

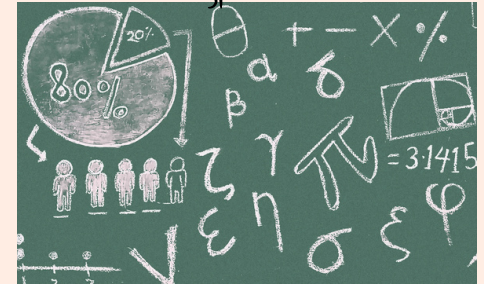
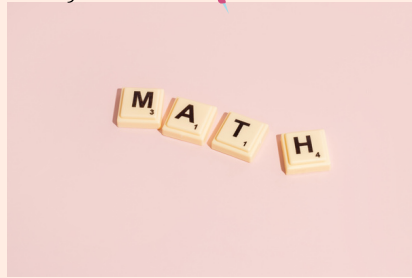
THE WEEKLY RAINBOW

Vol. 23 Iss 23



IN THIS WEEK'S EDITION:

- Mathematics Article
- Primary
- Healthy Eating Quiz
- Quote of the week



Is Mathematics a necessary "Evil"?

Excuse me sir, "Where will I apply Pythagoras' Theorem in life situations?" asked Tom. Indeed this is among the many questions students ask as far as the relevance of Mathematics in real life is concerned.

In this week's edition of The Weekly Rainbow, I will highlight a few applications of Mathematics in real life situations not mentioning the wider application of Mathematics in the fields of medicine, manufacturing industry and arts

Almost all students take Mathematics during their academic journey to which some detest, yet every single moment of our lives revolves on Mathematical concepts of number and Algebra. Mathematics helps us with our finances by applying simple principles of budgeting and saving. Whether employed or doing a personal business, you need to understand how numbers work.

We need Mathematics to help us manage our time and run different activities at home, school and other places. Mathematics helps us to become better cooks by knowing how much of the different ingredients are mixed in preparing different kinds of food stuffs. In making carbonated drinks such as sodas, proper ingredients have to be mixed in the right proportions during preparation.

A study by Dr. Tanya Evans (Stanford University), proved that students who solve Mathematics problems have higher logical skills than students who do not solve any Mathematical problems. Further still, solving mathematical problems helps our brains to exercise and keep healthy

Mathematics is not only a foundation for most careers but also widens our career paths and also helps us understand our world better.

A great Indian mathematician, Shankuntal Devi, said, "Without mathematics there is nothing you can do. Everything around you is mathematics. Everything around you are numbers.

**By Mr Charles Kalanzi
Mathematics Department**

PRIMARY

LET'S CELEBRATE!

This term, in Year 1 EG we are learning about celebrations from around the world. Our IPC topic is Let's Celebrate. The series started with our own celebration to usher in the new term. We decorated our class, did some dances, and enjoyed some new term celebration treats from our parents.



Through the term, we will invite speakers to make presentations about different celebrations. We have already had a presentation about Easter traditions of the Sorbs and Eid.

Easter Traditions of the Sorbs

The Sorbs, also known as Lusatians, are mostly found in the eastern part of Germany in a region called Lusatia. Although they have been in Germany for over a thousand years, they have their own language, culture, and traditions that are different from those of the Germans.

Easter is a very important holiday for the Sorbs. They celebrate it with many unique traditions.



One of the traditions is the Easter egg decorating. Eggs are decorated with beautiful patterns and symbols.



They also make Easter nests, which are small baskets filled with grass, decorated eggs, and small gifts.



They also light Easter bonfires, decorate and ride their horses and also take part in fun activities like the egg pushing game



On Easter Sunday, the Sorbs participate in a procession wearing their traditional clothes and carrying the Easter baskets. They visit their friends and family to exchange Easter greetings and to share their decorated eggs and Easter bread.



We look forward to learning about more exciting celebrations.



When we arrived we went on a walk to see the new dam. The river has really changed from the photos we saw. It was interesting.



Year 5 Jinja Residential by 5CB

We used oranges and a stopwatch to measure the speed of a small stream. We also saw erosion and deposition. It was fun.

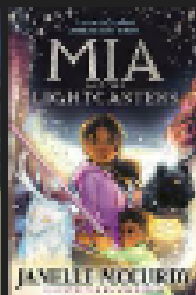
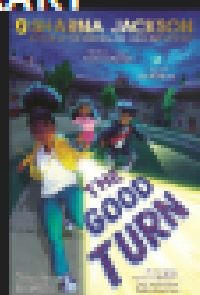
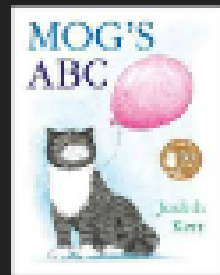
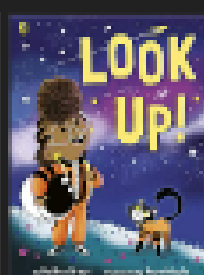
We took a boat to see the old dam and spotted many river features and wildlife along the way. It was great.



