tumnus a mythical creature who was a faun and we got to watch the real movie. We also described the personality and character of Mr. Tumnus the faun.

Michelle and Hadassah



Mr. Tumnus

Mr. Tumnus
Mr. Tumnus was a short honest faun, because he could tell Lucy what the white witch wanted to do if he found a human. He was a very brave and a kind faun because he was willing to save Lucy from the white witch even though the white witch was furious, fierce and cold and could give him a punishment like turning him into a statue and cutting off his horns.

Christellah

From chocolate, we are become serious scientists exploring and gaining knowledge about our new IPC topic, "**Making Waves**" which is all about sound and light. We have carried out experiments on how sound is made through vibration and we did a research on how the ear and eye works.



How The Ear Works
When a sound wave is made it hits your Pina and goes through your ear canal and hits your ear drum wich is stretched delicate skin and vibrates like a drum. It goes through your Oicals wich are the hammar, arvil and stapes. Then it goe -s to your cochlia and tears it into liquid vibrations that hit the little hairs in it and send a signal to the auditory nerves wich sends it to your brain and you can hear.

Helleina

How The eye works
There different parts of the eye, some that protect the eye and some that work for the eye. The parts that protect the eye are, could, The eyebrows, eye lids and lacrimal glands. First the iris allows low much light goes into your eye. Then your eye lens help you focus, then the image is sent to the retina, that turns the picture upside down. Then it's sent to the optically nerve, that goes to the brain sending the image and that's how you can see.

Jennifer



investigating how sound is made

How Sound Is Made
Sound is made by waves that vibrates and the sound comes in our ear
That is how sound is made

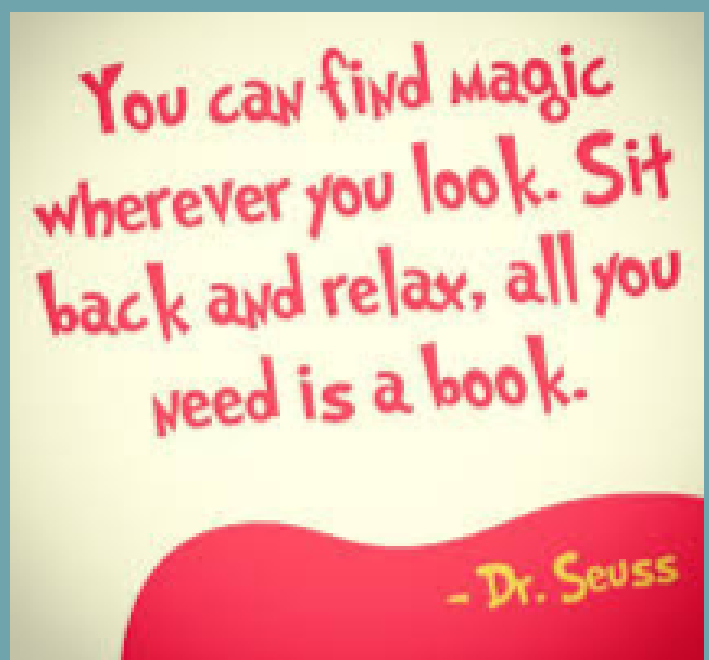
Shanaya

Reading Workshop

Many thanks to the Primary Parents who joined us for the Reading Workshops this week. It was a great turn out and we appreciate your time, interest and support in developing a reading culture at home as well as school.

A reminder of the three ways that we can support readers to develop a love of reading:

- 1) Read aloud (reading aloud to your children shows them reading is a pleasure, not a chore. Siblings can join in the fun too!)
- 2) Family reading time (making time to read alongside one another helps develop children's reading stamina and interest. Let them choose what to read, then relax and enjoy together!)
- 3) Book Chats (encourages readers. Invite them to make connections and share their views. Join in with your thoughts too!)



Games

WORDSEARCH: COMPUTING

G	N	I	V	L	O	S	M	E	L	B	O	R	P
S	T	P	I	R	C	S	A	V	A	J	O	N	S
O	L	L	J	V	A	R	I	A	B	L	E	M	C
F	O	D	L	A	B	E	L	A	V	O	D	E	M
T	E	R	E	M	M	A	R	G	O	R	P	L	W
W	O	E	P	S	L	R	T	B	I	N	A	R	Y
A	S	T	O	R	A	G	E	C	I	T	A	N	W
R	I	C	O	N	D	I	T	I	O	N	A	L	W
E	R	G	N	I	S	S	E	C	O	R	P	M	A
G	C	T	E	R	A	W	D	R	A	H	D	E	G
L	R	O	A	T	A	D	T	E	S	E	L	U	R
O	O	L	D	S	N	S	S	A	L	C	E	R	C
O	O	O	W	E	P	R	O	T	L	M	T	H	A
P	G	I	G	A	B	Y	T	E	E	I	B	U	G

- Loop
- Binary
- Hardware
- Processing
- Problem solving
- Data
- Programmer
- Storage
- Class
- Javascript
- Gigabyte
- Code
- Conditional
- Variable
- Ruleset
- Software
- Bug
- HTML

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

Quote of the Week:

"Do not go where the path may lead, go instead where there is no path and leave a trail."

-Ralph Waldo Emerson