BOOKFLIX

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

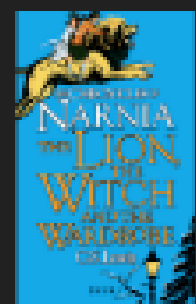
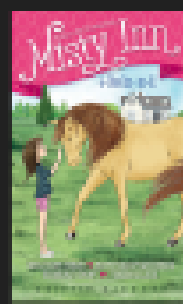
NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

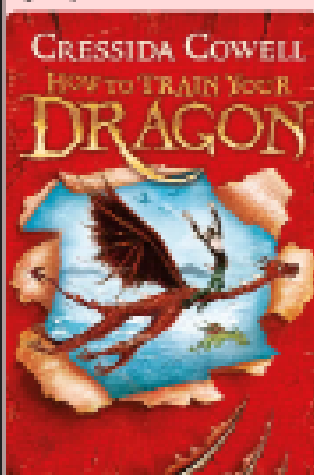
Suitable for age 8-12 years

TRENDING NOW



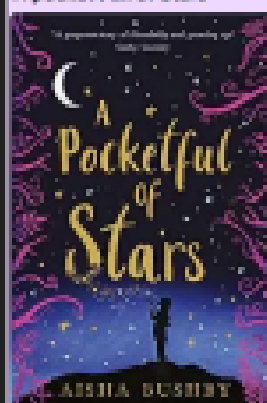
REVIEWS

How to train your dragon
by Raphael ASK



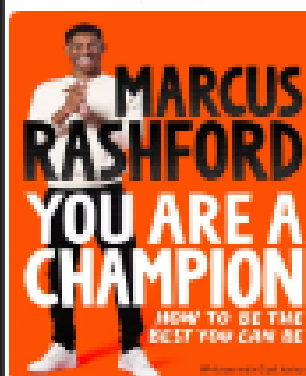
The book is about dragons being trained and learning to obey their masters and to learn how to fly. I recommend this book because for people who like action this has action

A pocket Full of Stars



Gail rarely looks at her mum not after what happened between her mum and dad. But when her mum is in a coma, Gail finds herself transported, back in time to her mums childhood home she realises that its a game and she thinks that winning the game will allow her to see her mum. I will recommend it to those who like coming of age stories, friendship and betraying.

you are a champion: how to be the best you by tabitha



He talks candidly about growing up in area of his football-mad brother in Manchester, struggling at school and the life lessons he learned from his Nanna; as well as what he learned on his incredible journey from playing after-school football to becoming one of the star players on the England team and a role-model for others

IMPORTANT HABITS FOR TEENS

Being a teenager can be both exciting and challenging, as you navigate through the ups and downs of adolescence. During this period, it's important to develop healthy habits that will benefit you now and in the future. Here are five important general habits that can help you thrive:

Get Enough Sleep

Getting enough sleep is essential for maintaining good health and wellbeing. Teenagers need between 8-10 hours of sleep every night, but many do not get enough due to academic pressures, social activities, or technology distractions. Sleep deprivation can lead to a range of problems, including difficulty concentrating, irritability, and a weakened immune system. To ensure you're resting enough, make and follow consistent sleep schedule, limit screen time before bed, and create a relaxing sleep environment.

Eat a Balanced Diet

Eating a balanced diet is important for maintaining good health and energy levels. As a teenager, your body is still growing and developing, so it's important to provide it with the right nutrients. Focus on eating a variety of fruits, vegetables, whole grains, and lean proteins. Avoid processed foods and sugary drinks, which can lead to weight gain and other health problems. If you struggle with eating healthy, try meal planning or consulting a nutritionist for guidance.

Exercise Regularly

Regular exercise is beneficial for both your physical and mental health. Exercise helps to build strong muscles and bones, maintain a healthy weight, and reduce the risk of chronic diseases. It can also boost your mood and relieve stress. Aim to get at least 30 minutes of moderate exercise, such as brisk walking or biking, on most days of the week.

Manage Stress

Stress is a normal part of life, but it's important to manage it effectively to prevent it from taking over. Teenagers often face stressors such as academic pressure, social media, and peer pressure. To manage stress, try relaxation techniques such as deep breathing, meditation, or yoga. It's also helpful to talk to someone you trust about your feelings and concerns.

Practice Good Hygiene

Good hygiene is essential for maintaining good health and preventing the spread of illness. Make sure to wash your hands regularly, especially before eating or touching your face. Shower or bathe daily, and practice good oral hygiene by brushing and flossing your teeth regularly. It's also important to avoid sharing personal items, such as towels or razors, to prevent the spread of germs.

In conclusion, developing healthy habits as a teenager can have lifelong benefits. By getting enough sleep, eating a balanced diet, exercising regularly, managing stress, and practicing good hygiene now, you are laying the foundation for a healthy and happy future.

GAMES

Healthy Eating Quiz



1. What is healthy eating?
 - A. Eating food that has a lot of sugar
 - B. Food that contains a variety of nutrients
 - C. Eating foods that contain a lot of salts
 - D. Food that is low in fibre and high in fat

2. Out of the options below which is the healthiest:
 - A. Lentils
 - B. Raspberries
 - C. Spinach
 - D. Walnuts



3. What is unhealthy eating?:
 - A. Food that is high in salt or sugar and low in fibre
 - B. Food that is fried
 - C. Food that is high in fibre and low in sugar and salt
 - D. All of the above
4. Which of these foods is the most unhealthy?:
 - A. Canned soup
 - B. Pretzels

- C. High-sugar cereals
- D. Margarine



5. In order to maintain a healthy diet what food should you avoid?:
- A. Dark Chocolate
 - B. Flavoured Yogurt
 - C. Lemons
 - D. Hot dogs

QUOTE OF THE WEEK

"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness of people."

-Roy T. Bennett